

Welcome to

THE LANDING OF POUGHKEEPSIE

An *Atria* Senior Living Residence

Welcome



A vibrant new community with all the comforts of home.

Located in a charming residential neighborhood only minutes from downtown, The Landing of Poughkeepsie is a community where older people can enjoy the benefits of a simplified lifestyle with discreet, always-there support from a friendly, 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 do the things they enjoy.

Meet friends for warm conversation over a hot cup of coffee in our café. Join neighbors for a performance at the Bardavon. Or just relax in the comfort of your well-appointed apartment. How you spend your time is entirely up to you.

The Landing of Poughkeepsie 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:

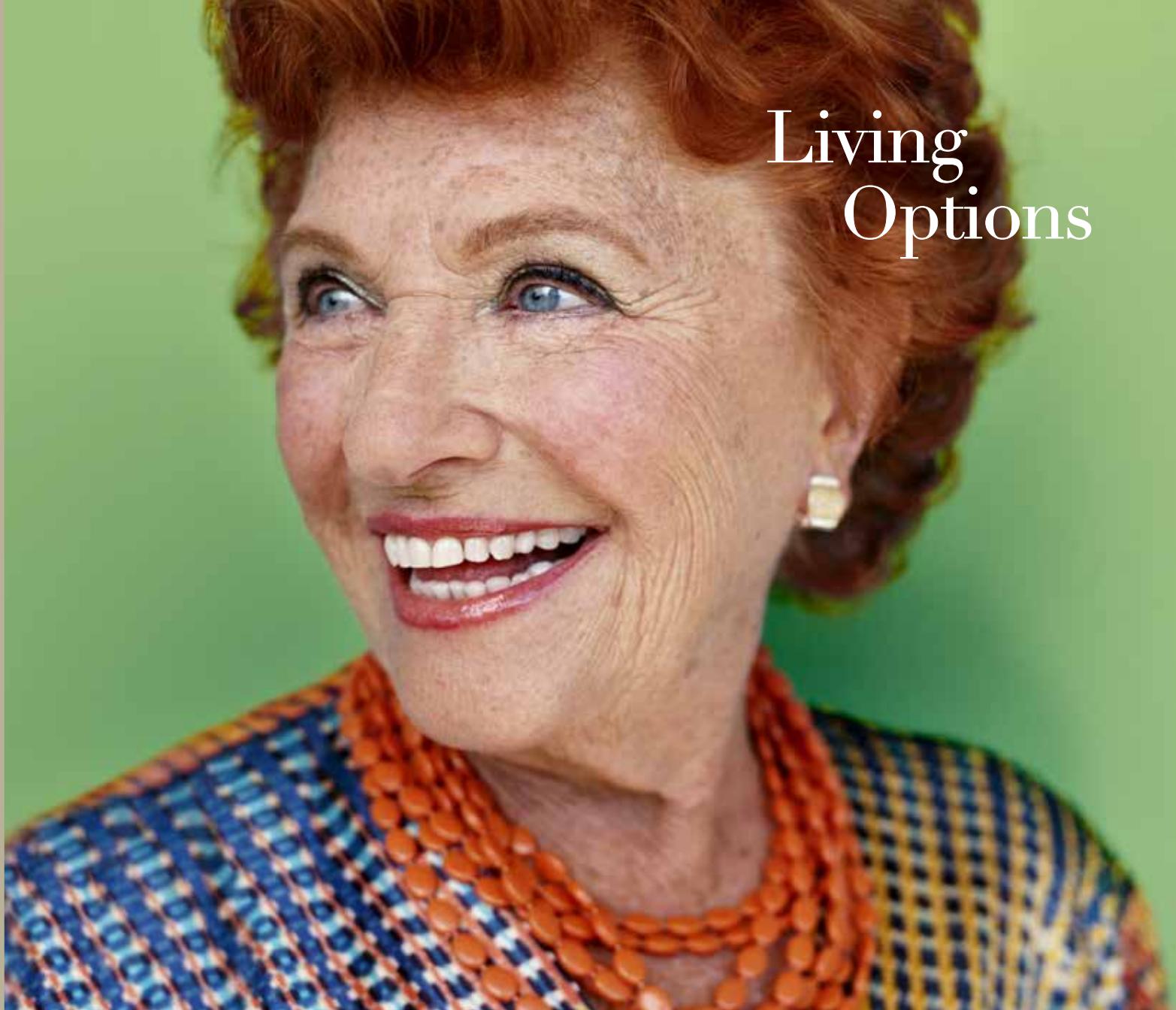
- Personal care – assistance with activities of daily living, including bathing, grooming, getting dressed and safety checks; escorting to and from daily events
- Medication assistance – includes consultation with primary physicians and pharmacies, plus ordering and scheduled reviews by a licensed nurse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

