



# Tamarisk NorthShore

A CJE SeniorLife Managed Community

A rental independent  
living community for  
**adults 65 and better.**







When you are looking for a beautifully-appointed apartment home within a vibrant senior living community, it's time to explore Tamarisk NorthShore in Deerfield.

***Feeling social?*** The warm, welcoming design of Tamarisk provides the perfect setting to connect with friends—for drinks before dinner, at the indoor pool, on the outside terraces, or for a music recital in the Entertainment Room.

***Still excited about exploring the world of possibilities?*** We know how important it is to have a lifestyle filled with meaning and purpose. Tamarisk offers dozens of stimulating life enrichment programs that will support your personal growth—intellectually, emotionally and spiritually.

***Ready to wind down?*** Make a cup of tea and read a good mystery in the comfort of your apartment, knowing that the rental plan offers the convenience, flexibility and financial peace of mind you've been seeking.

*Come inside and see how you will enjoy the elegant-yet-easygoing lifestyle offered by Tamarisk NorthShore.*

# Exceptional Senior Living *all on one campus!*

Residents at Tamarisk NorthShore have easy access to a full continuum of services—available right here on the CJE SeniorLife Deerfield campus.

## Tamarisk NorthShore

Tamarisk is a rental independent living community for adults 65 and better and offers a variety of studio, one-, and two-bedroom floor plans. Warm and welcoming, Tamarisk provides residents with life enrichment programs, a flexible meal plan, engaging activities, and modern amenities.

## Weinberg Community for Senior Living

### Gidwitz Place for Assisted Living

Gidwitz Place offers a choice of comfortable one- and two-bedroom apartments and includes three kosher meals daily, life enrichment programs, and local transportation. Our multi-disciplinary care team is comprised of a nurse practitioner, dentist, physician, podiatrist, and social worker as well as art and dance therapists. A full range of personal care and therapy services are tailored to each individual's needs.

### Friend Center for Memory Care • *Bernard Heerey Annex*

Friend Center's private studio apartments are designed for residents with early to mid-stage Alzheimer's and related dementias and include 24/7 care with full medication administration. Residents enjoy kosher breakfast, lunch, dinner, and snacks daily as well as life enrichment programs, including brain stimulating activities tailored to cognitive abilities and interests, entertainment, and celebrations.

### Adult Day Services—Deerfield

Adult Day Services (ADS) is a supervised, structured day program for adults with early to moderate-stage Alzheimer's and related dementias. The program is run by a professional and caring staff who are sensitive to individual needs and places an emphasis on improving quality of life, socialization, and engagement. ADS is open five days a week with flexible hours and includes a kosher lunch and snacks. Additional services, such as transportation and personal care, are available for an additional fee.

# Wellness and Life Enrichment

## Fitness Classes

Chair Dancing  
Chair Yoga  
Mat Yoga  
Men's Strength  
Move, Groove, and Drum  
Otago Healthy Movement  
Power Walkers  
Some Like a Stroll  
walking club  
Strength and Alignment  
Tai Chi  
Water Movement

## Life Enrichment

Art Classes and Open  
Studio Time  
Book Club  
Brews and Clues  
Bridge  
Coffee Klatch  
Concerts on the Courtyard  
Current events discussions  
with moderator  
Dessert on the Patio  
Entertainers  
Fireside Concerts  
Fondue by the Fireplace  
Gardening Committee  
Guest Speakers  
Library Committee  
Mahjong and  
Mahjong Lessons  
Movies  
One Day University  
Open Canasta  
Outings—Ravinia,  
Marriott Lincolnshire,  
Restaurants, Botanic  
Gardens, Lincoln  
Park Zoo  
Resident Council  
Ted Talks  
Travel Series  
Weekly Shabbat Candle  
Lighting and Blessing



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# Amenities

to serve the body, mind and spirit.

