



SONRISA  
SENIOR LIVING

*experience extraordinary*  
SENIOR LIVING

INDEPENDENT LIVING  
ASSISTED LIVING & MEMORY CARE







## *senior living* REDEFINED

Explore resort-style living  
in the heart of Roseville.

Discover a modern, sophisticated campus designed around what matters to you at Sonrisa Senior Living in northern California's Placer County. Here, an elevated lifestyle awaits featuring a host of upscale amenities, including concierge services, signature dining venues, a spa and salon, engaging wellness and educational offerings, and personalized care for Independent Living, Assisted Living, and Memory Care.

Watermark Retirement Communities® has been reimagining the concept of senior living for more than 30 years, maintaining its passion and commitment to creating extraordinary and innovative communities where people thrive. Sonrisa Senior Living is a true manifestation of that commitment.

Watermark communities nationwide are known for a curated culture with hospitality-trained, caring associates and a lifestyle built on innovation.



## *modern, upscale* RESIDENCES

Contemporary meets comfort  
in a celebrated setting.

Experience a carefree and independent lifestyle where the possibilities for enjoyment are truly endless at Sonrisa Senior Living. Our residences feature contemporary, open floor plans, allowing for easy movement from room to room. Large windows welcome the spectacular California sunshine while neutral tones and bright touches combine to provide a tranquil atmosphere.

Thoughtfully designed residences are available in a range of sizes and configurations: spacious studios and one- and two-bedroom residences showcase high ceilings and bright finishes. Feeling more like a relaxing oasis, each residence offers modern kitchens or kitchenettes, stainless steel appliances, and granite countertops.



*the good life begins here*





## *elevated amenities* & **INSPIRED EXPERIENCES**

Spaces to discover,  
connect, and explore.

With expansive shared areas specially crafted for engagement and enjoyment, there's always something new to explore at Sonrisa Senior Living. Open indoor and outdoor areas provide countless opportunities to reflect in solitude or share conversations with new friends.

Our vibrant campus features a full suite of amenities and offerings that appeal to individual interests and pursuits. Spend a relaxing day at our salon and spa, or engage in a friendly game of bocce or pickleball under the warm California sun. In this inspiring setting, choice and freedom empower you to focus on living the life you love.



Flexibility to pursue  
your passions.

Experience a carefree lifestyle without homeownership hassles at Sonrisa Senior Living. From housekeeping and dining to transportation to appointments, leave it all to us. Sonrisa is the place where you can thrive in a welcoming and enriching campus.

### Special places and shared spaces.

Four signature  
dining restaurants

Salon and spa

Exclusive dog park and spa

State-of-the-art movie theater  
and media room

Fitness center featuring modern  
equipment, access to personal  
training, and space for yoga,  
Pilates, and other pursuits

Various programming  
spaces, including art studio

Putting green

Bocce ball court

Pickleball court

Horseshoe court

Outdoor courtyard,  
garden, fire pits,  
and pool





## CULINARY *experiences to savor*

Delight in tasteful pursuits that nourish the body and soul.

From gourmet dining to light bistro fare, meals at Sonrisa Senior Living provide a variety of choices and experiences. Here, you'll find exquisite culinary journeys in each of our four signature restaurants.

Take time to enjoy dinner in the elegant ambience of our restaurant-style dining room and stop by the Lobby Lounge & Bar for a cold beer, glass of wine, appetizers, and good times with friends. If you're in the mood for alfresco dining, head to the Bistro Café to savor a light lunch or coffee and pastry and soak up the spirited atmosphere of our beautiful campus.

Room service and private community spaces are available for special occasions with friends and family, and dedicated restaurants for Assisted Living and Memory Care ensure that everyone delights in our chefs' delectable creations.



*vibrance and*  
**VITALITY**

The path to wellness and enrichment begins here.



Watermark University features dozens of enriching activities and programs on topics including art workshops, music courses, yoga, mindful meditation, and more. Residents and associates are encouraged to become instructors themselves.

Sonrisa Senior Living is devoted to well-being in all its forms. Our signature 360Well® program follows a holistic approach rooted in the four key “circles” of wellness – mind, body, spirit, and community – and the notion that while each serves an important role on its own, they are also interconnected: strengthening one dimension enables us to strengthen the others.



