



# Assisted Living

Residents carry on their vital and engaging lifestyle—yet they enjoy a safe and secure environment with richer support for daily activities such as bathing, dressing, medication management, mobility and more. Experienced and professional associates help, while retaining your dignity and independence. Plus, our communities excel at providing an excellent active and social environment where seniors can meet and mingle with others in the same stage of life.

You'll live comfortably and enjoy your daily routine, all while benefiting from housekeeping and nutritious meals, attention to hygiene and healthcare—an escape from the daily burdens of life, without the stress of regular chores or household tasks.

When you might consider Assisted Living:

- Daily tasks of living are a challenge. Mobility issues may be common. Access to medical care may be a chore. Are you isolated and lacking social engagement? Missing a connection with individuals at a similar life stage? Our professionals make the transition easier.
- Ready to give up the stress. The daily to-do list can be a thing of the past. Remove the burden, retain the freedom to focus on the enjoyment of life—activities with friends, entertainment, nutritious food and common experiences with fellow residents.

- Transportation is a challenge. We have scheduled transportation to nearby shopping and dining options—plus trips to medical appointments as needed. Still driving? Not a problem at most of our communities. Keep your car.
- You're ready for help—but you're still active. Our residents bring personal belongings and furnish their new space like their home. You'll feel comfortable and at ease in one, two or three bedroom accommodations with your partner.



## Have questions?

Contact us—we're happy to help, provide a tour, and give you a glimpse into the Assisted Living experience. You may not know what level of care you need—and that's why we're here. Let us help with an assessment.

A PEGASUS SENIOR LIVING™ COMMUNITY

Services vary by location. Consult the community for details.  
Pegasus Senior Living™ is a trademark of Pegasus Senior Living, LLC. Dallas, TX, USA 75205

Whispering Winds of Apple Valley  
Facility No. 36 1880646





# Independent Living

More time to focus on what you love and the opportunity to set aside what you're ready to give up. That's the promise of independent living in one of our communities. It's the ability to prepare your own meals and the freedom to enjoy restaurant-style dining. It's the pride in tending to a household or a garden, with the option to give up housekeeping, laundry, transportation needs and more.

Consider an independent living community and the option to:

- Set aside home maintenance and yard work.
- Enjoy social events and recreation with old friends and new ones.
- Mingle in a vibrant community with the company of others in a similar stage of life.
- Benefit from minor assistance with 24/7 on-call staff members.

Enjoy the fullness of life in one of our independent living communities thanks to the engaging programming our associates plan, working with you, to inspire hospitality, wellness and full engagement of mind, body and spirit. Plus, family members are welcome to enjoy our amenities and activities alongside our residents—from holiday to holiday and every day in between.

When you might consider Independent Living:

- Is a feeling of isolation creeping into your day-to-day routine? Are you having more trouble connecting with family and friends? It's normal for mobility to become more difficult, for visits to family and friends to become more infrequent. Independent living may offer opportunities to overcome some of these transitions.

- Home maintenance—burden or hobby? Building and maintaining a household is a source of considerable pride, but at some point, you may be ready to set some of that aside. Our communities offer opportunities to hold onto your labors of love—and drop the ones that are just plain laborious.
- How is your health? Consider making the transition to independent living now, while you're healthy and vigorous. Get ahead of health issues that may worsen over time. A facility that offers a continuum of care gives you assurance and comfort that your community won't change—even as your needs do.



## Have questions?

That's normal and we're here to help. Contact a Pegasus Senior Living associate for assistance in determining whether now is the time for independent living or another senior living option.

A PEGASUS SENIOR LIVING™ COMMUNITY

Services vary by location. Consult the community for details.  
Pegasus Senior Living™ is a trademark of Pegasus Senior Living, LLC. Dallas, TX, USA 75205

Whispering Winds of Apple Valley  
Facility No. 36 1880646





# Services & Amenities

## Services

Assistance with personal needs including dressing, bathing and dining  
 Licensed nurse available  
 Personal Service Plan  
 Medication management  
 Personal care assistance available 24/7  
 Ongoing monitoring of resident's health status  
 Weekly housekeeping services  
 Personal laundry services  
 Three freshly-prepared, nutritious and appetizing meals served daily  
 Snacks/beverages available throughout the day  
 Room service available  
 Daily events or outings  
 Scheduled transportation services available  
 Incontinence care/management  
 Respite care available  
 Hospice care available  
 Specially-designed environment for individuals with limited mobility  
 Personal check-ins throughout the day  
 Ambulation and escort services

## Accommodation Styles

Studio  
 One bedroom apartment  
 Two bedroom apartment

## Apartment Features

Wall-to-wall carpeting  
 Window coverings  
 Individually controlled heating/air conditioning  
 Kitchen:  

- Refrigerator/stove
- Sink

 Telephone hookup  
 Cable hookup  
 Basic cable included  
 Walk-in shower  
 Patio/balcony in select apartments  
 Small pets welcome

