

Atria EL CAMINO GARDENS





Proudly serving Carmichael families for more than 30 years.

Set on 12 park-like acres in Sacramento County, the newly enhanced Atria El Camino Gardens offers older adults the benefits of a simplified lifestyle with discreet, always-there support from a friendly and professional staff.

Here, each day welcomes new opportunities for fitness, fun, creativity and connection. And because we take care of the cooking, cleaning and home maintenance, our residents have more time to pursue their passions – and discover new ones.

Enjoy good conversation over lunch in our new contemporary grille. Gather with neighbors for an outing to Carmichael Park. Join the walking club. Or simply relax in your spacious apartment. How you spend your time is entirely up to you.

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

Independent Living

An active lifestyle without the burdens of maintaining a home.

Assisted Living

Discreet support available 24 hours a day from our professional staff. We offer a broad range of services, including:

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

Life Guidance® Memory Care

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

Atria Retreat

Temporary stays for those recovering from surgery or an illness, or for those who simply want to test the waters of community living.



Living
Options

Your Beautiful Apartment

- Spacious studio and one-bedroom options, some with a balcony or patio, full kitchen or kitchenette and walk-in closet
- 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









- Five redesigned garden courtyards
- Contemporary grille with patio seating and all-day dining
- New modern salon and upgraded movie theater
- Library, worship space and fitness center
- Variety of group and club opportunities, including a golf group for men and a Red Hat Society® chapter for women
- Scheduled transportation for local appointments, errands and events
- Concierge service
- A pet-friendly environment
- Planned outings to the Aerospace Museum, car shows and William B. Pond Recreation Area
- Located in a quiet residential neighborhood close to downtown Carmichael and Sacramento



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 live musical performances to Arthritis Foundation®-certified exercise classes and our civic-minded Good Samaritan club, you can remain as active and involved as you like.

Culinary Excellence

Our talented culinary staff caters to you every day with menus full of flavor, variety and flair. Enjoy delicious cuisine in our recently renovated dining room or on the patio of our Two Rivers Grille, or reserve our private dining room for special occasions. We're happy to accommodate no-concentrated-sweets and no-salt-added diets, and your requests are always welcome.

Arthritis Foundation® is a trademark of the Arthritis Foundation.



You can have it all.



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

An inviting community with endless opportunities to socialize, learn, experience and simply enjoy life.

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

Join us at Atria El Camino Gardens.

To arrange a personal appointment, contact us at 916.488.5722.



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