

INGLESIDE AT KING FARM INSIDER

FIND OUT WHAT'S COOKING
AT GARDENSIDE





A LIFE WELL LIVED IS A LIFE LIVED WELL!

Gardenside will include a new ***Center for Healthy Living***, which will serve all Ingleside at King Farm residents. The state-of-the-art Center and its highly trained, professional staff will provide organized classes as well as personal training services. The Center represents the latest trend in progressive retirement services with an art studio, meditation space, yoga studio, spa and salon, courtyards, al fresco dining options, and an outdoor patio for art, tai chi and yoga. It will be the ideal gathering place for friends, family and neighbors, offering the ultimate in mind, body and spiritual well being. The Center will be connected to the existing community, the new independent living building and the new assisted living memory support building.

Getting to know us. Pierre Matsangakis

The No. 1 item on Chef Pierre Matsangakis's agenda is pleasing his customers. Chef Pierre loves visiting his guests and spends time in the dining room finding out what they like and what they look forward to at dinner. Always striving to please, he shares their feedback with his culinary team and they continually refine the menu based on those desires.



Chef Pierre uses fresh ingredients to prepare meals with the unique style and continental flair he's been developing since he was a child. Growing up in France, he learned the basics of cooking from his Greek mother, who supported his passion for food from an early age.

After studying culinary arts at the College des Beaux Arts in Lille, France, and working with some of the stars of the French culinary profession at exclusive restaurants and hotels such as Café du Rhone in Paris and L'Auberge du Roi in Normandie he moved to the United States. He soon gained the position as executive sous chef at Jean Louis and Le Provencale in Washington, D.C. He opened and operated the Chef Theo's restaurants in the Metro D.C. area. He joined Ingleside at King Farm in late 2011.

At Ingleside at King Farm he has found an educated and appreciative audience. "I liked the crowd—the diversity of the residents, who are world travelers from different backgrounds," he says.

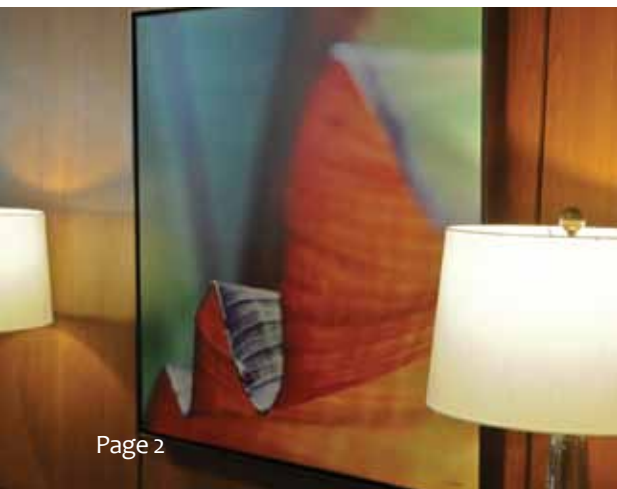
His use of the freshest, highest quality ingredients sourced mostly from local farms describes a commitment to a healthy yet refined lifestyle, a way of life enjoyed and embraced by Ingleside at King Farm members.

The chef supervises a staff of 35 that prepares food for all of Ingleside at King Farm's dining venues from formal to casual. Menus are planned in consultation with a dietitian and always include vegetarian options. Every Wednesday, a special Chef's Night features adventurous menus with seven entrees, five salads and four desserts. Traditional dishes such as coq au vin, steak Diane and chateaubriand are served from time to time, but these special evenings also introduce diners to the cuisines of other countries. He develops updated, lighter versions of classic fare and creates new dishes that support the healthier eating styles of residents and guests.

To quote James Beard, "Food is our common ground, a universal experience." We are fortunate to enjoy such delicious culinary leadership at Ingleside at King Farm.

The Awesome *Art* of Ingleside at King Farm

Any community's interior design is defined by its details. We all agree that the furniture, color, and layout of every space must be cohesive and logical, but smaller, often-overlooked elements of design such as the selection of art are what can really play a large role in making a community unique and vibrant. The artwork selected for Ingleside at King Farm's newly designed dining venues and common spaces are an excellent case in point. The choice of paintings and sculptures assisted to serve as inspiration for each venue's sophisticated ambience and helped inform the color palettes, creating the feeling of contemporary sophistication that reflects the overall Ingleside at King Farm ambience.



