

Welcome to

*Atria* TANGLEWOOD







# A vibrant Long Island community with natural charm.

Surrounded by towering trees and bordering the beautiful Tanglewood Preserve, Atria Tanglewood combines the privacy of a country setting with the convenience of being just minutes away from Rockville Centre and the city.

Here, you'll have daily opportunities to be active, creative and connect with people who share your interests. Enjoy lively conversation and delicious cuisine at dinner with neighbors. Volunteer for one of the local organizations whose meetings we host. Or join friends for a power walk in the preserve.

With award-winning service and discreet personal care, Atria offers the support you need to maintain your independence – along with a warm community of neighbors to help you enjoy it.



Atria Tanglewood 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.

### **Supportive Living**

Discreet assistance 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



# Living Options

## Your Beautiful Apartment

- Largest studio, one- and two-bedroom options in the area, with private bath for each bedroom
- Convenient kitchenette
- Individual thermostat control
- Emergency alert system and 24-hour security
- Housekeeping and laundry services
- Maintenance of apartment, community and grounds

## Your Vibrant Community

- Park-like setting only minutes from shopping, restaurants and places of worship
- Bright sunroom and patio overlooking the nature preserve
- Media room, salon and barber shop
- Concierge service
- Scheduled transportation to local appointments, errands and outings
- Washers and dryers on each floor
- A pet-friendly environment
- Planned outings to the Cradle of Aviation Museum, Nassau County Museum of Art and the BroadHollow Theatre





# 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 our choral club and News and Views discussion group, 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, or reserve our private dining room for special occasions. We're happy to accommodate no-concentrated-sweets and no-salt-added 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.**

An active community with endless opportunities to socialize, learn and experience new things.

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

Join us at Atria Tanglewood.

To arrange a personal appointment, contact us at 516.256.0088.





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