



Extraordinary Senior Living
Assisted Living & Memory Care

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Memory Care, Redefined



RCFE LICENSE #435202937

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Prema Memory SupportSM

Dining for the Soul

Engaging Programming

Extraordinary Outings

Gourmet Bites Cuisine

Naya Caregivers

Nurturing Environment

Pantry Program

Specialized Training
Recognized by the
Alzheimer's Association

Watermark University

Our Vision

A loving, nurturing environment
that truly feels like home.

Compassionately developed with **more than 30 years of experience**, Watermark's groundbreaking Prema Memory SupportSM program delivers outstanding care and innovative programming in an encouraging, residential environment.

Here, we honor the unique life experiences of each resident and incorporate every individual's **personal background, preferences, and needs** into the daily fabric of our program. We challenge traditional assumptions about what's possible and we always focus on what residents can do, never what they cannot.

Whether you or someone you love is experiencing mild cognitive impairment, Alzheimer's disease, or another form of dementia, we are here for you 24/7.



Nurturing Environment

Days are filled with the things you look forward to and enjoy.

Our Memory Care neighborhood is comfortable and familiar with feelings of home — the wonderful aromas of home-cooked meals, music, laughter, fresh flowers, natural light, and the loving companionship of friends and family.

Whether preparing meals together, tending the garden, listening to music, or simply enjoying life's daily pleasures, we fill each day with **favorite pastimes and enriching experiences** to create meaningful moments.



Dining for the Soul

Indulge in favorite foods with great friends.

A time to gather over the savory flavors of nutritious fare, shared meals are an opportunity to connect and engage. Robust menus include personal favorites and interesting new delights, as well as the treasured recipes from residents and their loved ones.

Gourmet Bites Cuisine enhances independence and restores the joys of dining for individuals with cognitive or physical challenges. Our expert culinary team transforms freshly prepared and high-quality menu items into delicious, bite-size portions to make meals more enjoyable and accessible.

Pantry Program provides residents with personal space to store favorite foods or personal mementos so items that provide comfort and joy are always close at hand.

Engaging Programming

A vibrant setting for connection and growth.

EXPRESSIVE ARTS

We use music, art, and movement to tap into all forms of creativity for an alternative form of communication beyond words.

PHYSICAL WELLNESS

From traditional fitness classes to innovative offerings such as *Chair Aerobics*, *Sit and Dance*, and *Tai Chi*, our physical fitness programs are tailored to each resident's abilities, preferences, and needs.



LIFE HISTORIES

By using past occupations, preferred hobbies, and treasured talents, we create opportunities for meaningful connections, plus a feeling of true accomplishment, purpose, and joy.

WATERMARK UNIVERSITY

Residents, associates, family members, and local experts share their interests to ensure we always have opportunities to learn, grow, and connect with each other in meaningful ways. We feature dozens of classes like *Brain Fitness*, *Conversational Spanish*, *Music and Movement*, *Mindfulness 101*, and *Whimsical Watercolors*.



Meet the Nayas

Empathy and expert care inspire confidence and deeper connections.

Specially trained caregivers known as *Nayas* **communicate through validation** to show understanding and support. From this thoughtful foundation, we cultivate a sense of well-being and connection.

We partner with the **National Council of Certified Dementia Practitioners** and train our Nayas to incorporate residents into the rhythms of daily living. Together, residents and Nayas engage in each moment as the days unfold, focusing on whatever evokes a sense of joy and purpose.



Extraordinary Outings

Enriching experiences make a difference.

Our group trips shatter the expectations of what's possible for residents in a senior living community.

Our residents, associates, families, and volunteers work together to plan **safe, adapted outings** to ensure our residents thrive and enjoy meaningful experiences.

Outings may include day trips to the beach, a wine tasting at Alamitos Vineyards, an afternoon at the Santana Row Farmers Market, excursions to art galleries and cultural attractions, a hot air balloon ride, or an overnight trip to San Francisco for world-class dining and an evening at the Opera House.

Discover a World of Well-Being

Innovative programs and a holistic approach to wellness create a more fulfilling lifestyle.

Enjoy wide-ranging enrichment opportunities to engage, explore, and rejuvenate in our vibrant community, where every detail is designed to enhance your sense of well-being and purpose. Discover hobbies that spark curiosity and fill you with the rich satisfaction of living well in a safe, supportive environment with the perfect blend of comfort and connection.

Because it's not just about where you live — it's about enjoying all the things that make life worth living.



TRY *your hand at cake decorating*

MAKE *some noise in drumming class*

WATCH *the sunrise while doing Tai Chi*

RELAX *with Mindful Meditation*

TAKE *on new shapes in Ceramics*

BLOSSOM *in sensory container gardening*

LOG MILES *in Walking Club*

DIP *a brush in Whimsical Watercolors*

WATCH *the first pitch on opening day*

SING *with friends at a casual courtyard concert*

EXPERIMENT *with treasured recipes*

CUDDLE *with canine companions*

EXPLORE *Niagara Falls in virtual reality*

INDULGE *your senses with a manicure*

APPRECIATE *today with daily reflections*