It’s no secret that our physical wellness plays a key role in overall happiness.

The fitness programs at Sonrisa Senior Living are tailored to each resident’s abilities and preferences, ensuring all personal needs are being met. The yoga and movement studio provides a relaxing setting to find your balance while the fitness center provides full access to state-of-the-art equipment and personal training sessions. There are also plenty of opportunities to connect with nature during outdoor activities.

Mental and emotional well-being play key roles in the ability of any individual to thrive, and our holistic approach includes a variety of offerings that enrich the mind. From an award-winning Watermark University course to a fun excursion through our Extraordinary Outings program, countless opportunities to grow and explore await.

Self-care is of the utmost importance at our on-site salon and spa. Our signature menu of massages and treatments are both relaxing and rejuvenating, while salon manicures, pedicures, haircuts, and color services help everyone feel and look their best.





## *culture and* **COMMUNITY**

Explore and expand your horizons in Roseville.

Located in the heart of Placer County, Roseville is considered a hidden gem for its quaint suburban lifestyle and close proximity to urban leisure. Once a major hub for railroads traveling throughout Northern California during the Gold Rush, Roseville is now the most populous city in the county and features a diverse cultural and political landscape. There's always something new to discover with upscale shopping, trendy restaurants, vibrant art galleries, and more all nearby.

For a more adventurous retreat, the city of Sacramento is a short drive away from our campus and is home to stunning local landmarks, including the California State Capitol, Crocker Art Museum, and Tower Bridge. It boasts plenty of enticing shops, delectable cuisine, cultural galleries, and art festivals that are sure to pique all interests. You'll also find outdoor areas to relax and rejuvenate, including green spaces, trails, and golf courses.



## *services and* **AMENITIES**

Live the life you want.  
We'll manage the details.

Our full suite of services and amenities enable residents to create an engaging lifestyle filled with leisure and enjoyment. And concierge service makes everything at Sonrisa Senior Living, from dining to transportation, incredibly easy to access.

24-hour concierge for assistance with reservations for restaurants, events, programs, and more

