## Atria. WALDWICK





# A vibrant community with a lifestyle to match.

Located in northern Bergen County, Atria Waldwick offers older adults the benefits of an active life with discreet, 24-hour support from a friendly and caring staff.

Here, each day welcomes new opportunities for fitness, fun, creativity and connection. The cooking, cleaning and home maintenance are all taken care of, so you'll have more time to do the things you like – and discover new interests.

Start your morning with an invigorating yoga class. Catch up with friends over a chef-prepared brunch. Join the book club. Enjoy an outing to the Celery Farm for an afternoon of birdwatching. Simply relax in the comfort of your private apartment. How you spend each day is entirely up to you.

Atria Waldwick offers 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 administration 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.

#### **Short-Term Stays**

For those recovering from surgery or an illness, or for those who simply want to see what senior living is like.





## Your Vibrant Community

- Abundant outdoor spaces including a courtyard, beautiful gardens and sun deck
- Inviting common areas including a living room with vaulted ceilings
- Fitness center
- Movie theater
- Full service salon with manicure and pedicure stations.
- Art studio
- Concierge service
- Scheduled transportation to local appointments, errands and events
- A pet-friendly environment
- Covered parking available
- Outings to nearby attractions like Van Saun County Park, the Aviation Hall of Fame and the J.A. McFaul Environmental Center
- Residential location convenient to parks, nature centers, places of worship and shopping malls





## 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 filled with engaging opportunities for learning, creativity, exercise and spirituality every month. From tai chi and guest lectures to social hours and live entertainment, you can remain as active and involved as you like.

## **Culinary Excellence**

We cater to you every day with menus full of flavor, variety and flair. Enjoy chefprepared meals with table service in the restaurant or casual fare in the café. The private dining room can also be reserved for special occasions. No-concentrated-sweets and no-salt-added diets are easily accommodated, and your requests are always welcome.





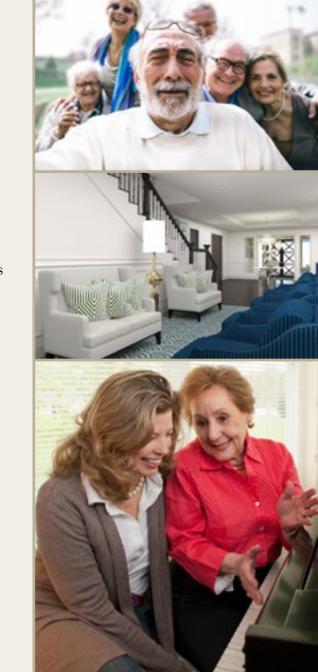




Where you live can determine how well you live.

Atria Waldwick offers a vibrant community where opportunities to stay active, eat well, connect with neighbors and achieve personal goals are right outside your apartment door, every day – and just the right amount of support is close at hand.

We believe people belong together. To join the wise people who call Atria home, reach out to us at 201.857.7200.



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