



Welcome to The Trousdale

The Trousdale offers residents and their families an amenity-rich senior living environment that reflects the high standards of the Peninsula lifestyle.

Our mission is to provide personalized assisted living and memory care services that offer a sense of well-being and social connection.

Conveniently located across from the Mills Peninsula Medical Center, minutes from the S.F. International airport and a short shuttle ride to downtown Burlingame, you are connected to the hustle and bustle of life in the Peninsula. Our partnership between Peninsula Health Care District and Eskaton brings a combined experience of over 120 years of community service and expertise, allowing us to provide older adults with an engaging senior living lifestyle while offering guidance and support every step of the way.

We are proud to offer our residents the following:

- Voice-capable smart home features

- Restaurant-style dining and relaxing café bistro with delicious options prepared daily by our culinary professionals
- Wellness Center with direct access to physicians, therapy and wellness services
- Exercise and group fitness center, including classes in tai chi and Yoga
- Holistic services featuring massage, acupuncture and aromatherapy
- Robust life-enrichment programs, including inspiring exercise classes, lifelong learning opportunities and Eskaton's signature intergenerational program, Kids Connection
- State-of-the-art innovation hub featuring smart sensor LED lighting inspired by Silicon Valley technology
- Resident and Family K4 Connect App to stay connected with easy access to one-click video calls, community events and programs
- Pet-friendly community

DISCOVER ALL THE TROUSDALE HAS TO OFFER. CALL US OR VISIT OUR WEBSITE TO SCHEDULE YOUR VIRTUAL TOUR TODAY!