



THE AMENITIES



DINING ROOM - Unity City is fully committed to providing wholesome nutrition for all of its residents. Meals are served in the dining area three times a day and will be served with a full compliment of fruits, vegetables, meat, fish and pasta. Special meal requests are available on an individual basis to accomodate vegans, gluten free & kosher meals.



FITNESS CENTER - Unity City believes one of the keys to living a long healthy life is to stay active. The old adage that says "Use it or lose it" is so true when it comes to physical and mental health. Our Center is designed to make sure everyone, from young and old, can use our coaches, equipment, programs and software to reap the true benefits.



LIBRARY - Unity City believes reading is one of those activities that stimulates mental health and aptitude. Aside from the pure joy of reading classic novels, non fiction and news, reading with books on tape can also be a fun form of entertainment. Our library is filled with books on education, information and entertainment.



SOCIAL DIRECTOR - Unity City employs a social director to make sure there is always plenty of fun & adventure waiting for you when you are ready. Our activities include events, travel and special occassions. We hope you can find the time and the energy to participate. It will be a great way to make new friends and socialize with others.



TRANSPORTATION - Unity City is built on the premise it will have the most healthy environment possible. Our internal transportation system will make it easy to move around the building, the neighborhood and the surrounding community. By using electric cars, we will reduce emissions and eliminate auto-related pollution.



HEALTH & WELLNESS SERVICES - Unity City delivers a philosophy that embraces natural health and natural healing whenever possible. Our complete line of homeopathic solutions include massage, accupuncture, whirlpool, aqua therapy, meditation, yoga and several other forms of dealing with pain and rehabbing injuries naturally.

