

# Discover the Watermark Difference



**PARKVIEW**  
IN FRISCO

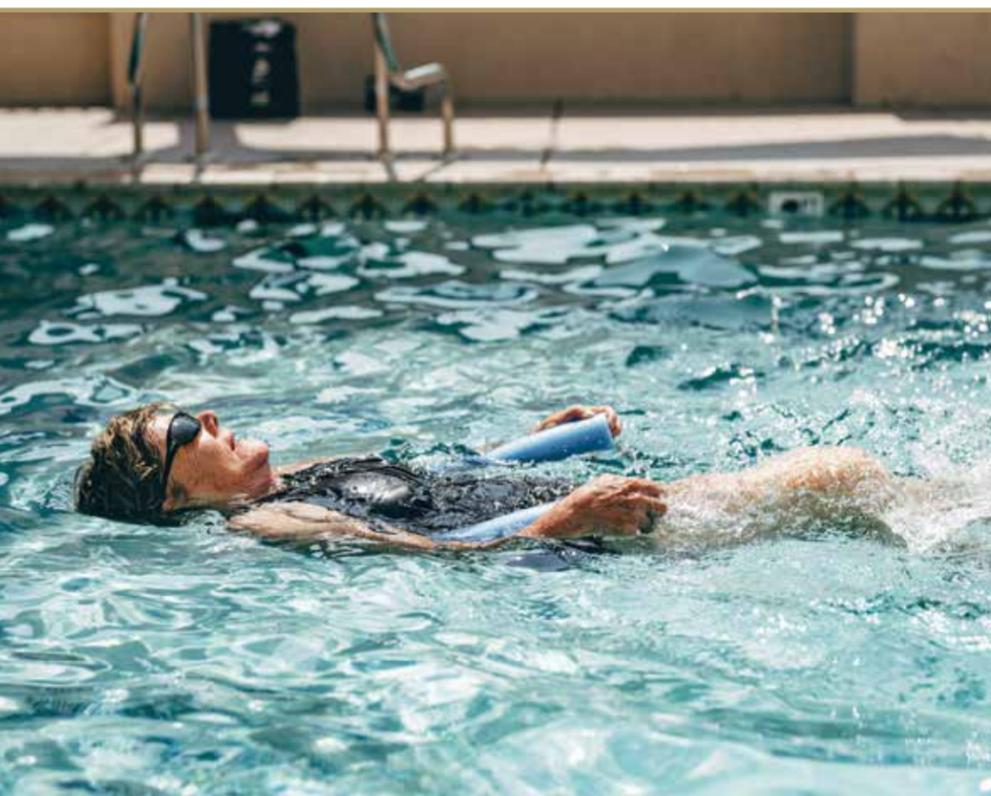
A WATERMARK RETIREMENT COMMUNITY®

**INDEPENDENT LIVING  
ASSISTED LIVING  
MEMORY CARE**

# REDEFINING SENIOR LIVING

More than 30 years of experience has taught us that today's seniors want more choices and a more active lifestyle, different than generations before. That's why we created a community with those two criteria at our foundation. Our community is based on a culture of choice with endless ways to engage and stay connected. From apartment choices, including one-bedroom and spacious two-bedroom suites, to delicious cuisine options, fun events and outings, engaging mind and body fitness classes and more, there are endless ways to connect, engage and thrive.

**WE'RE NOT WHAT YOU'D EXPECT,  
AND THAT'S A PROMISE.**



On-site Independent Living,  
Assisted Living and Memory Care

The Embers Restaurant

Full-service beauty salon  
and barber shop

Fitness Center with  
state-of-the-art equipment

Movie Theater

Library and business center  
featuring computers and  
internet access

Lush courtyards with calming  
fountain and rose garden

Resort-style swimming pool  
and spa

Attached and detached garages  
and covered parking

Pet-friendly

Storage units

# AN OPTION FOR EVERY APPETITE

Dining at Parkview in Frisco isn't what you'd expect from a retirement community. Here, a skilled chef prepares every meal, and friendly associates serve you with impeccable attention to detail. Dining at The Embers Restaurant is like visiting one of your favorite restaurants – but better. If one of our specials doesn't catch your eye, we offer a variety of steaks, seafood and chicken. Every selection is prepared to order, whether you prefer blackened, fried, pan-seared or grilled for a heart-healthy option. Also, if you or your loved one faces cognitive or neuromuscular challenges, explore our signature, Gourmet Bites dining program and enjoy your favorite foods without assistance, utensils or distractions.