## Amenities

Handicap accessibility  
 Emergency response system  
 Fully-equipped fire safety and sprinkler systems  
 Outdoor, enclosed courtyard with walking paths  
 Outdoor walking paths  
 Outdoor gardening areas  
 Recreation and activity room  
 Library with computers and Internet access  
 Spacious family room for social gatherings  
 Full-service dining room  
 Private dining room for special celebrations  
 Bistro  
 Full-service salon offering hair styling, manicures, facials and more  
 Washers and dryers available for personal use  
 Located near shopping and fine dining  
 Convenient to public transportation  
 Chapel

# Whispering Winds of Apple Valley

A PEGASUS SENIOR LIVING™ COMMUNITY

11825 Apple Valley Road, Apple Valley, CA 92308  
 P: 760.979.5485 F: 760.961.1564  
[pegasus seniorliving.com](http://pegasus seniorliving.com)

Services vary by location. Facility No. 36 1880646  
 Consult the community for details.  
 Pegasus Senior Living™ is a trademark of  
 Pegasus Senior Living, LLC. Dallas, TX, USA 75205

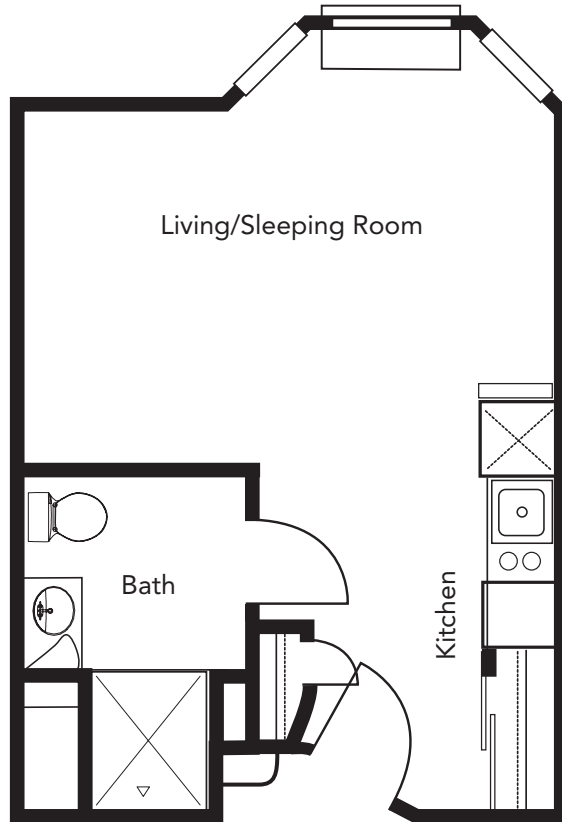




# Floor Plans

## Studio A1hc

Approx. 338 sq. ft.



## Whispering Winds of Apple Valley

A PEGASUS SENIOR LIVING™ COMMUNITY

11825 Apple Valley Road, Apple Valley, CA 92308  
P: 760.979.5485 F: 760.961.1564  
[pegasus seniorliving.com](http://pegasus seniorliving.com)

Dimensions are approximate.  
Floor plans may vary.  
Pegasus Senior Living™ is a trademark of  
Pegasus Senior Living, LLC. Dallas, TX, USA 75205

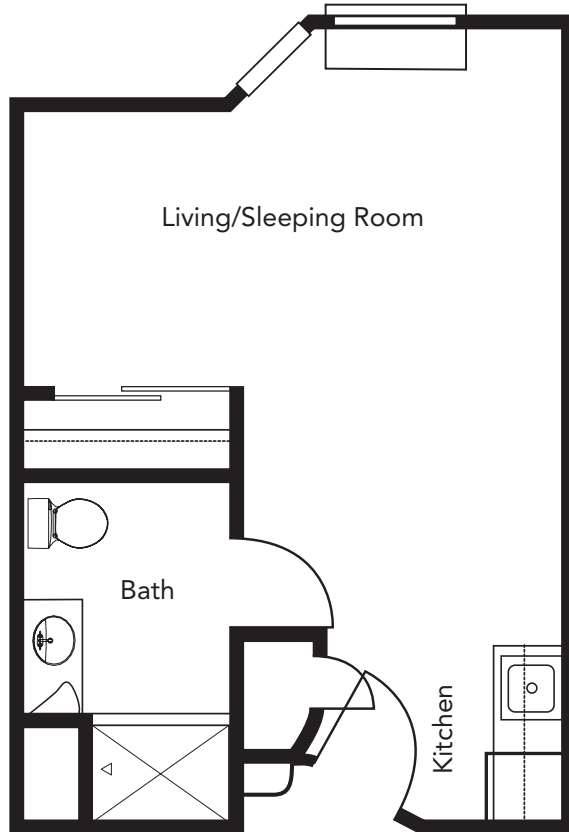
Facility No. 36 1880646





# Floor Plans

**Studio A1**  
Approx. 338 sq. ft.



## Whispering Winds of Apple Valley

A PEGASUS SENIOR LIVING™ COMMUNITY

11825 Apple Valley Road, Apple Valley, CA 92308  
P: 760.979.5485 F: 760.961.1564  
[pegasus seniorliving.com](http://pegasus seniorliving.com)

Dimensions are approximate.  
Floor plans may vary.  
Pegasus Senior Living™ is a trademark of  
Pegasus Senior Living, LLC. Dallas, TX, USA 75205

