

Cook Valley ESTATES

By Brio Living Services



FREEDOM. FUN. FRIENDS.

Cook Valley Estates

THIS IS WHAT RETIREMENT IS MEANT TO BE

At Cook Valley Estates, we know you've worked hard to achieve the lifestyle you've always wanted. We are dedicated to helping preserve, and even enhance, all you have attained so you can relax and enjoy a life of joy and fulfillment as you retire.

Nestled in a wooded, park-like section of Grand Rapids, Cook Valley Estates offers virtually maintenance-free living and a wide variety of exceptional services and amenities. This serene community is just minutes away from the excitement of downtown, the leisure of the country club, and the convenience of the area's best shopping and dining, international airport, and world-class medical centers. Cook Valley Estates gives you the flexibility to travel, play, and enjoy the retirement you've waited for.



PURSUE WELLNESS THROUGH THE activities you love

At Cook Valley Estates, we encourage residents to pursue their passions to help nurture every dimension of health and wellness. For some, this might mean working out with our certified fitness instructor or going for a swim in our Wellness Center. Others may enjoy participating in social gatherings or a game of Mahjong, listening to world-class musicians perform on campus, or attending a worship service. Cultural, educational, and recreational programs to pique your interests abound at Cook Valley Estates.

SELECT CAMPUS AMENITIES

- ✓ Wellness Center with Therapy Pool
- ✓ Harbor Café and Marketplace
- ✓ Art Studio
- ✓ Gardening Room
- ✓ Hobby Shop
- ✓ Walking Paths through Manicured Grounds and Wetlands
- ✓ Library and Technology Center
- ✓ Multipurpose Room and Theater
- ✓ Lounges
- ✓ Game Room
- ✓ Dining Room
- ✓ Salon and Barber Services

FITNESS & WELLNESS TO MEET YOUR NEEDS

In partnership with NIFS (National Institute for Fitness & Sport), Cook Valley Estates offers professionally trained instructors and a variety of classes for all to enjoy.

- Fitness Fusion
- Chair Aerobics
- Line Dancing
- Living Strong with Dumbbells ... and more!
- Aqua Fit
- Core and More
- Yoga for Balance
- Better Balance
- Barre Blast
- Personal sessions



CHEF-DRIVEN & DELICIOUS



Main Dining Room
for Lunch & Dinner



Catering Services



Happy Hours



Scan to view a
sample menu



the living space you're looking for

ELEGANCE AND COMFORT. SIMPLICITY AND FREEDOM.

These can be yours in every independent living residence we offer at Cook Valley Estates. Our varied options blend design innovation with traditional character and charm, offering the modern conveniences that fit your active lifestyle. No matter which floor plan you choose, your new home includes access and privileges to all Cook Valley Estates amenities and common spaces.

APARTMENTS

- One and two bedroom luxury apartments
- Spacious living area, four-season sunroom
- Access to heated parking garage

TOWN HOMES

- Duplex homes adjacent to the beautiful Saddlebag Wetlands
- Two-car garage, deck, and finished lower-level
- Spacious floor plan and sunroom

ESTATE HOMES

- Freestanding residence for ample privacy
- Two-car garage, deck, sunroom, and finished lower-level
- Spacious floor plan options starting at over 1,400 square feet



FIND THE RIGHT FIT

Come and explore! Ask your Sales Counselor to see our selection of floor plans and choose the style that best fits you and your lifestyle.

Scan to view floorplans.

A VARIETY OF SERVICES at your fingertips

YOUR HEALTH AND WELLNESS IS OUR GOAL

Maintenance-Free Lifestyle

At Cook Valley Estates, you can forget about all those chores that took up your leisure time. Our team will service appliances, provide lawncare service and snow removal, and much more!

Available billable services:

- Individualized maintenance services
- Business and personal office services
- Guest rooms
- Additional parking
- Social events and outings

Spiritual Programs

A variety of spiritual opportunities and services are available for residents of Cook Valley Estates. These services are coordinated by our spiritual life team.

Health Services

For your convenience, Cook Valley Estates has a physician's clinic located in the main building.

In addition, Cook Valley Estates offers on-campus blood pressure screening and massage therapy.



We're thrilled with our large, modern, maintenance-free apartment. We like the wide variety of activities offered, the congenial neighbors, and knowing that we have easy access to health care services if we ever need them. My wife calls me 'the man with a plan', and we both agree that Cook Valley Estates is fulfilling that plan!"

-Cook Valley Estates Resident



GET IN TOUCH!

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CookValleyEstates.org



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