

DESIGNED FOR YOUR ACTIVE LIFESTYLE

An important aspect of wellness is engagement and connection. That's why, as a resident of the Pine Ridge of Plumbrook community, you'll find that there's no shortage of activities, events, programs and other ways to socialize and connect with like-minded peers. And because we're a pet-friendly community, your four-legged best friend can continue to share your life and your lifestyle.

WELLNESS PHILOSOPHY

Here, wellness is not only a philosophy, it's a way of life. Living a full life is what wellness is all about. It's the key to helping you maintain who you are. At Pine Ridge of Plumbrook, our goal is to make it simple to explore a variety of ways to keep your mind, body and spirit healthy and active.

Our wellness philosophy starts with a focus on each resident's potential to achieve their personal goals through a personal wellness plan of engagement and connection. In addition to the many services and amenities of the community, you'll find this philosophy integrated throughout Pine Ridge of Plumbrook.

Your personal wellness plan can include:

- Physical activity and good nutrition to enable you to stay strong and flexible, while limiting disease and disability
- Ways to strengthen your existing social connections and develop new ones to help you stay happy
- Learning initiatives and challenging, creative programs to keep your mind stimulated
- Faith-based involvement, volunteerism and service that let you continue to give your life purpose and meaning

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FITNESS

Our wellness philosophy starts with a focus on each resident's potential to achieve their personal goals. We'll work with you to help incorporate physical activity and good nutrition into your daily life so you're able to stay strong and flexible, while limiting disease and disability.

PROGRAMS

Resident programs are daily experiences of involvement, fun and new connections. These programs are tailored around each resident's hobbies and interests, providing them the opportunity to continue to participate in activities they already love, or try something new and inspiring.

LOCATION

Our prime Sterling Heights, Michigan location is just a short drive from delightful outdoor recreation areas and parks. Off-site entertainment and cultural options that keep your mind stimulated can be found close by at venues. And living in a community with a convenient location also makes it easy for you to continue to be socially active with faith-based involvement, volunteerism and service that let you give your life purpose and meaning.

LIST OF PROGRAMS

Educational programs & series
Art & music performances
Theater trips
Social events & groups
Fitness & wellness programs
Cards & games
Bible study & faith-based groups,
worship and Catholic services
Trips – museums, shopping, dinner



AMENITIES AND SERVICES THAT LET YOU ENJOY LIFE TO THE FULLEST.

This is the time to enjoy life to the fullest, and the many amenities at Pine Ridge of Plumbrook help you do just that. The dining room makes it easy to enjoy fine cuisine every day. Monthly housekeeping services and on-site maintenance personnel leave you free to have fun. Fitness paths are great for stretching your legs or walking a four-legged friend. Pursue your passions independently or join in a wide variety of arts, classes, events and cultural and educational programs. Additional amenities and services include:

Amenities

- Dining room with anytime dining
- Café
- Life enrichment room
- Library
- Fitness center
- Theater
- Billiards
- Wellness center
- Beauty and barber salon
- Landscaped courtyards and patio areas
- Fitness paths
- Pet-friendly

Services

- Chef-prepared meals served restaurant-style
- Concierge services
- Fitness and wellness programs
- Entertainment, social and educational programs and events
- Weekly housekeeping, linen and laundry service
- Landscaping and snow removal
- Utilities included (internet, phone and cable service can be purchased)
- Maintenance and repairs
- Anytime transportation
- Wifi hot spots throughout the community
- On-site home health and rehab services available
- 24-hour Emergency Response System





CHEF-PREPARED MEALS MAKE ON-SITE DINING SOMETHING TO SAVOR.

Savor moments with friends and family in the dining room, where you'll discover fine cuisines — prepared with seasonal, locally sourced ingredients — designed to suit every mood, taste and occasion. Plus, you'll enjoy service and ambience that's one-of-a-kind.

Anytime dining from 7:00 am to 7:00 pm.

