

Welcome to

*Atria* CROSSROADS PLACE





## A charming New England community for Waterford's active older adults.

If good neighbors, comfort and quality top your list of must-haves, you'll find them all in abundance at Atria Crossroads Place.

You'll fit right in if sitting still isn't your style. Choose from fitness, art and language classes, concerts, happy hours, volunteer opportunities and book club discussions. Outside, take advantage of our open green spaces, walking trails and group outings to nearby attractions.

With household tasks and routine chores covered, your time is free to spend as you like. And, with our extensive renovation now complete, you'll find yourself surrounded by beautifully upgraded amenities and décor, inside and out.

# Living Options

Atria Crossroads Place 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 – support with activities of daily living, including bathing, grooming, getting dressed and safety checks; escorting to and from daily events
- Medication reminders – 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, one- and two-bedroom apartments, all with full-size refrigerators and most have a range
- Selection of floor plans
- Individual thermostat control
- Housekeeping and linen services
- Maintenance of apartment, community and grounds

## Your Vibrant Community

- Newly renovated restaurant and a private dining room with canopied outdoor seating overlooking wooded grounds
- New fitness center with equipment designed for older adults
- Remodeled salon and library
- History, book and art groups
- Scheduled transportation for local appointments, errands and outings
- A pet-friendly environment
- Countryside setting in a central location, minutes from shopping, dining, parks and places of worship
- Planned trips to concerts at the Coast Guard Academy, Ocean Beach Park and Harkness Memorial Park



# 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 to live musical performances to creative workshops and art shows, 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 fully renovated restaurant, reserve our private dining room for special occasions or savor lighter fare in our recently expanded bistro with outdoor seating. We're happy to accommodate no-salt-added and no-concentrated-sweets diets, and your suggestions are always welcome.



You can have it all.



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

A lively community with endless opportunities to socialize, learn, experience and simply enjoy life.

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

Join us at Atria Crossroads Place.

To arrange a personal appointment, contact us at 860.444.6700.



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