



Assisted Living • Two Levels of Memory Care • Short-Term Stays



experience

Extraordinary Senior Living



Redefining Senior Living

Imagine living in a place where people know your name. It's where peers understand you, new friends embrace you, and compassionate, trained associates support all your interests and needs.

Today's seniors want greater choices and a more active lifestyle than ever before. That's why we designed every day at Rockland Place with engaging events, exciting opportunities, delicious cuisine, and mind and body fitness classes. It's all part of our culture of choice.

*We're not what you'd expect,
and that's a promise.*



expect the unexpected



An Option for Every Appetite

Dining at Rockland Place might surprise you. Our culinary team crafts delicious seasonal items – many of which incorporate fresh vegetables and herbs from our own gardens. The ever-changing menu features everything from decadent selections to comfort food favorites, so there’s always something to tempt your appetite.

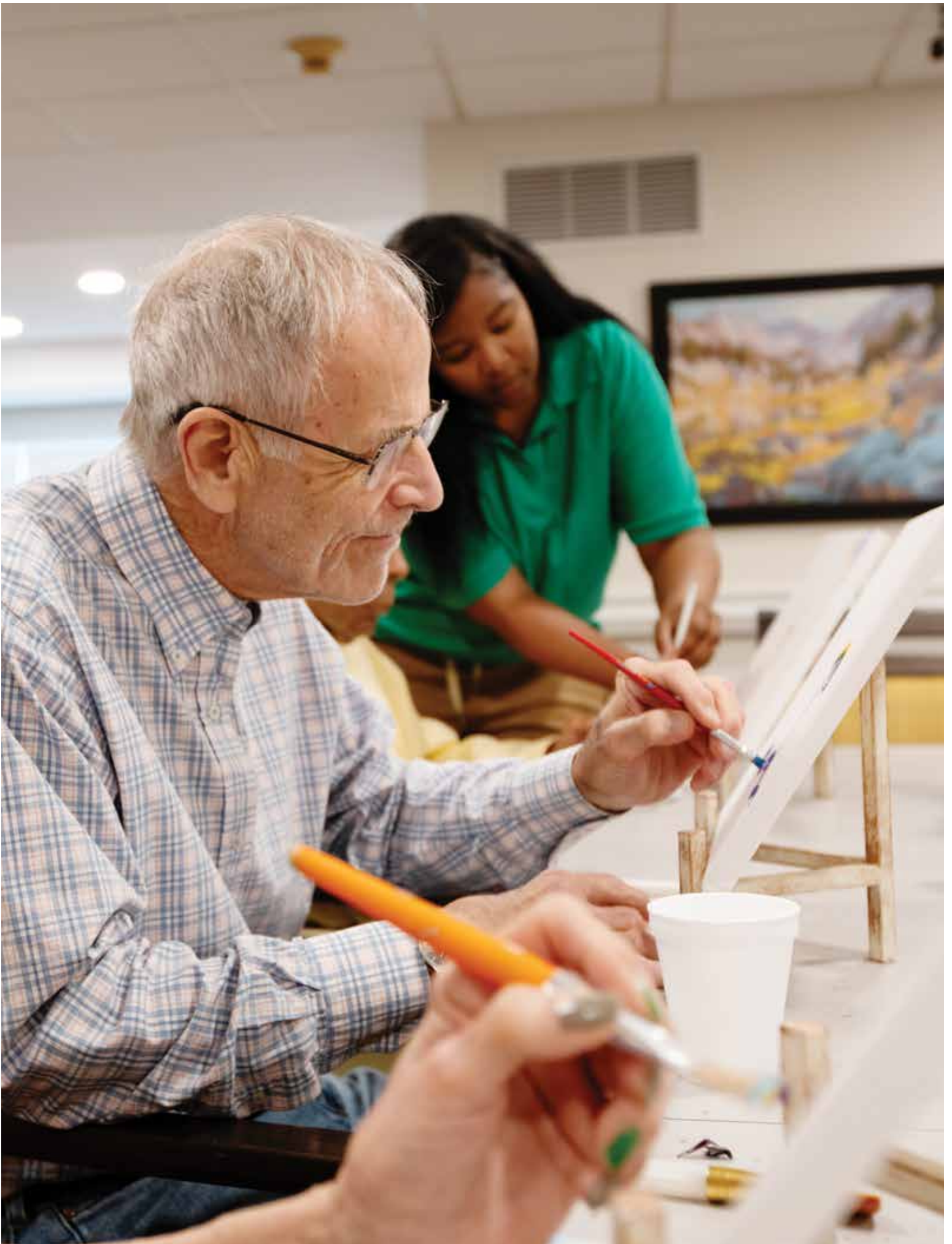
Residents regularly connect around the table to catch up, swap stories, and share laughs. And thanks to the Gourmet Bites Cuisine program, menu items can be transformed into handheld creations, bringing the joy of mealtime back to people with neuromuscular or cognitive challenges. No assistance, no utensils, no problem.

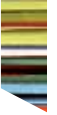
Meals with friends are more delicious.



- | | |
|--|--------------------------|
| Mesclun of Baby Greens | Spring Vegetables |
| Maryland Crab Cakes | Freshly Baked Cherry Pie |
| Roasted Prime Rib Au Jus with Whipped Potatoes | |
| Pasta Marinara | |







Programs, Outings, and Classes

There's always something happening at Rockland Place. Cultural programs, fascinating classes, and Extraordinary Outings are a part of everyday life. Embrace your passions, try something new, and make friends along the way.

Keeping the mind and body active has enormous benefits at any age. That's why we created Watermark University. Learn – or teach – something new every day in classes open to both residents and area seniors. Why not enroll in a class today?

