

# Gilman Park

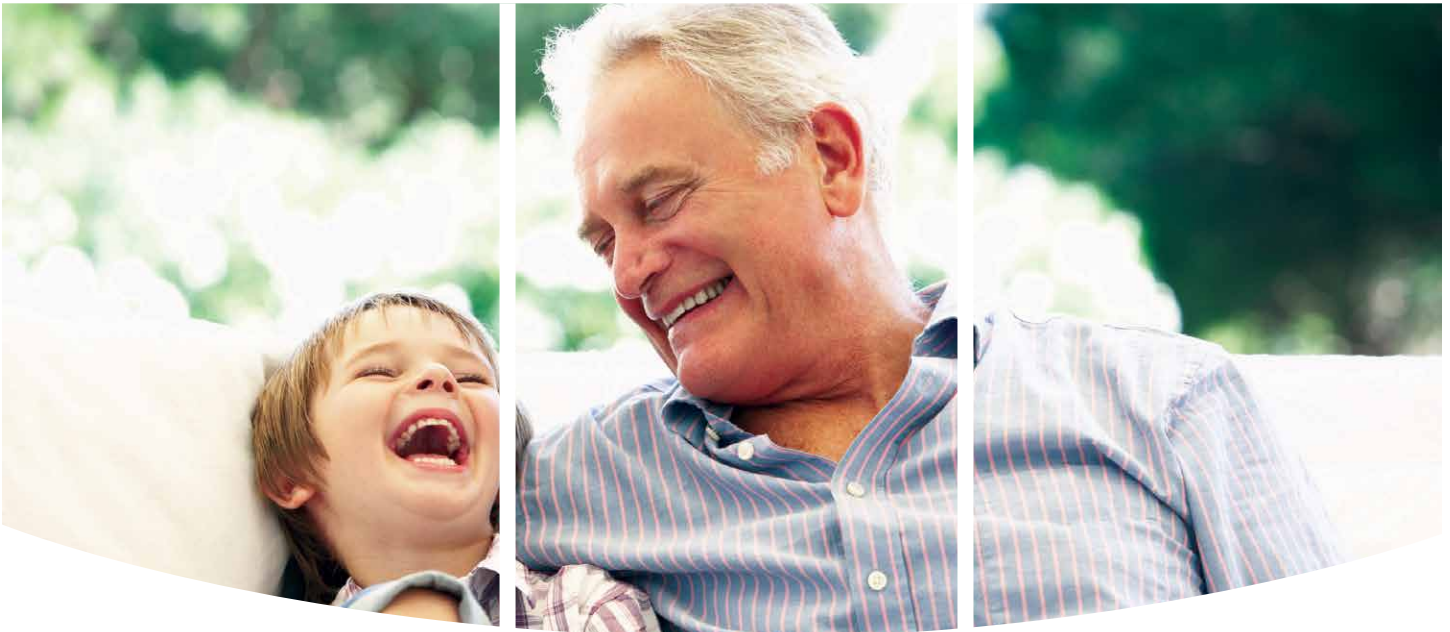
ASSISTED LIVING



**Premier Assisted Living Community**



# *A Nurturing and Uplifting Environment*



At Gilman Park Assisted Living in Oregon City, residents enjoy an active, engaging lifestyle that promotes wellness and independence. It is our goal to keep our residents linked to resources and opportunities in the community that will fulfill their needs, interests, and goals. Residents have many opportunities to participate in a variety of life enriching activities and events designed to stimulate the mind, body and soul. From cocktail-hour gatherings where you can learn about the nuances of a good Pinot Noir, to a discussion of the latest best seller in our Life-Long Learning series, to exploring new ways to stay healthy in a fitness class...expect the unexpected. When what you desire most is exactly where you want it to be, celebrate!





