



Courtyard

at Mount Tabor
MBK SENIOR LIVING



Independent Living, Assisted Living and Memory Care



Welcome to Courtyard at Mount Tabor

Come experience exceptional senior living in scenic Portland, Oregon. Here, you'll thrive in a warm, stimulating environment and enjoy the peace of mind that comes with on-site supportive care services and extraordinary programming.



WE PUT YOU FIRST IN EVERYTHING WE DO.



With a priority on respect and kindness, our caring and dedicated team works daily to develop authentic relationships with all residents to best meet your changing needs and personal preferences.

Located at the base of Mount Tabor in southeast Portland, Oregon, Courtyard at Mount Tabor offers an award-winning senior lifestyle in a vibrant community you'll be proud to call home. Our 13-acre campus features beautiful outdoor courtyards, walking paths, resort-style amenities and a continuum of care for those who want to embrace the opportunities of maintenance-free living.



A Continuum of Care

With exceptional care comes increased peace of mind. That's why we place great significance on enhancing the well-being of every resident at Courtyard at Mount Tabor.

From service-enriched independent living and person-centered assisted living to innovative memory care, we offer a range of options designed to adapt to your lifestyle as needs change. Our personalized, relationship-based approach starts by taking the time to get to know each resident, learn your unique story and ensure you have just what you need to both feel at home and feel your best.



Independent Living

Embrace an amenity-rich, maintenance-free lifestyle defined by lasting friendships, cultural opportunities and whole-person wellness. At Courtyard at Mount Tabor, you don't just feel at home—you are home.



Assisted Living

Enjoy the customized support you need to live as actively and independently as you desire—including assistance with daily activities, transportation services, 24/7 professional staffing and more.



Memory Care

Our program—grounded in proven research—supports loved ones dealing with memory loss by delivering personalized care and unique opportunities that help them stay engaged with life and connected with family.

Dining

Good food nurtures the body, mind and spirit. Enjoy a satisfying meal or snack any time of day with chef-prepared menus full of familiar favorites and fresh creations.



Movie Theater

Nothing beats a night at the movies with friends. Our on-site theater delivers the big-screen experience right at home, complete with popcorn, refreshments and more.



Beauty Salon

How we look can make a big difference in how we feel. At Courtyard at Mount Tabor, you can enjoy access to professional styling services anytime in our inviting on-site salon.



Pet-friendly

Life is better when shared with your favorite companions! Courtyard at Mount Tabor is a pet-friendly community with plenty of spaces inside and out for your furry friends to enjoy.



A Lifestyle of Choices

With unfettered access to abundant amenities, extensive wellness programs and socially enriching activities, you'll discover the true meaning of living well at Courtyard at Mount Tabor.

Each day presents the choice to enjoy an active, on-the-go lifestyle or just relax and rejuvenate. In addition to a variety of indoor and outdoor shared community spaces, you'll find all the services and support you need to make every day the best it can be.



Our Services Include:

- Customized care plan and 24-hour professional staffing
- Assistance with activities of daily living including:
 - Medication
 - Bathing
 - Dressing and grooming
 - Bathroom assistance
 - Escorts to activities and meals
- Healthy, delicious meals daily, with special dietary accommodations available
- Housekeeping, personal laundry and linen service
- Mind+Body enrichment program and classes
- Private bus transportation
- 24-hour emergency alert system
- Short-term stays available

On-Site Amenities:

- Beautiful courtyards and walking paths
- Beauty salon
- Reservoir lounge
- Activity and game rooms
- Multiple dining venues
- Chapel
- Movie theater
- Three libraries
- Fitness room
- Health spa





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