Facility No. 36 1880646

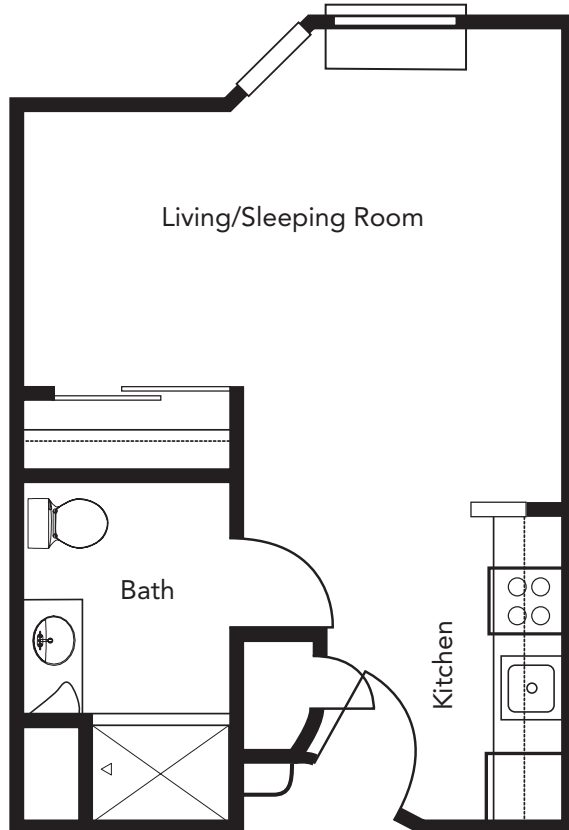




# Floor Plans

## Studio A2

Approx. 338 sq. ft.



## Whispering Winds of Apple Valley

A PEGASUS SENIOR LIVING™ COMMUNITY

11825 Apple Valley Road, Apple Valley, CA 92308  
P: 760.979.5485 F: 760.961.1564  
[pegasus seniorliving.com](http://pegasus seniorliving.com)

Dimensions are approximate.  
Floor plans may vary.  
Pegasus Senior Living™ is a trademark of  
Pegasus Senior Living, LLC. Dallas, TX, USA 75205

Facility No. 36 1880646

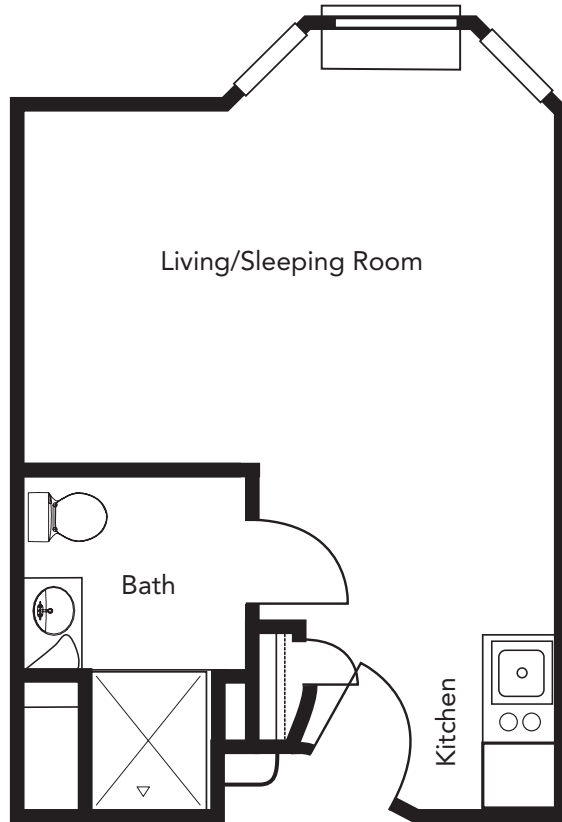




# Floor Plans

## Studio A2hc

Approx. 338 sq. ft.



## Whispering Winds of Apple Valley

A PEGASUS SENIOR LIVING™ COMMUNITY

11825 Apple Valley Road, Apple Valley, CA 92308  
P: 760.979.5485 F: 760.961.1564  
[pegasus seniorliving.com](http://pegasus seniorliving.com)

Dimensions are approximate.  
Floor plans may vary.  
Pegasus Senior Living™ is a trademark of  
Pegasus Senior Living, LLC. Dallas, TX, USA 75205

