

*Atria* BURLINGAME





## An active senior living residence in a supportive setting.

Welcome to Atria Burlingame, a community designed for active older adults in San Mateo County.

Located in a quiet neighborhood across from Washington Park, Atria is just two miles from San Francisco Bay and two blocks from bustling downtown Burlingame. Here, you'll find a warm, supportive environment with lots of opportunities to explore the vibrancy of the city.

Share a meal with friends. Catch a play. Or simply admire the view from your balcony or patio. At Atria, the day is yours to spend as you please.

Atria Burlingame 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.



# Living Options

## Your Beautiful Apartment

- Spacious studio and one-bedroom options, each with a balcony or patio with views of Washington Park and downtown Burlingame
- Selection of floor plans
- Individual thermostat control
- Emergency alert system and 24-hour security
- Housekeeping and laundry services
- Maintenance of apartment, community and grounds

## Your Vibrant Community









- Beauty salon and barber shop
- Computer station
- Underground parking garage for residents and guests
- Café offering refreshments throughout the day
- Scheduled transportation for local appointments, errands and events
- A pet-friendly environment
- Planned outings to the Palace of Fine Arts, the San Mateo Performing Arts Center, the Peninsula Symphony and the opera and theater in San Francisco
- Located on the San Francisco Peninsula, within walking distance of Burlingame's upscale restaurants and shops, the senior-friendly Burlingame Aquatic Club and Burlingame Recreation Center, and just one block from the Caltrain commuter rail system



# 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 the Exerstriders walking group to artistic workshops and Knitting for a Cause, 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 with table service in our dining room, or reserve our private dining room for special occasions. We're happy to accommodate no-salt-added and no-concentrated-sweets diets, 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.**

A family-oriented community with endless opportunities to socialize, learn, experience and simply enjoy life.

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

Join us at Atria Burlingame.

To arrange a personal appointment, contact us at 650.343.2747.



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