

Welcome to

*Atria* ROCKLIN





## A warm, inviting place to explore life's possibilities.

Set in the rolling hills of Rocklin in the Sacramento metro area, Atria Rocklin offers 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 friends for a chef-prepared breakfast before taking a walk around our beautiful campus. Lounge poolside with neighbors and share laughs over an afternoon cocktail. And if you're in the mood to explore, join an outing to Roseville Galleria Mall or Quarry Park Amphitheatre.

At Atria, the choice is always yours.

Atria Rocklin 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:

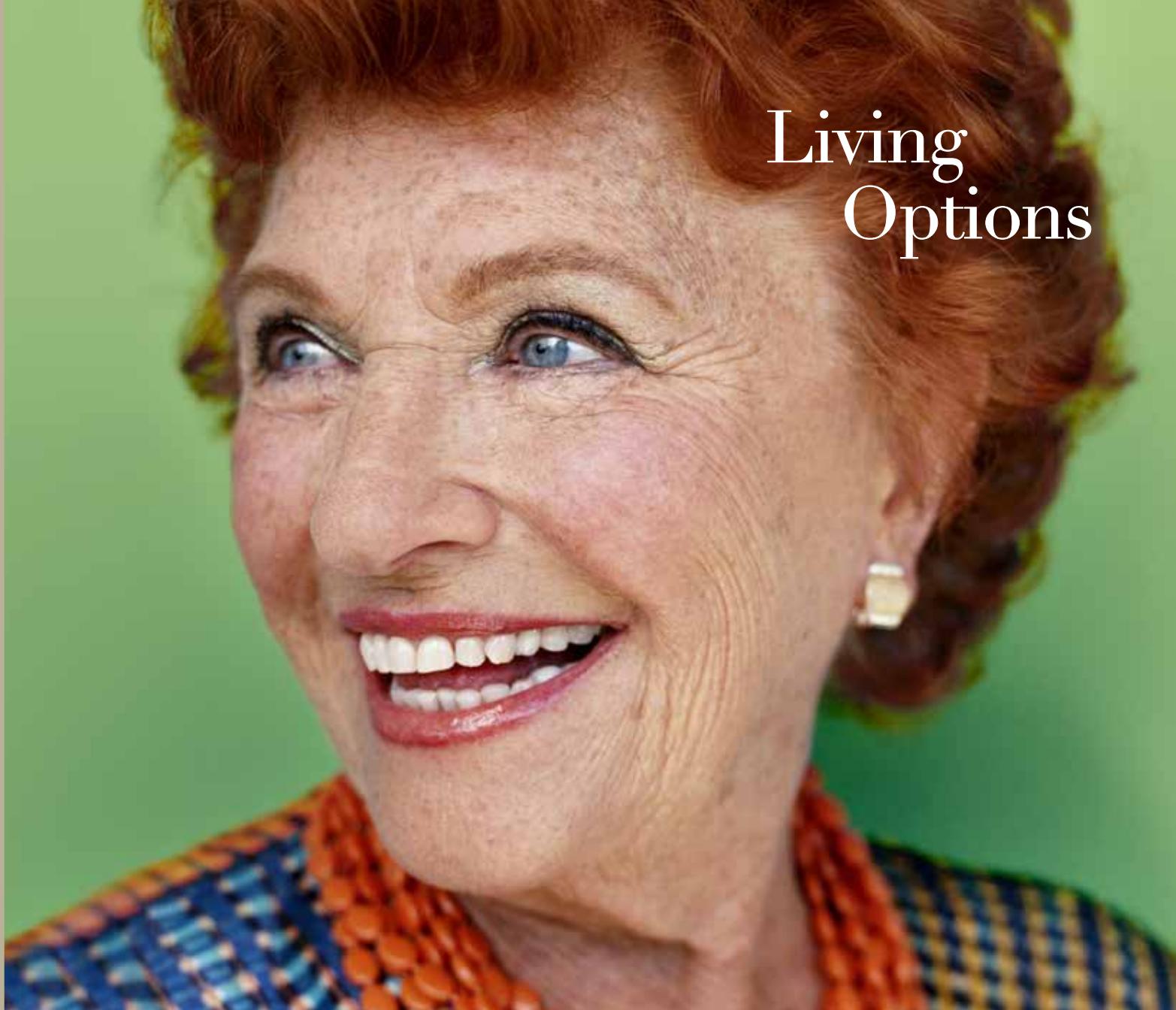
- Personal care – assistance with activities of daily living, including bathing, grooming, getting dressed and safety checks; escorting to and from daily events
- Medication distribution – provided daily by trained technicians under the supervision of a licensed nurse
- Incontinence management – daytime 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

- Selection of studio and one-bedroom floor plans, each with a kitchen or kitchenette
- Individual thermostat control
- Emergency alert system and 24-hour security
- Housekeeping and linen services
- Maintenance of apartment, community and grounds

## Villa Amenities

- One- and two-bedroom townhomes, each with a full kitchen and dinette areas
  - Outside entrances and single-car garages
    - Washer/dryer hookups

## Your Vibrant Community

- Campus setting with separate independent living, assisted living and memory care buildings
- Beautifully landscaped walking paths
- Heated pool and spa
- Salon and barber shop
- Clubhouse with media center and full kitchen
- Library, game room and parlor with fireplace
- Multiple dining venues, including a restaurant and casual café
- Scheduled transportation to local appointments, errands and events
- A pet-friendly environment
- Central location just minutes from the Quarry District, Whitney Oaks Golf Club and Rocklin Commons



# 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 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 Atria Rocklin.

To arrange a personal  
appointment, contact us  
at 916.435.8800.



*Atria*® ROCKLIN

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