

# WAKE UP INSPIRED.

Inspira by Cadence Living is a brand-new community  
designed for people who live for inspiration.



Inspira  
ARROWHEAD  
A CADENCE COMMUNITY

**IMAGINE...**



## THE IDEAL PLACE TO LIVE AN INSPIRED LIFE.

Imagine a community that puts inspiration at the center of life. A place where you wake up inspired to do what you love, free from the chores of homeownership. At Inspira, you'll discover a renewed sense of energy to explore your creativity inside of a lovely (and lively) community of kindred spirits. Write that novel, volunteer, learn to paint, sing and play music, travel and connect with friends old and new—all while improving your overall health and sense of well-being.

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





**INSPIRED**





D LIVING.

# **DO** **what you love,** **LOVE** **what you do.**

*Take a dip,  
write a poem,  
sing a song,  
stretch your body,  
shape your mind,  
share a drink,  
make a joke,  
laugh big,  
give your gifts,  
dance around the fire,  
sleep, dream and  
wake up inspired  
to do it all again.*



## YOU'RE IN GOOD COMPANY.

Part of the Arrowhead neighborhood in Glendale, Arizona, Inspira is the newest addition to join Velaire Apartments in the Aspera master-planned community.

Amenities and activities bloom throughout our spacious, 11-acre campus, including scenic walking paths framed by beautiful landscaping, a dog park, a fire pit for cool nights and a pool for hot days.





# WELLNESS

I woke up feeling ~~tired~~  
inspired today.



## HEALTH AND FITNESS ARE CORNERSTONES OF OUR COMMUNITY.

We believe health and fitness should be naturally woven into every aspect of life. At Inspira, we make it easy to stick to your wellness goals with healthy menu options, engaging fitness classes and inviting walking paths.

**Heated Pool:** Enjoy water aerobics classes, as well as open pool hours to swim laps.

**Walking Paths:** Throughout the 11-acre campus, Inspira features scenic walking paths accented with fragrant herbs and flowers to stimulate the senses.

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

**Green Thumb Garden:** Raised garden beds make it easy to plant and tend herbs, flowers and vegetables with less strain on your knees and back.

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

**WELL.**

**WELL.**

**WELL.**

**“It takes a  
long time  
to become  
young.”**

**—*Pablo Picasso***



## FITNESS CLASSES YOU'D EXPECT—ALONG WITH A FEW NEW ONES WORTH EXPLORING.

We offer a variety of fitness instructors for traditional yoga, balance and strength-training classes designed for nearly every level of fitness and ability. Plus, several high-energy classes, including Zumba and water aerobics.

### **Positive Mind, Positive Life.**

It doesn't matter whether you're five or 105: everyone can benefit from mindfulness training. Science has proven it can help with mental focus, creativity and pain management. That's why Inspira offers several meditation and discussion groups each week. No matter your religious, spiritual or philosophical leanings, these classes will make your life healthier, happier and more productive.





We **ASPIRE**  
to become your  
**FAVORITE**  
restaurant.

## A FOCUS ON HEALTHY AND TASTY.

Inspira's wonderful culinary options give even some of the best local restaurants a run for their money—and they are just steps from your door.

Fresh is healthier than frozen, and organic foods simply taste better. At Inspira, we believe food should nourish the soul, not just fill a void. That's why our menus include local ingredients, as well as farm-to-table selections when available and in season.

**The Incite Dining Room:** Our casual, upscale dining room serves full breakfasts, lunches and dinners daily, along with a comprehensive wine list. Menus are designed for discerning tastes and can accommodate sensitive diets and allergies upon request.

**Bell's Bistro:** Open late morning through the evening, the bistro offers fresh coffee and baked goods. Choose to dine indoors or by the pool.

**The Inspiration Room:** Reserve this private dining room to host catered parties, family dinners or other special events.

**Inspiration for**

**TODAY.**

**Peace of mind for**

**TOMORROW.**

*Inspira offers independent  
living, assisted living and  
residential memory care.*





## AT YOUR SERVICE...AT A GLANCE.

Inspira offers beautiful independent living apartments and a full spectrum of services, should you ever need them—including assisted living and memory care. For couples living with dementia, one spouse can live independently while the other can get the residential memory care they need. Ask about our assisted living and memory care brochures for more information about these services.



**EVERY DAY**  
**do something just for you.**

*Take a class, get a massage, throw a dinner party with your closest friends.*

## COMMUNITY AMENITIES

- Talent Room for arts, crafts & your inspirations
- Raised gardens
- Pet-friendly with dog park
- Fitness studio
- Heated swimming pool
- Outdoor fire pit
- Inspiration Room dining & party venue
- Game room with billiards
- Movie theater
- Salon
- On-site massage by appointment
- Engaging classes & events
- Library & book club
- Acres of beautiful walking paths
- Regularly scheduled transportation services
- Spacious lounge areas throughout

## APARTMENT AMENITIES

- Studio, one- and two-bedroom apartment homes available
- Upscale finishes with balconies or outdoor patios with storage closets
- Full kitchens, washer/dryer in both independent and assisted living apartments
- Walk-in showers with seat

## LIFESTYLE CHOICES

- Independent living
- Assisted living
- Residential memory care

## SERVICES

- Weekly housekeeping
- Full-service dining program
- Guest apartment for friends\*
- 24-hour concierge & licensed staff
- Licensed nurse on staff
- Mobile healthcare services
- Emergency call system
- Dry cleaning delivery services

*\*Based on availability; reservations required*





# LIVE life to its FULLEST.

*Culture. Music. Art. Theater. Wine. Food.*

## INDULGE YOUR CURIOSITY.

Inspira is more than a community. It's a launching pad for a life of enriching experiences, within our walls and in the broader community.

**Inspira Choir:** Music is a big part of our culture. Our informal singing group gets together for performances, karaoke parties and special musical guests. Everyone is encouraged to join. Invite your friends!

**Artistic Pursuits:** The Talent Room is your space to pursue your creative side with art classes—watercolors, oils, origami, collage and crafting of all kinds.

**Book Club:** Inspira sponsors a book club and discussion group that is open to residents and anyone in the nearby community.

**Intellectual:** Intellectual programming covers a wide variety of subjects, including cutting-edge medical topics, the latest technology, holistic health and brain fitness.

**Travel:** Whether it's listening to presentations about others' travel or joining in on Inspira travel club events, this is the right home base.

**Special Interest Groups:** We encourage people to pursue their passions and breathe life into the community with their own special gifts, whatever they may be.





**A BEAUTIFUL COMMUNITY**





UNITY.





**A VIBRANT WAY OF L**





IFE.

# INSPIRA— a beautiful home base.

The best way to know if Inspira is right for you is to see it for yourself. Schedule a personal tour or attend one of our complimentary events. Either way, the Inspira team is here to answer your questions and help you with your move should you choose to join us.

CALL (623) 235-6500

VISIT [InspiraArrowhead.com](https://InspiraArrowhead.com)

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## INSPIRA ARROWHEAD IS MANAGED BY CADENCE LIVING.

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](https://CadenceSL.com)



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