



## ACTIVE AGEING FOR ALL SENIORS

Independent ~ Assisted Living ~ Dementia Support ~ Nursing Care

RUKUN caters to your active lifestyle needs at every stage of your life.

- **Independent** – As a fully independent senior, you have all the freedoms to do what you enjoy. RUKUN stands ready to support your active lifestyle with everything from transportation, travel, and educational services, to opportunities for you to participate in social work and giving back to society.
- **Assisted Living** – Life with RUKUN means not having to worry about how to maintain an active lifestyle, even if you need some help with daily life. Our Wellness team is available 24 hours day to provide assistance with your Activities of Daily Living (ADL).
- **Dementia Support** – RUKUN's dedicated staff is trained to actively support you through any memory challenges that you may be facing.
- **Nursing Care** – RUKUN's services are designed to serve you through all phases of aging, including the need for higher level support.

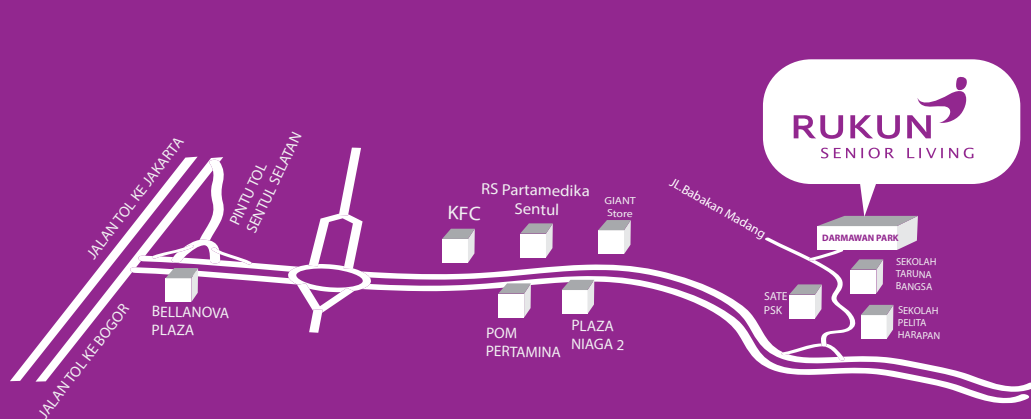
*Independent – Sebagai warga senior yang mandiri, Anda memiliki kebebasan untuk melakukan apa saja yang Anda nikmati. RUKUN siap mendukung semua kebutuhan gaya hidup aktif Anda, dari jasa transportasi, wisata, dan pembelajaran, hingga kesempatan untuk berkegiatan sosial dan berkontribusi pada masyarakat.*

*Assisted Living – Hidup dengan RUKUN berarti bebas dari kekhawatiran mengenai cara mempertahankan gaya hidup yang aktif, meskipun Anda memerlukan bantuan. Tim Wellness kami sedia 24 jam per hari untuk melayani kebutuhan hidup sehari-hari (ADL) Anda.*

*Dementia Support – Staff RUKUN yang terdedikasi terlatih untuk mendukung Anda melalui tantangan kognitif yang mungkin dihadapi.*

*Nursing Care – Jasa RUKUN dirancang untuk melayani Anda melalui setiap fase dengan bertambahnya usia, termasuk keperluan untuk dukungan tingkat tinggi.*

RUKUN melayani kebutuhan gaya hidup aktif pada setiap fase kehidupan Anda.



## DIRECTIONS TO RUKUN SENIOR LIVING

### Directions:

- South on Jagorawi Tol
- Exit at Sentul City, Exit 37
- Turn left on Jl. Mohammad Husni Thamrin (in front of Bellanova Mall)
- Stay on this road about 3 km
- Before entering the Sentul City Gates, veer left toward Jl. Babakan Madang (Follow sign to Sekolah Pelita Harapan)
- Turn left at intersection
- Continue to following the road past Sekolah Pelita Harapan for 400 m
- Entrance to Darmawan Park, Gate 1 is on your right

