

*Atria* WALNUT CREEK





## An active lifestyle with the support that makes it possible.

Situated in a quiet residential neighborhood with sweeping views of Mount Diablo, Walnut Creek and Lafayette Hills, Atria Walnut Creek is a LEED Certified® residence offering older adults the benefits of a simplified lifestyle with comfortable amenities, delightful dining experiences and discreet support from a 24-hour 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.

Meet neighbors for conversation and a drink on the terrace. Try a new strength training class. Join friends for an outing to Graton Resort and Casino.

At Atria, the choice is always yours.

LEED® – an acronym for Leadership in Energy and Environmental Design™ – is a registered trademark of the U.S. Green Building Council® and is the preeminent program for the design, construction, maintenance and operations of high-performance green buildings.

Atria Walnut Creek 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

- Selection of spacious studio and one-bedroom options
- Kitchen or kitchenette and patio or balcony (in independent and assisted living apartments)
- Individual thermostat control
- Emergency alert system and 24-hour security
- Housekeeping and linen services
- Maintenance of apartment, community and grounds

## Your Vibrant Community









- Beautiful outdoor spaces including landscaped grounds, a koi pond, walking paths and patio for dining al fresco
- Bright, comfortable common spaces including a living room with fireplace
- Multiple dining venues
- Movie theater, game room and library
- Salon and barber shop
- Robust wellness program featuring health seminars and daily exercise opportunities
- Cognitive learning center
- Scheduled transportation for local appointments, errands and events
- A pet-friendly environment
- Planned outings to local restaurants, the public library and Napa Valley
- Location just east of I-680 with easy access to local shopping, dining and medical facilities



# 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 walking clubs to painting classes, 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 restaurant and lighter fare in our café. 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 inviting community with endless opportunities to socialize, learn, experience and simply enjoy life.

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



Join us at  
Atria Walnut Creek.

To arrange a personal appointment, contact us at 925.938.6611.



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