

W *HISPERING* *W* *INDS RETIREMENT*



Distinctive Retirement Lifestyles

2 Bedroom, 1 Bedroom, & Studio Apartment Homes



*2920 N.E. Conners Ave
Bend, Oregon 97701*

541-312-9690

*Visit Our Website
www.whisperingwinds.info*



Services & Amenities

Developing distinction in retirement living demands a high level of commitment to excellence in service. Whispering Winds Retirement contributes that commitment of excellence in everything we do. From initial design to the final touches of daily service, we consider even the smallest details when it comes to offering you a retirement lifestyle that fits you.

*Concepts You Can Find Anywhere -
Service Quality You'll Only find at
WHISPERING WINDS RETIREMENT*

- Month-to-month rental - All Inclusive - Cable & Local Phone, and Internet included
- GARAGES available
- Carefully selected and exceptionally trained, 24-hour staffing and security
- Gated parking and entry areas
- Free utilities: electricity, gas, trash and water
- Full-service, restaurant-style dining in a comfortable setting. OPEN DINING - featuring all day dining. Extensive menu choices with daily specials and soups
- Private Dining Room for parties and guests
- Weekly housekeeping and linen service
- Convenient, no-cost laundry facilities
- Full-Time Personal Fitness Trainer - offering individual programs & group classes
- On-site recreation and hobby facilities: Library, Billiards, Computer Room, Theatre Room, specialized Activity and Game Rooms, Putting Green, and more
- Beauty and Barber Shop
- PET FRIENDLY - On-site Pet Run - fenced, grass/dirt play area with benches for pet owners.
- On Demand Transportation services
- Regular and as needed Maintenance service



Whispering Winds Retirement 541-312-9690
2920 N.E. Conners Avenue * Bend, OR

Welcome Home

Retirement living should ENHANCE your lifestyle by providing a spacious, full-featured living environment with all the comforts and conveniences you expect.

➤ **NO NEED TO DOWNSIZE**

Move into one of the area's largest Two-Bedroom, One-Bedroom or Studio apartments for retirement living - up to 1319 sq. ft. of living space!

➤ **SPACE**

Extra storage and walk-in closets in most apartments; plus secured, indoor storage enclosures available on-site.

➤ **COOK, DINE, ENTERTAIN**

Your kitchen is HOME-sized, with plenty of cabinet and counter space, a built-in eating counter, microwave, double sink, full-sized refrigerator, and full-sized oven/range and dishwasher in most apartments.

➤ **EQUIPPED & SECURE**

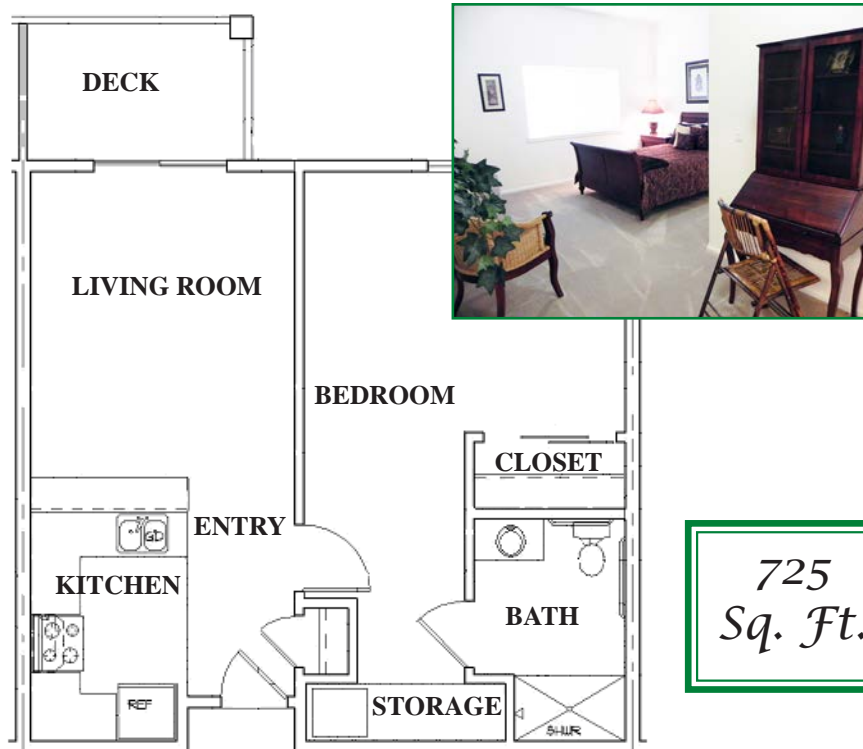
Emergency call system in every bedroom, bathroom, and living room, cable and telephone outlets in every bedroom and living room.



