

*Atria Park* OF LAKE FOREST





## The community of choice for Sanford's active older adults.

Set on eight beautifully manicured acres shaded by majestic oaks, Atria Park of Lake Forest offers elegant senior living with daily opportunities for fitness, fun and socializing – along with discreet care to help you live more independently.

Airy, light-filled gathering spaces welcome you to dine, participate or simply relax. And because we're only minutes from downtown Sanford and the Seminole Mall – and less than half an hour from Orlando – it's easy to remain connected to the area you love.

Take a morning stroll to the greenhouse to tend flowers in our resident garden. Savor a gourmet lunch prepared by our award-winning culinary team. Or join friends for a scenic outing to historic Mount Dora.

At Atria, the choice is always yours.

# Living Options



Atria Park of Lake Forest provides a lifestyle of choice, with industry-leading quality standards and care options that can be customized to your needs as they change.

## **Assisted Living**

Discreet support available around the clock from our professional staff, including a licensed nurse on-site 24/7. We offer a broad range of services, such as:

- Personal care – assistance with activities of daily living, including bathing, grooming, getting dressed and safety checks; escorting to and from daily events
- Medication administration – includes consultation with primary physicians and pharmacies, plus ordering and scheduled reviews by a licensed nurse
- Incontinence management – daytime and overnight assistance

Along with the services mentioned above, we offer enhanced supportive services.

## **Life Guidance® Memory Care**

Forward-thinking care in a separate, secure neighborhood for individuals living with Alzheimer's or other forms of dementia.

## Your Beautiful Apartment

- Studio, one- and two-bedroom options, many with kitchenettes
- Selection of floor plans
- Individual thermostat control
- Emergency alert system and 24-hour security
- Housekeeping and linen services
- Maintenance of apartment, community and grounds

## Your Vibrant Community

- Welcoming outdoor spaces, including a courtyard with walking paths
- Movie theater, library and media room
- Full-service salon and barber shop
- Reflection garden – designed by one of our residents – which overlooks a wooded conservation area
- Concierge service
- Fitness center and on-site physical therapy
- Scheduled transportation to local appointments, errands and events
- A pet-friendly environment
- Weekly outings to nearby Orlando's many cultural and entertainment events



# Abundant Opportunities



ENGAGE LIFE®

-  Lifelong Learning
-  Health & Fitness
-  Entertainment & Fun
-  Connection
-  Civic Engagement
-  Creative Expression
-  Personal Achievement
-  Inspiration & Spirituality

## Engage Life®

Through our signature Engage Life program, we take time to learn what you already like to do and what you'd like to try next. Then, we create a robust calendar of more than 200 engaging opportunities for learning, creativity, exercise and spirituality every month. From guest lectures and group fitness classes to live musical performances, you can remain as active and involved as you like.

## Culinary Excellence

We cater to you every day with menus full of flavor, variety and flair. Our chef, who trained at Le Cordon Bleu, leads a culinary team with more than 30 combined years of experience, and we are the only community in the area with a dedicated pastry chef. Enjoy delicious, made-from-scratch cuisine in our restaurant, or stop by our café for refreshments and lighter fare. No-concentrated-sweets and no-salt-added diets are easily accommodated, and your requests are always welcome.



You can have it all.



**The freedom to live as you choose – in the area you know and love.**

An active community with endless opportunities to be social, learn new things, explore your interests and simply enjoy life.

The company of warm and friendly neighbors, and the service and support of a caring, professional staff.

Join us at  
Atria Park of Lake Forest.

To arrange a personal appointment, contact us at 407.322.2207.



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Assisted Living License # 10233