

CASE STUDY



Creating a Healthy, Engaging and Sustainable lifestyle through conscious design

Athashri Mission Seniors

Pristine Homes
Hayward, California

Site: 5.6 acres

Building Area: 406,416 sqft

Density: 41.7 du/ac

Units: 200 condos, 3 homes

Unit Plans: 800–1,800+ sqft

Amenities: Over 30,000 sqft of interior amenities space, swimming pool, pickleball court, and wellness paths

2018 Gold Nugget Merit Award,
Best Senior Housing Community,
On-the-Boards

Auspicious New Beginnings

With trends in share of population pointing towards California as the leading state for the highest population of senior adults 65 and over, Athashri Mission Seniors is designed to meet the San Francisco Bay Area's growing needs for quality senior housing that supports aging in place.

At the core of the project vision is a **Wellness Model** that supports three key goals: (1) promote quality of life;

(2) live independently for as long as possible; and (3) connect the care continuum to the home by strengthening ties between healthcare and housing.

Our model is centered on a healthy, engaging, sustainable environment, where aging in place is supported at three levels: home, site and community. An integrated program of services and on-site amenities complete a holistic approach to wellness.



Wellness Model Informs the Design Program

CONCIERGE HEALTHCARE
Telehealth Service

Supporting self-management of healthcare with an onsite consultation room equipped for doctor visits and healthcare services:

- Geriatric care
- Medicare consultation
- Physical therapy
- Health and wellness support

Managing Everyday Health

Onsite equipment for consistent monitoring and transmission of vitals and other readings to your healthcare team.

Emerging technologies reinvent the delivery of the healthcare experience.

EAT WELL, LIVE WELL
Healthy Meal Plans

A nutritional guide to eating healthy

Chronic health conditions that require a nutritionist on demand

VEG. NON-VEG.

Vegetarian and non-vegetarian meal preparation

GUEST LECTURES
Lifelong Learning

Continue personal and spiritual growth for a healthy mind-body-spirit

5	Medicare Essentials	TUES 10:00 am - 12:00 pm Mini Theater
11	Exploratorium	WED 9:00 am - 6:00 pm San Francisco
14	Technology Made Simple	THUR 10:00 am - 12:00 pm Mini Theater
22	March of the Penguins	FRI 8:00 pm Mini Theater
26	Re-living Picasso	TUES 1:30 pm - 3:30 pm Creative Studio

STATIONS-TO-CLUBS
A Sustainable Lifestyle

Opportunity and accessibility to sustainable habits and lifestyle choices—starts with convenience and sharing resources for everyday needs.

pet companionship

Amenities that encourage and support sustainable living

Healthy

Creating a holistic environment that supports health and well-being from fitness-related activities to nutritional meal planning and healthcare resources.

Athashri adopts a philosophy of connecting the care continuum to the home by supporting telehealth services; a consultation room for physical therapy, on-site medical visits, or other discreet care needs; and by introducing health-related programs, nutrition and wellness counseling to its education series.

- Fitness
- Telehealth Clinic
- Nutritionist
- Spa
- Massage Studio
- Swimming Pool
- Pickleball Court
- Wellness Paths



Engaging

Emphasizing socialization and community engagement to create positive and transformative interactions.

- Dining Services
- Lounge & Bar
- Library
- Mini Theater
- Multipurpose Room
- Game Room
- Creative Studio
- Salon
- Guest Suites