Four signature restaurants, in-residence dining, and catering

Full-service salon and spa

Fitness center

Yoga and movement studio

Art studio

Outdoor courtyard and garden with raised garden beds

On-site interior storage

Preventive health screenings and education programs

Technology concierge

Transportation services

Housekeeping and laundry services

Complete apartment, building, and grounds maintenance services

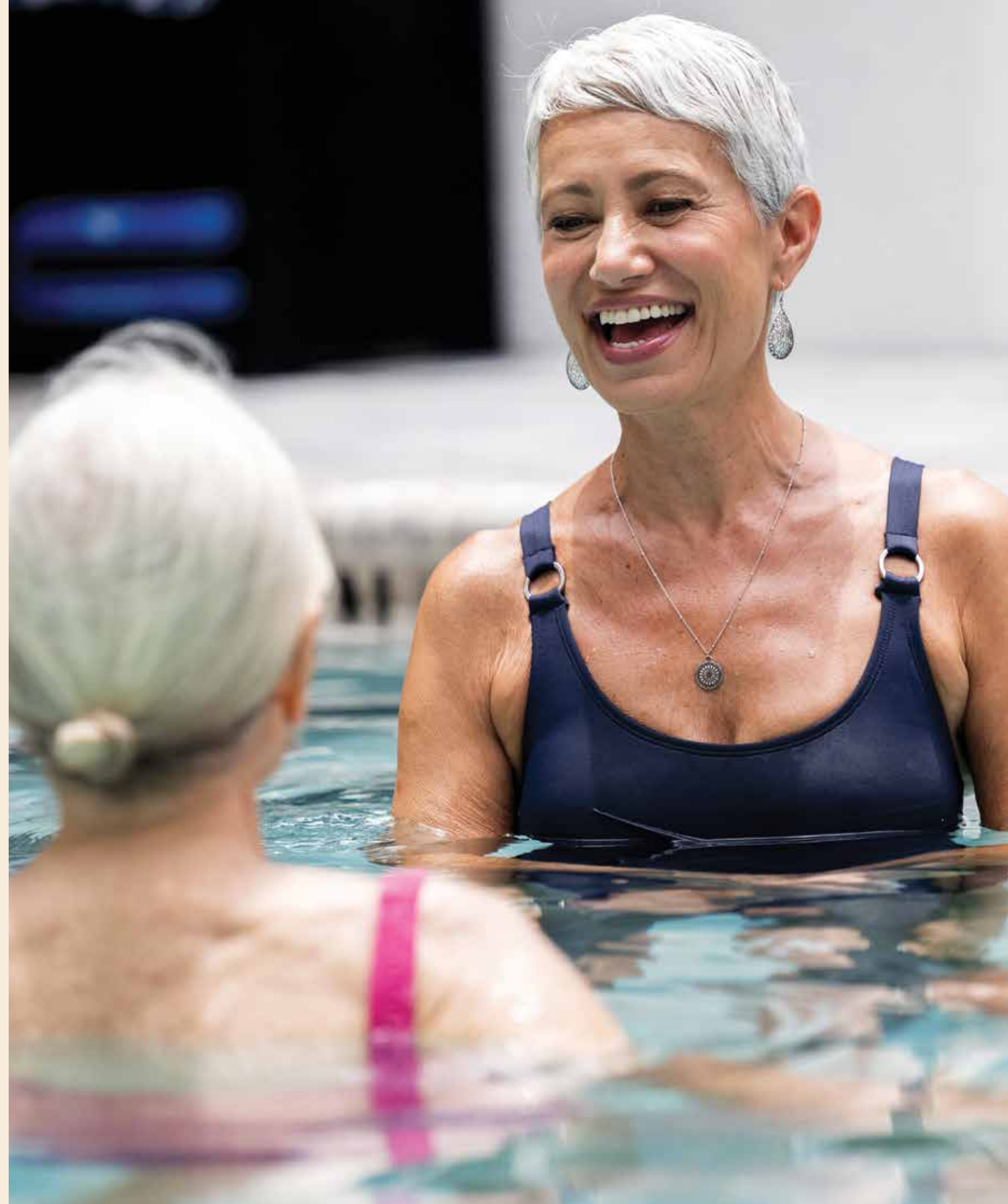
Administrative services including messages, packages, faxes, and copies

Move-in coordination service

Resident call response system

Accommodations for short-term stays

14 electric vehicle charging stations





*nurturing care*  
**INSPIRED LIVING**

The perfect blend of independence and personalized support,  
with peace of mind for the entire family.



**Assisted Living** at Sonrisa Senior Living offers wellness and educational offerings, numerous opportunities for connection, and thoughtful, expert care. It's a place for wellness, discovery, and enjoyment – with personalized care from people who know and understand you.

Enjoy full access to our grand suite of amenities, including everything from exciting programs and memorable outings to fitness classes and rejuvenating spa treatments. Discover new interests and reconnect with previous passions in this intimate setting.



**Prema Memory Support<sup>SM</sup>**

Watermark Memory Care associates are called *Nayas*, which means “guide” or “person of wisdom” in ancient Sanskrit. Nayas are specially trained in the latest methods for supporting people with Alzheimer’s disease and dementia. Watermark’s training is recognized by the Alzheimer’s Association, and Nayas also have access to additional training and certification through the National Council for Certified Dementia Practitioners.

This specialized, proficient training paired with an innate understanding of our Prema Memory Support program allows for deeper connections within a loving, nurturing environment.



## Watermark Retirement Communities

Watermark creates extraordinary and innovative communities where people thrive.