Facility No. 36 1880646

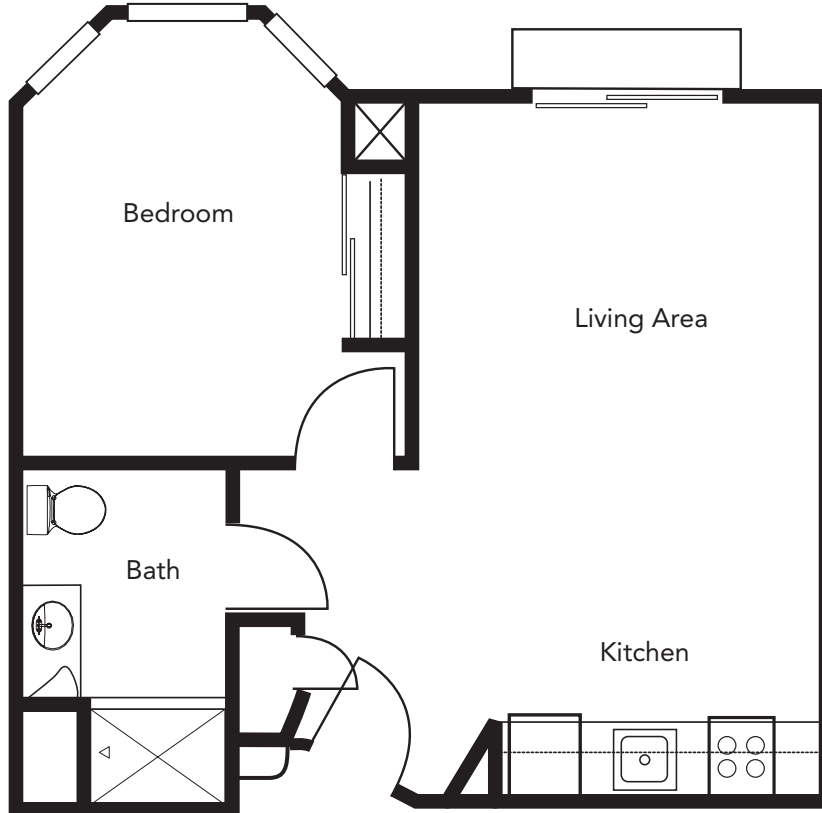




# Floor Plans

## One Bedroom B1

Approx. 506 sq. ft.



## Whispering Winds of Apple Valley

A PEGASUS SENIOR LIVING™ COMMUNITY

11825 Apple Valley Road, Apple Valley, CA 92308

P: 760.979.5485 F: 760.961.1564

[pegasus seniorliving.com](http://pegasus seniorliving.com)

Dimensions are approximate.

Floor plans may vary.

Pegasus Senior Living™ is a trademark of

Pegasus Senior Living, LLC. Dallas, TX, USA 75205

Facility No. 36 1880646



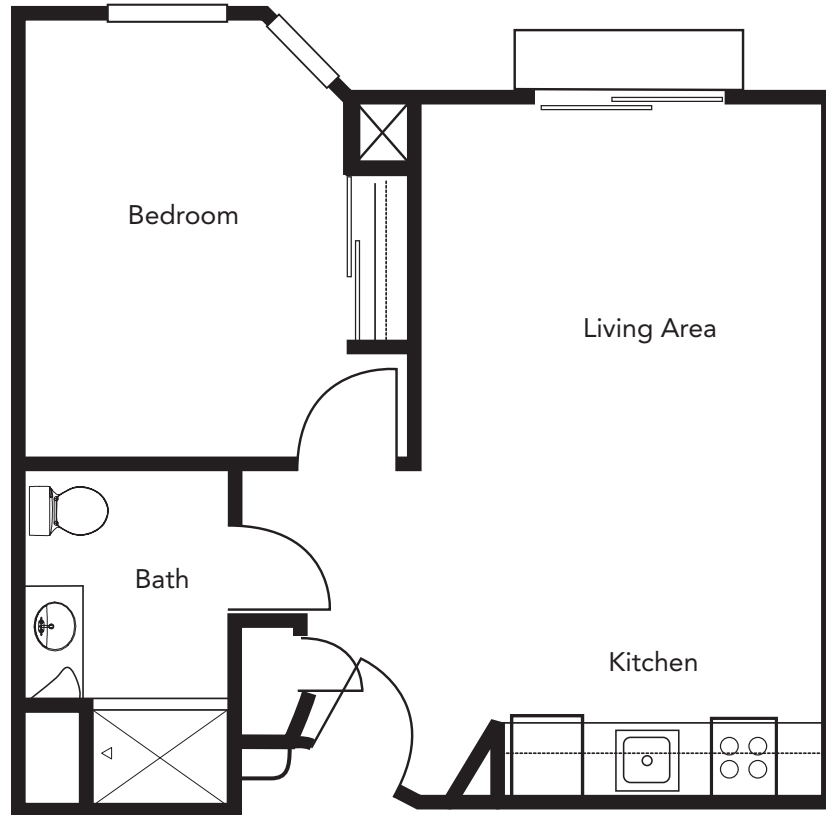




# Floor Plans

## One Bedroom B2

Approx. 506 sq. ft.