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## For dining

- **The Deerfield Room**, for casual dining
- **Bistro 1818**, small bites and creative cocktails in the evening
- **The Tamarisk Room**, for private parties and celebrations
- **The Acacia**, fine dining with seasonal variety

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## For your well-being

- **The Fitness Center**, with cardio equipment and free weights
- **The Studio**, offering Yoga, Tai Chi and more
- **The Salon**, offering manicures, pedicures and hair services
- An indoor swimming pool
- **Moments Spa**, for facials, massage and sauna
- Landscaped terraces, outdoor seating, walking path

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## For personal growth and life enrichment

- Variety of daily activities and programming
- **Expressions** creative arts studio, for art, music and dance classes
- **The Library**, with books and computers
- Socialize with friends in the **Living Room**
- **The Game Room**, featuring cards and board games
- Big-screen movies at **The Theatre**, with plush seating

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## For convenience

- Wi-Fi in all of our community areas
- 24-hour concierge and maintenance services
- An Emergency Call System is available in your apartment
- Transportation services, both scheduled and by appointment
- Ground-level parking for you and guests (optional reserved covered parking for a fee)
- Washer and dryer in every apartment
- Additional storage space
- Catch your favorite shows with DIRECTV®



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Tamarisk NorthShore Library

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Tamarisk NorthShore Theater

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## Sample Menu

### Salads and Lighter Fares

**Classic Caesar Salad** – Romaine lettuce, fresh Parmesan, seasoned croutons, black pepper, Caesar dressing

**The Tamarisk Salad** – Mixed field greens, radicchio, roasted colorful beets, toasted walnuts, goat cheese and pomegranate vinaigrette.

**Cobb Salad** – Mixed greens with, avocado, egg, tomatoes, turkey bacon and ranch dressing with your choice of grilled chicken, salmon, or flank steak

**Classic Lox Plate** – Thinly sliced smoked salmon, cucumber, tomato, red onions, fresh dill, capers, and chive cream cheese spread on a toasted bagel

### Soups and Sides

#### Soup of the Day

#### Vegetable Soup

**Matzo Ball Soup** – available Friday and Saturday

**Spanakopita** – Spinach and cheese wrap in phyllo dough, then baked until golden brown

**Chicken Wings** – Chicken wings served with your choice of sauce

**Accompaniments** – Sweet potato fries, baked sweet potato, onion rings, scoop of tuna or egg salad, scoop of chicken salad, small side salad, seasonal vegetable, seasonal fruit cup, mashed potatoes, baked potato, crispy smashed potatoes, French fries, muffin, berry bowl, toast (whole wheat, rye, pumpernickel, white), bagel and bialy, side of pasta.

### Breakfast

**Tamarisk Breakfast** – 2 eggs any style, served with bacon or sausage, breakfast potatoes, and choice of toast or pancakes.

**Challah French Toast** – Locally made challah, vanilla scented custard, whipped butter, maple syrup.

**Pancakes** – Buttermilk or buckwheat, whipped butter, maple syrup.

**Breakfast Sandwich** – Fried egg, choice of bacon, turkey sausage, cheddar, Swiss or American on choice of bagel, English muffin, croissant or toast.

**Cheese Blintzes** – 3 lemon and ricotta cheese filled crepes, mixed berry compote.

**Belgian Waffle** – Whipped butter, maple syrup or blueberry or strawberry topping.

**Classic Lox Plate** – Nova lox, cucumber, tomato, red onion, capers, chive cream cheese, toasted bagel.

**Eggs any Style** – With 1 slice of toast.

**The Tamarisk Omelet** – 3 eggs, wild Alaskan smoked salmon, caramelized onion and sautéed tomatoes.

**The Garden Omelet** – 3 eggs, spinach, mushrooms, pepper, and cheddar.

**The Mediterranean** – 3 eggs, feta cheese, sautéed tomatoes, spinach and caramelized onion.

**Breakfast Potatoes** – Crispy potatoes, peppers, onions.

**Bacon** – Pork or turkey.

**Sausage** – Pork or turkey.

#### Short Stack of Pancakes

**Cereal** – Oatmeal, cream of wheat, cold cereal.

#### Berry Bowl

**Yogurt** – Plain-Greek yogurt or 2% vanilla, strawberry, or blueberry.



## Sample Menu

### From The Grill and Sandwiches

**Tamarisk Steak Burger** – 6-ounce specialty grind of angus, chuck, and brisket, lettuce, tomato, red onion.

**Tamarisk Club** – Roasted turkey, bacon, onion, avocado, tomato, mayo.

**Grilled Cheese** – American, Swiss, or cheddar.

**Grilled Chicago-Style Ball Park Hot Dog** – Vienna beef dog, pickle, mustard, relish, no ketchup!

**Grilled Salmon Burger** – Faroe Island salmon, old bay, fresh dill, capers, tangy pomegranate ketchup.

**Turkey Burger** – Dark and white meat, lettuce, tomato, pickle.

### Beverages

Variety of juices, iced tea, and soft drinks  
Café coffees and Smoothies  
Wine, beer, and cocktails by the glass

### Desserts

**By the Slice** – Key Lime Pie, Cheesecake

**By the Scoop** – Chocolate, Vanilla, Strawberry, Spumoni, Butter Pecan, Moose Track, Cappuccino Crunch, Sorbet

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Your included flexible dining account can be used for dining in, take out or delivery.