A monthly calendar is provided the first of each month, so you'll be sure to know when your favorites are on the menu. Here's an example of what you and your taste buds can enjoy.

SAMPLE MENU

STARTERS

French Onion Soup with Cheese & Croutons
Tomato & Cucumber Salad

CHICKEN PICCATA

*Chicken Breast Cutlets with a
Lemon Butter Sauce and Capers*

PORK TENDERLOIN

Slow Roasted and Served on a Raspberry Sauce

SIDE DISHES

Asparagus, Rice Pilaf
Side Salad, Macaroni & Cheese

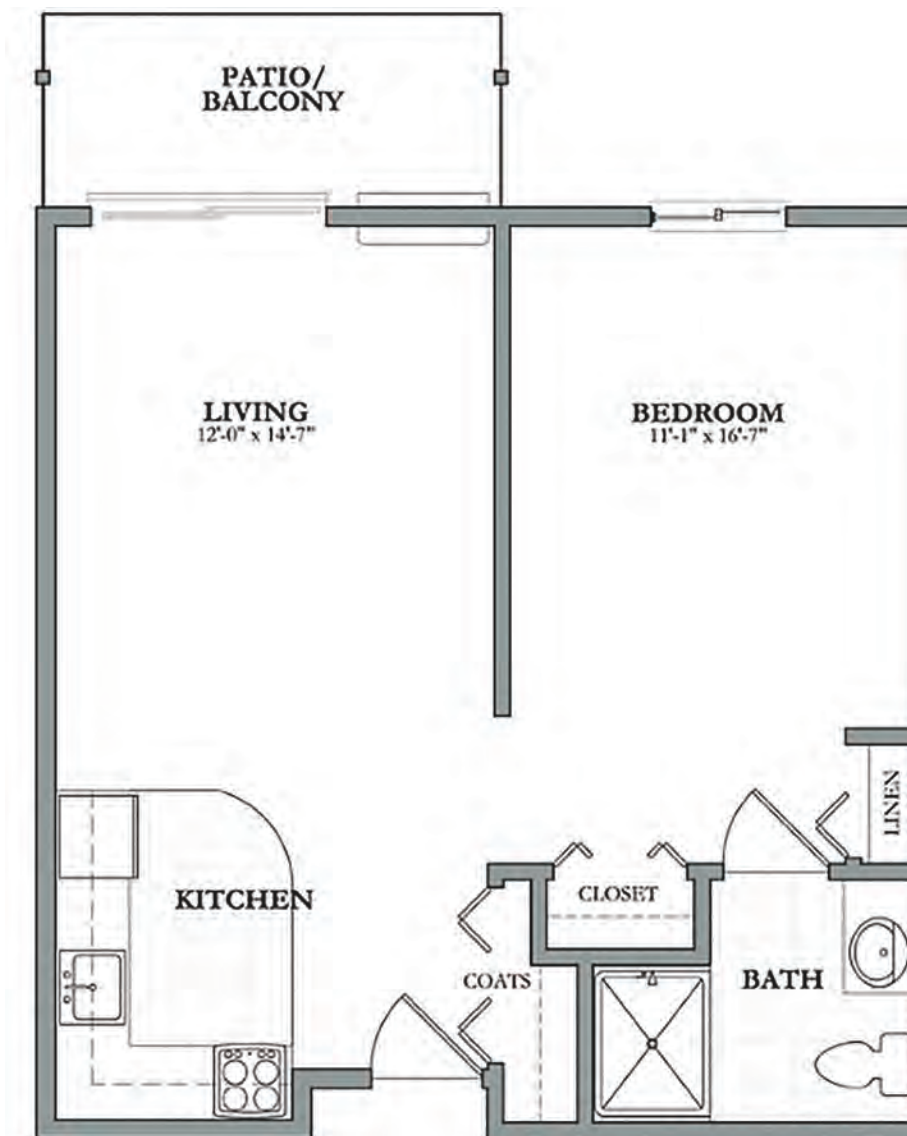
DESSERTS

Cheesecake with Raspberry Drizzle
Banana Crepe
Italian Cannoli with Fresh Cream

**One Bedroom, One Bath
with Balcony**
600 SQ. FT.

Apartment Amenities

- 9-foot ceilings
- Kitchenette
- Dining area
- Spacious closet
- Central heat and air conditioning with individual climate controls
- Secured entry



