



WHY QUAIL PARK AT SHANNON RANCH?

Many people living in Visalia and the surrounding area are familiar with Quail Park. Our original community, Quail Park on Cypress, is known throughout the area as a luxury assisted living community with a stellar reputation for quality customer service, delicious food, and a vibrant social life.

With Quail Park at Shannon Ranch, we're bringing Quail Park quality for a different generation who may be thinking, "*I'm getting tired of taking care of my house and this property, but I'm definitely way too young to retire.*"

Dictionary.com defines "retirement" as:

retirement *noun*

re • tire • ment

1a : Withdrawl from one's position or occupation or from active working life

At Quail Park at Shannon Ranch, *we disagree with every part of this definition* – and we believe you likely do as well! You're not looking to withdraw from your position in the community, from being active, from working, or from life. In fact, we believe the exact opposite to be true. We believe you are looking to join us in redefining retirement.

At Quail Park at Shannon Ranch, we define retirement as:

retirement *noun*

re • tire • ment

1a : An encore. An opportunity to redefine oneself. A time of personal exploration and adventure

**Quail
Park**
at Shannon Ranch



The Only Place to Be!

www.QPShannonRanch.com | 559.527.8245
3440 W Flagstaff Ave. | Visalia, CA 93921



LIVE BRILLIANTLY

Signature Dining

One of the most delightful aspects of living in a luxury community is not having to cook – but still eating like royalty! At Quail Park at Shannon Ranch, you will be offered:

- *Variety* – three distinct culinary styles.
- *Choice* – determine when and where you dine.
- *Quality* – the confidence that your meals will always be delicious, nutritious, and prepared with locally sourced ingredients.



Signature Service*

Our Concierge Team is ready and standing by to assist you with:

- *Errand Services* – have a gift to buy? We can help!
- *Pet Care* – dog walks and feeding while you're away.
- *Transportation & Travel Assistance* – let us give you a ride to the airport and back.
- *Home Management Assistance* – decorate with ease.

**May require additional service fees*

Signature Style

- *Salon Services* – beautician and barber services provided in our onsite salon. Get a fresh haircut or hairstyle or just stop by to say hello!
- *Spa Services* – need a massage, looking to have your nails done, or a skin treatment? Look no further.
- *Personal Fitness Training* – still intimidated by going to the gym on your own, or looking to work on targeted fitness or physical therapy goals? Our fitness trainer is available onsite five days a week!

**Quail
Park**
at Shannon Ranch



The Only Place to Be!

www.QPShannonRanch.com | 559.527.8245
3440 W Flagstaff Ave. | Visalia, CA 93921



LIVE PASSIONATELY

According to AARP's 2018 study, *Hacking Longevity, Gen-Xers, Boomers, and Seniors* unanimously agree on the definition of "old:"

Old [ohld]

1. The point in life when you stop trying new things

By that definition, residents of Quail Park at Shannon Ranch will never grow old! We're looking for people passionately committed to not going "softly into that good night..."

Want a Passion? Discover It!

- *The Arts* – explore the creative side you never knew you had.
- *Travel* – Join us for Pacific coast cruises, Coast Starlight train rides, and overseas adventures.
- *Education* – continue to expand and develop your mind through the Osher Lifelong Learning Institute at Fresno State/COS.
- *Adventure* – have you always wanted to sky dive, surf, or see the Valley from a hot air balloon? What's stopping you?



Have a Passion? Share It!



- *Teach* – are you a former teacher or professor who misses igniting minds, or are you an amateur historian or well versed in foreign affairs? Why not share your passion with everyone?
- *Mentor* – Enjoy partnering with local students to help them develop the soft skills they will need to succeed in the business world.
- *Serve* – Are you already involved in local charities or service organizations? How can we help?
- *Lead* – are you the kind of person who can energize others to participate and take action?

Quail
Park
at Shannon Ranch



The Only Place to Be!

www.QPShannonRanch.com | 559.527.8245
3440 W Flagstaff Ave. | Visalia, CA 93921



Manage the Aging Process. Don't Let It Manage You!

At Quail Park at Shannon Ranch, our residents refuse to age the same way as their parents! They are more empowered, engaged, and proactive in improving their own health. They are the first generation demanding better health outcomes from their healthcare providers – including Quail Park!

Be Fit!

Quail Park at Shannon Ranch has partnered with HUR USA, the leader in fitness equipment designed specifically for older adults, to offer you:

- Exercise machines which automatically load your personalized exercise program, adjust to your custom settings, count your repetitions, record your progress, and provide you with an auditory prompt when the exercise is complete.
- Access to your HUR Profile, so you can easily log in to track your progress, helping to fuel your motivation and strengthen your commitment to your health.



Be Proactive!

Quail Park at Shannon Ranch has also partnered with the Kaweah Delta Healthcare District and other medical service providers in the region to create **Wellness Pathways** designed to empower you to fight back against chronic diseases, make better informed decisions about your own health future. Our Wellness Pathways are designed, in particular, to assist residents dealing with or attempting to avoid the following:



- Diabetes
- Congestive Heart Failure (CHF)
- Chronic Obstructive Pulmonary Disorder (COPD)
- Alzheimer's & Related Dementias
- Fall Risk Reduction
- Bladder Incontinence

**Quail
Park**
at Shannon Ranch



The Only Place to Be!