A strong focal point is one of the most basic principles of interior design.



Meet the neighbors

Vic and Deb Trunzo



Vic and Deb Trunzo are Charter Club Members for Ingleside at King Farm's upcoming Gardenside addition. Besides having the maximum choice of beautiful apartment homes, they will be participants in shaping the history of the community, developing the programs they want, and even helping with governance. But the main reason why they have committed to their new retirement home at a relatively young age is to be in control of their own destiny.

"The idea was to do it before we had to," says Vic. He and Deb, who are in their early 70s, drew upon their own experience to make that decision. Deb's mother moved to Ingleside at King Farm's sister community, Ingleside at Rock Creek, at age 88, shortly after Deb's father died.

"It was extremely traumatic," Deb says. "Not only had she just lost her husband, she had to let go of everything all at once. She never really recovered, and so wasn't able to enjoy her time there all that much. She made friends, but she was just too debilitated to take part."

Nonetheless, she was astonished when Vic told her about Gardenside and suggested they look into it.

"I was shocked! I hadn't thought we'd be thinking about it at that time," Deb says. But she was impressed with plans for the spacious, light-filled and attractive living spaces at Gardenside and all of the amenities the community offers.

Vic and Deb met at one of the worst times in their lives—just after both had lost their spouses. Deb was featured in a newspaper article about a support group she'd joined. When Vic saw it, he wrote Deb a letter, and the two agreed to meet for dinner. The rest, as they say, is history. They've been married 25 years.

The Trunzos have plenty of time to sell their house and get ready to settle into Gardenside when it opens in late 2019 or early 2020.

"As we get older, we'll already be at home; it'll just be easier to take care of," Deb says. Her advice to folks considering whether it's the right time to make a decision about retirement living: "Do it at a time when you can choose, rather than at a time when you don't have options."

*It's a great advantage
to plan ahead. As
we get older we'll
already be at home.*

Join us October 24th to meet more of our Gardenside Charter Club Members! RSVP to 240-380-2673.



TWO THINGS IN LIFE THAT ONCE GONE,
NEVER COME BACK.
TIME AND OPPORTUNITY.

Ingleside at King Farm's upcoming addition, **Gardenside**
Artist Rendering. Projected opening date 2019/2020.

It's time to discover the retirement you deserve. It's time to enjoy a vibrant, fulfilling lifestyle with the security of on-site health services and complete peace of mind for the future. Introducing **Gardenside**, Ingleside at King Farm's upcoming addition. These future residences are the ideal opportunity to join an engaging community for those 62 or better who are planning for a vibrant and secure future. Discover the future you've planned—and the opportunity you've earned!

Don't miss this opportunity to take advantage of priority choice locations!

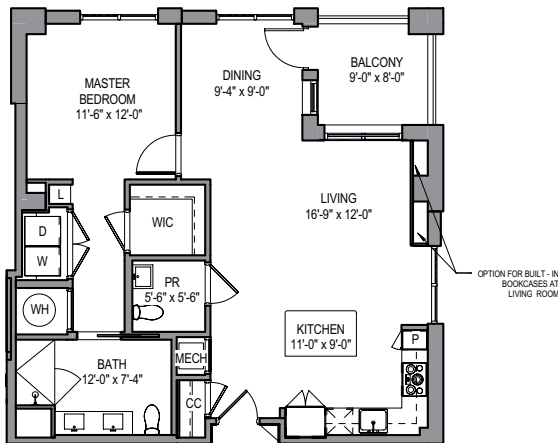
RESERVATIONS ARE NOW BEING ACCEPTED.
CALL 240-380-2673!

A perfect fit

There's no place like home, and the residences at Gardenside will offer something for everyone. One look inside the apartment homes and you will recognize the careful thought and attention to detail. Comfort and convenience are evident. The choice is yours! From surprisingly spacious one-bedroom, and open two-bedroom-with-den apartments, to expansive three-bedroom apartments, you'll find that there is a choice to fit every lifestyle and budget.

