

Grow and Learn

Our dynamic Life Enrichment program features new adventures; exciting opportunities to learn; opportunities to teach and give back to the community; and wellness and fitness activities. Our programs help build meaningful friendships and improve self-esteem.

Our backyard

With the rugged profile of Mount Shasta as a constant backdrop, you can follow walking trails by the Sacramento River or make your way into Redding for excellent shopping, dining and exploring. In the heart of the old town is the Cascade Theater, an art deco showcase featured on the National Register of Historic Places, which plays host to a wide range of performing arts events.



Sundial Assisted Living is located minutes away from the Sundial Bridge at Turtle Bay, which crosses the Sacramento River in the heart of Redding.

Situated beneath the Cascades in the Sacramento Valley and not far from the shores of scenic Lake Shasta, Sundial Assisted Living combines comfortable, homey intimacy with a healthy, active lifestyle—plus the security of extra assistance if you need it.



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License #455002545

a Compass Senior Living Community



*Guided by goodness, loyalty,
faith, and fun*



Live the life you choose at Sundial Assisted Living

We offer a vision of growing older that demonstrates how our elder years can be the best, richest, the most meaningful time of our life, and you can begin this adventure whatever your age, physical, or cognitive condition. We believe you can grow, thrive, and leave a legacy! Here you will have the opportunity to create relationships, give care to others, and embrace an enlivened environment where variety and spontaneity and growth is the norm.



Amazing food and friendships

Every mealtime is an experience where friends gather to enjoy meals cooked with love by our awesome chefs. If you have a favorite recipe, let us know and we may make it one of our menu choices!

Pamper yourself

A full-service beauty/barber shop is conveniently located within the building. Men and women enjoy the pampering and friendship of our beautician.



Taking care of the people who took care of us

Our full-time nurse leads competent and caring team members who have been educated in person-directed approaches to assist you as you direct us with dressing, bathing, laundry, housekeeping, or medication assistance. Whether you need a little assistance, or a lot—we are committed to taking care of the people who took care of us!