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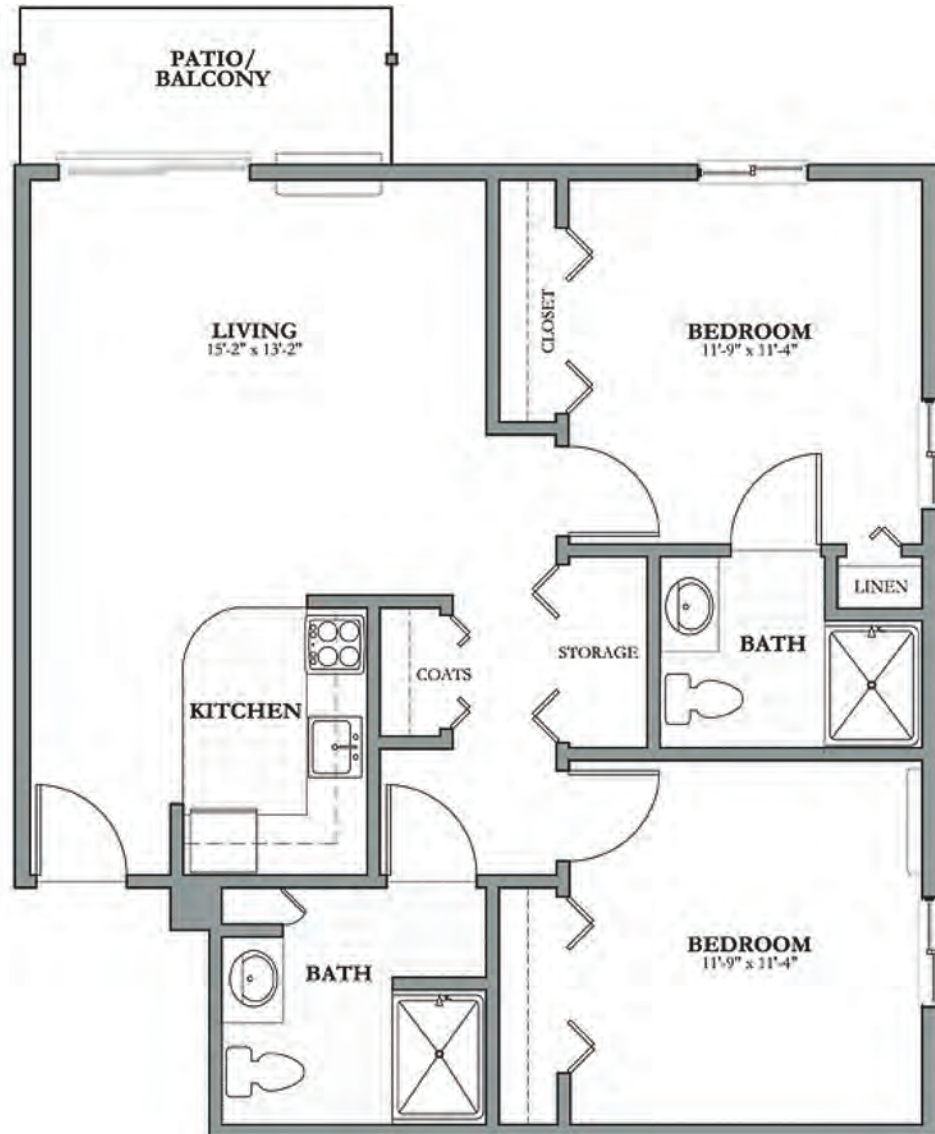


