

We believe *life* should  
*improve with age.*

# Allow us to introduce ourselves.



We're Senior Resource Group—SRG. For over 30 years, we've been developing and operating award-winning senior living communities throughout the United States. Although we're known for our distinctive designs and innovative amenities, it's common knowledge to everyone who lives and works with us that SRG senior living communities are fueled by our passion. We're truly driven by the desire to create environments that enhance the quality of people's lives.

Our success is rooted in the idea of hospitality. But it goes beyond just being well mannered. We strive to take care of our residents and our employees in a way that brings the two together as one extended family.

We work tirelessly to anticipate the future. At SRG, our residents tell us everything we need to know about who they are and how they want to live; and their input guides us in everything we do.

Ultimately, the SRG lifestyle is all about choice and independence. It's about savoring the daily experiences of life and cherishing connections—now, and into the future.

# Your comfort is our passion.



We put people first in everything we do, from the day-to-day living experiences of our residents to creating the best communities and working environments possible.

And, while we pride ourselves on the daily delivery of quality service, it's the elevation of hospitality to a new level—an innovation we call Genuine Hospitality—that truly sets SRG apart. Our residents are neither guests nor strangers; they are the constant that defines our communities—where exceptional service is delivered by a dedicated group of people who truly believe our residents well-being and quality of life is their personal responsibility.

At SRG, our goal is to create comfortable, service-enriched environments that encourage residents to choose, to express themselves, and to live fully.

# A blueprint for living well.



At SRG, we embrace wellness as a way of life. Healthy living means so much more than just exercise and nutrition; it's a person-centered approach that focuses on meeting the needs of the individual as a whole. Ours is a comprehensive philosophy that addresses the physical, emotional, intellectual, social, spiritual, and vocational well-being of our residents.

We recognize that mind, body, and spirit are all interconnected, so we've made it our goal to strengthen those connections through a robust offering of supportive programs, services, and amenities. By taking a holistic approach to wellness, we can provide a customized program for

each individual that includes nutrition and fitness opportunities, exercise classes, preventative health workshops, wholesome dining options and the knowledge, resources, and motivation to create a personalized blueprint for living well. Additionally, we encourage community members to work together to set goals, support progress, and celebrate and reward achievement.

By integrating all six areas of wellness, SRG communities promote healthy living and encourage residents and staff alike to lead balanced, productive lives.

## When needs change, we're ready.



Our residents and their families will also find comfort in knowing that even if their needs change, their address doesn't have to. Should the necessity for care arise, they'll find a thoughtful and comprehensive menu of programs and services available on-site to meet their individual requirements today and tomorrow.

Here, a personalized program of care, provided in the comfort of their home, affords residents the freedom and independence to live life as they choose. And, as their needs may grow and change, our Director of Assisted Living and licensed professional staff are there to provide the services required to meet those needs each and every day. For those requiring specialized Alzheimer's Disease/Dementia care services, Enliven™—our creative and adaptive memory care helps residents feel more connected and as independent as possible by focusing on their strengths and abilities, not impairments.

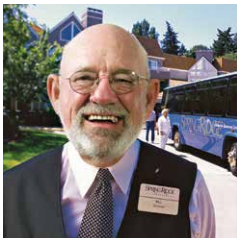
# Seeking a higher standard.



We take the health of our residents seriously, which is why we pursued accreditation. In 2004, SRG became the first major senior living provider in the U.S. to earn across-the-board accreditation of its eligible communities by the Commission on Accreditation of Rehabilitation Facilities, or CARF. Throughout North America and Western Europe, CARF is recognized as the leading independent accreditation body for providers of health and human services. Even though federal and state guidelines don't require licensed senior living communities to be accredited, we think it's an important distinction.

As part of our promise to you, SRG's accredited retirement communities will continue to voluntarily participate in CARF's accreditation process to ensure our programs and services maintain their measurable quality standards.

# More than a service. A privilege.



On a whole variety of fronts, from high tech to high touch, we do everything we can to engender a reassuring sense of comfort and understanding for our residents and their families as needs arise. We are honored to have the opportunity to make a difference in the lives of those we touch—our residents, their family members, and our employees.

