



THE STAFFORD

LAKE OSWEGO



Discover active, upscale senior living
...the luxurious Lake Oswego way

A Boutique Retirement Experience





Discover the boutique retirement
experience at The Stafford!



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LAKE OSWEGO

Concierge Services
...where no detail is too big
or small



Concierge
Services



Planning a trip? No problem! Want tickets to a performance or a reservation to that restaurant you've heard so much about? We can help. Maybe you just need a ride to the store or a gift for your grandchild. No request is too big or too small. Assistance is just a phone call away. Our concierge specializes in helping with life's little details.



Wellness

At The Stafford, we nurture active lifestyles. Whether you'd like a quick workout, being pampered at the salon, or a day at the spa, it's all at your fingertips. The Stafford's Vitality Center offers an array of yoga, stretching, balance, and tai-chi classes, enhancing everyday life.

Painting, creative writing, and poetry readings inspire your inner artist. Expand your horizons with cultural speakers and a state-of-the-art movie theater. Nearby athletic complexes, on-site walking trails, and a complimentary membership to the adjacent golf club await your discovery.

Live music paired with our complimentary happy hour will get you up and dancing with your friends. Then relax by enjoying art created by local artists.

The health and well-being of our residents is core to our approach at The Stafford. So come join in the fun and exercise your mind, body, and soul.

- Facials
- Hot rock massage
- Manicure / pedicure
- Rock grotto hot tub
- Fitness center
- Exercise classes
- Physical therapy
- Instructed painting classes
- Creative writing
- Poetry reading
- Choir
- Multi-faith chapel services
- Chauffeured town car/limo-bus
- State-of-the-art movie theater
- Performing art excursions
- Complimentary golf at Lake Oswego Golf Course



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“A healthy body and soul come from an unencumbered mind and body.”

— Ymber Delecto

Fine Dining & Culinary Offerings



**Eat Well.
Live Well.**

Our farm-to-fork dining and culinary offerings are personalized to satisfy your changing tastes and desires.

“

“One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.”

— Luciano Pavarotti



The Overlook
Pub & Coffee House



Feeling casual?

Have a meal in The Overlook Pub & Coffee House.

Are you looking for a more intimate fine dining experience?

Our restaurant employees are eager to serve you and your guests.

Planning an event?

Let us help you organize your next private dining experience with family or friends.

Want to enjoy a glass of wine or cocktail?

We feature an extensive wine selection, scratch-made beverages, and happy hour in our full-service bar.

We're here to help you savor the best moments in life.

