

# THE BEST OF FRESNO

The Windham by Cadence Living is a thriving community  
designed for people who love wide open spaces.



The  
  
Windham  
A CADENCE COMMUNITY







## EXPERIENCE LIFE AT THE WINDHAM.

Imagine living in one of the most desirable neighborhoods in Fresno, close to shopping, restaurants and medical services, and just minutes from Woodward Park. At The Windham you get all this and more, plus a variety of living options, delicious dining and premier services.

Make new friends, explore your creativity and start a new chapter in a community of kindred spirits.

***We invite you to explore.***

# LIFE

has a

# RHYTHM

all of its own.

*Go for coffee*

*Take a walk or swim*

*Indulge your curiosity*

*Share your favorite stories*

*Tinker in the garden*

*Laugh 'til it hurts*

*Wake up refreshed to do it all again*



## YOU'RE IN GOOD COMPANY.

The Windham is an intentional community created for people who are looking for a fulfilling lifestyle during later retirement and appreciate the benefits of independent living with the option for a little extra help if requested.

Amenities and activities bloom throughout our spacious, 10-acre campus, including scenic walking paths framed by beautiful landscaping, a dog park and raised garden beds for joint-friendly gardening.





**WELLNESS**  
that leads to greater well-being.

## HEALTH AND FITNESS ARE CORNERSTONES OF OUR COMMUNITY.

Not only is The Windham the most highly sought-after community in Fresno, it's managed by Cadence Living, a team of senior living experts that takes a holistic approach to lifestyle, health and wellness with supportive services that enrich, encourage and enhance life.

We believe health and fitness should be naturally woven into all aspects of life. This makes it easier to achieve your wellness goals—and count on support as you make new ones.

**Walking Paths:** Throughout the 10-acre campus, enjoy walking paths with vistas of flowers and nature.

**Fitness Center:** Everything here, from fitness equipment to studio classes, is designed to accommodate all levels of fitness and physical ability.

**Green Thumb Garden:** You love to garden? Our raised garden beds give you space to plant and tend herbs, flowers and vegetables.

**Dog Park:** We're pet-friendly in more ways than one. Our amenities make it easy to take your best friend for a walk or a quick potty break.

**Heated Swimming Pool:** Enjoy water aerobics classes, as well as open-pool hours for lap swimming.



Our goal is to become your  
**FAVORITE**  
restaurant.



## A FOCUS ON HEALTHY AND TASTY.

The Windham's wonderful culinary options are just steps from your door in our beautiful and spacious restaurant-style dining room. At The Windham we believe food should nourish the soul. That's why our menus are influenced by local ingredients, our residents' tastes and the seasons of the year.

**The Windham Dining Room:** Our inviting, upscale dining room serves full breakfasts, lunches and dinners daily. Menus are designed for discerning tastes and can accommodate sensitive diets and allergies upon request.

**Casual Bistro:** A place to enjoy your morning coffee and a pastry or a light lunch with access to the outdoor patio.

**Outdoor Dining:** The Windham's outdoor courtyard turns into an outdoor restaurant seasonally. You'll enjoy catered events and parties under the shade of beautiful sequoias.

**Room Service:** Feel like dining in? Just order ahead and we'll deliver.

**Family Dining:** Invite your friends and family over to enjoy brunch, dinner or events in our private dining room.

**Social Hours:** You'll love to meet up with friends for our weekly social gatherings, as well as special events and parties.

**Weekly Sunday Brunches:** Invite friends and family for a fabulous brunch buffet that includes all of your favorites, including fresh-baked goods.



# **FREEDOM**

**to do something just for you.**

*Take a class, throw a dinner party, meet a new friend and so much more.*

## THIS IS THE TIME TO BECOME YOUR BEST SELF.

Most of us live our lives DOING. We've worked hard, raised our kids and managed the household with a lot of chores, obligations and to-do lists along the way. Now is our time. Walk your dog in tranquility, learn to play the guitar or paint your masterpiece. It's all here at The Windham.

**Intellectual Programs:** Intellectual programming spans a variety of pursuits, including lecture series, discussions of current events and insightful presentations on cutting-edge science.

**Artistic Pursuits:** Explore your creative side with art classes—watercolors, oils, origami, collage and crafting projects of all kinds.

**Music:** Our informal singing groups get together for performances, karaoke parties and special musical guests. Everyone is encouraged to join in. Invite your friends!

**Mindfulness:** Next to regular exercise, mindfulness training is one of the best things you can do for your body and well-being. Our weekly yoga classes can help you add more flexibility, serenity and focus to your life.

**Special Interest Groups:** We encourage people to pursue their passions and build community with their own special gifts, whatever they may be. Start a book club or a card-playing group or a support circle. Unlimited possibilities await.