*Explore new interests and pursue
what inspires you.*



Sample Classes:

Classical Composers

Social Networking
for Seniors

Creative Cuisine

Photography

Abstract Art

Beading

Chair Yoga

Fishing



take it easy

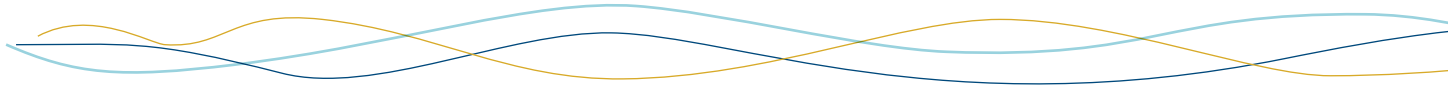
Assisted Living With a Difference

We've looked at Assisted Living from all angles and challenged ourselves to raise each and every bar. Customized care and choice are at the heart of every day. Our community brims with social, educational, cultural, and recreational opportunities, exceptional restaurant-style dining, and top-notch care that revolves around your schedule – never ours.

At Rockland Place, you have the opportunity to experience our lifestyle for yourself with a short-term stay. Maybe you need a little extra help while recovering from a surgery or illness. Maybe you're looking for peace of mind while a caretaker goes on vacation. Or maybe you're just curious. Call to learn the full details of this incredible service.



Our unique approach integrates mind and body wellness into daily life.







Two Levels of Memory Care

Watermark's Prema Memory SupportSM is built on three decades of experience in combining welcoming environments with one-of-a-kind programming. Leading the way are our signature *Nayas*, caregivers trained in accordance with standards set by the Alzheimer's Association. *Nayas* focus on validation rather than correction. With an empathy-based approach, they cultivate a positive sense of well-being and connection for each resident, helping them to fulfill their sense of purpose from moment to moment.

Because each individual's journey is unique, we offer two levels of Memory Care where individuals can make positive connections.



Our Place

Ideal for seniors who are just beginning to experience the effects of memory loss, Our Place is a dedicated neighborhood that supports residents' independence alongside access to all the amenities at Rockland Place.

Pathways

This warm neighborhood is designed to accommodate residents experiencing more acute symptoms of memory loss. Centered on creating a sense of belonging, *Nayas* accompany each resident through the rhythms of daily living and promote moments of joy.

We challenge traditional assumptions about what's possible.

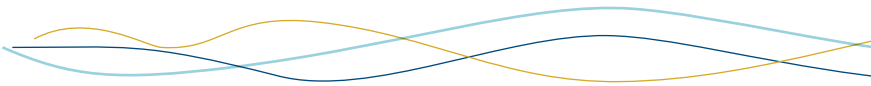


Amenities and Services That Make Life Great

Start off your day with a stroll and chat, or simply enjoy the fresh air in the courtyard. After taking a morning class, stop by the salon to freshen up your look. Then it's off to a local coffee shop for an afternoon outing.

The lifestyle at Rockland Place allows you to relax, spend time with neighbors and friends, and pursue your passions. There are plenty of new things to try, too. Will you transport yourself to the rolling hills of the Italian countryside with EngageVR®? Maybe get in a few breaks on the pool table, or pair your cup of tea with a good book in the library? For appointments, outings, and errands, let us do the driving. We offer personal transportation to and from shops and appointments, as well as excursions to local attractions and cultural events.

*We thought of you –
and then we thought of everything.*



- Spacious studios and one-bedroom apartments
- Courtyard views
- Three chef-prepared meals each day
- Trained associates available 24/7
- Customized wellness plans and programs
- On-site physical, occupational, and speech therapy
- Watermark University classes
- Extraordinary Outings
- EngageVR® virtual reality experiences
- Artistic Expressions (Memory Care)
- Pantry Program (Memory Care)
- Sensory Garden (Memory Care)
- Salon and barber services
- Scheduled transportation
- Housekeeping and linen services
- Resident call response system
- Move-in coordination service
- Private dining room
- Garden courtyard
- Computer and technology center
- Fitness center
- Library
- Billiards table





possibility,
purpose & joy

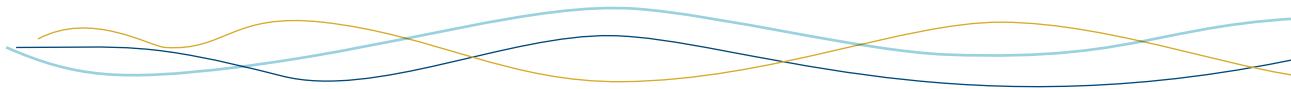
About Watermark Retirement Communities

Watermark creates extraordinary and innovative communities where people thrive.

We believe aging is about renewal rather than retirement. Watermark communities are known for highly trained and caring associates, a lifestyle built on choice, fine amenities, integrative wellness, and innovative programs including the award-winning Watermark University featuring a wide variety of engaging classes for residents and area seniors.

Watermark has been named in the top 25 Best Workplaces for Aging Services™ in a national program conducted by the Great Place to Work® Institute and published on Fortune.com. Based in Tucson, Arizona, Watermark is a privately held company that has been managing senior living communities across the United States for more than 30 years, building a reputation for integrity, innovation, financial stability, and high-quality service.

Visit watermarkcommunities.com to learn more.







It's What's Inside That Counts
expect the unexpected



ROCKLAND PLACE
A WATERMARK RETIREMENT COMMUNITYSM

ASSISTED LIVING • TWO LEVELS OF MEMORY CARE • SHORT-TERM STAYS

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