We like to say that life should improve with age. After more than two decades in the business, it's certainly been true for us. It's our job to make sure our residents—and team members—feel the same way.



## *Senior Living Reimagined*

At La Vida Real, we surround our residents with an engaging blend of comfort, style, fine dining, endless social opportunities, and an impressive array of recreational and wellness programs. Here, you'll discover a service-enriched retirement lifestyle specially designed to meet your unique needs now, and in the future. Each day at La Vida Real brings with it a new opportunity for inspiration, renewal, rejuvenation and learning.

**LA VIDA REAL**  
AN SRG SENIOR LIVING COMMUNITY

## Welcome to La Vida Real

With its warm, rich colors and award-winning architecture, La Vida Real is reminiscent of a picturesque Spanish village. The moment you cross the threshold, you'll be captivated by the delightfully inviting atmosphere and welcoming sense of community that this vibrant, full-service retirement living community provides.

Located within the East County community of Rancho San Diego, La Vida Real offers a myriad of lifestyles and residential options from which to choose—from Independent Living residences to licensed Assisted Living and Memory Care. At La Vida Real, you'll find our amenity-rich and hospitality-focused lifestyle offers the perfect blend of independence, comfort, care and convenience—all designed to keep you in optimum health when you are well, and provide personalized care options when you are not.

From the comprehensive menu of resort-style services and amenities to the dedicated, professional staff, you'll find everything you need to enjoy retirement living like you've always imagined.

Your lifestyle continues here.

### **Distinctive retirement living in Rancho San Diego, California.**

Your days at La Vida Real can be as full—or relaxed—as you wish. Rise early and slip down to the pool for a refreshing swim. Curl up with a bestseller in the library or email the grandkids in the Internet Lounge. Perhaps join friends for lunch followed by a matinee. At La Vida Real, it's always your choice.







### Among our many amenities you'll find:

- Del Oro Grille Restaurant, open 12 hours daily
- Brabham St. Theatre
- Fitness Center
- Heated Swimming Pool & Spa
- Lushly landscaped gardens and walking paths
- Barber & Beauty Salon
- Market
- Library
- Internet Lounge
- Billiards/Game Room

## Retirement living designed to meet your needs today and tomorrow.

Whether you're active and on the go, or need some help with the activities of daily life, La Vida Real provides a variety of lifestyle options to meet your needs now, and in the future. Our licensed Assisted Living program offers three delicious meals daily, medication management, weekly personal and flat linen laundry service, help with daily activities, the peace of mind of 24-hour staffing plus the services of Independent Living. In addition, Enliven™—our creative and adaptive memory care program provides personalized attention in a secure, residential environment.

## A convenient location close to it all.

La Vida Real is centrally located near many popular destinations and activity centers situated within San Diego's East County. Across the street from the Rancho San Diego Library and Towne Center shopping mall, La Vida Real is within close proximity of five golf courses, several parks and recreational areas, as well as Sycuan Casino and Cuyamaca College. And, for added support, both Grossmont and Alvarado Hospitals and medical centers are within close driving distance.

## Seeking a higher standard.

At SRG, we take the health of our residents seriously, which is why we pursued accreditation. In 2004, SRG became the first major assisted living provider in the U.S. to earn company-wide accreditation for all of its eligible communities by the Commission on Accreditation of Rehabilitation Facilities, or CARF. Accreditation means we perform at our very best every day, and serves as a clear signal to consumers that SRG communities provide the highest quality of care and service.

## Your comfort. Our privilege.

Today, you have the opportunity to blend independence and peace of mind into an affordable lifestyle that meets your unique needs. Available on a monthly fee basis, La Vida Real's impressive range of comforts and conveniences simplify your life and enrich your lifestyle.

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# WELL-BEING THAT'S, WELL, *FUN*

The idea behind our innovative, engaging wellness program, **ZEST™**, is pretty simple: bringing healthy, positive balance to the Mind, Body and Soul with a wealth of personalized, enriching experiences. From trying something for the first time to exploring passions old and new, ZEST is all about energy. Because when we feel energized and happy, we enjoy life more every day.