Dietary and allergy restrictions are honored upon request.

### Entrees

**Roasted Faroe Island Salmon** – Remoulade sauce (cornichon, mayo, herbs, mustard) sautéed spinach, crispy potato cracklings.

**Pasta Norma** – Eggplant and marinara sauce, rigatoni, ricotta, parm.

**Chicken Paillard (pounded thin and delicate)** – Lemon-caper pan jus, yukon rosemary potato wedges, arugula-fennel slaw.

**Grilled Angus Filet** – Pasture raised beef, French fries, slaw.

**Shepherd's Pie-ish!** – Braised lamb stew, Guinness, carrots, peas, whipped sweets.

**Pan Roasted Lake Superior Whitefish** – Crispy Brussels sprouts, Italian barley with sautéed peppers and mushrooms, lemon-butter sauce.

**Braised Pot Roast** – Carrots, mushrooms, red wine, smashed new potatoes.

**Bistro-Style Roasted ½ Chicken** – Rosemary, lemon, frites, au jus.

### Brick Oven Pizzas

**Cheese** – Cauliflower crust or flatbread crust, pizza sauce, mozzarella.

**The Veggie** – Cauliflower crust or flatbread crust, mushrooms, peppers, onions, tomatoes, spinach, and mozzarella.

**Meat Lover** – Cauliflower crust or flatbread crust, Italian sausage, pepperoni, bacon, and mozzarella.

**Margarita** – Cauliflower crust or flatbread crust, fresh tomatoes, fresh basil, mozzarella.







Tamarisk NorthShore Dining Room



Delicious chef prepared meals.





# Residence Features:

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- Full kitchens with Frigidaire stainless steel appliances (stove, microwave, dishwasher, refrigerator, garbage disposal).
- Granite countertops with tile backsplashes and under-cabinet lighting.
- Wood flooring in kitchen, living room, and entryway.
- Ceramic tile in bathrooms.
- Walk in closets.
- Washers and dryers in every apartment.
- Individual temperature control.



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Bright and open floor plans.

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Clean and contemporary finishes.

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# Monthly Rental Fee Includes:

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- Flexible dining account (\$500/month)
- Bi-weekly housekeeping (every 2 weeks)
- All Utilities (except telephone and internet), including cable through DirecTV
- Social, educational, cultural and spiritual programming, life enrichment, and entertainment
- Full use of Fitness Room, Fitness Studio, Swimming Pool, Sauna, Movie Theatre, Creative Arts, Library, Game Room
- Scheduled transportation and personal transportation by appointment
- 24-hour concierge and maintenance coverage
- Storage unit for each apartment



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# 2025 Price List

Apartment Style	Floor Plan	Square Feet	Monthly Rental Fee
Studio	Almond	589	\$3,820
	Aspen	662–656	\$4,450
One Bedroom/One Bath	Bayberry	812	\$4,930
	Birch D	820	\$4,970
	Birch B	817	\$4,970
	Birch E	820	\$5,300
	Birch A	821	\$5,995 to \$6,100
	Birch C	904	\$6,160
One Bedroom/Den/One Bath	Cedar A	924	\$6,160 to \$6,260
	Cedar B	924	\$6,260 to \$6,360
	Cedar D	929	\$6,050
	Cedar C	921	\$6,260
Two Bedroom/Two Bath	Olive	1,135–1317	\$7,350 to \$8,450
	Oak	1,192–1277	\$7,950 to \$8,100
Two Bedroom/Den/Two Bath	Sycamore	1,342–1,346	\$9,185 to \$9,300
	Sequoia	1,710–1,750	\$9,700

<b>Second Person Fee</b> (monthly)	\$900
<b>Community Fee</b> (one time)	\$5,000
<b>Indoor Parking</b> (monthly)	\$100

Plan for rent increases annually on January 1.



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Tamarisk NorthShore is managed by CJE SeniorLife which for fifty years has enhanced the lives of older adults by providing a unique continuum of care that promotes positive aging.

[cje.net](http://cje.net) | [info@cje.net](mailto:info@cje.net)