## Escape to the Ideal Lifestyle...

Gilman Park Assisted Living offers a wide array of apartment options within our community – whether you are looking for the convenience of a studio, the privacy of a one bedroom, or the spaciousness of a two bedroom apartment we can accommodate your needs. Keep life comfortable and stress free with our thoughtfully designed apartments providing all the features and space you need for living life to the fullest. Depending on the apartment you select, your residence at Gilman Park Assisted Living may include the features below.

Assisted living apartment amenities include:

- Monthly rental with no buy-in or long-term lease
- Choice of studio, one, and two bedroom apartments
- Linen and housekeeping services
- Maintenance of interior and exterior spaces
- 24-Hour emergency call system in each apartment
- Utilities (telephone, basic cable and high-speed internet excluded)
- Well-appointed finishes, spacious closets, and kitchenettes
- Wireless internet access in common areas

Assisted living services include:

- Assistance with personal needs such as bathing, dressing and grooming
- Medication management
- Select specialty diets offered
- Continence management
- Individually developed care plan with our residents preferences in mind
- Mobility and transferring assistance
- Respite services available

Are you ready to take advantage of a community that caters to your upscale tastes? To learn more about Gilman Park Living, please call 503-657-5700.

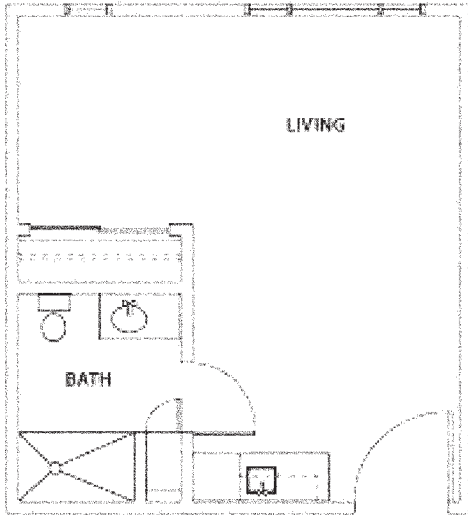




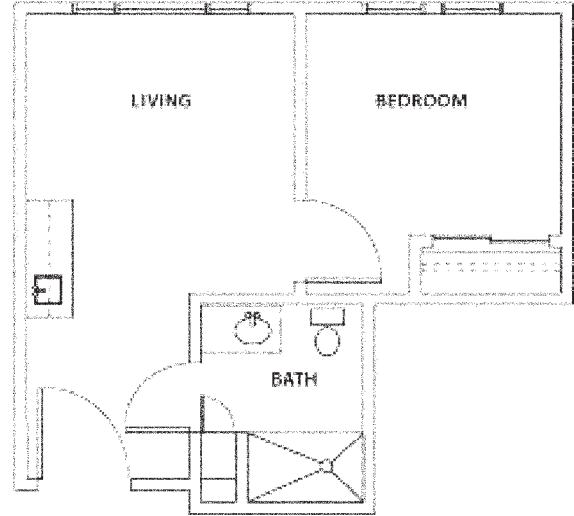
# Gilman Park Floor Plans



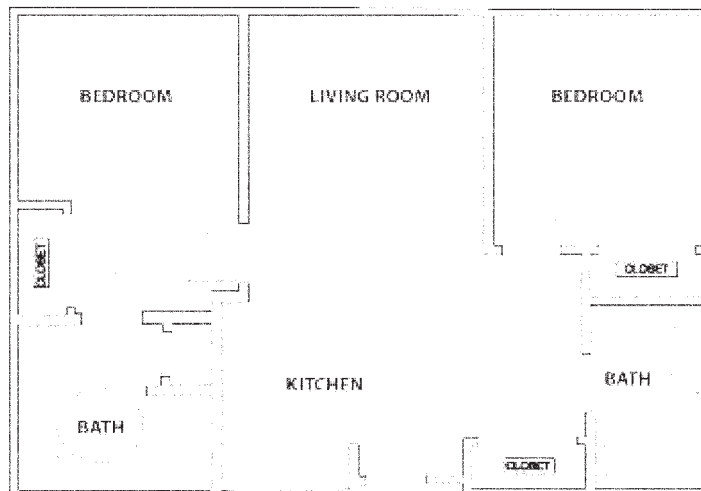
Studio • 380-410 sq ft



One Bedroom • 460-480 sq ft



Two Bedroom • 820 sq ft





## Indulge in All We Have to Offer...

Living at Gilman Park Assisted Living will allow you to be free from the daily rigors of cooking and cleaning so you can maintain the liberties and freedoms of your retirement lifestyle in one of our spacious apartments. Our dedicated staff will take care of the grounds, the housekeeping and other chores; leaving you time to enjoy life's simple pleasures.

