



IN THE HEART OF IT ALL



Find Your Cadence®



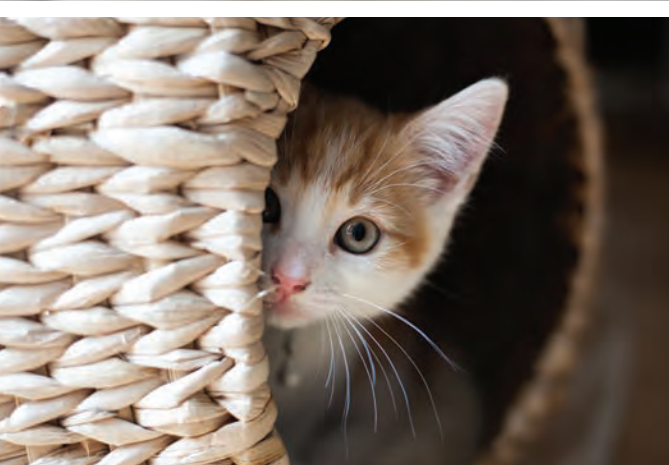
NEW REMODEL. NEW LIFE.





IN THE HEART OF IT ALL.





## RENOVATION & REJUVENATION, NOW IN PROGRESS.

Cadence Millbrae Living is doing a top-to-bottom renovation to transform this majestic Spanish Colonial beauty into one of the most desirable lifestyle communities in all of Millbrae. Formerly known as Marymount Greenhills Retirement Center, Cadence Millbrae is under new ownership and making multimillion-dollar upgrades to apartments, appliances, common areas, amenities and services. This Millbrae renaissance includes an enhanced focus on wellness programming and nutrition, a tasty dining experience and many more lifestyle improvements based on resident feedback, preferences and expectations.

## BE PART OF THE CADENCE MILLBRAE LIFESTYLE.

Although big, exciting changes are underway, there's plenty to love about Cadence Millbrae already. We are ideally located across the street from picturesque Green Hills Park, the perfect place for people watching, dog walking and play dates with the grandkids. Whether you love walking or prefer taking our complimentary shuttle, you're just a few short blocks from Millbrae's eclectic shops, restaurants and weekly farmers' market.

### **ACT NOW**

Already an amazing value, once Cadence Millbrae is fully updated with modern lifestyle amenities, availability may decrease. So get in early to secure the very best selection of remodeled apartments, locations and pricing. Plus, you can help us create the kind of lifestyle community residents like you will truly love.



## LIFE IN CADENCE: SO MUCH TO SEE AND DO, RIGHT OUTSIDE YOUR DOOR.

Just five blocks long, downtown Millbrae presents as a quaint urban village with a vibrant style and international flavor all its own. This is a neighborhood where you can eat breakfast anytime of day at the Millbrae Pancake House, enjoy authentic Asian cuisine at the Shanghai Dumpling Shop, grab a slice of pie at Zorba's Pizza or drop in for a burger at McDonald's.

Every Saturday morning, Millbrae Farmers' Market bustles with excitement and entertainment. Stalls are full of fresh fruits and vegetables, flowers, baked goods, seasonal specialties and one-of-a-kind works of art. In September, the City of Millbrae hosts one of the longest running arts and wine festivals in the state. All this and more are right outside your door.

### IN THE NEIGHBORHOOD

**COFFEE** Starbucks, Peet's Coffee | **SHOPPING** Safeway, Trader Joe's, Dean's Produce | **PHARMACIES** Walgreens, CVS, A&O Peninsula Pharmacy | **RECREATION** Green Hills Country Club, Millbrae Public Library, Community Center | **MEDICAL** Mill's-Peninsula Medical Center, SeaSide Integrative Medical Center, Pacific Family Medicine Clinic, Mill's-Peninsula Adult Day Health Center

## CADENCE MILLBRAE AMENITIES

**Outdoor Spaces** Get your steps in each day around the neighborhood. Then relax in the sun with a cool drink on one of several outdoor patios.

**Dining** We offer farm fresh, delicious and healthy options for breakfast, lunch and dinner daily.

**Wellness** Our on-site fitness classes are designed to build strength, improve balance and increase flexibility so you can continue doing the things you love.

**Arts & Entertainment** Energize your brain with community classes, music and the arts, including opera, theatre and our own piano lounge.

**Pet Friendly** Furry friends are welcome, and dogs love the park next door.

**Easy Getaways** We offer local transportation with scheduled trips daily. Plus, you're just 5 minutes from the BART station and 10 minutes from SFO airport.

**Money Savers** All utilities (including water and electricity), weekly housekeeping, staffing, an emergency call system and a wide array of activities and events are included in your monthly rent.