# **OPTIMAL CHOICES.**

**We offer lots  
of living and  
care options  
for those who  
need it.**



## INDEPENDENT LIVING COTTAGES.

The Windham offers a limited number of detached cottages featuring a private patio, full kitchen and laundry. Choose to cook in your home or dine at The Windham restaurant. Your best fuzzy friend is invited as well.

- 30 meals per month, per person
- Bimonthly housekeeping
- Scheduled transportation
- Planned social outings
- Fitness center with a variety of classes
- Wellness checks
- A 24/7 emergency response system
- Pet friendly
- Private outdoor patio
- Extended basic cable included
- Full kitchen with refrigerator, microwave and dishwasher
- Washer and dryer



## INDEPENDENT LIVING APARTMENTS.

Studio, one-bedroom or two-bedroom apartments all come with The Windham's amenities and services.

- 60 meals per month, per person, with additional meal options available
- Sunday brunch, open to friends and family
- Bimonthly housekeeping
- Bimonthly linen service
- Scheduled transportation
- Fitness center and a variety of classes
- Planned social outings
- Wellness checks—for peace of mind
- Emergency response system 24/7
- Extended basic cable and utilities
- Full kitchen with refrigerator and microwave
- Pet friendly
- Private outdoor patio or balcony





## ASSISTED LIVING APARTMENTS.

At The Windham we like to call assisted living simply LIVING, with a little help (or a lot) when you ask for it. Studio, one-bedroom or two-bedroom apartments all come with The Windham's amenities and services. In keeping with an emphasis on activities and the great outdoors, every assisted living apartment features an outdoor patio or balcony.

- Three meals per day
- Weekly housekeeping
- Weekly linen service
- Weekly personal laundry
- Scheduled transportation
- Planned social outings
- Extended basic cable and utilities
- Personalized care plan
- Fitness center and a variety of classes
- 24/7 staffing with personal pendant system (included)
- Full kitchen with refrigerator and microwave
- Pet friendly
- Private outdoor patio or balcony



**A GORGEOUS COMMU**





UNITY.





**A HOME BASE FOR YOU**



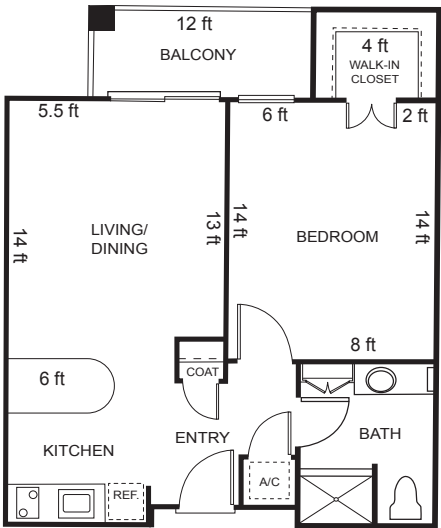
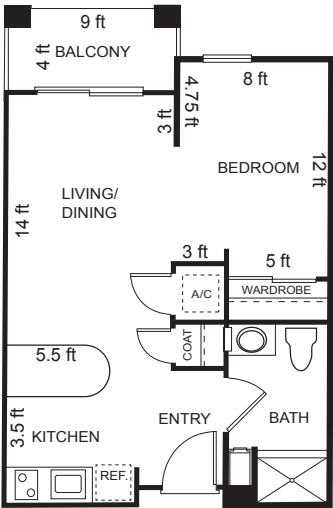


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# THE WINDHAM OFFERS A VARIETY OF FLOOR PLANS.