Life Guidance® Memory Care

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

Temporary Retreat

Short-term 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

- Studio and one-bedroom options
- Kitchenette (in independent and assisted living apartments)
- 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

- Central courtyard and patio with comfortable seating
- Indoor gathering spaces including a living room, library and lounge areas
- Events and activities center
- Theater with large-screen TV
- Salon and barber shop
- Restaurant, private dining room and café
- Wellness center for physical therapy
- Scheduled transportation to local appointments, errands and events
- A pet-friendly environment
- Location convenient to shopping, dining, entertainment and only two miles from Vassar Farm and Ecological Preserve



Abundant Opportunities



ENGAGE LIFE®

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

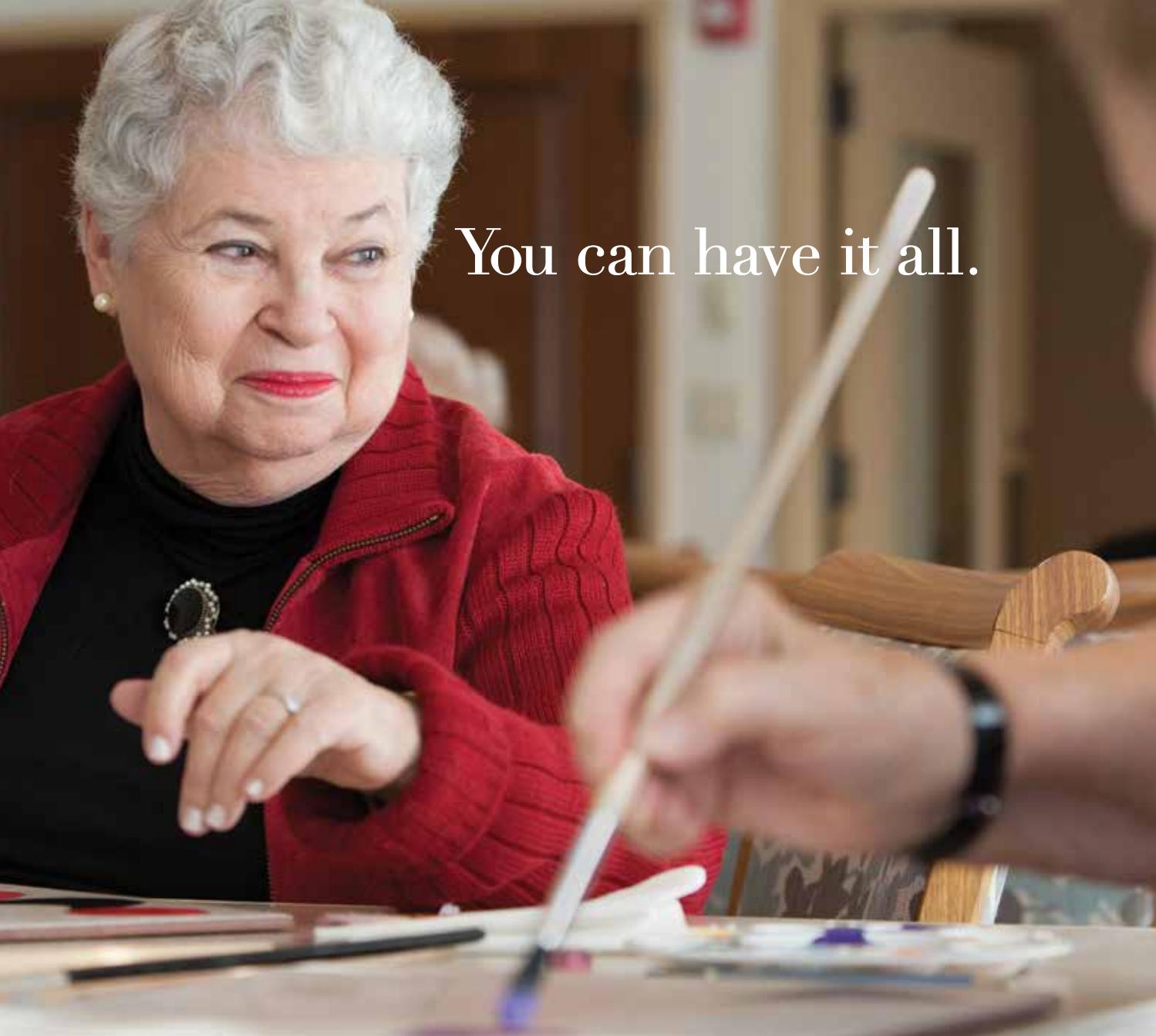
Engage Life®

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 and educational lectures to live musical performances, 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 chef-prepared cuisine with table service in our restaurant and lighter fare in our café. Or reserve our private dining room for special occasions with family and friends. 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 socialize, learn, explore and simply enjoy life.

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

Join us at
The Landing of Poughkeepsie.

To arrange a personal appointment, contact us at 845.471.4044.



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