## Whispering Winds of Apple Valley

A PEGASUS SENIOR LIVING™ COMMUNITY

11825 Apple Valley Road, Apple Valley, CA 92308  
P: 760.979.5485 F: 760.961.1564  
[pegasus seniorliving.com](http://pegasus seniorliving.com)

Dimensions are approximate.  
Floor plans may vary.  
Pegasus Senior Living™ is a trademark of  
Pegasus Senior Living, LLC. Dallas, TX, USA 75205

Facility No. 36 1880646

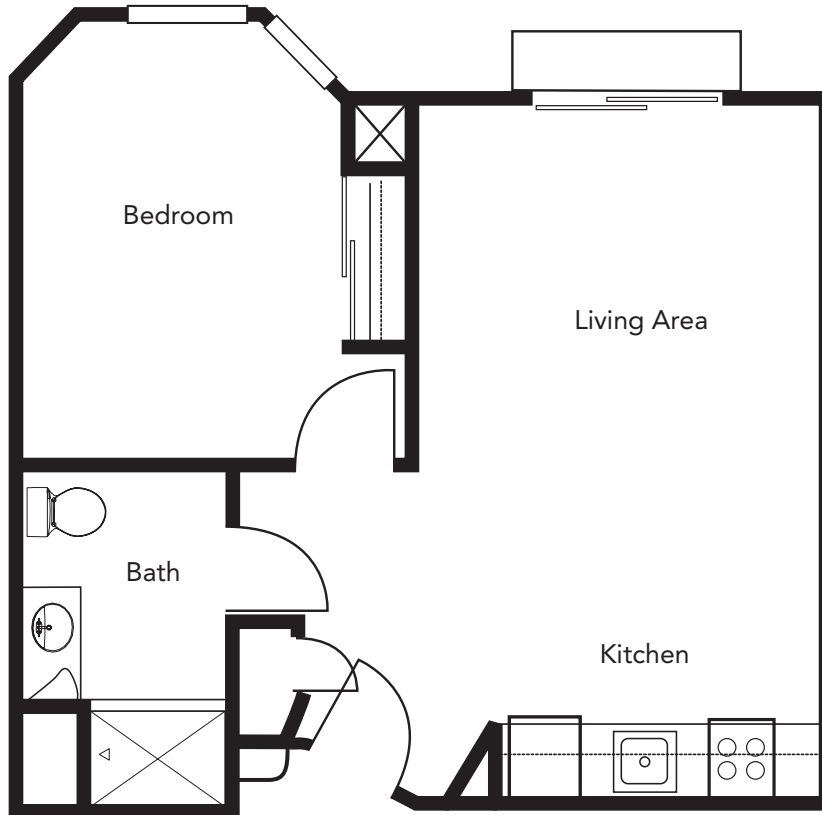




# Floor Plans

## One Bedroom B3

Approx. 506 sq. ft.



## Whispering Winds of Apple Valley

A PEGASUS SENIOR LIVING™ COMMUNITY

11825 Apple Valley Road, Apple Valley, CA 92308  
P: 760.979.5485 F: 760.961.1564  
[pegasus seniorliving.com](http://pegasus seniorliving.com)

Dimensions are approximate.  
Floor plans may vary.  
Pegasus Senior Living™ is a trademark of  
Pegasus Senior Living, LLC. Dallas, TX, USA 75205

Facility No. 36 1880646

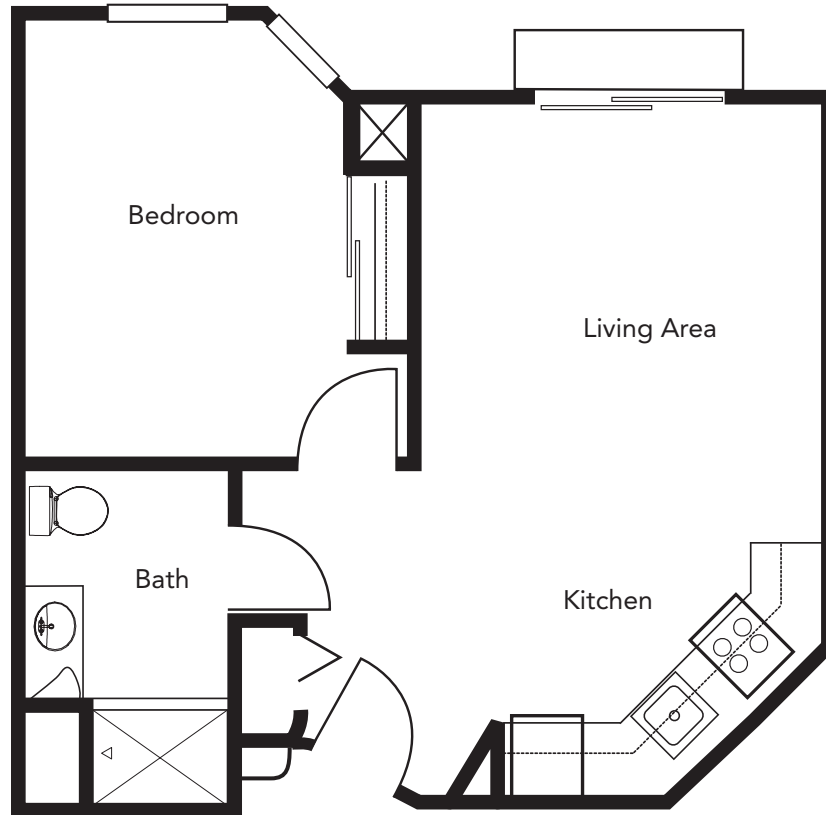




# Floor Plans

## One Bedroom B4

Approx. 506 sq. ft.