Two Bedrooms, Two Baths with Balcony

900 SQ. FT.

Apartment Amenities

- 9-foot ceilings
- Kitchenette
- Dining area
- Spacious closets
- Central heat and air conditioning with individual climate controls
- Secured entry

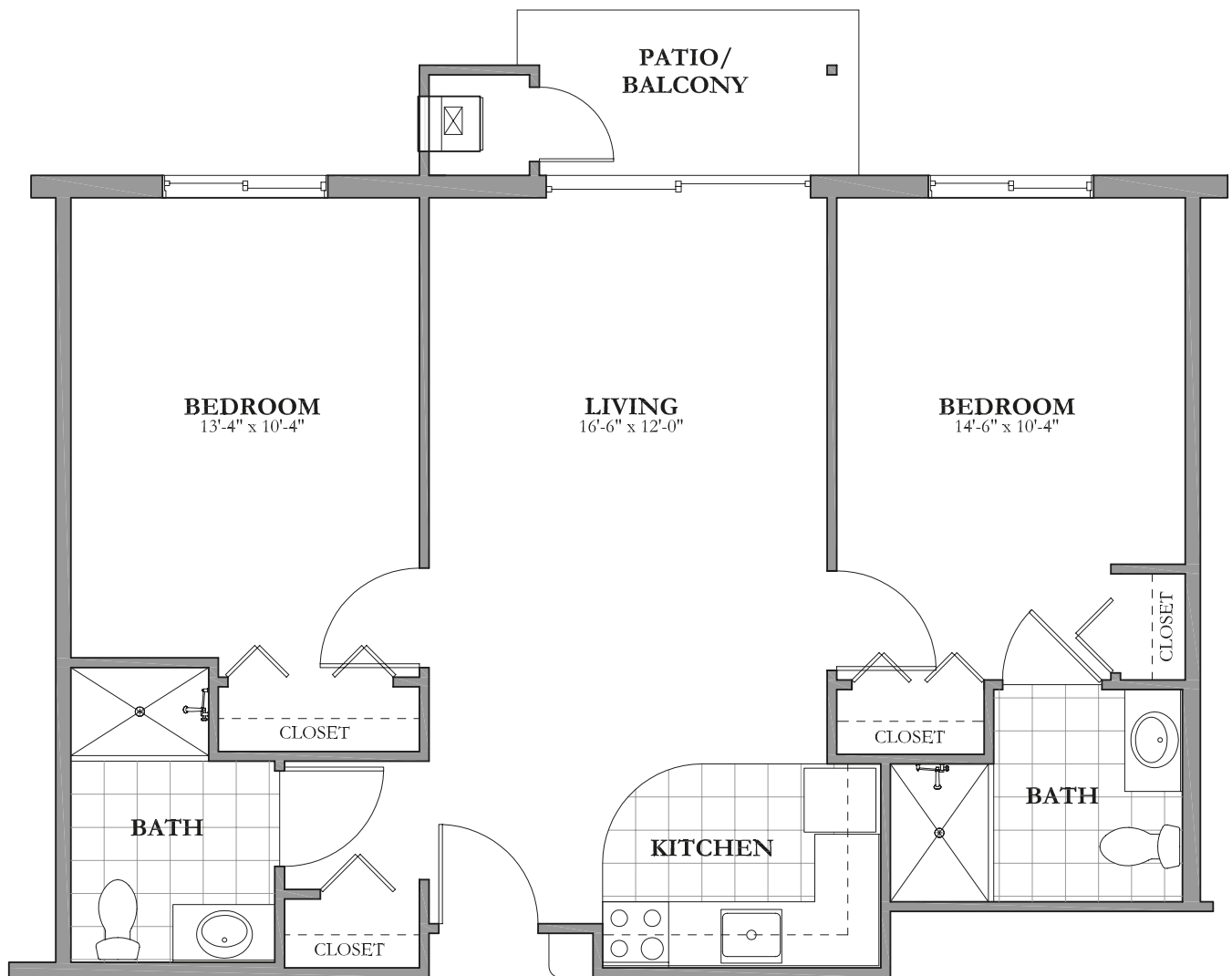


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Two Bedrooms, Two Baths
804 SQ. FT.

