

Our services

Assisted Living

Assisted living is chosen for different reasons and we know no two stories are exactly alike. Some individuals choose assisted living because they need a little help living life fully. Some crave social opportunities and the close comfort of friends. Others no longer want the responsibility of upkeep for their home, and want to leave cooking, cleaning and laundry to someone else. No matter your reason, you can find what you need here at Sage Mountain.

Memory Care

We know that living with memory loss due to dementia is challenging. We look past the disease and focus on the individual. By providing customized care that's exactly what someone needs to live safely and with dignity, and by getting to know residents personally, we can be certain that those in memory care at Sage Mountain will thrive while living life in our community. We'll provide the support they need along with fun, life-enriching activities every day.

Want to try senior living on for size? When space allows, we're pleased to offer short-term stays. Short-term stays can be used when caregivers need to work, travel or take a break or as a bridge between a medical procedure and a move back home. They're also a great way to try a community before committing to a long-term move. Short-term stays are based on space and availability.

Learn more about services at Sage Mountain by visiting sagemountainliving.com

Learn more about life at
Sage Mountain.

Schedule a tour today.

📞 805-375-0695

🌐 SageMountainLiving.com

📍 3499 Grande Vista Drive
Thousand Oaks, CA 91320



Resort-Style Senior Living



Welcome to Sage Mountain.

Resort-style senior living is found at Sage Mountain. Our community offers top-notch care from an expertly trained staff, amenities in abundance and the services you need to live at your fullest potential. Located in Newbury Park/Thousand Oaks, CA, those who reside in our gorgeous community will enjoy living with spectacular sunset and sunrise views of the area's rolling mountains as well as Conejo Valley.



SageMountainLiving.com

Sage Mountain is operated by Agemark Senior Living. Learn more about Agemark at Agemark.com



Elegant amenities

The offerings in our community are meant to help you live your best life. At Sage Mountain, you can make full use of our outstanding amenities, including:

- All day restaurant-style dining with meals prepared by our chef. Eat in our dining room, bistro, patio, or private dining area.
- Our lovely outdoor spaces offer abundant walking paths, shady seating and areas for relaxation as well as fun activities. Enjoy time with your pet in our dedicated secure pet park.
- Our in-house theatre is perfect for movie nights and other gatherings.
- The resident fitness center features cardio equipment, free weights and space for group activities.
- Our on-site salon offers cuts, styles, manicures and more.
- Multi-purpose living areas, a billiard room, a library, a sunset balcony and more can be enjoyed by all residents and host a variety of fun activities.

Additionally we take pride in providing a safe and secure community as well as conveniences like underground parking, housekeeping and laundry services. Learn more at SageMountainLiving.com.



Apartments in assisted living offer a kitchenette, individual temperature control, walk-in showers, eight-foot ceilings, walk-in closets and safety features including smoke and fire alarms and emergency call buttons. Basic Cable-TV, Wi-Fi access and maintenance services are included. Residents can choose from a variety of apartment sizes including studios, one-bedroom and two-bedroom. In memory care, both private and companion suite options are available. Suites have individual temperature control, in-room private bathrooms (shared in companion suites) with a walk-in shower and built-in bench for safety.

Come tour for a closer look at our lovely floorplans.



Wellness at Sage Mountain

We know that good health is more than physical. That's why our wellness program, *LifeCycles™*, focuses on four dimensions of wellness: physical, intellectual, social and spiritual. Whether it's through delicious culinary offerings, fun and stimulating activities, amazing health care or just everyday conversations, we look to support all facets of wellness.

Many residents of Sage Mountain do require personal care. For those in need, we are proud to offer:

- A Director of Nursing and Wellness to ensure good health and supervise 24/7 on-site care staff.
- Regular health assessments to monitor changing needs.
- Physician oversight and assistance with telemedicine appointments.
- Well-balanced menus and dining services to ensure good nutritional health.
- Assistance with medication management, bathing, dressing and more.

By learning about your specific needs, we can best determine how our community can help you thrive!



Engagement every day.

Nowhere is our wellness philosophy more evident than in our Life Enrichment Program. Through a wide variety of one-on-one and group activities, our *Seasons™* curriculum features fun themes for making meaningful connections and strengthening the four dimensions of wellness. No matter your age or ability level, we guarantee our life enrichment programs will spark fellowship, fun and fulfillment. Another way we foster excitement and fulfillment is through our *List for Living* program, where we help individuals realize dreams big and small.