Our monthly hospitality package includes three delicious home-cooked meals each day, weekly housekeeping with linen service, planned events and activities, scheduled transportation, and paid utilities (does not include telephone, cable, and internet services). Your retirement can be as active or as relaxed as you prefer in our community – just like home, surrounded by your favorite collectables and furnishings.

Our amenities include:

- Unique programming like our Life-Long Learning Series
- Library, computer, and business center
- Crafts, bingo, and multi-purpose room
- Special trips, outings, and celebrations
- Tai Chi
- Exercise classes
- Complimentary housekeeping
- Full-service beauty salon and barber
- Complimentary resident laundry rooms
- Resident and guest parking
- Free scheduled transportation
- Beautifully landscaped courtyards and patio areas
- Pet-friendly community

Are you ready to take advantage of all we have to offer? To learn more about Gilman Park Assisted Living, please call 503-657-5700 and schedule a tour.



# Gilman Park

ASSISTED LIVING

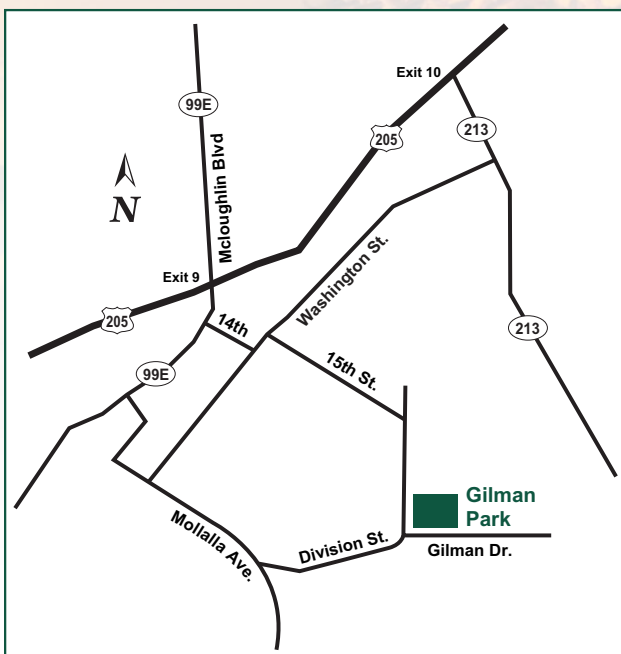
2205 Gilman Drive  
Oregon City, OR 97045  
503-657-5700  
gilmanpark.com

## Here's how to find us...

*Follow these easy driving directions.*

### From I-205 South:

- Take Exit 9 onto Hwy 99E
- Turn left onto McLoughlin Blvd.
- Travel one block, turn left onto 14th St.
- Turn left onto Washington St. and right onto 15th St.
- Travel up the hill, turn right on Division St.
- Travel two blocks to Gilman Dr. and turn left, Gilman Park will be on the left



### From I-205 North:

- Take Exit 10 travel towards Hwy 213
- Take right onto Washington St.
- Take a left on 15th St.
- Travel up the hill, turn right on Division St.
- Travel two blocks to Gilman Dr., and turn left Gilman Park will be on the left