



MONTE VISTA VILLAGE SENIOR LIVING

SENIOR APARTMENTS & ASSISTED LIVING

It's a New Day.
And It's Yours.

Our Mission

Privately owned, Pacifica Senior Living strives to create a lifestyle of independence and peace of mind for each individual and their family.

We do what we love and what we truly believe in – providing compassionate, personalized care services with dignity and respect.

Our dedicated, professional team supports each resident and goes above and beyond to help them feel at home.



At Monte Vista Village Senior Living, we've designed our community to meet the different needs, preferences, dreams and goals for each resident. From independent living to assisted living our community welcomes residents to live by their own design.

Our community provides residents with every service and amenity they need, want and deserve to live each day just as they choose. We respect their individuality and understand that each person is in charge of the direction his or her life takes. We're simply here to support them. Every step of the journey.



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Senior Living Services

Monte Vista Village Senior Living offers a variety of care and lifestyle choices to support our residents in living well.

Independent Living

Active seniors retire to carefree living at its best. No housework. No yardwork. No worries. Just time to spend as they choose. Our community features spacious apartment homes, amenities, services and engaging programs – all designed to provide residents with the lifestyle to which they've aspired.

Heartland™ Assisted Living

Delivering the optimal balance of independence and support, Heartland™ Assisted Living helps our residents live fulfilling, dignified lives. Each resident has a customized service plan that meets his or her individual needs. With support available 24 hours a day, our residents enjoy assistance with activities such as:

- Meals
- Medication Management
- Bathing & Dressing
- Mobility
- Transportation



Welcome

Welcome to Monte Vista Village Senior Living, a full-service retirement community, nestled in beautiful Lemon Grove, CA.

Our residents enjoy a lush garden setting with a resort-like feel, where every day offers a full calendar of activities and programs. Just minutes outside downtown San Diego, on eight acres of landscaped grounds with palm trees, a waterfall and a fish pond. Our objective is to elevate the quality of life and create a new standard of excellence. We offer an all-inclusive, worry free way of life. Rich with amenities and services, Monte Vista Village Senior Living provides independence and comfort.

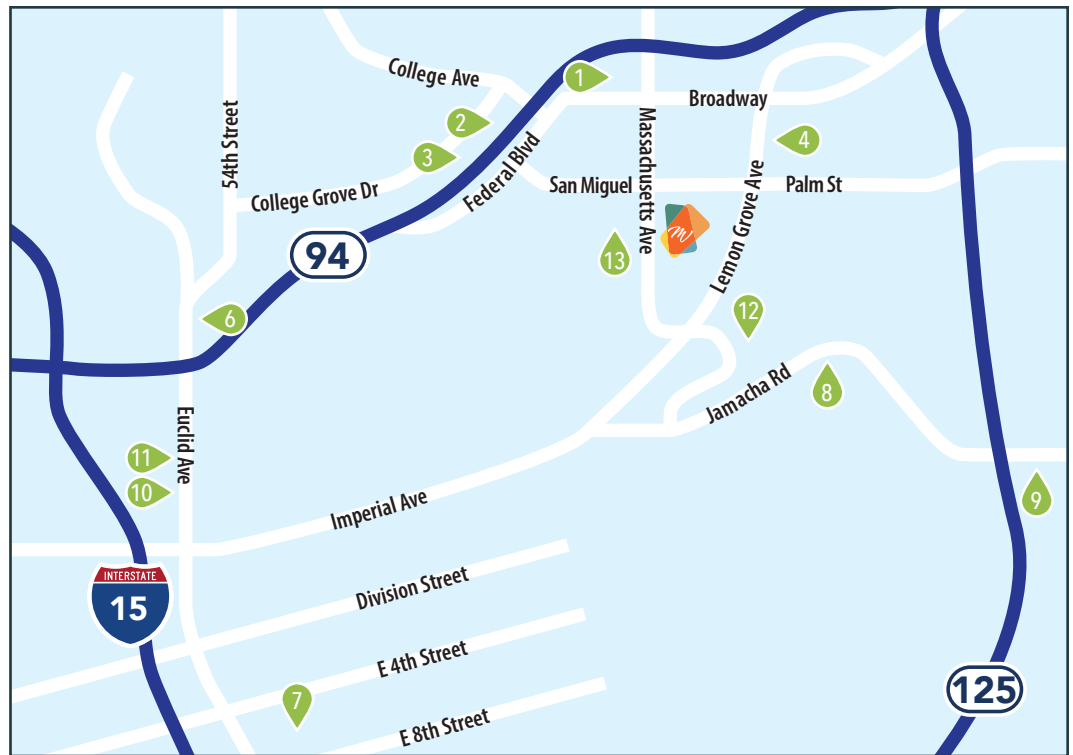
Our community is thoughtfully organized and designed to provide active seniors with an enriching, fulfilling lifestyle, the company of peers, and the peace of mind of 24-hour support from our trained and compassionate team.