**AT PARKVIEW IN FRISCO, CHOICE IS ALWAYS ON THE MENU.**



#### SAMPLE MENU:

Chef's Split Pea Soup

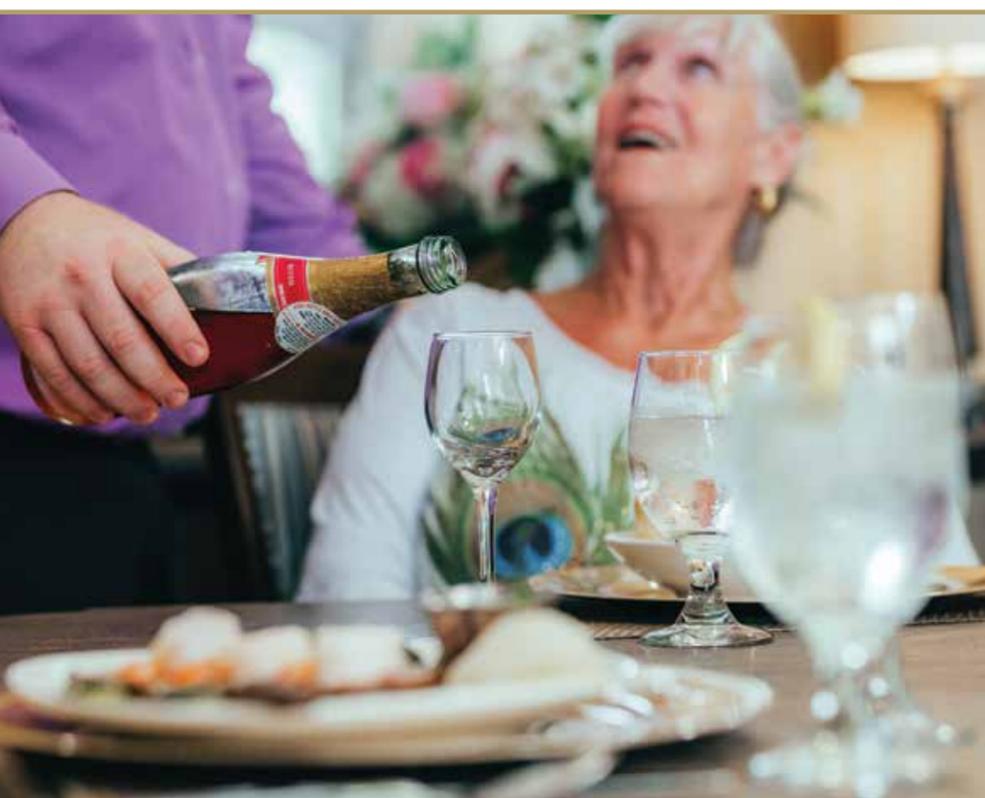
Buttermilk Chicken Caesar Salad

Pan-Seared Blackened Atlantic Salmon with Whipped Potatoes

Garlic Lemon Shrimp with Wild Rice Pilaf

Steak of the Day with Onion Strings

White and Dark Chocolate Bread Pudding



# PROGRAMS, OUTINGS AND WATERMARK UNIVERSITY CLASSES

There is always something happening at Parkview in Frisco. Cultural programs, interesting classes and Extraordinary Outings are simply a part of everyday life. Stimulating the mind and strengthening the body have enormous benefits at any age. That's why we created Watermark University. You'll have unlimited access to all our mind and body fitness classes, which are just steps from your door. Our class catalog is full of exciting options, including Tai Chi, Conversational French, Art from the Heart and dozens more, so you can learn (or teach) something new every day. These classes aren't just for residents. Call us to enroll in a class today!

**CREATE A LIFESTYLE THAT SUITS  
YOUR PREFERENCES.**



- Bible Study
- Gentlemen's Poker
- Water Aerobics
- Winstar Casino Outing
- Line Dancing
- Taste of the Holy Land
- Mystery Dinner
- Book Club



# INDEPENDENT LIVING AT THE TOWN CENTER

Trade the headaches of home maintenance, countless bills to pay and endless errands for the extraordinary lifestyle you deserve. Enjoy the fun side of life in a lively community filled with attentive associates who know more than just your name. We know your preferences, and we love exceeding your expectations. Our designer residences run the gamut from spacious one-bedroom apartments to luxurious two-bedroom suites with high-end finishes, such as granite countertops, crown molding and 9-foot ceilings. Join us to discover delightful people, a beautiful environment, fantastic cuisine and so much more. You can have it all in one simple monthly rental with no large entry fee requirements.

