

*Atria* VALLEY MANOR







## An independent community for active older people.

Situated in the center of vibrant Tucson with mountain views, Atria Valley Manor offers a lifestyle rich with possibilities.

Free from cooking, cleaning and home maintenance, you can spend your time exactly as you like. Relax with a new novel or go for a long walk. Remember all those projects you postponed until you had more time? Start them now and leave the rest to us!

While you're at it, bask in the warmth of friendly neighbors as you gather at your regular table for coffee, bacon and pancakes, get pointers on your lotus pose in yoga class or head out with the gang for a scenic desert drive to Tombstone.

There's always a smiling face nearby. And when you're ready to focus on your own company, your spacious, private apartment is waiting – just a few steps away.

# Experience a fulfilling lifestyle in Tucson.

As we age, our needs change. But our lifestyle doesn't have to.

Research shows that seniors who lead active, connected lives alongside their peers tend to be happiest. We've seen the proof.

At Atria Valley Manor, we help older people maintain their independence longer by eliminating the concerns of home ownership. And because we maintain industry-leading quality standards, we offer peace of mind so you can relax and enjoy life fully.

Let your four-legged friend stretch his legs in one of our well-manicured outdoor spots. Enjoy a group outing to the U of A Planetarium. Or join friends for refreshments at Seven Cups teahouse.

At Atria, you have the freedom to do as you wish, whenever and however you like.





## Your Beautiful Apartment

- The area's largest senior living studio, one- and two-bedroom options
- Full kitchen, generous closets and private patio
- Individual thermostat control
- Emergency alert system and 24-hour security
- Housekeeping and linen services
- Maintenance of apartment, community and grounds

## Your Vibrant Community

- Five-acre campus featuring ample green spaces, rose gardens, fountain, gazebo and a variety of mature trees
- Clubhouse events center
- Daily exercise classes and a walking club
- Scheduled transportation to local appointments, errands and events
- A pet-friendly environment
- Popular community events including tea parties, barbecues, a spring concert series, ice cream socials and bonfires
- Planned outings to Reid Park Zoo and Davis-Monthan Air Force Base



# 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 and group fitness classes to regular outings to the Udall Recreation Center, 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, a celebration with family and friends in our private dining room or a late-night nosh at our café, which offers lighter fare 24 hours a day. We're happy to accommodate no-concentrated-sweets and no-salt-added 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.**

An active community with endless  
opportunities to connect with others  
and share new experiences.

The warm company of neighbors and  
the service of a professional staff.

Join us at Atria Valley Manor.

To arrange a personal  
appointment, contact us  
at 520.886.7937.



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