



HEARTHSTONE AT GREEN LAKE

WELCOME TO LIFE IN NATURE'S NEIGHBORHOOD.

#### Say Hello to Nature's Neighborhood.

Nestled near the shores of Green Lake, in Seattle's most popular lakeside park—all four seasons take center stage with dramatic displays: cherry blossoms of spring, maple trees of summer, oranges of fall and misty Northwest winters.

This living oasis in the middle of the city gives you the best of all worlds: a village-like feeling, restaurants and services close at hand, and easy access to Seattle's best amenities, all while providing a deep connection to the natural world. Plus, Green Lake is a multi-generational mecca that hums with the sights and sounds of a vibrant life.

> Make your life in Nature's Neighborhood at The Hearthstone.

#### An inspired 62+ community in the heart of it all.

People have always loved The Hearthstone's down-to-earth community, focus on healthy living and easy access to natural splendor where birds instead of sirens are the norm. While that remains the same, The Hearthstone continues to innovate new lifestyle choices with a variety of residential options and healthcare services. Do you like to be where all the action is? Or tucked away in your own cove? The choice is yours.

**The Lakeside** is the center of The Hearthstone campus and the perfect place for people who like the engagement of community life—daily social activities, dining venues and special events—and appreciate treetop, lakeside views.

**The Cove** is tucked one block away and is designed with more personal living space in mind, with large kitchens and a condominium feel.

Both of these independent living options give you access to the same great services, activities and lifestyle for which The Hearthstone is famous, including flexible entrance fee options.

Perhaps most appealing is that The Hearthstone is a not-for-profit Continuing Care Retirement Community (CCRC). That means profits after operating expenses are re-invested into improving the quality of resident life.



A dedicated free-run dog park and miles of trails make Green Lake a puppy paradise.

Experience the spectacular and moving Japanese lantern ceremony each August.

At Green Lake, four seasons and an everchanging view are right outside your door.

The people here are down to earth. No pretentious conversations. It's friendly, comfortable and cozy at The Hearthstone.

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## THE ART OF COZY.

Hello Hygge... Naturally wonderful outside. Wonderfully nurturing on the inside.

At The Hearthstone, we embrace the Danish idea of "hygge" (pronounced "hoo-ga"). Hygge is the cultivation of intentional simplicity and focuses on what's most essential for living well and feeling right at home in the world. Whether that's curling up next to our stone fireplace with your favorite book and a fresh-baked pastry, exploring nature with your dog by your side, or sharing a delicious meal in the company of good friends—hygge is best expressed as "authentic living" at its best, and it describes life at The Hearthstone.

We incorporate these aesthetics into our culture, creating meals that delight the senses, not just fill the stomach. It means infusing common areas with warmth to generate connections between people. For us, hygge is recognizing and honoring the magic in daily acts, and performing them with a little extra conscious effort, gratitude and care. Hygge is a word you'll love saying as much as experiencing.



Imagine a perfect day that starts with coffee and then yoga. Walk your dog around the neighborhood and run a few errands. Dinner at Nell's with friends, and then it's off to the Bathhouse Theatre for a show. A full day, all without stepping into a car.

# A LAKEFRONT VILLAGE.

One of the most sought-after neighborhoods in Seattle, Green Lake shimmers with life.

Over the years, this prime location has attracted some of the nicest restaurants and cafés in the city, all of which are just a short walk from your door. As the destination for all things health and fitness, Green Lake has more than its fair share of fitness studios offering classes in yoga, tai chi, Pilates and much more.

The flat, even and well-maintained three-mile loop along the lakeshore is perfect for walking or biking. If you're early to rise, you can watch crew teams glide across the still, quiet waters. During the spring and summer, you can join in the fun by renting paddleboats, rowboats or canoes by the hour. Or play a little golf at the 9-hole Green Lake Golf Course. It's a multi-generational mecca where there's never a dull moment.

Schedule a tour, and see the neighborhood. We're excited to meet you! Call (206) 517-2242 or visit hearthstone.org.

#### Dining for every taste.

Do you like walking to your favorite place for breakfast, lunch, dinner or brunch? Green Lake offers a casually sophisticated dining scene with more than a dozen restaurants and cafés within a block or two.

- Nell's Restaurant
- Duke's Chowder House
- The Latona Pub
- Thai Ocean
- Lunchbox Lab
- Shelter Lounge

#### Local coffee shops.

- Starbucks
- Retreat Coffeehouse

#### **Neighborhood attractions.**

- The Bathhouse Theater (Besides seeing shows, many of our residents volunteer, take acting classes and even audition for parts.)
- Green Lake Public Library
- Woodland Park Zoo

### Downtown Seattle is a quick bus ride away.

When you need to get to downtown Seattle, Green Lake is ideally situated. Plus, The Hearthstone is located on major bus routes, getting you to where you want to go in just minutes.

- The Seattle Art Museum
- Pike Place Market
- Westlake Center
- Benoroya Hall
- The Seattle Ballet, Symphony and Opera
- 5th Avenue Theatre
- The Seattle Center

#### Grocery stores.

Within one mile, you'll find everything you need, a short drive or walk away:

- QFC
- Green Lake Village PCC
- Whole Foods Market
- Safeway

#### Perfect for pet lovers.

Green Lake Animal Hospital is so close to the Hearthstone that staff have occasionally made house calls to residents with pets. If you love animals, every day is a parade of pets trotting past our community.