## Whispering Winds of Apple Valley

A PEGASUS SENIOR LIVING™ COMMUNITY

11825 Apple Valley Road, Apple Valley, CA 92308  
P: 760.979.5485 F: 760.961.1564  
[pegasus seniorliving.com](http://pegasus seniorliving.com)

Dimensions are approximate.  
Floor plans may vary.  
Pegasus Senior Living™ is a trademark of  
Pegasus Senior Living, LLC. Dallas, TX, USA 75205

Facility No. 36 1880646

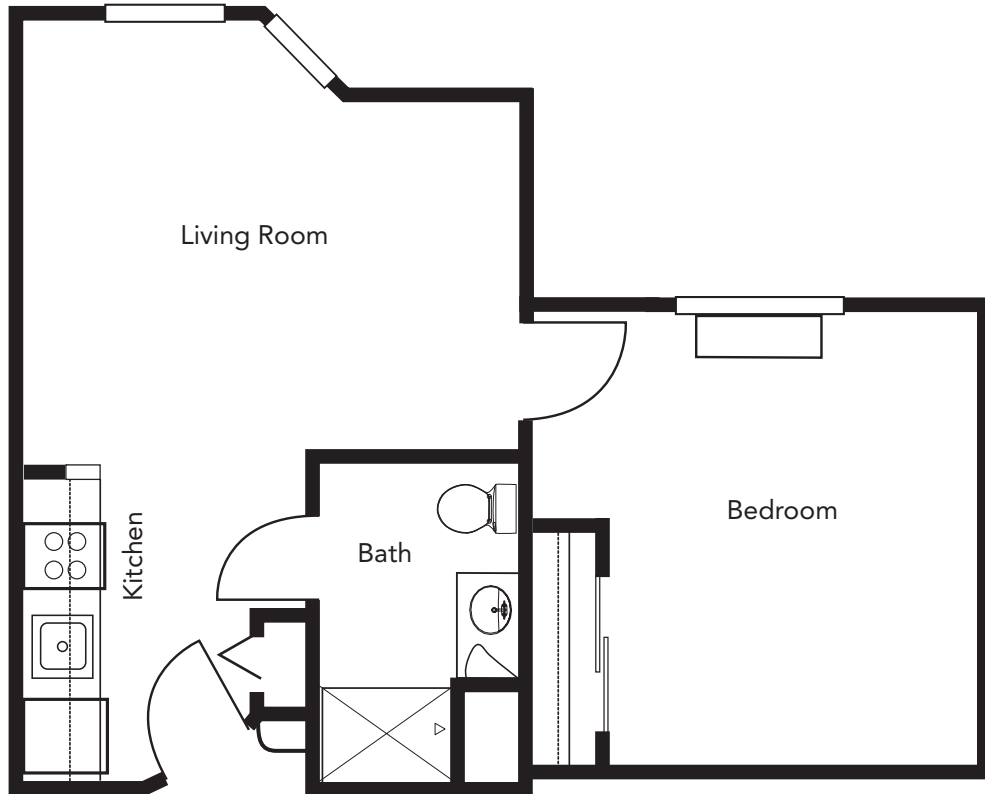




# Floor Plans

## One Bedroom B5

Approx. 594 sq. ft.



## Whispering Winds of Apple Valley

A PEGASUS SENIOR LIVING™ COMMUNITY

11825 Apple Valley Road, Apple Valley, CA 92308

P: 760.979.5485 F: 760.961.1564

[pegasus seniorliving.com](http://pegasus seniorliving.com)

Dimensions are approximate.

Floor plans may vary.