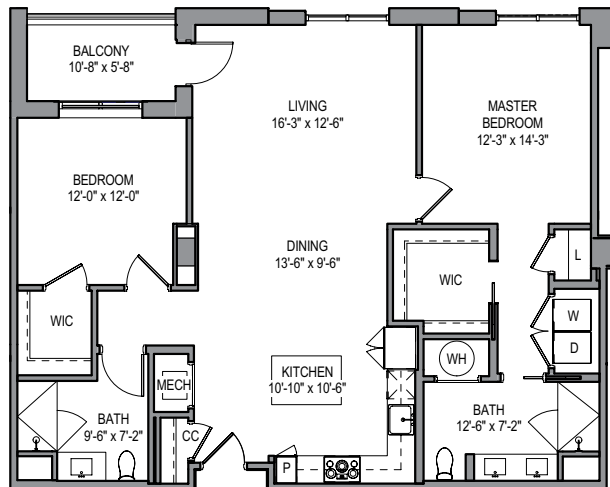
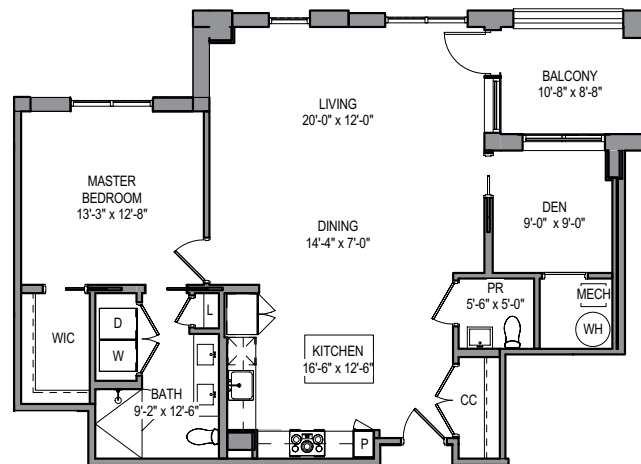
ORCHID

1 BEDROOM | 1.5 BATH | 902 SQ. FT.



LOTUS

1 BEDROOM | 1.5 BATH | DEN | 1,092 SQ. FT.



JASMINE

2 BEDROOM | 2 BATH | 1,289 SQ. FT.

upcoming EVENTS



To see what life at Ingleside at King Farm will be like, join us for one of our upcoming presentations. To R.S.V.P. for one of the dates listed below, or for additional upcoming dates and times, please call **240-380-2673**.

Join us for

INFORMATIONAL CHAMPAGNE BRUNCH

Sunday, October 15th at 10:00 am

INFORMATIONAL PRESENTATION

Wednesday, October 18th at 2:00 pm

Wine & Hors d'oeuvres will be served.

MEET THE FUTURE RESIDENTS OF GARDENSIDE!

Tuesday, October 24th at 2:00 pm

Bring your questions and hear firsthand from Charter Club Members why they chose Gardenside!

Wine & Hors d'oeuvres will be served.

Seating is limited.

***Please RSVP for any event
to 240-380-2673.***

Life is all about Choices



King Farm Presbyterian
Retirement Community

INGLESIDE

AT KING FARM

ENGAGED LIVING

An Ingleside Community

701 King Farm Boulevard
Rockville, Maryland 20850
www.inglesidekingfarm.org

Now is the time to consider making yours! An engaged life is all about options. Whether your taste is contemporary or traditional, urban or eclectic, your home at Gardenside will be a reflection of your personal sense of style. Our wide range of floor plans offers the perfect space for you. Our one-, two- and three-bedroom selections feature open-concept floor plans with modern kitchens, generous closets, balconies, and large windows to welcome in natural light. With personalized customization available, your apartment will be the perfect place to call home.

Ingleside at King Farm is a CARF accredited, not-for-profit, continuing care retirement community.

Ingleside at King Farm is expanding with the proposed building of 121 new independent living apartments, 32 private assisted living memory support suites, and a Center for Healthy Living subject to approval by the Maryland Department of Aging.



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