

Our Community



Located just a short drive from the Bay Area, in a fast-growing Central Valley community, Astoria Memory Care is located in Tracy, CA. Tracy has the friendly feel of a small town complete with a quaint downtown and vibrant arts and entertainment scene – right in the middle of it all is Astoria! We're located in a lovely residential neighborhood across the street from Merrill F. West High School, which supplies an abundance of energetic student volunteers who love spending time with our residents. Our great location provides residents with plenty of opportunities to connect with the local community – and we do! It's common to see us out and about in the community at-large.

Our homelike community features:

- Comfortable family rooms and sitting areas.
- Multipurpose activity areas.
- Beautifully landscaped and shaded courtyard.
- In-house barber/beauty salon.
- Wellness Office.
- Recreational trips and scenic tours on the Astoria bus.

FINDING COMFORT IN THE FAMILIAR

Over the years, we've learned that daily routines can be a stabilizing force in residents' lives. Therefore, each day at Astoria includes scheduled activities that align with residents' habits, abilities and history. Natural transitions from one activity to the next help maintain a sense of direction and continuity throughout the day.

A typical day at Astoria:

MORNING

Rise and Shine – get up and dressed for the day

Breakfast is Served

Good News – read the paper and discuss topics of interest

Let's Move – light exercise or stretching

Morning Event – activities like cooking, bus trips, music, etc.

Daily Walk – residents and staff take a brief walk together before lunch

AFTERNOON

Lunchtime Relaxation – rest or quiet-time activities

Social Hour – games, trivia, pet visits, etc.

Afternoon Event – activities like crafts, entertainment, etc.

Afternoon Drive – a short bus ride before dinner

EVENING

Dinner Hour

Evening Entertainment – reading, movie night, games, etc.

Night Time Snack

Good Night