



Mountlake Terrace Plaza

MBK SENIOR LIVING



Independent Living and Assisted Living



Welcome to Mountlake Terrace

Come experience exceptional senior living in downtown Mountlake Terrace, Washington. Here, you'll thrive in an active, engaging environment and enjoy the peace of mind that comes with on-site supportive care services and extraordinary programming.

EXCEEDING EXPECTATIONS EVERY DAY.



Known for advocacy and compassion, our dedicated team goes above and beyond to help you take full advantage of programs and services that support your changing social, physical and long-term care needs.

Tucked away in a pine-filled neighborhood right across the street from the Mountlake Terrace Library and Veterans Memorial Park, our active community features a charming courtyard, lush walking paths, stylish apartments and a continuum of care for those who want to embrace the opportunities of maintenance-free living.



A Vibrant Way of Life

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

From on-site independent living services to person-centered assisted living care, we offer a full 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 Mountlake Terrace, 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.

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.



Fitness Center

Mind+Body wellness is our priority. No matter what your activity level, our fitness center offers the equipment, programming and support you need to enjoy a healthy lifestyle.



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 Mountlake Terrace.

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.



Downtown Living

Enjoy easy access to everything! Shop Alderwood Mall, catch a movie at Cinebarre Mountlake Terrace, stroll through Ballinger Lake Park and more.



Pet-friendly

Life is better when shared with your favorite companions! Mountlake Terrace is a pet-welcoming community with plenty of space inside and out for your furry friends to enjoy.

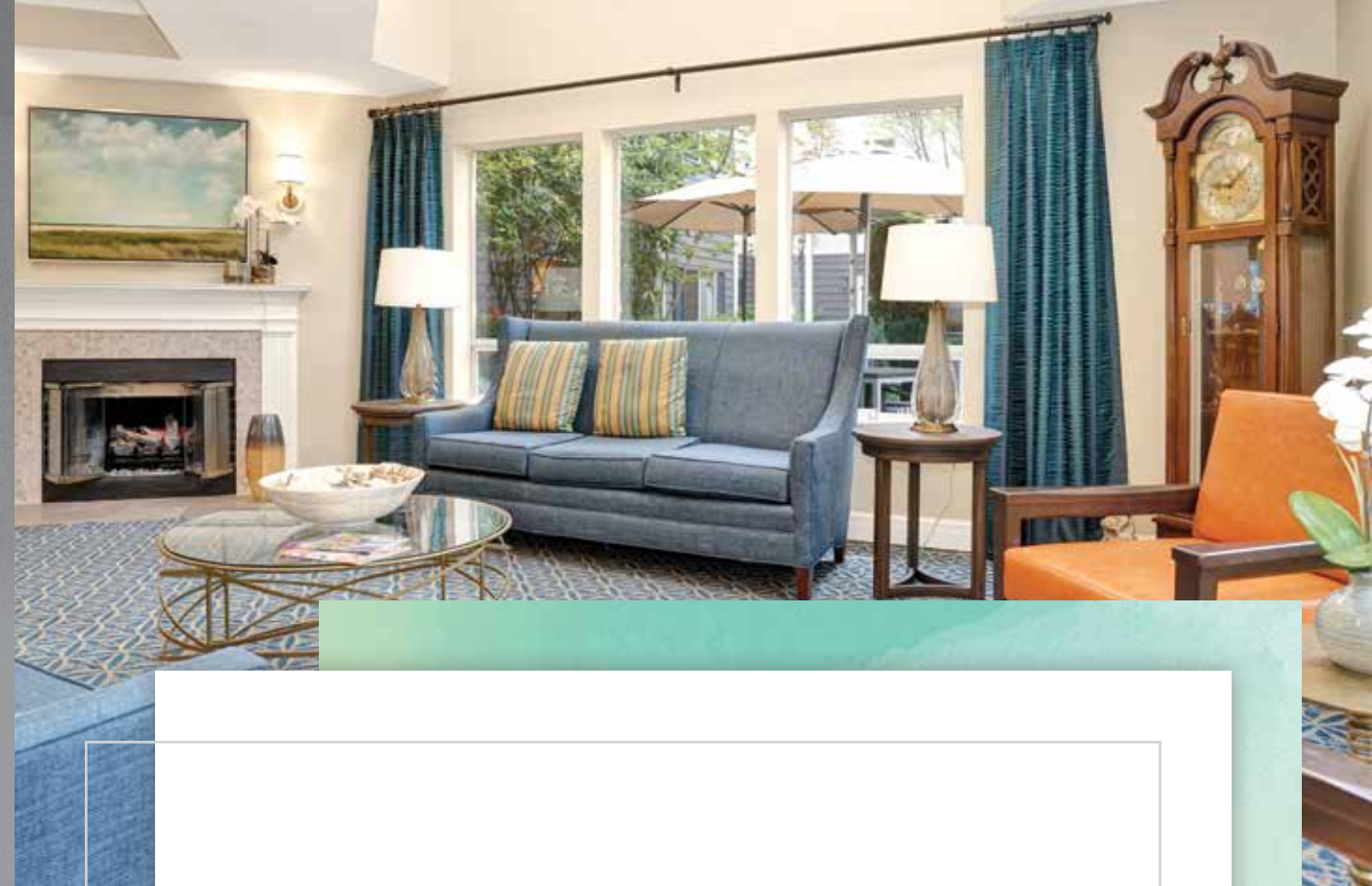


Our Services Include:

- 24-hour professional staffing
- Assistance with activities of daily living for Assisted Living residents, such as:
 - Medication management
 - Bathing, dressing and grooming
 - Assistance to and from meals and activities
 - Incontinence management
 - Well-being checks
- Your Time Dining daily from 7am to 7pm
- Housekeeping and laundry services
- Emergency alert system
- Transportation services available for shopping and appointments
- Thoughtful enrichment programs to enhance mind, body and spirit
- Coordination of care with physicians for Assisted Living residents

On-Site Amenities:



- Lushly landscaped grounds and flower gardens
- Charming courtyards and walking paths
- Flexible all-day dining offering MBK Cuisine
- Fitness center and classes
- Mind+Body enrichment activities
- Activities center and community parlor
- Well-stocked library
- Beauty salon and barber shop





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