

GABLE PINES

AT VADNAIS HEIGHTS



A Lifespark **Community**

Age Magnificently



The Lifespark and Gable Pines Mission

Our mission is to spark lives by empowering people to age magnificently with our whole-person approach. We put everything we have — our people, passion, and purpose — into our approach and actively promote happiness, health, vitality, and independence, allowing residents in our communities to live their best life possible — what we like to call a sparked life. As a Lifespark community, Gable Pines embraces this mission and sparks lives every day.



An Ideal Location for Relaxing, Discovering, and Being Inspired

Located off County Road E between 35E and Highway 61, Gable Pines offers a relaxing escape from a busy life. Enjoy nearby parks, walking trails, lakes, and golf courses, or explore the local restaurants, cafés, and shops throughout Vadnais Heights and downtown White Bear Lake. Our location, plus our extensive and exceptional services offer convenience, peace of mind, and more time to do what you love.

Health Services Designed Around You

Customized health services can be added to your wellness package.



We Take Care of the Day-to-Day, You Discover the Possibilities

In addition to our health and wellness programs — social, recreational, educational, and spiritual opportunities — and many other services offered, our first-class amenities offer so much to enjoy. From movie night in the theater room to a game of cards with friends in the game room to an energizing exercise class in the fitness center to relaxing on the patio or lounging in front of the fireplace — the everyday possibilities are yours to choose.

Community Amenities

- Restaurant-style dining room
- Full-service, on-site salon
- Fireside lounge
- Theater room
- Fitness center
- Community activity room
- Game room
- Craft room
- Outdoor patio with seating
- Controlled access entry/exits
- 24/7 emergency call system





The Lifespark and Gable Pines Mission

Our mission is to spark lives by empowering people to age magnificently with our whole-person approach. We put everything we have — our people, passion, and purpose — into our approach and actively promote happiness, health, vitality, and independence, allowing residents in our communities to live their best life possible — what we like to call a sparked life. As a Lifespark community, Gable Pines embraces this mission and sparks lives every day.



An Ideal Location for Relaxing, Discovering, and Being Inspired

Located off County Road E between 35E and Highway 61, Gable Pines offers a relaxing escape from a busy life. Enjoy nearby parks, walking trails, lakes, and golf courses, or explore the local restaurants, cafés, and shops throughout Vadnais Heights and downtown White Bear Lake. Our location, plus our extensive and exceptional services offer convenience, peace of mind, and more time to do what you love.

Health Services
Designed Around You

Customized health services can be added to your wellness package.



Thrive-in-Place With a Lifestyle That Serves You

Start your journey to your best life here. Gable Pines features extensive and exceptional services for Independent Living, Assisted Living, and Memory Care With the advantages of carefree living, you can discover more time to do what you love, a new sense of belonging, complete support, and peace of mind in a safe and secure community.

Independent Living & Assisted Living Services & Amenities

- Spacious studio, 1-bedroom, 1-bedroom plus den, and 2-bedroom apartments
- Private balconies (in select apartments)
- Select luxury units
 - In-unit washer and dryer
 - Full kitchens including microwave, stove, range, and refrigerator
- Safety-equipped bathrooms
- Social and recreational programs and outings
- Housekeeping and laundry services
- More!

Memory Care Services & Amenities

Memory Care features the same high-level services as Independent & Assisted Living plus:

- Private suite with kitchenette
- Private bathroom with shower
- Individualized programming
- Secured entrance and exits
- Enclosed outdoor courtyard, garden, and walking path
- Nursing care and support
- More!

Unparalleled Dining as Unique as You Are

We strive to make mealtime a delicious, nutritious, enjoyable experience you can share with those around you. At Gable Pines, our chef-prepared meals are served restaurant-style in our dining room. Our dining team will keep you wanting more with seasonal menus, theme nights, and innovative culinary creations that promote wellness and never disappoint. We also provide an alternate menu and meal delivery every day, so you have more choice and variety. For those with special dietary requirements or requests, we'll work with you to develop an individualized dining experience.



Proactive, Personalized, Proven

Your attitude is ageless and so is your desire to live independently. We honor that spark at all our Lifespark communities with a whole-person approach that promotes happiness, health, vitality, and independence. We are here to help you enjoy a richer more fulfilling life — your best life possible.

Better Living With Big Results

Every day you will experience small but impactful life-enhancing innovations. We're creating better experiences and greater well-being by getting to know the complete picture of you. Our personalized services produce tangible outcomes like:



Programs and Services That Ignite Your Passion

We believe a holistic approach is the key to empowering you to live life on your terms. That's why Lifespark provides COMPLETE Senior Living, an integrated system of services to meet you where you are and deliver a more personalized, better coordinated experience for staying healthy at home.

SPARK Growth and Wellness - An integral part of the Lifespark resident experience, Spark Performances and other specialized programs focus on nurturing and developing key aspects of well-being, including strength, purpose, and a sense of belonging. You will grow and engage in ways you may not have imagined.

Lifespark Medical Group - Lifespark's geriatric center of excellence delivers in-home primary care tailored to seniors. Working as one integrated team with your community's clinical staff, our clinicians and Advanced Practice Providers have specialized training in the unique needs of older adults and they take the time to get to know you and your personal priorities, creating a more complete and personalized care experience.

