

When to Look for Senior Living for Your Loved One

Holidays are the time spent with family. From baking and decorating cookies to watching classic seasonal TV specials, there are many ways to celebrate this time of the year with loved ones.

But, as we spend time with family, we may begin to recognize that our parents aren't thriving in the way they should be. Maybe household chores like cleaning and laundry are becoming a burden. Or there aren't as many opportunities for them to socialize as they would like.

That's the time to start thinking about senior living options. At The Atrium at Navesink Harbor, our goal is to help your loved one live the most fulfilling life they possibly can while offering the support they need to truly thrive. Experts in our community are available to answer any questions you need and help guide you through the process. Together, we can help you make the best decision for you and your loved one.

Senior Living Options

When you first start the process of finding a senior living community with your loved one, it's important to understand their needs and the level of care they are looking for. At The Atrium at Navesink Harbor, we offer a variety of levels of care to fit residents' needs. In our community, you can find:

- [Independent Living](#) – As the only full-service, waterfront continuing care retirement community in New Jersey, our independent living lifestyle is filled with meaningful days and activities your loved one is passionate about.
- [Skilled Nursing](#) – Our skilled nursing center offers specialized treatment and the care your loved one needs to enjoy the highest quality of life. Not only will they be supported by compassionate care, but they have their needs met in a comfortable, homelike environment.

Along with these options, we also offer rehabilitation for those who need to get back on their feet following an illness, injury or surgery.

And there's no need to worry if mom and dad have different care needs. All

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levels of care are conveniently located on-site, so there's no need for partners to live separately. This will not only benefit them, but for you as well, as you plan out your visits to their new home.

An Active Senior Living Lifestyle Encouraged by Activities and Amenities

Living here means living well. This includes a variety of living options, as well as, services like engaging daily activities and delicious dining options that go above and beyond those you might expect at a traditional senior living community.

Our onsite amenities offer the resources your loved one needs to make their days meaningful. Delicious meals are served in our dining room, the library is always well-stocked and the art studio allows you to explore your creative side. Unique on-campus amenities also include The Atrium's own private pontoon boat, where residents enjoy sunset cruises while sharing cocktails and conversation. These are just a few of our favorites - learn more about what our community has to offer by exploring our [amenities](#) page.

With numerous [activities](#) we have planned to fill residents' days, we guarantee you'll never be bored. Your loved one can work on physical fitness through classes like tai chi or relax during a Friday night movie night and card and board games. The community also hosts off-site day trips to area attractions like the many restaurants and shopping plazas surrounding the community.

There's always something to do at The Atrium at Navesink Harbor, and we'd love for your loved one to join us.

[Learn More About The Benefits Of Living In A Social Community](#)

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Enjoy Superior Senior Living at The Atrium at Navesink Harbor

Interested in taking the next steps to ensure mom and dad are living the most fulfilling life they possibly can? Start the conversation with your parents about [why moving to a senior living community](#) may be the best choice for them. [Contact us](#) today with any questions you may have. Our team is here and ready to help.