### Petunjuk Jalan:

- Ke arah Selatan di Tol Jagorawi
- Exit 37 di Sentul City
- Belok kiri pada Jl. Mohammad Husni Thamrin (di depan Bellanova Mall)
- Lanjut pada jalan ini selama 3 km
- Sebelum memasuki gerbang Sentul City, mengarah kiri menuju Jl. Babakan Madang (ikuti petanda ke sekolah Pelita Harapan)
- Belok kiri pada pertigaan
- Lanjut pada jalan ini, lewat Sekolah Pelita Harapan sekitar 400 m
- Pintu masuk Darmawan Park, Gate 1 ada disebelah kanan

■ **RUKUN Senior Living**  
Phone: +62-21-87951525  
Email: [info@rukunseniorliving.com](mailto:info@rukunseniorliving.com)

■ **Darmawan Park, Gate 1**  
Jl. Raya Babakan Madang No.99  
Sentul, Bogor 16810 - Indonesia

■ @RUKUNsenior  
f RUKUN Senior Living

Enjoy life, everyday!

**RUKUN**  
SENIOR LIVING



## A Residential Resort and Club for Seniors

+62 21 8795 1525  
[www.rukunseniorliving.com](http://www.rukunseniorliving.com)

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f RUKUN Senior Living



## ENJOY LIFE, EVERYDAY!

RUKUN Senior Living is a residential resort and club where fun-loving seniors who desire to live an active, independent, and productive lifestyle can enjoy life everyday. Choose from a range of activities or enjoy available facilities – it's your choice!

Strategically located in Sentul City, RUKUN is within one hour from Jakarta and 10 minutes from a full range of amenities, from amusement park and shopping mall to golf course and hospital. It's the ideal location for family and friends to visit in comfort. Stay for a day or a lifetime, and experience the fun for yourself!

Call us at +62-21-8795-1525 to learn more.

*RUKUN Senior Living adalah sebuah residential resort dan club di mana Warga senior yang ingin hidup dengan menyenangkan, aktif, mandiri, dan produktif dapat menikmati kenyamanan hidup setiap hari. Pilih dari ragam aktivitas atau nikmati sarana yang tersedia – Anda bebas memilih!*

*Dengan lokasi strategis di Sentul City, RUKUN hanya satu jam dari Jakarta dan 10 menit dari aneka sarana, dari taman rekreasi dan mall hingga padang golf dan rumah sakit. Lokasi RUKUN ideal bagi kerabat dan keluarga untuk berkunjung dengan nyaman. Dari sehari hingga seumur hidup, alami sendiri gaya hidup yang menyenangkan ini!*

Hubungi +62-21-8795-1525 untuk informasi lanjut.



## FOCUSED ON FOUR DIMENSIONS OF WELLNESS

### PHYSICAL WELLNESS

To meet all your physical wellness needs, from exercise classes to caregiver services.

*Seluruh kesejahteraan jasmani Anda akan terpenuhi, dari kelas olah raga hingga jasa perawat.*

### SPIRITUAL WELLNESS

RUKUN welcomes Residents of all religions, where facilities and transportation is provided according to the worship needs of each religion.

*RUKUN terbuka untuk Warga dari semua agama, di mana tersedia sarana dan transportasi sesuai kebutuhan ibadah Warga masing-masing agama.*

As the first senior living facility in Indonesia, RUKUN is a founding member of the Association of Senior Living Indonesia, is a member of the Ageing Asia Alliance, and is supported by Leisure Care OneEighty, USA

*Sebagai sarana senior living pertama di Indonesia, RUKUN adalah anggota pendiri Asosiasi Senior Living Indonesia, anggota Ageing Asia Alliance, dan didukung oleh Leisure Care OneEighty, USA.*

RUKUN is ISO 9001:2008 Certified.

### SOCIAL WELLNESS

Opportunities to socialize with friends in a variety of events, from karaoke to gatherings and dancing

*Kesempatan untuk bergaul dengan teman-teman dalam berbagai acara, dari karaoke hingga kumpul-kumpul dan dansa.*

### MENTAL WELLNESS

A range of activities to exercise your mind including games, discussion forum, and learning facilities.