Floor Plans

1 Bedroom ** Single Occupancy - \$3,250 - \$3,350 - All Inclusive

2nd Person - \$600

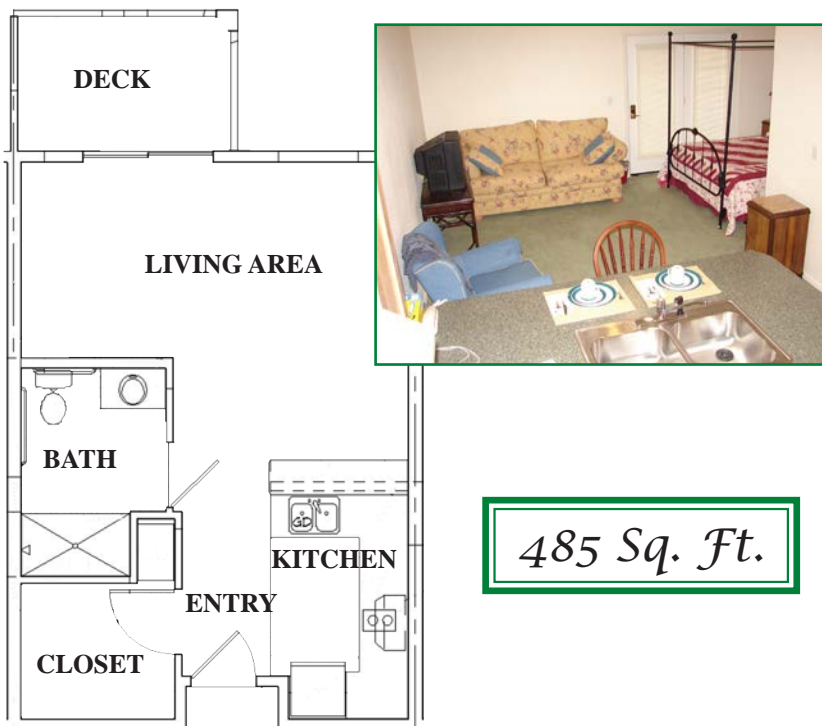


725 Sq. Ft.

Full Sized One Bedroom

- Over 150 sq. ft. more living space than the area's average comparable one bedroom retirement apt
- Extra storage / closet space
- Home-sized KITCHEN with oven/range, full-sized refrigerator, microwave, double sink, eating counter and dishwasher
- Patio or deck
- Emergency system in bathroom, bedroom, and living room
- Phone and cable outlets in living room and bedroom

Studio ** Single Occupancy - \$2,500 - \$2,600 - All Inclusive



485 Sq. Ft.

Distinctive Economy

- Designed for maximum efficiency of your resources. The perfect lifestyle of service and distinction at an affordable price
- Walk-in closet
- Full-sized KITCHEN with stovetop, microwave, full-sized refrigerator, & built-in eating counter
- Patio or deck
- Emergency system in bathroom and living room

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** Rates effective January 1, 2016

