

Focus on Independence and Fun



When you think of “assisted living” you may imagine dull hallways and bingo cards, but that lifestyle is in the past.* Today’s assisted living communities are centers for socialization, learning, and fun.

Calendars are filled with the arts, scholarly presentations, and foreign language classes to benefit the mind. Dancing, yoga, or water aerobics keep the body moving. And entertainment such as plays, movie nights, and outings to a local comedy show keep residents energized and passionate about life.

This kind of active lifestyle has been shown to have tremendous benefits:

- Physical Health: reduced risk of falls and strains while improving strength, balance, and sleep
- Cognitive Health: mentally stimulating activities and “brain games” slow the onset of memory loss and cognitive decline
- Mental Health: genuine social connections and regular activity reduce feelings of isolation and depression, and increase resilience

A Helping Hand Ready When You Are

At Watermark, our residents lead enriching and rewarding lives with confidence. Enjoy total peace of mind knowing that expert care is always just a moment away, allowing you to focus on the things that matter most to you.



Scan the QR code to learn more about extraordinary senior living at Watermark Retirement Communities®.



* Eason, H. (2022). Beyond Bingo: The 50+ Best Activities for Seniors in Assisted Living. A Place for Mom. <https://www.aplaceformom.com/caregiver-resources/articles/assisted-living-activities>