

Health-Focused Services & Amenities

- 24/7 Fitness Center
- Indoor Heated Pool
- Personal Training
- Outdoor Walking Paths
- Bocce Court
- Massage Therapy



Sub-Acute Rehabilitation & Skilled Nursing

When you need to recuperate, the right environment is essential to your well-being. Recover in our award-winning, comfortable and light-filled Rehabilitation neighborhood. Receive high-quality care and experience expert healing services. We proudly partner with HealthPRO Heritage Services, a leader in therapy and wellness.



122 Palmers Hill Road
Stamford, CT 06902

03.25



Committed to Resident Wellness

Daily opportunities to stay active and healthy.

Wellness Activities

Explore our variety of group fitness classes.



Arthritis Mobility Exercise with Tamara

Targets all major joint groups to maintain good mobility, reduce stiffness and improve daily movement.



Cardio & Agility with Renee

A low-impact exercise class that focuses on balance, coordination and cognitive function to improve safety when standing or walking. All moves can be done seated.



Chair Pilates with Tamara

Emphasizes core strength, flexibility and breath-guided movements to stabilize your spine, improve posture, support your lower back and enhance balance.



Meditation with Brooke

Helps clear the mind, improve focus, alleviate stress, enhance relaxation and address sleeping issues.



Sit & Tone with Renee

A chair-based, low-impact, full-body exercise class that focuses on functional movements to promote strength, mobility and circulation. Optional use of light hand weights or exercise balls is available.



Water Exercise with Tamara

Helps loosen stiff joints, improve cardiovascular endurance, strengthen your core, increase flexibility and enhance bone density through resistance training.



Yoga with Denise

Yoga stretches the entire body, massages internal organs and balances fats and fluids throughout the body while incorporating breath work to promote stronger, more efficient breathing.

Our Team of Health & Wellness Experts



Sandra Buckle, Director of Wellness & Community Engagement

Responsible for coordinating the transition throughout the continuum of care.



Athena Coroneos, Massage Therapist

A licensed massage therapist and esthetician, certified reflexologist and member of the National Certification Board for Therapeutic Bodywork.



Dr. Peter Ogilvy, Audiologist

Provides early diagnosis and treatment plans for hearing issues.



Dr. Gabriel Ross, Podiatrist

Supports the vital role podiatry plays in maintaining balance and comfort.



Mary Milucci, Exercise Therapist

Focuses on safe exercise programs for older adults and those with chronic health conditions and limitations.



Tamara Sharp, Personal Aquatic Trainer

Makes residents of all skill levels feel comfortable in the pool.