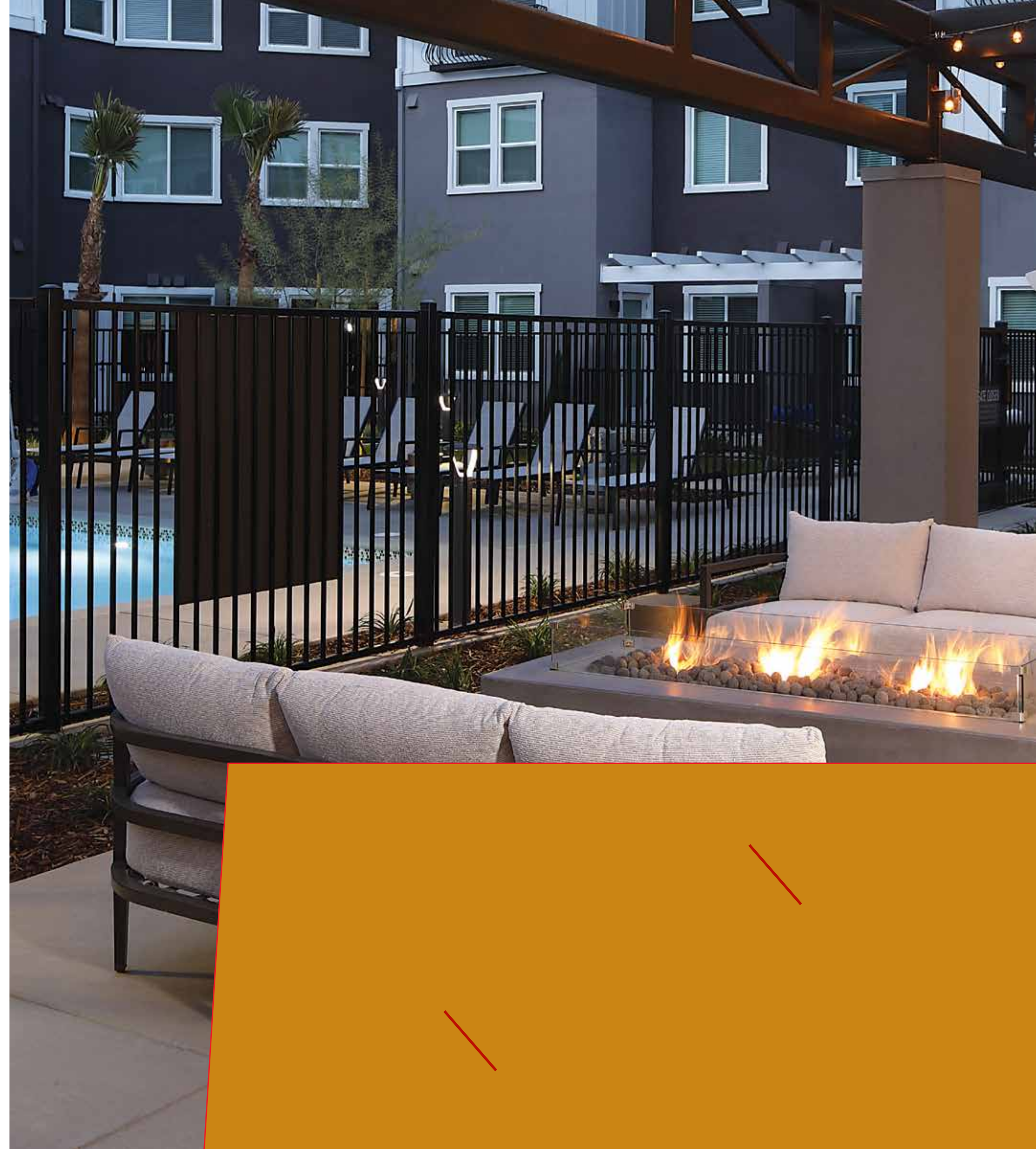
We believe aging is about renewal rather than retirement. Watermark communities are known for highly trained and caring associates, a lifestyle built on choice, fine amenities, integrative wellness, and innovative programs including the award-winning Watermark University featuring a wide variety of engaging 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 with a reputation for more than 30 years for service, innovation, integrity and financial stability, and manages more than 60 retirement communities in 21 states.

Visit [watermarkcommunities.com](https://www.watermarkcommunities.com) for more information.

Watermark respects, honors, and celebrates diversity in all forms and has embarked on a partnership with SAGE, the nation's oldest and largest nonprofit organization that not only brings awareness to the issues surrounding LGBTQ+ aging, but also provides the resources necessary to improve the lives of LGBTQ+ seniors.

As the first nationwide senior living company to conduct SAGE platinum certifications, Watermark is committed to achieving complete SAGE training for at least 80 percent of associates coast to coast. Empowered by greater knowledge, empathy, and understanding, Watermark communities will be even more poised to serve our diverse communities, associates, families, friends, and guests.







# SONRISA

SENIOR LIVING

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[SonrisaSeniorLiving.com](http://SonrisaSeniorLiving.com)