At Monte Vista Village Senior Living,
It's a new day. And it's yours!
Make the most of it. Right here.



Points of Interest

1. Lemon Grove Plaza
2. Walmart Supercenter
3. Marketplace at the Grove Shopping Center
4. Bank of America
5. Ponderosa Bar & Grill
6. Dollar Tree
7. Paradise Valley Hospital
8. Foodland Supermarket
9. Target
10. Euclid Health Center
11. Food 4 Less
12. Monterey Heights Park
13. Berry Street Park



Follow these driving directions to Monte Vista Village Senior Living:

Heading South:

- Take I-15 South
- Merge onto I-805
- Take CA 94E/Martin Luther King Jr. Fwy
- Exit 5 Federal Blvd
- Make a right onto San Miguel
- Make a right onto Massachusetts Ave
- Monte Vista Village Senior Living will be on the left

Coming from the South:

- Take I-805 North
- Exit 13A for Martin Luther King Jr. Fwy/ CA 94E
- Take exit 5 for Federal Blvd
- Make a right onto San Miguel
- Make a right onto Massachusetts Ave
- Monte Vista Village Senior Living will be on the left



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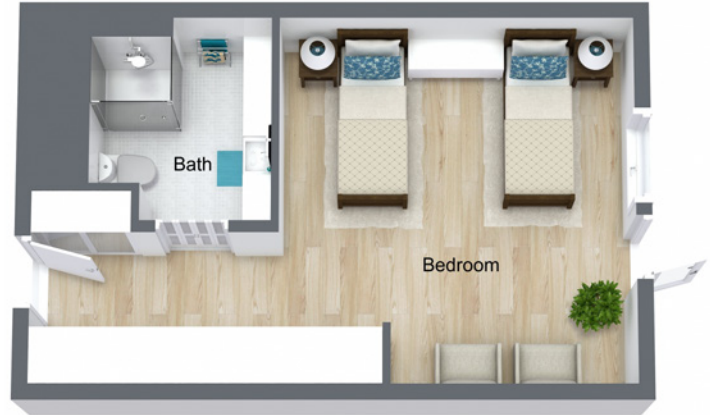
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Assisted Living Floor Plans



Ponderosa
Studio



The Meyer
Companion Suite



Avalon
Large Studio



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Independent Living Floor Plans



**Allison
Studio Suite**



**Dorman
Studio Suite**



Independent Living Floor Plans



Broadway
One Bedroom



San Miguel
One Bedroom



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Independent Living Floor Plans



**Orchard
One Bedroom**



**Citrus Grove
Two Bedroom**



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Independent and Assisted Living

At Monte Vista Village Senior Living, our community is a warm and welcoming atmosphere – where new friends can be made, and a fun active lifestyle can always be enjoyed.



From studios to one-bedroom and two-bedroom suites, our apartments are equipped with individually controlled heating and air conditioning along with the convenience of month-to-month rent.