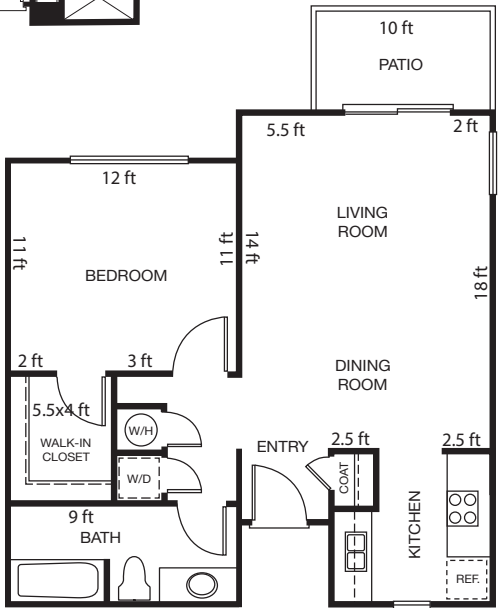
## STUDIO

Independent or Assisted Living  
Approx. 468 SQ FT



## 1 BED / 1 BATH

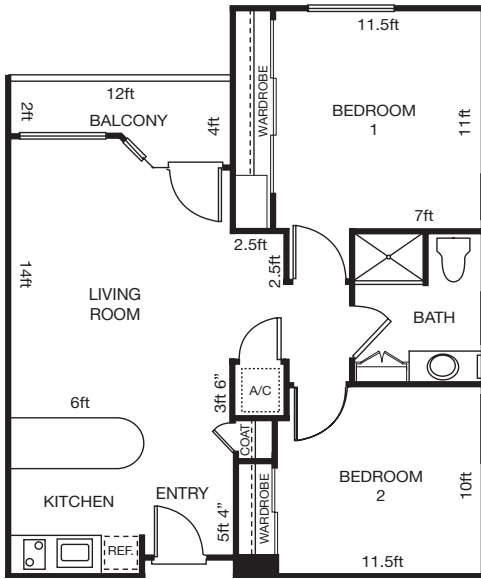
Independent or Assisted Living  
Approx. 610 SQ FT



## 1 BED / 1 BATH

Independent Cottages  
Approx. 750 SQ FT

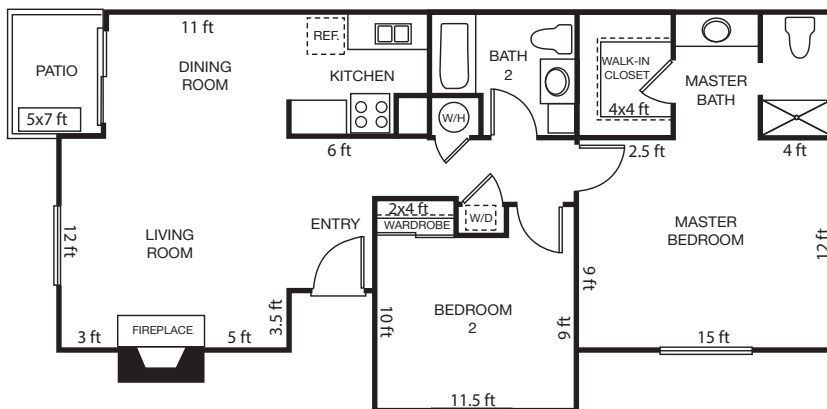
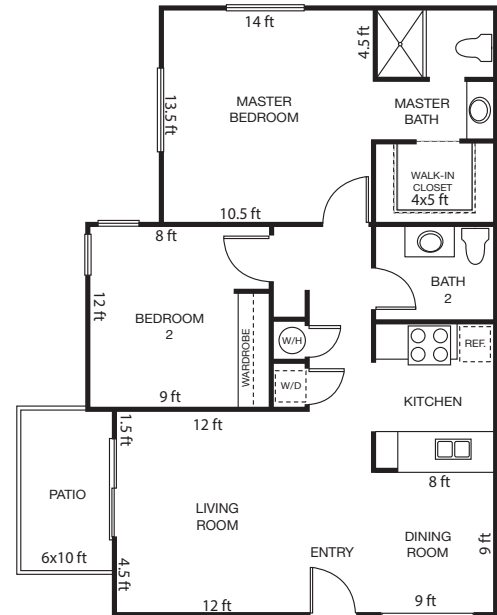




## 2 BED / 1.5 BATH

Independent Cottages

Approx. 950 SQ FT



## THE WINDHAM IS A BEAUTIFUL HOME BASE.

If you haven't already taken a tour, the best way to know if The Windham is right for you is to see it for yourself.

Schedule a personal tour or attend one of our complimentary events. Either way, The Windham team is here to answer your questions and help you with the move should you choose to join us.

CALL (559) 449-8070

VISIT [WindhamSeniorLiving.com](http://WindhamSeniorLiving.com)

EMAIL [Info@WindhamSeniorLiving.com](mailto:Info@WindhamSeniorLiving.com)



A CADENCE COMMUNITY

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## THE WINDHAM IS MANAGED BY CADENCE LIVING.

Not only is The Windham the most highly sought after retirement community in Fresno, it's also managed by Cadence Living. Cadence is continuing the successful legacy of this prime community and adding more!

What makes a Cadence community special? Just as composers orchestrate music to strike the right feeling, Cadence cultivates a vibrant rhythm for living a fully engaged life. Our people, places and programs work in harmony to create experiences to delight residents and make communities thrive. Our creative and progressive approach focuses on health, wellness and living styles that respect individual preferences, while providing supportive services to encourage people to live their best life—at any age and in the way they choose.

**Find Your Cadence®**

CadenceSL.com



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