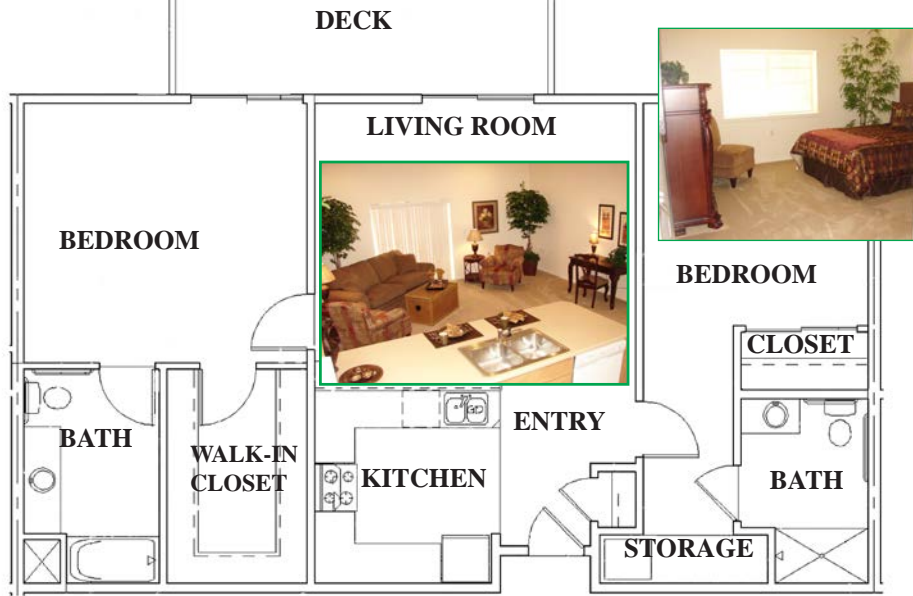


Floor Plans

**2 Bedroom Deluxe ** Single Occupancy - \$3,975 to \$4,925
All Inclusive 2nd Person - \$600**

1319 Sq. Ft. 1219 Sq. Ft. 1045 Sq. Ft.

***Two Bedrooms
Sized For Active
Lifestyles***

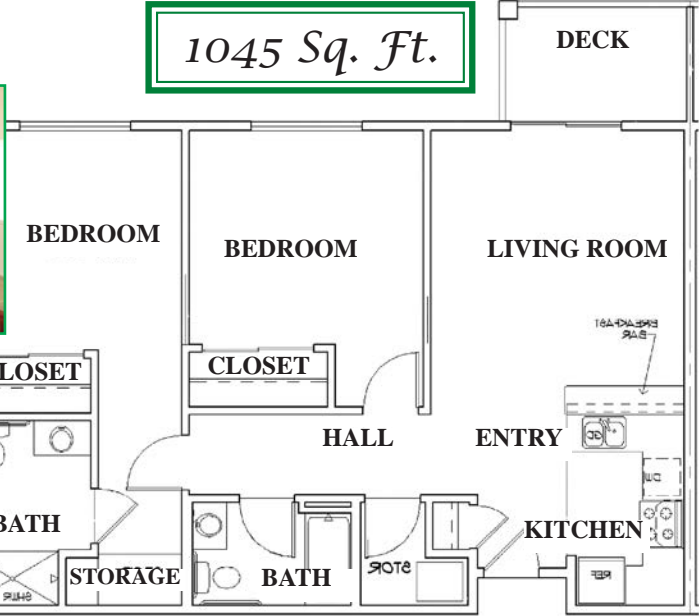


- Full Private Bath in both bedrooms
- Walk-in closet/storage
- Expanded Home-sized KITCHEN with extra counter and cabinet space, oven/range, dishwasher, double sink, microwave full-sized refrigerator, and built-in eating counter
- Patio or deck
- Emergency system in baths, living room, and bedrooms

**2 Bedroom Standard ** Single Occupancy
\$3,975 - \$4,075 All Inclusive
2nd Person - \$600**

1045 Sq. Ft.

- Full Guest Bath
- Full Private Bath
- Step-in closet / storage
- Home-sized KITCHEN with oven/range, full-sized refrigerator, microwave, & built-in eating counter
- Patio or deck
- Emergency system in baths, bedrooms, and living room



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Rates & Services

All fees are monthly charges unless otherwise noted.

