

cogir

SENIOR LIVING



**Senior Living,
redefined.**

Dear Future Resident,

At Cogir, we believe senior living is about more than just a beautiful place to live—it's about human relationships, the connections we built together and the everyday moments that matter most.

That's why everything we do starts with heart. From the way we design our communities to the way we personalize care, we lead with empathy, respect, and a deep understanding of what makes life meaningful for you.

No two people are the same—and neither are their journeys. We take the time to listen, to get to know you, and to craft an experience that's uniquely yours. Whether it's a favorite hobby, a personalized care plan, or simply the joy of meaningful connection, we're here to make sure you feel truly seen and supported.

We think beyond the ordinary. With a spirit of innovation and a whole lot of compassion, our team is redefining what it means to age well. We're always exploring new ways to help you live fully, with more peace of mind, more comfort, and more joy.

We can't wait to welcome you into our community and walk with you through this next incredible chapter. At Cogir, count on us, your story is just getting started.

Mathieu Duguay

Chief Executive Officer, Cogir



your life, your way

Cogir is committed to you

At Cogir, it's not about us — it's about you. We take a unique approach to wellness with supportive services that ensure your needs are met without compromising your freedom.

We believe in providing the support you need and empowering the lifestyle you want. Each Cogir community offers a variety of senior living services designed to enhance and improve the lives of you or your loved one.



Independent Living

At Cogir, Independent Living focuses on providing you with everything you need to live the retirement lifestyle you've always dreamed of. We enhance your quality of life through resort-style amenities and engaging programs to keep you active and connected with the community.



Assisted Living

We aim to give you the support you need without compromising your independence. Our Assisted Living communities seamlessly blend high-quality care with stimulating social engagement. You choose the lifestyle, we provide the support.



Memory Care

Our unique Revere Memory Care approach uses relationship-based methods to help your loved one make meaningful connections. Through personalized care plans and individual attention, we see residents challenged with dementia or Alzheimer's thrive.

Scan Here
to hear from
one of our
Residents





your time, your way

Plan your perfect day.

At Cogir, each day offers boundless opportunity. Each Cogir community provides everything you need to stay engaged and active with carefully curated, one-of-a-kind programs.

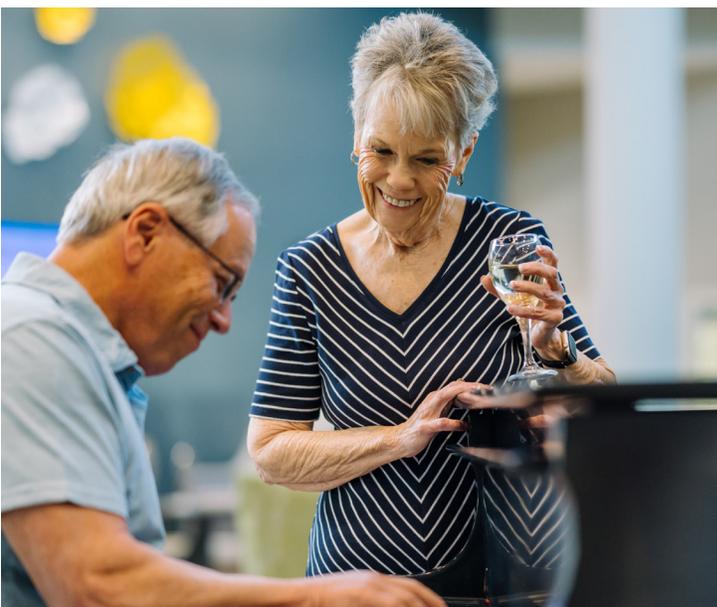
Having a wide range of amenities and services at hand means you can relax, explore, and spend free time any way you like.

Cultural programs, classes, extraordinary outings, and other pursuits are a part of everyday life here. You might meet friends for a game of cards, get a fresh cut and style in the salon, or hit the fitness center for an invigorating workout. Heading out for shopping, appointments, or events? We'll do the driving.