**WE TAKE CARE OF EVERYTHING SO  
YOU CAN THRIVE!**



Full, modern kitchens with granite countertops

Bathrooms featuring walk-in showers

9-foot ceilings with crown molding and ceiling fans

Spacious patios or balconies with every residence

Garages, carports and storage units available

Two restaurant-style meals included daily

Door-to-door trash pickup three times per week

Housekeeping and maintenance services

Scheduled transportation services

Utilities included

Dynamic calendar of programs and outings including Watermark University classes

Pet-friendly

Caring, trained associates available 24 hours per day

Move-in coordination service



# ASSISTED LIVING WITH A DIFFERENCE

When it comes to Assisted Living, we're not what you'd expect. Forget cramped, cookie-cutter apartments, stereotypical boring activities and care delivered on a rigid schedule. At Parkview in Frisco, customized care and choice are the order of the day. Residents can expect a space with tons of natural light, rich Texas-inspired designs, color schemes, high-end finishes and a variety of floor plans. Let the days unfold with a dynamic calendar of fun outings, exceptional meals with friends, interesting classes, clubs and personal pursuits. Count on us for top-notch care tailored to your needs on your schedule – not ours – so the care you want never interrupts the day's plans.

**OUR UNIQUE APPROACH INTEGRATES MIND  
AND BODY WELLNESS INTO DAILY LIFE.**



Three chef-prepared meals  
each day

Housekeeping, linen and  
laundry services

Dynamic calendar of  
programs and outings including  
Watermark University classes

Caring, trained associates  
available 24 hours per day

Scheduled transportation service

Maintenance services for  
residence and built-in appliances

Utilities included

Wellness programs

Personal resident call system



# A NEW KIND OF MEMORY CARE

At Parkview in Frisco, we've borrowed from the traditions of multigenerational households and local bed and breakfasts to create a place where everyone feels at home. Suites are comfortable, filled with bright colors, soft natural light and high-end finishes. Common areas, such as living rooms, patios, libraries and kitchens, are always just a few steps away. Meals are cooked right in the kitchen, and anyone can roll up their sleeves to help prepare the meal. Following traditional practices, this community revolves around the kitchen table, where food and conversations build strong, positive connections.

## WE CHALLENGE TRADITIONAL ASSUMPTIONS ABOUT WHAT'S POSSIBLE.



24-hour care from specially trained memory care experts with certification through the National Council of Certified Dementia Practitioners (NCCDP)

Three nutritious family-style meals where families and friends are welcome

Pantry Program for each resident's favorite foods

Healthy snacks available all day, every day

Structured and spontaneous programs specifically tailored to each individual

Extraordinary Outings that you would never expect in a Memory Care community

Residential environment decorated with family photographs, keepsakes and personal histories

Beautiful outdoor patios

Private and semiprivate suites

Housekeeping, linen and laundry services

Maintenance services

## MEET THE NAYAS

The word *Naya* comes from the ancient language of Classical Sanskrit and is based on being engaged in the present moment. A *Naya* is a guide, person of wisdom, conductor and leader. These terms truly define our caregivers. In perfect alignment with our universal care model, being mindfully engaged in each moment cultivates a sense of well-being, spontaneity and creativity.

In traditional senior-living models, care is divided between several associates who interact with a resident only within their particular area of limited duties. This not only results in reduced continuity; it prevents associates from seeing the big picture of each resident's well-being. Because our *Nayas* spend the day with residents, they notice the early signs of concern that might otherwise go unseen. *Nayas* know if residents have a good appetite, how well they slept and when they last exercised or participated in a new program. They can observe how individuals react to a change in type or dosage of medicine or a new therapy. Understanding our residents at this familiar level allows them to live a healthier, happier, more connected lifestyle.



Watermark creates extraordinary 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. A privately held company with a reputation for more than 30 years for service, innovation, integrity and financial stability, Watermark manages more than 65 retirement communities coast to coast. Based in Tucson, Arizona, Watermark is ranked as the nation's ninth-leading senior housing operator by the American Seniors Housing Association.

**VISIT [WATERMARKCOMMUNITIES.COM](http://WATERMARKCOMMUNITIES.COM) FOR MORE INFORMATION.**





 **PARKVIEW**  
IN FRISCO  
A WATERMARK RETIREMENT COMMUNITY®

7450 Stonebrook Parkway  
Frisco, TX 75034

**972-377-6744**

[parkview.watermarkcommunities.com](http://parkview.watermarkcommunities.com)