



Northgate Plaza

MBK SENIOR LIVING



Independent Living and Assisted Living



Welcome to Northgate Plaza

Enjoy a big city senior lifestyle in a convenient, walkable neighborhood of Seattle, 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.

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.

Ideally located in Northgate with convenient access to prime shopping, parks, medical centers and public transportation, our active community offers a dynamic, yet charming urban lifestyle with phenomenal 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 Northgate Plaza.

From on-site independent living services to person-centered assisted living 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 Northgate Plaza, 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.



Big City Living

Enjoy easy access to everything! Located north of the city center, you're just a short walk from the area's best shops, restaurants and entertainment.



Beauty Salon

How we look can make a big difference in how we feel. At Northgate Plaza, 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! Northgate Plaza is a pet-welcoming community with plenty of space inside and out for your furry friends to enjoy.

A Lifestyle of Choices

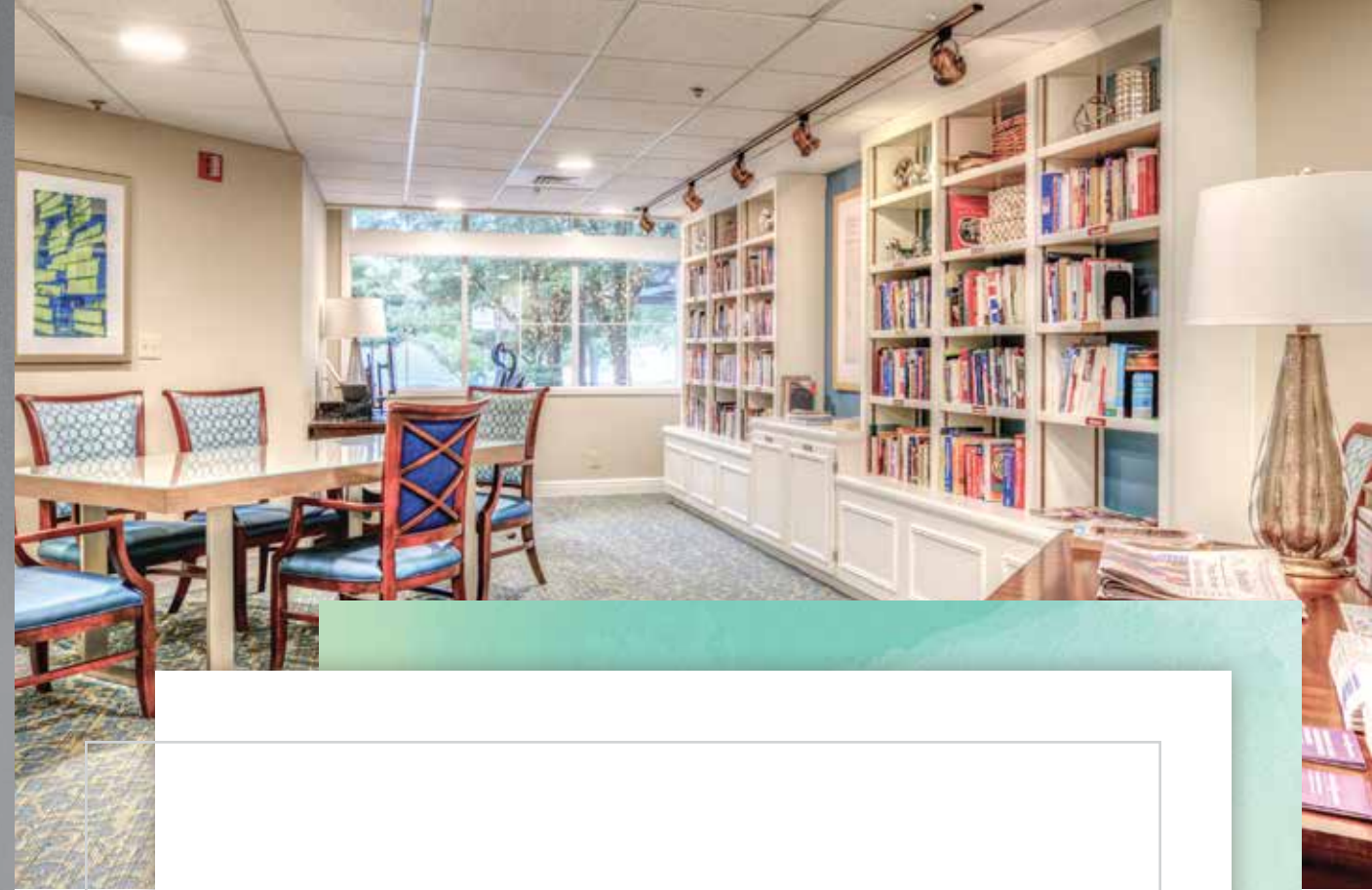
With unfettered access to abundant amenities, extensive wellness programs and socially enriching activities, you'll discover the true meaning of living well at Northgate Plaza.

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
- Three healthy, delicious meals daily, with special dietary accommodations available
- Housekeeping, personal laundry and linen service
- Mind+Body enrichment program and classes promoting:
 - Physical fitness, balance, strength, aerobic capacity and more
 - Intellectually stimulating activities and lectures
 - Mind-enhancing groups and programs
 - Social and cultural events and outings
 - Yoi Shigoto volunteer and community outreach opportunities
- Scheduled transportation
- Short-term stays available



On-Site Amenities:

- Elegant dining room serving chef-prepared MBK Cuisine
- Flexible all-day dining
- Casual bistro with nutritious snacks always available
- Well-stocked library
- Gorgeous community grounds
- Courtyard with water feature and seating
- Fitness classes
- Beauty salon and barber shop
- Laundry facilities on site





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