Pegasus Senior Living™ is a trademark of

Pegasus Senior Living, LLC. Dallas, TX, USA 75205

Facility No. 36 1880646

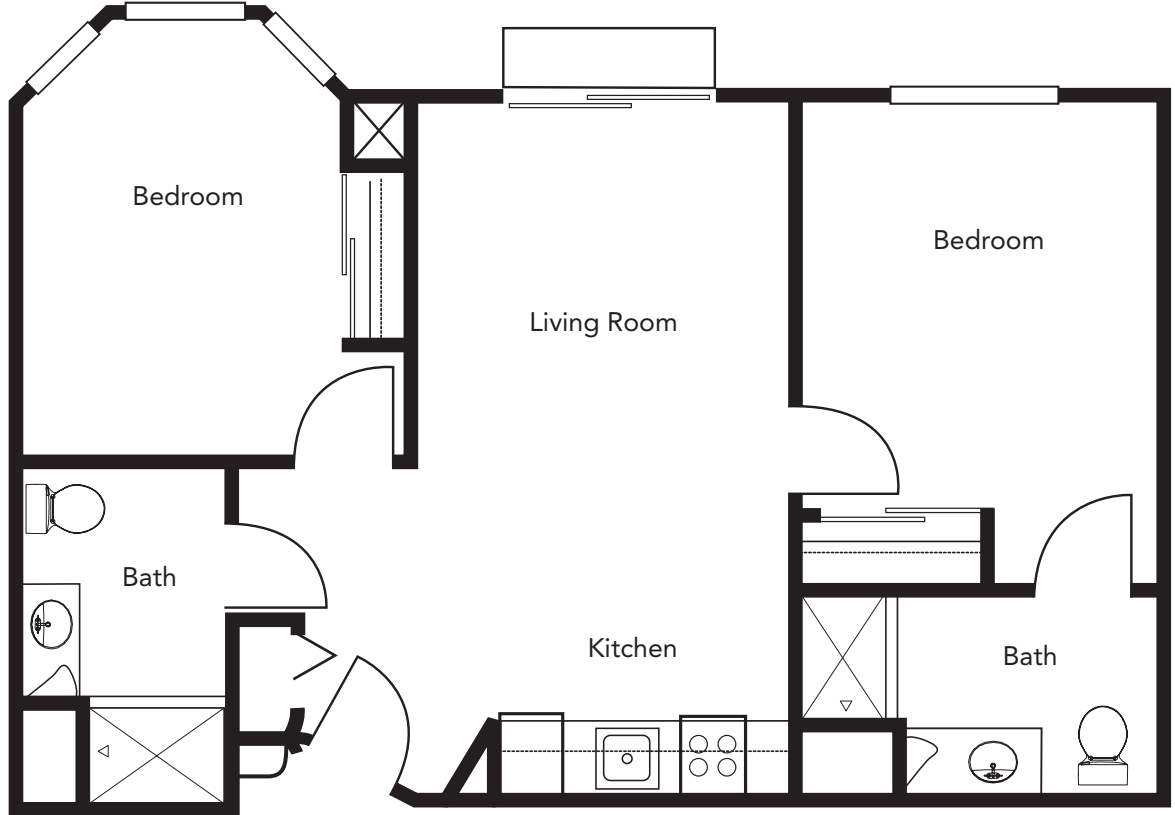




# Floor Plans

## Two Bedroom C1

Approx. 735 sq. ft.



## Whispering Winds of Apple Valley

A PEGASUS SENIOR LIVING™ COMMUNITY

11825 Apple Valley Road, Apple Valley, CA 92308  
P: 760.979.5485 F: 760.961.1564  
[pegasus seniorliving.com](http://pegasus seniorliving.com)

Dimensions are approximate.  
Floor plans may vary.  
Pegasus Senior Living™ is a trademark of  
Pegasus Senior Living, LLC. Dallas, TX, USA 75205

Facility No. 36 1880646

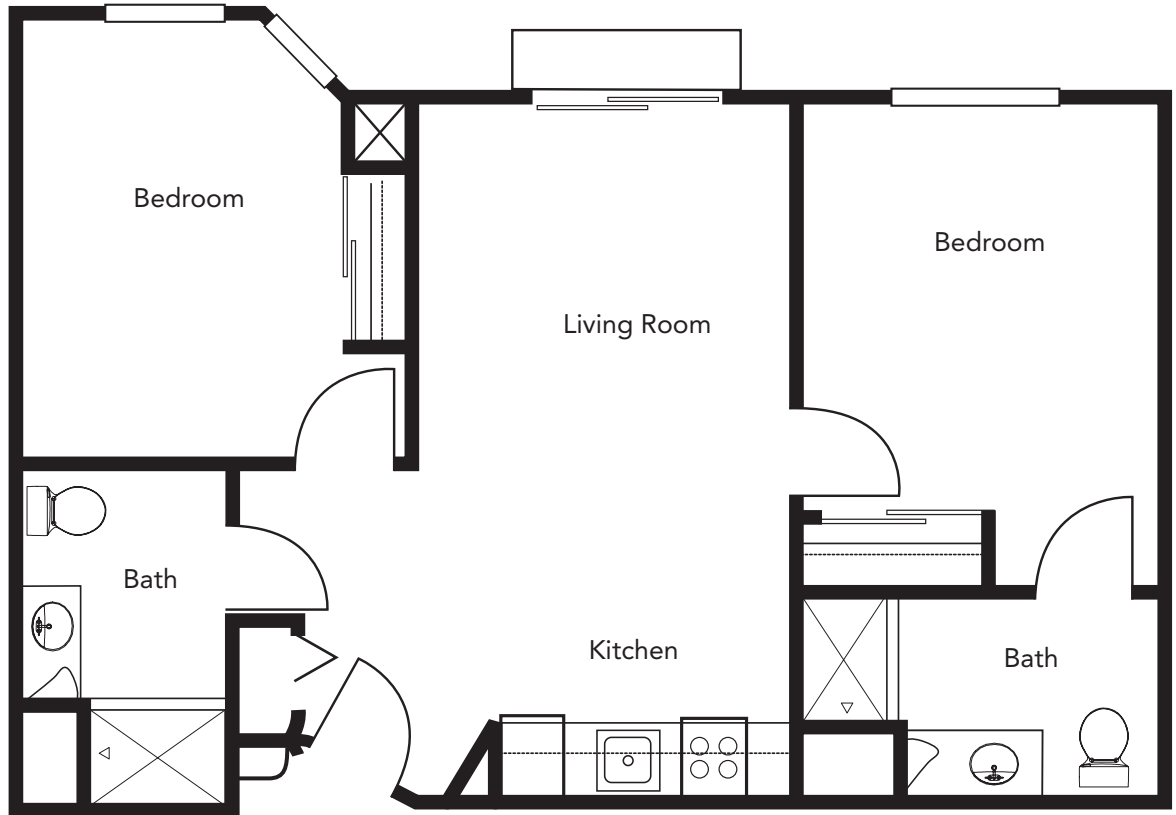




# Floor Plans

## Two Bedroom C2

Approx. 735 sq. ft.