*Berbagai kegiatan untuk mengasah daya pikir seperti: games, forum diskusi, dan sarana pembelajaran*

RUKUN bersertifikasi ISO 9001:2008



COMMUNITY FACILITIES

### COMMUNITY FACILITIES :

*Fitness Gym, Swimming Pool, Jacuzzi & Sauna, Game Room, Fishing Lake, Gazebo, Jogging Track, Garden, Activity / Theater Room.*



## MOVE-IN & MEMBER CRITERIA

Criteria to become a Senior Living Member or Resident at RUKUN:  
Kriteria untuk menjadi Member atau Warga Senior Living di RUKUN:

Age 50 years and over	Berusia 50 tahun ke atas
Non smoker	Tidak merokok
Can be served by RUKUN based on a Wellness Assessment	Dapat dilayani oleh RUKUN berdasarkan evaluasi Wellness Assessment

## PLAY FOR A DAY OR STAY FOR A LIFETIME

Seniors can join as a Club Member or become a Resident at RUKUN, from one day to a lifetime\* (Move-in Criteria applies).

*Warga Senior dapat bergabung sebagai Member Club atau menetap sebagai Warga di RUKUN, dari satu hari hingga seumur hidup\*(Syarat Kriteria Move-In berlaku).*

### RUKUN Senior Club Membership, info (021) 8795 1525



#### IDEAL SUITE

*Studio-style with personal patio. Kitchenette with sink, refrigerator, and microwave oven.*

**Daily Rate:**  
Starts from\* Rp.700.000/day/person  
Second person in the same Suite, add Rp. 300.000/day



#### DELUXE SUITE

*Studio-style plus den with personal patio. Kitchenette with sink, refrigerator, and microwave oven.*

**Daily Rate:**  
Starts from\* Rp.900.000/day/person  
Second person in the same Suite, add Rp. 300.000/day



#### SUPREME SUITE

*1-Bedroom with personal patio. Kitchenette with dining counter, sink, refrigerator, and microwave oven.*

**Daily Rate:**  
Starts from\* Rp.1.200.000/day/person  
Second person in the same Suite, add Rp. 300.000/day

\*Discounts available for yearly or lifetime prepayments. Lifetime package available only for age 70 and over. Prices listed are current at time of publication and are subject to change without notice.

*\*Diskon tersedia bagi pembayaran di muka untuk per tahun atau seumur hidup. Paket seumur hidup hanya berlaku untuk usia 70 tahun ke atas. Harga tercantum adalah yang berlaku pada saat dicetak dan dapat berubah sewaktu-waktu.*



## SENIOR RESIDENT BENEFITS

A range of benefits are included in the senior stay package.  
*Berbagai jasa sudah termasuk dalam paket Warga senior.*

### DINING

Food and beverage service at RUKUN's restaurant and bistro cafe.

*Santapan dan minuman di restoran dan cafe bistro RUKUN.*

### HOUSEKEEPING

Daily apartment cleaning.  
*Pembersihan apartemen setiap hari.*

### LAUNDRY SERVICE

Laundrying of bed linen, towels, and personal clothing (limitations apply).

*Pencucian seprei, handuk, dan pakaian pribadi (dengan batasan tertentu).*

### FITNESS PROGRAM

A range of exercise activities and programs.

*Aneka kegiatan dan program olah raga.*

### COMMUNITY ACTIVITIES

Activities such as karaoke, games, handicrafts, discussion groups, dancing, and many others.

*Kegiatan umum seperti karaoke, permainan games, kerajinan tangan, diskusi, dansa, dan banyak lainnya.*

### EMERGENCY CALL SYSTEM

Apartment is equipped with an Emergency Call system that is monitored 24-hours per day.

*Apartemen dilengkapi dengan alat panggil darurat yang dimonitor 24 jam.*

### TRANSPORTATION SERVICES

Transportation service along scheduled routes each week.

*Jasa transportasi dengan rute terjadwal setiap minggu.*