Apartment Amenities

- 9-foot ceilings
- Kitchenette
- Dining area
- Spacious closets
- Central heat and air conditioning with individual climate controls
- Secured entry

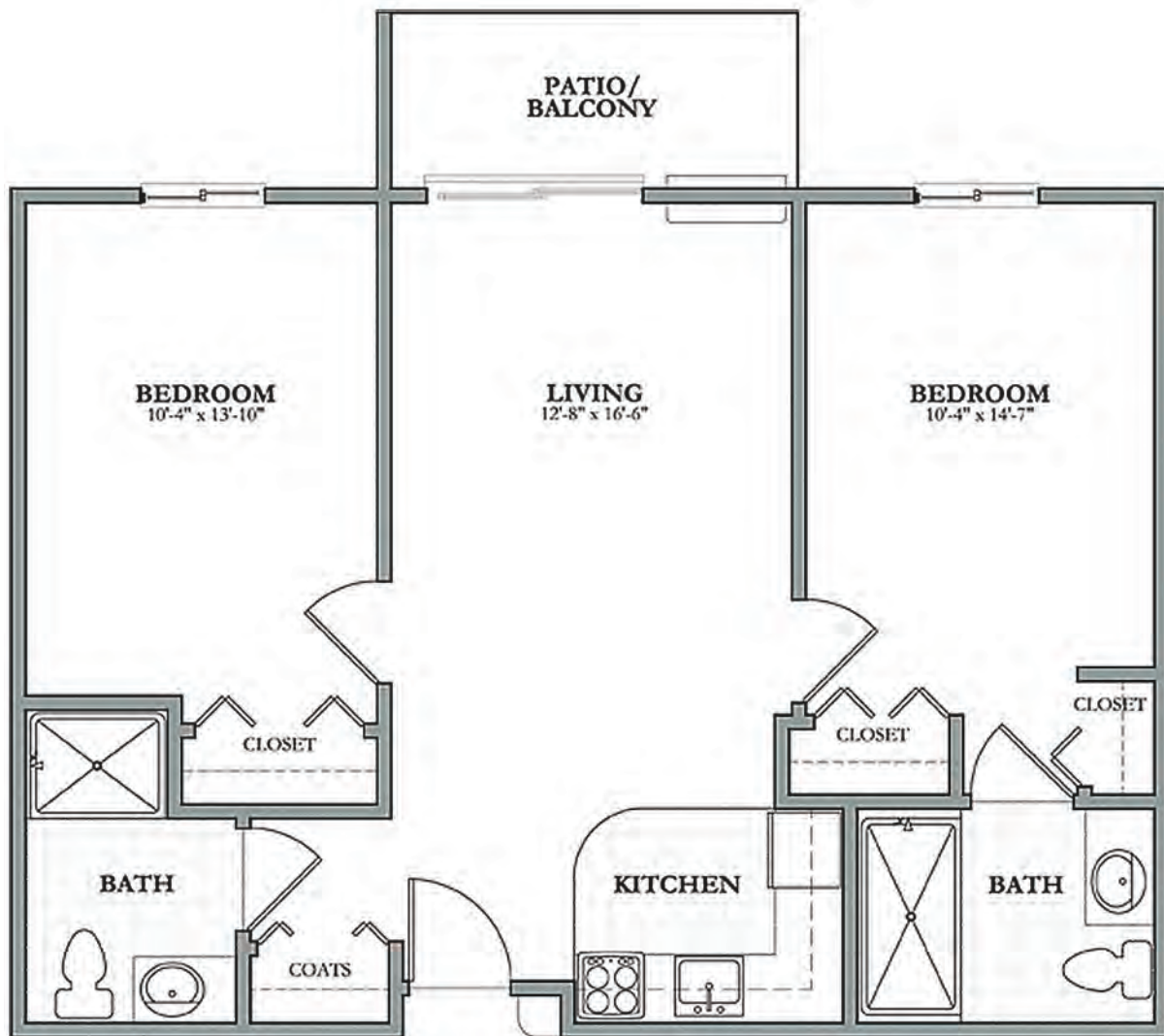


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Two Bedrooms, Two Baths
821 SQ. FT.

Apartment Amenities

- 9-foot ceilings
- Kitchenette
- Dining area
- Spacious closets
- Central heat and air conditioning with individual climate controls
- Secured entry



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COMPARISON WORKSHEET

	YOUR CURRENT MONTHLY COSTS	PINE RIDGE OF PLUMBROOK'S MONTHLY FEES INCLUDE
RENT or MORTGAGE PAYMENT	\$	All-inclusive rent (no buy-ins or long-term leases)
HOMEOWNER'S INSURANCE & PROPERTY TAX	\$	All-inclusive rent
UTILITIES	\$	Water, heat, A/C, electricity
GROCERIES & DINING	\$	Anytime dining – three restaurant-style meals Refreshments available throughout the day
LAUNDRY	\$	Weekly laundry included – complimentary laundry area available
HOUSEKEEPING	\$	Weekly housekeeping service
HOME MAINTENANCE	\$	Interior and exterior maintenance and repairs
YARD MAINTENANCE & SNOW REMOVAL	\$	Landscaping, yard maintenance and snow removal
TRANSPORTATION COSTS	\$	Free scheduled transportation Anytime transportation available
HOMEOWNER'S ASSOCIATION	\$	Maintenance Director
FITNESS MEMBERSHIP	\$	Fitness center with ongoing exercise programs
TOTAL	\$	\$

For more information, please visit our website:

PineRidgePlumbrook.com

Join us for a complimentary lunch and tour by calling

586.274.2500

Michigan Independent Living Communities Pine Ridges of Garfield, Plumbrook, Shelby Treated with MicroShield 360 Antimicrobial Coating