## WELLNESS.

Where you live makes a difference in your well-being.

People who move to The Hearthstone often find their activity level increases simply because the neighborhood and park are so conducive to walking. Everything is better with a friend. Finding peers who are also committed to lifelong fitness makes it easier to exercise regularly.

The flat, even and well-maintained paths, trails and sidewalks invite a lot of walking. For people primed to really move, the three-mile loop around Green Lake offers plenty of space to go the distance, whether that's biking, walking or simply enjoying the scenery.

#### In the right setting, it's easy to keep your body, mind and spirit fit for life.

At The Hearthstone, we believe wellness is holistic in nature, encompassing the mind, body and spirit. Therefore, we cover all of the bases by offering a wide variety of on-site classes, as well as a personal trainer to help residents move correctly, set fitness goals and answer questions or address concerns. With more than 30 classes every week—all of which are included in your monthly fee—you'll definitely find something that works well for you.

#### Tabata

By far one of our most popular classes, Tabata is high-intensity interval training (HIIT).

#### Tai Chi

A traditional Chinese practice of breathing and movement. Good for the body, mind and spirit.

#### **Personal Training**

Professional trainers who specialize in coaching mature bodies.

#### Meditation

Besides mindfulness training, groups meet regularly for meditation and prayer.

And a lot more including core workouts, circuit training, cardio and brain agility classes.

If we don't have what you're looking for, chances are, you'll find it nearby.

- City of Seattle Evan's Pool, with a full schedule of classes
- Seattle Pilates Collective
- OmCulture

#### **Medical Within Minutes:**

- Mind Your Body Clinic
- Full Circle Natural Medicine
- Northwest Hospital
- UW Medical Center
- Virginia Mason, Fred Hutchinson and Swedish are just a short drive away











# CHOICES, CHOICES.

For more social connection and activities, choose The Lakeside. For greater privacy and more personal space, choose The Cove.

The Hearthstone campus, for people 62+, offers several lifestyle choices based on your individual preferences and needs. No matter what you choose, it's comforting to know you'll have all of the benefits of a Continuing Care Retirement Community.

If your situation ever changes, you'll have options to support your needs throughout life. And whether you choose an apartment at The Lakeside or The Cove, you'll enjoy the same tremendous value.

### THE LAKESIDE

The Lakeside is The Hearthstone campus's hub and located across the street from Green Lake park.

#### **AMENITIES**

- Fitness center
- Wellness program
- Art studio
- Business center
- Woodshop
- Salon
- A receptionist to greet your guests

- Library
- On-site bakery
- Beautiful dining room with fireplace
- Chapel
- Performance venue
- Guest apartment
- Pet friendly

#### LIFESTYLE

- Intellectual: Book clubs, writing clubs, lectures, computer coaching
- Spiritual: Chapel, prayer, meditation
- **The Arts:** A wide variety of music and dance performances and monthly art museum trips
- Just for Fun: Dinners out, Skagit tulip trips, symphony visits, weekly excursions and more

#### **MONTHLY FEE INCLUDES**

- Housekeeping services
- Wi-Fi
- Expanded cable TV
- Transportation services
- Telephone, including long distance
- A wide variety of activities
- Chef-prepared healthy dining program
- All utilities & maintenance





### **COVE EAST - COVE WEST**

The Cove is perfect for those who desire the amenities of a retirement community, but prefer a condo-like environment.

Located one block east of the main Lakeside building, The Cove is a completely new alternative to an entrance-fee CCRC—although technically it really is one! The Cove offers spacious, secure, condo-like apartments with cook's kitchens and all that The Hearthstone has to offer, including health services should you ever need them. You get privacy when you want it, and dining and social events when you feel like it.

Take a tour and choose what's right for you. Call (206) 517-2242 or visit hearthstone.org.



#### AMENITIES

- Fitness center
- Wellness program
- Garage parking
- Pet friendly
- Bistro
- Art Studio
- The Bridge Community Center

#### **INCLUDED MONTHLY**

- Housekeeping services
- Wi-Fi
- Expanded cable TV
- Transportation services
- Telephone, including long distance
- A wide variety of activities
- Chef-prepared healthy dining program
- All utilities & maintenance

Nature's neighborhood on the outside and a warm feeling on the inside. No matter whether you choose The Lakeside or Cove West, you'll find yourself living in a very special place. You get the best of all worlds: a pedestrian-friendly paradise—plus the peace of mind that comes with a Continuing Care Retirement Community (CCRC).

The CCRC contract provides health services such as assisted living, skilled rehab, physical therapy, memory support and skilled nursing should you ever need them. The Hearthstone is also a wellrespected not-for-profit organization dedicated to active and healthy lifestyles for people 62+.

Get started today! Call (206) 517-2242 or visit hearthstone.org.







### THE HEARTHSTONE AT GREEN LAKE

Welcome to Nature's Neighborhood Video

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