Urgent Response Services - A part of Lifespark Medical Group, these services give you the option to get urgent care without leaving your living room. As part of the team, these specially trained responders know you when it matters most.

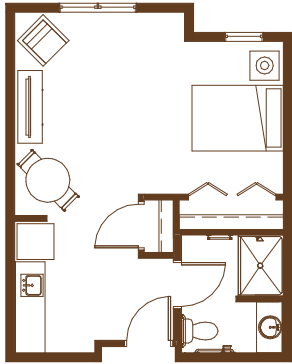
Skilled Home Health Services - For coordinated support and guidance that adjust to fit your needs and wants. Your individualized home health plan may include skilled nursing, home health aide, physical, occupational and speech therapy or social services.

Lifespark GO! - For confidential transportation to where you desire to go. Lifespark GO! offers a driving and escorting service to activities including medical appointments, religious services, grocery shopping, sporting events, theater, family get-togethers, and more. Combine multiple stops in one trip.

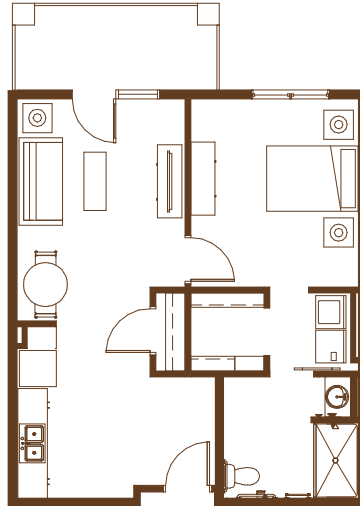
Lifespark Hospice - To bring you and your family comfort and support physically, emotionally, and spiritually. Our hospice team works with all involved to develop a plan designed around your unique needs and preferences.

Community Home Care - In-home private-pay services help fill short and longer term needs with caregiving and RN Case Management backed by a 100% Satisfaction Guarantee.

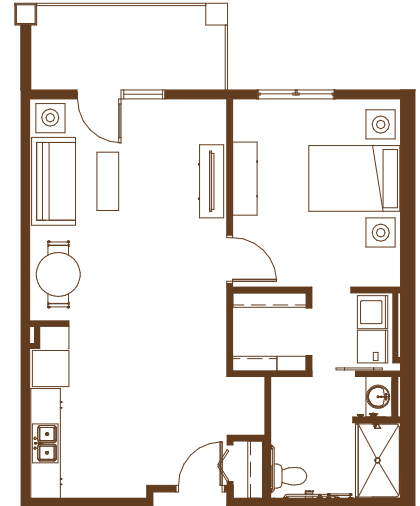
Gable Pines Floor Plans



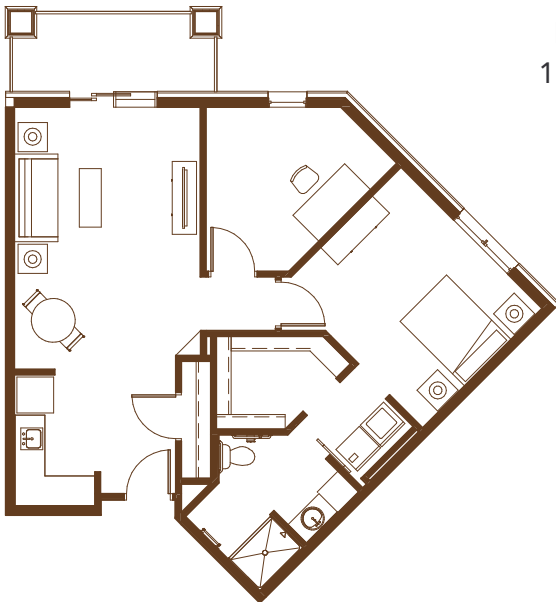
SUNFLOWER — 446 SF
Studio



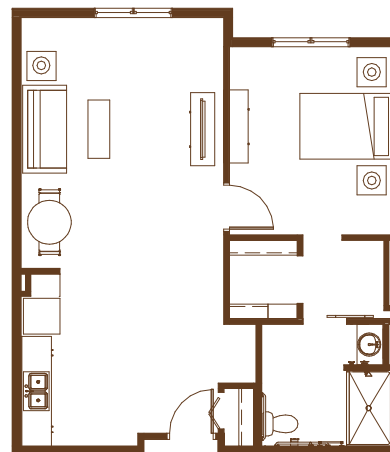
DAISY — 681 SF
1 Bedroom | 1 Bath



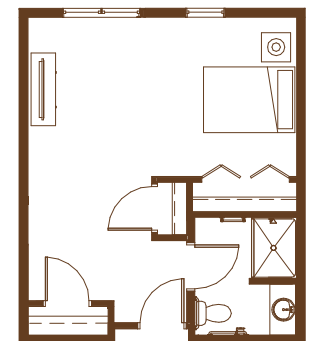
COTTONWOOD — 734 SF
1 Bedroom | 1 Bath



HICKORY — 879 SF
1 Bedroom | 1 Bath | Den



ORCHID — 763 SF
1 Bedroom | 1 Bath



CARDINAL — 421 SF
Memory Care Studio



Additional floor plans available upon request.