Single Occupancy Rates

| | |
|----------------------|-------------------|
| Studio | \$2,500 - \$2,600 |
| 1 Bedroom | \$3,250 - \$3,350 |
| 2 Bedroom - Standard | \$3,975 - \$4,075 |
| 2 Bedroom - Deluxe | \$4,625 - \$4,725 |
| 2 Bedroom - Supreme | \$4,925 - \$5,025 |
| Cottage | \$4,650 |

Second Person Charge \$ 600

Includes: Cable, local phone, internet, 3 meals daily, weekly housekeeping and linen change service, water/sewer, gas, electric, scheduled transportation, in-house activity programming

Optional Services

| | |
|-----------------------------|----------|
| Garage | \$ 95 |
| Personal Laundry (per load) | \$ 10 |
| Long Distance (per minute) | 0.05 |
| Room Service (per service) | \$ 5 |
| Basic Cable TV | Included |
| Telephone Service | Included |

Fees and Deposits

| | |
|----------------------------|-------|
| Refundable Deposits | \$250 |
| Pet Deposit | \$250 |
| Nonrefundable Cleaning Fee | \$500 |

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Whispering Winds

Breakfast Menu

Available from 7:30 am to 7:00 pm

Create an Omelet:

Fluffy 2 egg omelet with your choice of the following ingredients.
Served with hash browns.

Omelet Fillings

Ham
Bacon
Sausage
Turkey Bacon

Mushrooms
Tomato
Onion
Green Pepper

Cheddar Cheese
Swiss Cheese
Jack Cheese
(Regular Or Pepper)

Two Eggs Any Style: Served with Hashbrowns, Toast, and choice of Ham, Bacon, Turkey Bacon or Sausage.

Biscuits & Gravy with Eggs:
Large biscuit with sausage gravy.
Served with two eggs any style.

Breakfast Burrito: Sausage, scrambled Egg and Cheddar in a Tortilla with Salsa & Guacamole. Served with Hashbrowns.

Chicken Fried Steak:

Served with country gravy, hash browns and two eggs any style.

Hot off the Griddle

Golden Malted Waffles
(Whole Grain or Malted)
Waffles Served until 10:30 am

Buttermilk Pancakes
Regular, Blueberry, Banana, or Raisin.

French Toast

Oatmeal & Cream of Wheat

Assorted Cold Cereals

Sides and Beverages

Side of Eggs Any Style
Side of Breakfast Meat
(Sausage Links, Bacon,
Turkey Bacon or Ham Steak)

Toast
(Wheat, White, Sourdough, Rye,
Cinn. Raisin, English Muffin, Bagel)

**Milks (2%, Skim, Lactaid,
Soy, Buttermilk)**
Coffee, Hot Tea, Hot Cocoa

Juices

Orange, Apple, Cranberry, Pineapple,
Grape, Prune, Tomato, Grapefruit, V-8

Continental Breakfast Bar

7:30 am – 10:15 am

Experience a stroll around our bountiful breakfast bar with a variety of fresh fruit, yogurts, cereals, and a selection of fresh baked breakfast pastries.



Whispering Winds

Entrees

**Served with Vegetables & Choice of Rice, Mashed Potatoes,
Onion Rings or French Fries (Except Pasta.)**

♥ **Cornmeal Crusted Swai** – Cornmeal Crusted Swai (Firm Whitefish)
with Remoulade (Red Tartar Sauce.)

Lemon-Pepper Cod – Lightly Breaded Cod Filet Grilled
Golden Brown & Served with Tartar Sauce.

♥ **Salmon** – Steamed or Flat Grilled with Dill. Choice of Pesto Cream
or Garlic Herb Sauce.

♥ **Seafood & Pasta** – Prawns, Clams, Mussels & Scallops in a
Light Garlic Butter Broth Tossed with Linguine Pasta.

Spaghetti & Meatballs – With Garlic Bread & Vegetables.

Shrimp Carbonara – Sautéed Shrimp, Bacon, Peas, Carbonara Sauce & Parmesan Cheese.

Wild Hog Wings – Tender Pork Shanks Tossed with BBQ or Teriyaki Sauce.

Thai Peanut Stir Fry – Yokisoba Noodles Sautéed with Mixed Vegetables in a
Thai Peanut Sauce. Vegetarian or Pork Added.

Turkey Breast – Served on Sourdough with Mashed Potatoes & Gravy.

♥ **Chicken Marsala** – Pan Seared & Served with Portabella Mushrooms
& Onions in a Rich Marsala Sauce.

Pistachio Chicken – Pistachio Breaded Chicken Breast Grilled
Crispy & Served with Raspberry Vinaigrette.