DETROIT, Sept. 29, 2020 /PRNewswire/ -- Pine Ridge of Garfield, Pine Ridge of Plumbrook, and Pine Ridge Villas of Shelby, part of the True Connection Communities ("TCC") family, announced today that the communities have been treated with MicroShield 360's two-step antimicrobial coating system that kills a broad spectrum of pathogens and viruses, including SARS CoV-2 (the specific coronavirus that causes COVID-19 disease), and protects from cross-contamination, odors, and mold between cleanings. TCC is the first senior housing operator to contract with MicroShield 360 to add this extra layer of protection against contamination by viruses in its communities.

MicroShield 360 is a unique coating system that incorporates an initial application of MicroShield 360 Renew, a hospital grade disinfectant, followed by the application of a long-lasting coating that is bacteriostatic, fungistatic, and algistatic. The MicroShield 360 coating system is EPA registered and FDA approved for direct food contact surfaces; it is odorless, colorless, and non-leaching and works every second of every day.

"Utilizing the MicroShield 360 antimicrobial treatment as an extra layer of protection in our communities will help ensure that our current and prospective residents feel safe and secure," says Jim Pusateri, Chief Executive Officer of TCC. "We have continued to prioritize the health and safety of our residents and team members throughout the pandemic and have taken preventive measures beyond those required by government and health authorities to help protect everyone in our communities."

[Learn more about what we're doing to help protect residents at
www.TrueConnectionCommunities.com/silver-linings](http://www.TrueConnectionCommunities.com/silver-linings)