In addition to comfort and an abundance of social, fitness and personal enrichment programs, with delicious meals prepared daily as well as housekeeping, you'll have time to rediscover life's pleasures!

The Heartland™ Assisted Living program at Monte Vista Village Senior Living provides seniors with the supportive services they need to continue living as independently and vibrantly possible.

Our specialized wellness team creates a customized, personal care program for each resident based on an assessment conducted with the resident and his or her family prior to move-in, ensuring all needs will be properly met.

Residents are regularly reassessed to ensure the most appropriate support is delivered.

Services may include:

- Medication management
- Bathing, dressing, grooming, and toileting
- Escort to meals and activity programs
- Mobility assistance
- Health programs, medical appointment scheduling, and wellness checks



Independent and Assisted Living Rates

Monte Vista Village Senior Living promotes a lifestyle which fosters independence, while providing 24-hour assistance when needed. With a highly trained, dedicated team of professionals, our community enables residents to choose the service package that suits them best. As individual's health needs change, residents are able to stay in comfortable, familiar surroundings and obtain the support and assistance that they may require.

We provide a variety of exceptional services in your monthly fee, including:

- Clubhouse and heated pool
 - Pet friendly
 - Individual heating and air conditioning
 - Activities program, 7 days per week
 - Weekly housekeeping and laundry service
 - 24-hour staffing and full-time licensed nurse
 - Library and fitness center
 - Scheduled transportation
- Month-to-month rent
 - Delicious and nutritious meals



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Respite Care

At Monte Vista Village Senior Living, we admire and respect those who care for their loved ones at home. We also understand the challenges and stresses faced by a caregiver. There are times when you need a break from your responsibilities to focus on yourself. Respite Care can provide you with the time and peace of mind you deserve while providing your loved one with 24-hour care and access to our engaging lifestyle.

This short-term stay option is also ideal for those considering a move to Monte Vista Village Senior Living. Respite Care allows you and your loved one to experience the support and services we provide on a trial basis.

Respite Care includes:

- Fully-furnished apartment
- 24-hour personal care and assistance
- Three balanced meals and snacks daily
- A variety of life enrichment programs and activities
- Full housekeeping and laundry services



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Respite Care

There are times in our lives when we need a little extra help. Pacifica's respite care program is available to allow families an opportunity to rest from the daily tasks required for a loved one. Our program is also perfect for individuals who are recuperating from a hospital or rehabilitation stay, or to simply experience the Pacifica lifestyle. Trained team members work together to enhance continued dignity and trust. We know the difference a smile and kind word can make.

Companion Living

Companion Living enables seniors to enjoy all the care, services and amenities of a Monte Vista Village Senior Living community with the added benefits of forging a new friendship, enhanced well-being and the cost savings of sharing a suite, just to name a few.



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At Pacifica Senior Living, our communities are designed to help our residents live well, surrounded by services, amenities and programs.

Dining

Dining is a delight at Monte Vista Village Senior Living. Meals are prepared fresh daily and are served in beautifully appointed restaurant-style settings by attentive dining room staff.

Life Enrichment

Our Life Enrichment programs offer a variety of opportunities to meet new friends, discover new interests, exercise and maintain health, enjoy exciting outings and excursions . . . and so much more.

Transportation

A full-time driver is available through the community's transportation department. Scheduled services take residents to nearby medical appointments, shopping trips, religious services, banks, postal services and more.

Pet Friendly

Pets are part of the family, so Monte Vista Village Senior Living is pet friendly* and has designated pet areas for convenience.

*Weight limitations



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2211 Massachusetts Avenue, Lemon Grove, CA 91945

Phone 619.465.1331 • Fax 619.465.2426

Lic. # 374603589

PacificaMonteVista.com

For a list of Pacifica Senior Living owned and managed communities,
please visit our website at: www.PacificaSeniorLiving.com