ZEST inspires the mind through creative and intellectual expression. We work to keep the body in tune through daily motion and attention to nutrition. With our plant-based and whole-food focused FreshZest™ dining options, it is easy to enjoy fine dining AND make small but impactful lifestyle changes. And for the soul, our approach is as social as it is spiritual—personal connection, a bit of purposeful reflection and plenty of carefree interaction. Actually, it can be as simple as taking a moment to breathe.

Contact us today to learn how ZEST can bring more well-being to your daily life.



## LAVIDA REAL

INDEPENDENT AND ASSISTED LIVING • MEMORY CARE RESIDENCES

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EQUAL HOUSING OPPORTUNITY

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## MORE THAN “JUST” WELLNESS

We believe that wellness is a key factor in living your best life, longer. That’s why our ZEST wellness program takes an evidence-based, 360-degree approach to well-being that draws from best practices from a range of disciplines, like medicine, psychology, behavioral science, as well as SRG’s more than 30 years of experience in senior living.

ZEST is designed to help our residents feel their best every day. And even more, with the help of a dedicated on-site team, residents can benefit from preventive health strategies that promote well-being not only today, but in the long term.

## ENJOY YOUR ZEST

Because wellness is an individual journey, ZEST offers a wide range of experiences for the Mind, Body & Soul—three pillars of wellness that we believe are vital and interconnected. Whatever your preferences and needs, with ZEST you’ll find it easy and fun to cultivate a rich life of meaning, connection, fulfillment, and purpose.

These are just a few experiences waiting to be discovered:

- *Going back to school* with our Lifelong Learning university seminars.
- *Tasting how delicious* health can be with our FreshZest menu options.
- *Putting a dynamic new spin* on cycling with an energizing spinning class.
- *Enjoying Happy Hour* filled with personable conversation and new friends.



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# You're always in the loop with LifeLoop

## Connected to life, family, and each other.

LifeLoop helps residents and family members communicate, share experiences, and stay connected and involved in each other's lives on a daily basis. As a resident, you can easily connect with other residents to discover interests and hobbies, share photos, and invite friends to join you in an activity—using your phone, tablet or computer.

Family members can join in, sharing photos, sending messages and seeing what you have been up to lately. LifeLoop offers families added comfort by sharing weekly updates on their loved ones' activity engagement and assisting with meeting their needs from anywhere at any time.

Best of all, our team can walk you through setup and provide any support you need, so you can enjoy trying something new without the worry.

Keeping everyone in the loop. It's just another way life at an SRG community makes every day better.

## LA VIDA REAL

INDEPENDENT AND ASSISTED LIVING • MEMORY CARE RESIDENCES

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## *Our Focus is on Your Well-being*

La Vida Real offers a continuum of care designed to provide comfort, convenience, and peace of mind—now and in the future. Here, you'll enjoy health, wellness and supportive services that allow you to live a vibrant and enriched lifestyle. We tailor care to meet your unique needs and preferences to maintain optimum health when you are well—and personalized care options if you are not. You'll have access to a host of health and well-being services, plus licensed assisted living and memory care programs, if the need arises.

**LA VIDA REAL**  
AN SRG SENIOR LIVING COMMUNITY

## Wellness Made Easy

At La Vida Real, residents can benefit from a comprehensive array of personalized health and wellness programs and services. Here, residents can access routine health monitoring services, onsite physician consultations, self-directed wellness programs and a host of resources and educational programming.

## In-residence Care Services

You've got choices. Whether you opt for a private attendant or agency, you can receive personalized care services and assistance with activities of daily living in the privacy of your independent living residence.

## Assisted Living

La Vida Real delivers personal and supportive care. You see it in a warm smile and a helping hand. You see it in our innovative programs and services and in the dedication of our professional, welcoming staff. We call it person-centered care—from help with daily activities and managing medications to our 24-hour emergency call system. This is living, fully supported.

## Memory Care

La Vida Real's memory care offers a life full of engagement and inspiration in a caring and supportive environment. Our person-centered approach to care is tailored to meet your loved one's changing needs. You'll find specially designed private residences, complete with individualized care and the integration and support of family members. Friendly, welcoming and relaxed.

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# LA VIDA REAL

AN SRG SENIOR LIVING COMMUNITY

## SERVICES & AMENITIES: INDEPENDENT LIVING

La Vida Real independent living provides a host of services and amenities designed to complement your lifestyle and enrich your life.