## Whispering Winds of Apple Valley

A PEGASUS SENIOR LIVING™ COMMUNITY

11825 Apple Valley Road, Apple Valley, CA 92308

P: 760.979.5485 F: 760.961.1564

[pegasus seniorliving.com](http://pegasus seniorliving.com)

Dimensions are approximate.

Floor plans may vary.

Pegasus Senior Living™ is a trademark of

Pegasus Senior Living, LLC. Dallas, TX, USA 75205

Facility No. 36 1880646

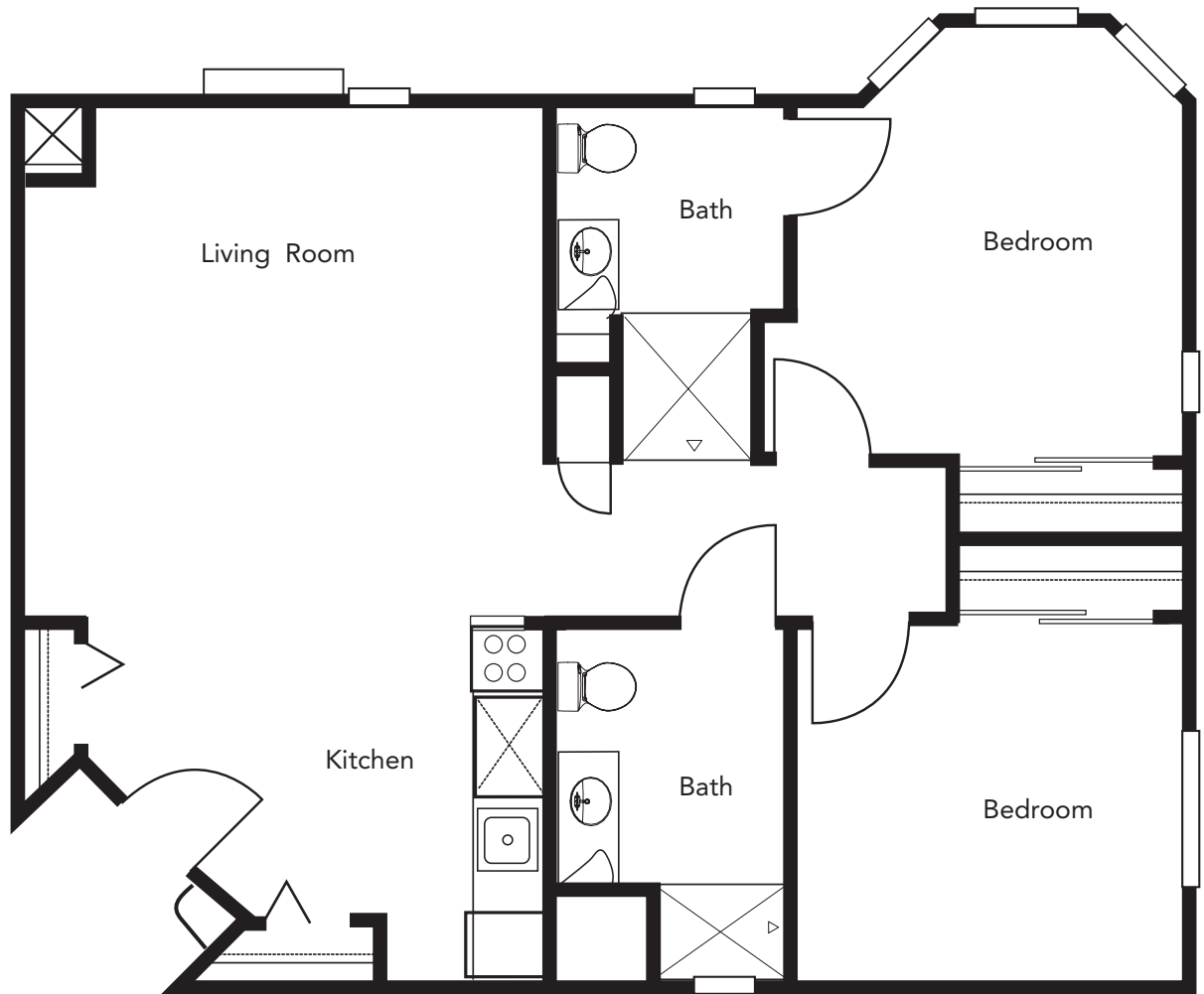




# Floor Plans

## Two Bedroom C4hc

Approx. 964 sq. ft.



## Whispering Winds of Apple Valley

A PEGASUS SENIOR LIVING™ COMMUNITY

11825 Apple Valley Road, Apple Valley, CA 92308

P: 760.979.5485 F: 760.961.1564

[pegasus seniorliving.com](http://pegasus seniorliving.com)

Dimensions are approximate.

Floor plans may vary.

Pegasus Senior Living™ is a trademark of

Pegasus Senior Living, LLC. Dallas, TX, USA 75205

Facility No. 36 1880646