# INDEPENDENT & ASSISTED LIVING SOLUTIONS.

**While getting older is inevitable, the impact of aging is optional.**

At Cadence Millbrae, we believe in getting the support you need to empower the lifestyle you want, resulting in more certainty, better outcomes and greater overall happiness. Assistance within a community like ours can open up new possibilities for a magnificent third act, which may not be possible for those living in isolation without a supportive, caring community by their side.

But providing the right quality of physical assistance for the body is just the beginning. That's because we recognize that people are so much more than their bodies. They're also emotional, social, intellectual, creative and spiritual beings, all of which deserve nurturing. To that end, Cadence is designed as a rich tapestry of experiences and activities to address the whole person and all of life.

We offer beautiful independent living apartments and a full spectrum of aging services should you ever need them—including assisted living and memory support.





### INCLUDED IN THE MONTHLY RATE

- Caring staff available 24 hours a day
- Emergency alert system
- Nurse on call 24/7
- All utilities included, except for phone and cable
- Scheduled transportation for local appointments and outings
- Three meals a day, including snacks
- Weekly housekeeping and linen services
- A full calendar of educational, social and cultural opportunities and entertainment events



OUR NEW LOOK

ENCORE DINING ROOM



**Encore Dining Room** was designed to lift your spirits and your appetite. The daily menu selections are prepared to please every palate in an atmosphere that is both inviting to those wanting to interact socially as well as provide privacy as needed. Our Culinary trained cooking professionals will walk you through the cooked to order menu to provide you with a delicious, healthy and decadent experience every day.

# CONCIERGE LOUNGE

OUR NEW LOOK



**The Concierge Lounge** is located on the fourth floor of both buildings and is open to all residents. Similar to the club lounge at a high end hotel we will provide morning delicacies such as fresh seasonal fruit, freshly baked pastries and your favorite hot beverage for you to enjoy in a relaxing casual environment with a great view of Green Hills Park. Throughout the day you can enjoy quiet time in the lounge to read a book or just relax until it's time for Happy Hour when you will enjoy pre-dinner hors d'oeuvres and a glass of wine or soft beverage of your choice while spending time with other residents in a social environment.





OUR NEW LOOK

MULTI-PURPOSE ROOM

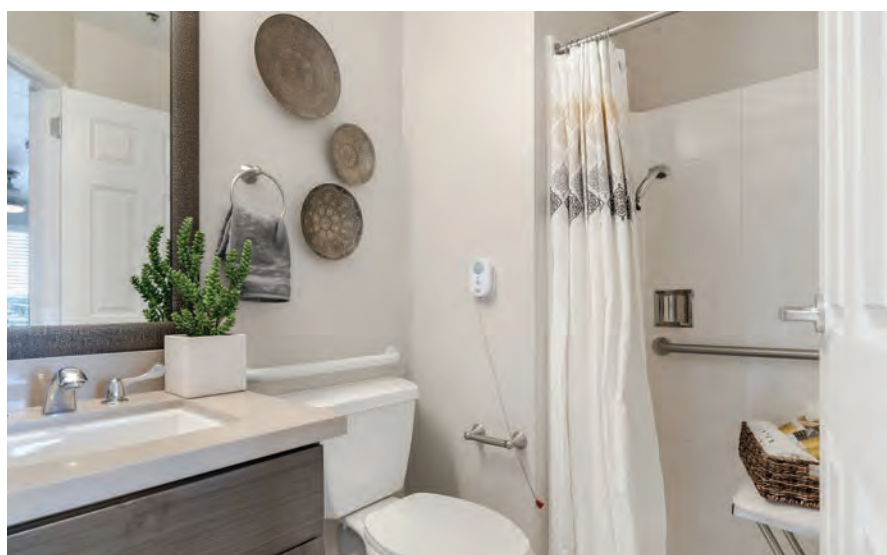


Our Sessions programming will include activities in our newly added **Multi-purpose Room** to include continuing education classes, learning new crafts, book club readings and much more. The programming is designed with our residents input to ensure we are meeting the overall programming and engagement of our residents.

# ONE-BEDROOM MODEL

**OUR NEW LOOK**







OUR NEW LOOK

DELUXE STUDIO MODEL



## CADENCE MILLBRAE IS OWNED AND MANAGED BY CADENCE LIVING.

What makes a Cadence community special? Just as composers orchestrate music to strike the right feeling, Cadence cultivates a vibrant rhythm for living a fully engaged life. Our people, places and programs work in harmony to create experiences to delight residents and make communities thrive.

Our creative and progressive approach focuses on health, wellness and living styles that respect individual preferences, while providing supportive services to encourage people to live their best life—at any age and in the way they choose.

We invite you to learn more about Cadence Living.  
Call **650-742-9150** or visit **CadenceMillbrae.com** today!