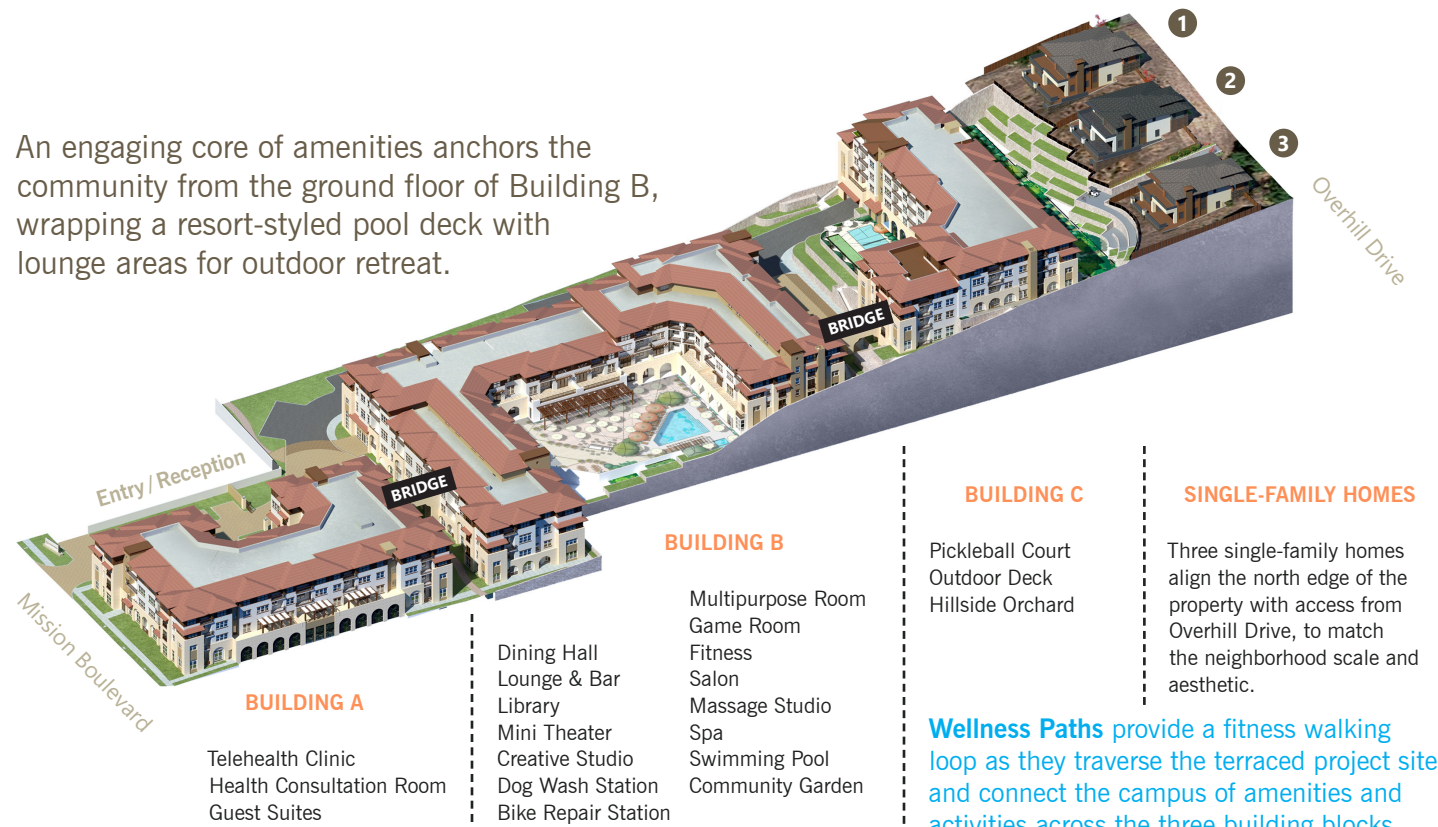
Sustainable

Intentional sustainable habits and choices are supported by a community environment that adopts a sustainable lifestyle.

- Transit (Bus/BART)
- Car Share
- Car Stacker
- EV Station
- Bike Repair Station
- Dog Wash Station
- Community Garden
- Sustainable Landscapes
- Green Building

ATHASHRI MISSION SENIORS

An engaging core of amenities anchors the community from the ground floor of Building B, wrapping a resort-styled pool deck with lounge areas for outdoor retreat.



Site Plan: Physical site constraints and Form-based Code requirements dictate the organization of development into three building blocks with pathways that traverse, cross and loop throughout the community. Building-to-building bridges offer elevated connections directly from the upper floors.

Transit-friendly Senior Living

SITE AND PROGRAM

Mission Boulevard is a major thoroughfare connecting Hayward to neighboring East Bay cities. Within a half-mile of South Hayward BART Station and north and southbound bus transit stops along Mission, the project site is ideal for senior living.

Form-based Code (FBC) requirements over a narrow site geometry with limited street frontage, rising topography, steep slope conditions, and a fault trace zone crossing through the property, were challenging physical site constraints.

Organized into three major building blocks, the project terraces with the rising elevation, integrating building-to-building connections with pedestrian bridges. Each building block has an outdoor courtyard maximizing natural

daylight and overlooking views of the amenities below. Over 30,000 square feet of interior amenities are supported on the ground floor of the buildings. The majority of parking is provided for each building below grade, and includes puzzle lift/car stacker parking systems and EV charging stations.

The condos themselves consist of one-, two- and three-bedroom configurations with the larger units featuring island kitchens and double master suites. They appeal to a move down market looking for upgraded amenities and single-level living in a desirable part of town.

A careful case-by-case demonstration of the project's ability to meet the intent of Hayward's FBC requirements for outreach and entitlements, successfully communicated the design.

SUPPORTING HAYWARD

As a member of the community, Athashri has committed to championing three causes for Hayward:

Participating as a member of Eden Area Village, a peer-to-peer network providing neighborhood-based support.

Supporting Hayward Community Gardens, a 5.3-acre urban agricultural project for community gardening.

Sponsoring Mission Boulevard's northbound bus stop shelter next to the project, providing bus riders relief.

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Building Block B: Building Block B with centralized ground floor interior amenities, wraps a resort-styled pool deck with lounge seating and a trellised outdoor patio extending from the dining hall. Upper condo patios and balconies overlook the activity of community space below.