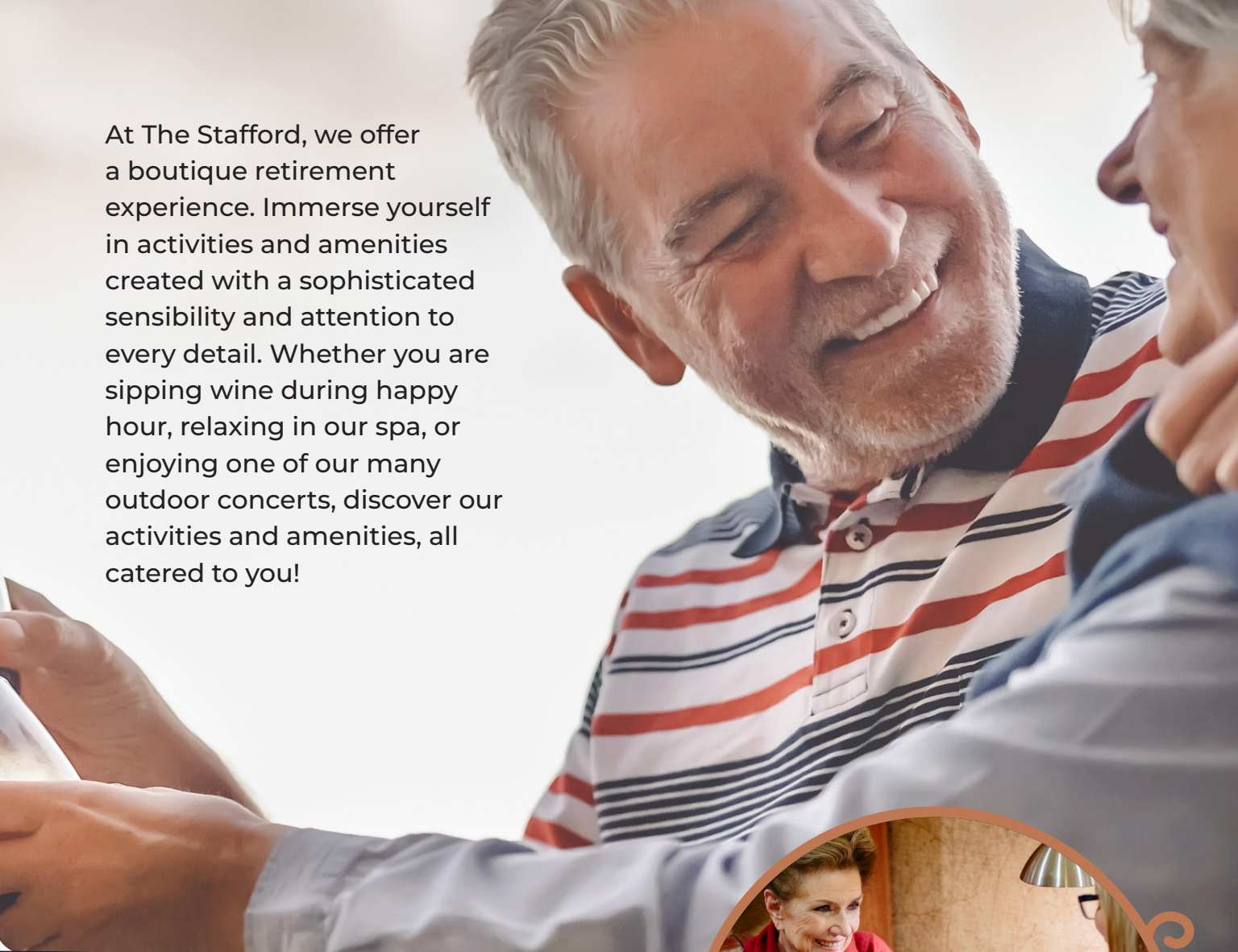
Experience your life enhanced and a boutique retirement experience at The Stafford.

Amenities & Activities



Here are a few of the many activities to enjoy:

- Vibrant activities calendar
- Day trips to wineries
- Engaging fitness classes like yoga
- On-site therapy and wellness program
- Group programs and activities focused on your health
- Happy hour
- Indoor and outdoor concerts
- And so much more!



At The Stafford, we offer a boutique retirement experience. Immerse yourself in activities and amenities created with a sophisticated sensibility and attention to every detail. Whether you are sipping wine during happy hour, relaxing in our spa, or enjoying one of our many outdoor concerts, discover our activities and amenities, all catered to you!

The Stafford leaves no detail overlooked when it comes to our amenities, which include:

- Upscale apartments
- Concierge services
- In-house salon and spa
- On-site transportation, including private town car
- Two in-house restaurants with curated menus and full-service bar
- Personalized, compassionate care



Jack Sullivan had a vision

Throughout his life he saw the importance of intergenerational relationships and the benefits they had in the lives of both the older and younger members of his family.

The needs of several of Jack's family members led him to search for a place for them to live that was close by; where they would benefit from those that loved them the most. His mother-in-law, uncle and father-in-law had separate but specific needs that Jack felt could be met under one roof. He needed one place that had the flexibility to allow a person to age without the necessity of moving every time they changed.

Jack became well-acquainted with the retirement-community options available to his loved ones, visiting almost every facility in the Pacific Northwest studying how the needs of residents were met. Not satisfied, he expanded his search nationally, benchmarking best practices to bring home with him.

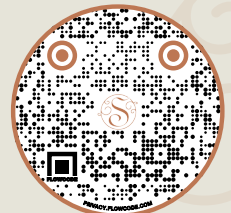
Through the process Jack's uncompromising determination, durability, patience, love and trust in people kept him focused on his dream. After 20 years, working to develop a community that embodies his compassion for seniors and the value he places on family and friendship, Jack partnered with Avamere to make his dream a reality. The Stafford is the culmination of Jack's vision.

We are excited to help you learn more about The Stafford and how you can experience Jack's vision for yourself.



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