Cogir Programs and Activities include:

- Fitness
- Arts
- Music
- Community Wellness
- Cogir Cares
- Pet Programs
- Games & Movies



Discover Your Ideal Home: Floor Plans Tailored for Every Lifestyle

At Cogir Senior Living, we know that no two people—and no two communities—are exactly alike. That's why every Cogir community offers a thoughtful variety of floor plans designed to suit different lifestyles, preferences, and care needs. Whether you're looking for the independence of a spacious apartment or the comfort of a more supportive living arrangement, you'll find a space that feels like home.



Designed for Your Comfort

Our floor plans vary by location but often include:

Studio Apartments

Perfect for those who appreciate a cozy, streamlined space.

One-Bedroom Residences

A balance of privacy and openness, ideal for personal comfort.

Two-Bedroom Suites

Great for couples, roommates, or anyone who enjoys extra space.

Memory Care Suites

Secure, welcoming spaces designed to support residents with cognitive needs.

Flexible Options for Every Lifestyle

Whether you're interested in Independent Living, Assisted Living, or Memory Care, we offer floor plans that reflect the level of support you need—without compromising on comfort or community.

Every apartment is part of a larger experience focused on wellness, connection, and living life to the fullest.

**comfortable
living
thoughtfully
designed**



Enjoy the Freedom of a Home That Takes Care of Itself

At Cogir Senior Living, we believe your time should be spent doing what you love—not managing home repairs or keeping up with daily chores. That’s why we offer thoughtfully designed living spaces and a worry-free lifestyle that takes the stress out of traditional homeownership or renting.



Community monthly fees include amenities such as:

- Full dining, coffee, tea service and snacks
- Housekeeping & Personal laundry
- Local transportation
- Utilities (except cable and phone)
- Basic care
- Full activities calendar of social and recreational programs

* Amenities vary by community

ENCORE Dining



Engage your senses with our ENCORE culinary services. Our talented chefs create masterful dishes from various cuisines that will delight your taste buds. We are always happy to accommodate most dietary restrictions.

- Menus featuring fresh, local ingredients
- Catering services
- Room service available



a dining experience designed around you.



Passionately Prepared by Culinary Professionals

Our chefs are passionate about both taste and nutrition, blending creativity and care in every plate. From heart-healthy options to special dietary accommodations, the focus is always on quality and resident satisfaction.

Delicious Variety, Every Day

Choose when and where you'd like to dine, from elegant full-service dining rooms to relaxed bistros and in-room service. Menus are thoughtfully curated to offer both comfort favorites and regional specialties.

A Place to Connect

Dining at a Cogir community, is more than just a meal, it's an opportunity to share stories, laugh with neighbors, and enjoy the pleasures of good food in good company.



Cogir's Signature Programs

Cogir's Signature Programs are designed to enhance senior living by fostering physical health, mental engagement, social connection, and emotional well-being. These programs offer diverse opportunities for residents to live fulfilling and balanced lives.

Forever Fit

From yoga to Zumba, a variety of physical fitness activities for every preference.

Melody & Masterpiece

Explore creativity through art classes and connect with music's transformative power.

Starlight Shows

Live entertainment brought to the community.

Virtual Voyages

Virtual travel experiences showcasing global history, food, and culture.

Timeless Discoveries

In-depth explorations of fascinating topics, from science to history.

Community Wellness

Nature-based activities promoting personal and environmental health.

Dream It, Do It

Quarterly bucket list experiences for residents.

Memories in Motion

Celebrate individual life stories with resident and family collaboration.

Cogir Cares

Community-driven charity initiatives fostering giving back.

Pawsitive Health

Integrating animals into wellness programs for meaningful connections.