## INDEPENDENT LIVING RESIDENCES

### Services Included in the Monthly Fee

- Complimentary full breakfast, plus your choice of lunch or dinner daily
- Biweekly housekeeping and flat linen laundry service
- All utilities (except phone) including basic cable TV
- 24-hour emergency call system
- 24-hour onsite staffing
- 24-hour reception desk
- Scheduled group transportation
- Social, cultural and recreational programs and activities
- Interior and exterior maintenance of all common areas, residences and grounds

### Features of Your Independent Living Residence

- Alcove, one- and two-bedroom floor plans
- Color-coordinated floor and window coverings
- Individual climate controls for heating/cooling
- Fully equipped, all-electric kitchen
- Washer and dryer
- Conveniently located elevators and access to common areas
- Fire and smoke detectors and sprinkler system



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# LA VIDA REAL

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## SERVICES & AMENITIES: ASSISTED LIVING

La Vida Real assisted living offers a host of services and amenities tailored to your needs and designed to enrich your life.

## ASSISTED LIVING RESIDENCES

### Assisted Living Services Offered

- Three meals daily, including snacks
- Help with daily activities, including bathing, dressing and grooming
- Weekly housekeeping
- Weekly personal and flat linen laundry service
- All utilities (except phone) including basic cable TV
- 24-hour staffing and emergency call system
- Licensed nurse on staff
- Scheduled group transportation
- Social, cultural and recreational programs and activities
- Interior and exterior maintenance of all common areas, residences and grounds

### Features of Your Assisted Living Residence

- Alcove and one-bedroom floor plans
- Color-coordinated floor and window coverings
- Individual climate controls
- Safety grab bars in shower, smoke detectors and sprinkler system
- Conveniently located elevators and access to common areas



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## SERVICES & AMENITIES: MEMORY CARE

La Vida Real memory care provides engaging and adaptive services specially designed to support and enrich your life.

## ENLIVEN™ MEMORY CARE RESIDENCES

### Memory Care Services Offered

- Three meals daily, including snacks
- Help with daily activities, including bathing, dressing and grooming
- Weekly housekeeping, personal and flat linen laundry service
- All utilities (except phone) including electricity, water, trash removal and basic cable TV
- 24-hour staffing and emergency call system
- Licensed nurse on staff
- Assistance with managing medications
- Enliven™—creative and adaptive memory care helps residents feel more connected and as independent as possible
- Activity programming that maximizes independence while focusing on strengths and abilities
- Personalized care services to meet the changing needs of each resident

### Features of Your Memory Care Residence

- Private and shared alcove floor plans
- Secure, alarmed residential environment
- Specially designed common areas and courtyards
- Safety grab bars in shower, smoke detectors and sprinkler system



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# LA VIDA REAL

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**PLAN A** | **498 SQ. FEET** | Alcove / One Bath

Floor plans are representative; actual square footage, dimensions and details may vary.

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# LA VIDA REAL

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**PLAN B** | **670 SQ. FEET** | One Bedroom / One Bath

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# LA VIDA REAL

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**PLAN C** | **825 SQ. FEET** | Two Bedroom / Two Bath

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# LA VIDA REAL

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**PLAN D** | **925 SQ. FEET** | Two Bedroom / Two Bath

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# LA VIDA REAL

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**PLAN E** | **1,151 SQ. FEET** | Two Bedroom Plus Den / Two Bath

Floor plans are representative; actual square footage, dimensions and details may vary.

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# LA VIDA REAL

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**PLAN F** | **1,164 SQ. FEET** | Two Bedroom Plus Den / Two Bath

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# LA VIDA REAL

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**PLAN G** | 1,278 SQ. FEET | Two Bedroom Deluxe / Two Bath

Floor plans are representative; actual square footage, dimensions and details may vary.

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# LA VIDA REAL

AN SRG SENIOR LIVING COMMUNITY



**PLAN A-1** | **473 SQ. FEET** | Alcove / One Bath

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# LA VIDA REAL

AN SRG SENIOR LIVING COMMUNITY



**PLAN B-1** | **587 SQ. FEET** | One Bedroom / One Bath

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