

**Want to learn more about the
benefits of starting a garden
in your community?**

**Need some guidance to start your
own organic vegetable garden?**

**Interested in starting an
intergenerational program that gets the
community involved in the garden?
Don't know how to start?**

**Garden Lovers, Parents, Educators, College &
High School Students Encouraged to attend!**

Attend the **FREE** workshop...

**Community
Gardening &
Intergenerational
Opportunities!**

Presented at
Sunshine Care Assisted Living Homes

**Monday, July 18th
10 a.m. - 2 p.m.
(Lunch Included!)**

RSVP/More Info.:

E-Mail: lisa@sunshinecare.com

Cell Phone: 760/822-3764

*Please dress comfortably with good
walking shoes to tour the gardens.*



**SUNSHINE
CARE**
A Community of Assisted Living Homes



Personalized care
with the comforts of home



Contact Information:
Sunshine Care Homes
12695 Monte Vista Rd.
Poway, Ca 92064
Call for a Tour:
858.674.1255 x 202



An Assisted Living Community like no other.

At Sunshine Care a wide variety of activities and programs are available. Our intergenerational programs include weekly visits from our neighborhood school. A class of 30 children, from preschoolers to fourth grade, join our residents to explore current curriculum topics, play games, solve puzzles and read stories. Our Garden Club combines preschoolers with residents to enjoy nature, planting of seeds, watering, weeding and harvesting... a complete seed to table experience that begins in our greenhouse and ends in the Children's Garden.



Memories in the Making



The Mountain Vistas



Intergenerational Programs



6-Bed Ranch Style Homes



Greenhouse & Gardens

Our Story

Growing older with dignity is what we want for ourselves, our parents and our loved ones. Maintaining a sense of independence for as long as possible, especially when facing physical and emotional difficulties, is critical to one's self-worth. So when someone we love can no longer care for himself on his own, and when staying at home is no longer viable, it's time to find assistance—in a place that treats your loved one with dignity and respect.

This is the mission of Sunshine Care, a community of assisted-living homes established in 1990 to provide the highest level of care in an "at-home" setting. As holding on to home is one of the strongest desires, we have created an environment with all the comforts and reminders of home—familiar sights, sounds, smells, furnishings and activities of everyday home life. At the same time, we provide a level of individualized care and attention that we would want for our own loved ones.

Here at Sunshine Care, we are committed to exceeding the expectations of our residents and their families. Our professional and experienced staff is focused on all of your loved one's needs—from personal hygiene and medication management, to social interaction and activities to help keep both the body and mind as active as possible. We promote the safety and independence of residents by providing a complete and varied social schedule, encouraging them to decorate their bedrooms with familiar photos and mementos of family and home and to use their own furniture, should they desire.

Every individual who lives at Sunshine Care is valued and treated with compassion. You can rest assured that your loved one is getting the care and personal attention that he or she deserves.



Sunshine Care Residents also enjoy & appreciate our 32 acre outdoor environment — vibrant landscape... walking paths... songbirds... golden sunsets – giving them plenty of reasons to venture outside and enjoy the beautiful Southern California weather.