Crispy Chicken Salad – Chicken Strips, Tomatoes, Cucumbers, Onions, Hardboiled Eggs
with BBQ Ranch Dressing.

Top Sirloin – 4oz Cut of Beef Cooked to Perfection.

Beef Liver Steak – Grilled with Bacon, Onions & Garlic Butter.

Flat Iron Steak – Grilled to Perfection. Topped with sautéed Onions, Mushrooms,
Gorgonzola Butter & Homemade Worcestershire Sauce.

♥ **Steamed Veggie Plate** – Assortment of Fresh Vegetables
Served with Balsamic Vinaigrette & Choice of Side.

♥ **Salad Bar**

Experience a Stroll Around Our Bountiful Salad Bar with a Variety of All Your Favorites.

Soups of the Day

Enjoy a Cup or Bowl of One of Our Fabulous Homemade Soups.

Breakfast Available All Day – Ask Your Server for a Breakfast Menu

♥ *Marked items are lower in fat, sodium, or are a vegetarian alternative*



Whispering Winds

Specialty Salads

Entrée Size or Side Salad

♥ **Whispering Winds Salad** – Crisp Romaine Lettuce, Smoked Salmon, Apples, Pecans & Gorgonzola Cheese Tossed in Huckleberry Vinaigrette.

♥ **Strawberry & Goat Cheese** – Mixed Greens, Goat Cheese, Fresh Strawberries & Hazelnuts Tossed in Raspberry Dressing.

♥ **Caesar Salad** – Crisp Romaine Lettuce Tossed with Dressing, Parmesan & Croutons.

Crispy Fried Shrimp Appetizer – Served with Homemade Cocktail Sauce & Fresh Lemon.

Sweet Potato Fries – Served with Avocado Aioli.

All Salads Can Be Topped with Choice of Chicken, Smoked Salmon or Roasted Vegetables.

Sandwiches & More

Sandwiches Feature Your Choice of French Fries, Onion Rings, Potato Salad or Coleslaw.

Pita Pizza - Roasted Vegetables, Pesto & Provolone on Grilled Pita Bread.

Pork Burrito – Tender Pork Cooked in Red Verde Sauce, Wrapped in Flour Tortilla. Topped with Sauce, Cheese, Tomatoes & Olives.

Marinated Prawns– Grilled and Served with Garlic Herb Sauce.

Lox & Bagel – Served with Cream Cheese, Red Onion & Capers.

Shrimp Cobb Wrap - Spring Mix, Bleu Cheese Crumbles, Bacon, Tomatoes, Shrimp, Avocado Puree, Hardboiled Egg. Choice of Italian or Balsamic Dressing. Wrapped in a Flour Tortilla. Also Available as Vegetarian.

Chicago Dog – All Beef Frank Served with Relish & Onions.

Cuban Ham Sandwich – Ham, Monterey Jack Cheese, Pickles & Dijon Mayonnaise.

Turkey Gouda Sandwich – Turkey, Smoked Gouda Cheese, Apples, Spinach & Cranberry Sauce.

Chicken Cordon Bleu Sandwich – Grilled Chicken Breast, Ham, Swiss Cheese & Mustard Horseradish Sauce.

Beer- Battered Cod – Cooked Golden Brown & Served with Tartar Sauce.

Quesadilla – Flour Tortilla with Cheddar, Jack Cheese, Salsa & Guacamole. (May Also Be Filled With Grilled Chicken or Roasted Vegetables.)

Angus Burger - Charbroiled & Served with Lettuce, Tomato and Mayonnaise.

Add Grilled Onions, Bacon, Mushrooms or a Choice of Cheese.

Patty Melt- Style & ♥Garden Burgers Available as an Alternative

♥**Deli Counter** – Choose from the following for half or whole sandwiches:

Meats

Turkey Ham
Roast Beef Bacon
Chicken Salad Tuna Salad

Cheeses

Cheddar Swiss
Provolone Pepper Jack
Cream Cheese Monterey Jack

Breads

Sourdough Wheat
White Marble Rye
Croissant Sub Roll

(All Sandwiches Come with Mayonnaise, Lettuce & Tomato)