Scan Here

to hear from
one of our
Residents



Connections

an early intervention to memory loss

The Connections program is an early intervention service that challenges the mind, removes barriers to engagement, and promotes autonomy in a small-group, structured setting with peers. Designed for Assisted Living residents experiencing early memory loss, it allows them to age in place without needing to enter Memory Care.

Personalized care plans

Connections Directors work with each resident to personalize their program, providing support where needed and promoting independence. Early enrollment can help slow mild cognitive impairment progression.

Building Connections

Connections combines social interaction, physical activity, and cognitive engagement to build both physical and cognitive connections, reducing stress, alleviating depression, and enhancing quality of life.



Revere Memory Care

Our Revere Memory care program uses relationship-based methods to help your loved one make connections through sensory stimulation. It is a holistic program that employs personalized care and engaging community programs and activities that ensure your loved one lives a purposeful and fulfilling lifestyle.

Music & Memory

Studies show that the right music can reawaken memories, stimulating activity and engagement. The benefits can be huge, yet this method is very simple – find the right musical connection to awaken the mind.

Dancing & Dementia

Encouragingly, studies also show that rhythmic dancing can slow the process of dementia. It helps to revive energy, prevents falls, increases activity and fosters general feelings of well-being.

Animal Assisted Activities

Research shows that therapy dogs and pet visits can increase social engagement, movement, and elevate the mood long after the visit is over.

Mind Engagement

We engage the mind through reminiscing exercises, simple guided meditations, games, arts and crafts, and individual self-expression.

Encounters with Nature

From outdoor walks to gardening activities surrounded by fresh air and sunlight, we help your loved one connect to nature. Studies show time outside can even reduce anxiety and improve sleep.

Sensory Stimulation

Often, those in cognitive decline have lived in low-stimulation environments. Revere Memory Care methods reintroduce fresh, natural experiences such as the scent from flowers and physical diversity of fabric textures to gently stimulate the senses. Enlivening the senses increases engagement in the rest of life while decreasing reliance on anti-anxiety and sleep medications.

People with Purpose

The Cogir Culture

Scan Here
to hear from
one of our Team
Members



At Cogir Senior Living, the heart of every community is its people. From our caregivers and culinary teams to our housekeepers and life enrichment directors, each team member brings not just skills, but passion, purpose, and a deep commitment to serving others. Our culture is rooted in three guiding pillars that shape everything we do, every day.



Human Focus

With every gesture, every act, we are mindful about the individual and strive to serve every human being with all the empathy that makes us stand out.



Creativity

As a team, we have the responsibility of seeking innovation every day by trying new things and challenging the status quo.



Excellence

Always improving on the previous day. Through our dedication, we are committed to continuously improving our endeavors.

Frequently Asked Questions

What can I expect from life in a Cogir community?

Every Cogir Senior Living community offers a rich calendar of numerous opportunities for learning, creativity, exercise and spirituality. Each event is designed to keep the mind, body, heart and spirit engaged, from guest entertainers and lecturers to theater and exercise, games and classes, services, celebrations, shopping, dance and much more.

How do I know if it's the right time for senior living?

Making this decision isn't easy, it's deeply personal. Many families choose senior living when safety, daily tasks, or isolation become concerns. At Cogir, we're here to offer support, comfort, and a sense of home, so you don't have to navigate this alone.

What support is available as needs change?

Life changes, and we're ready for that. Whether you need more care down the road or specialized memory support, we offer flexible, compassionate services that evolve with you.

How does Cogir support residents' independence?

We believe in empowering each resident to live life on their terms. Our dedicated team provides personalized care and assistance while respecting your choices and encouraging active, fulfilling days.

Are pets allowed?

Yes! Cogir communities are pet-friendly and welcome residents' dogs, cats, birds and fish. For the safety and comfort of all residents and guests, residents are responsible for their pets at all times and must adhere to the pet policy.

What's the first step?

Start with a conversation. Whether you're ready to tour or just gathering information, we're here to listen, guide, and walk this journey with you.

Call us today!

