

## About Our Community

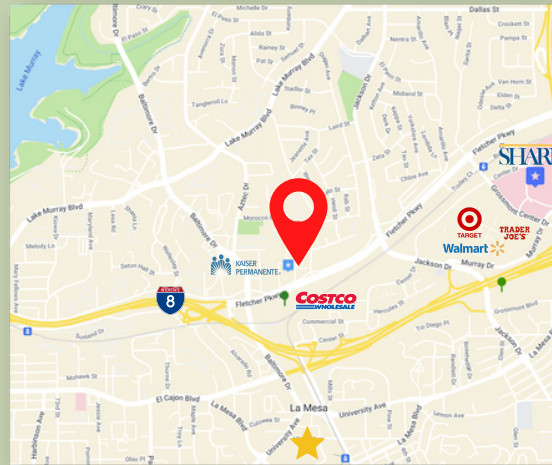
Located in beautiful La Mesa, California, Grossmont Gardens Senior Living offers quality independent living, assisted living, and skilled nursing complemented with an array of amenities that include chef-curated meals, social activities, housekeeping & laundry, medical management and much more! We are a vibrant 9 acre garden-style community catering to a diverse population of seniors looking to live their lives to the fullest every day.



Come visit and see for yourself today, why Grossmont Gardens Senior Living is the perfect community to call home!

## How to Find Us

Grossmont Gardens is less than a quarter mile north of Interstate 8 and is a 20-minute drive from downtown San Diego. Surrounded by endless amenities, you'll find Grossmont Center, a spacious shopping complex with a high-end cinema, Costco, Kaiser Permanente Medical Offices just across the street, and the beautiful Lake Murray just a short drive away!



To learn more about our services, please contact us at:

**(619) 463-0281**

5480 Marengo Ave.  
La Mesa, CA 91942

Email:

[info@grossmontgardens.com](mailto:info@grossmontgardens.com)

Website:

[www.grossmontgardens.com](http://www.grossmontgardens.com)



Grossmont Gardens  
SENIOR LIVING

Independent Living  
Assisted Living  
Skilled Nursing Services



## Assisted Living

At Grossmont Gardens Senior Living, we believe that care should be tailored to each individual's unique needs and preferences. That's why we offer personalized assisted living services, designed to support and enhance the lives of our residents.

Our compassionate and experienced staff is available 24/7 to provide assistance with daily activities such as bathing, dressing, and medication management.

We also offer additional services and amenities, including:

- On-site licensed nurse
- 24-hour care support for peace of mind
- Comfortable guest accommodations
- Expert medication management services
- Nutritious and delicious meals, customized for individual dietary needs and preferences
- Personalized consultation with a registered dietician
- Convenient coffee bar and snacks available throughout the day
- Engaging leisure activities, seven days a week.



## Community Features

- Outdoor Billiards
- Heated Outdoor Pool
- Cozy library room and TV room
- Beauty/Barber Shop
- Multi-Purpose Room
- Fitness Center
- Communal and Private Dining Rooms
- Regular housekeeping and linen service

## Independent Living

Unlock a world of new possibilities with Grossmont Gardens Senior Living! Our independent living program offers a harmonious balance of self-exploration, meaningful activities, and tranquil leisure, free from the responsibilities of home maintenance.

Discover a vibrant community where you can live life on your own terms, surrounded by comfort, safety, and amenities. With us, you'll enjoy:

- Spacious apartments, customized to fit your requirements and preferences, with options for studio, 1-bedroom, and 2-bedroom units ranging from 450 sq ft to 950 sq ft.
- Exciting shopping and sightseeing adventures, just a step away.
- Delicious dining experiences at your favorite restaurants.
- Flexibility to receive minor assistance and emergency assistance when needed.

## Skilled Nursing

At Grossmont Gardens Senior Living, we offer specialized nursing care in a warm and inviting environment. Our team, including on-site licensed nurses, provides holistic care that promotes healing through dynamic activities, compassionate therapy, and various services such as guest services, medication management, and nutritious meals with options for special diets!

