



THE WATERMARK
AT 3030 PARK

INDEPENDENT LIVING • ASSISTED LIVING
MEMORY CARE • REHABILITATION & SKILLED NURSING

UNRETIREMENT LIVING



More than 30 years of experience have taught us that today's seniors want more choices and are leading a more active lifestyle than generations before. That's why we created a community filled with an abundance of choices, including outstanding dining venues and chef-prepared cuisine, a fitness center and heated indoor pool, engaging Watermark University mind and body fitness classes, Indulge – A Spa and Salon and endless opportunities to thrive. We could go on and on.

We've redefined senior health care with our state-of-the-art Health Center, featuring private Assisted Living, Memory Care and Skilled Nursing suites designed with the human spirit in mind. We have a fundamental belief that people flourish when given control and choice, so we're challenging every assumption that influences the delivery of personalized care in our community. That means the people, the programs and the surroundings.

IT'S NOT WHAT YOU'D EXPECT, AND THAT'S THE WHOLE POINT.



Creative art and woodworking studios
Billiards parlor and game room
Walking trails
Personal gardening areas
Library
Computer center
Art gallery with rotating exhibits
People's United Bank
Covered parking and valet service
Auditorium and theater
Guest suites

AN OPTION FOR EVERY APPETITE

Variety is the spice of life, and with our chefs at the helm, you can rest assured that choice is always on the menu. If you're in the mood for fine dining, relax and be served at The Mark, where you'll find elegant cuisine from lamb chops to steaks prepared to order. If you feel like lunch on the go, visit the Gallery Café for a handmade panini or a gourmet coffee and a scone. Our Gourmet Bites Cuisine signature program is restoring the joys of dining for individuals with cognitive, physical or neuromuscular challenges, so they can enjoy their favorite foods without assistance, utensils or distractions. If you love to cook, why not have a few friendly neighbors over to share your favorite dish? At The Watermark, the choice is yours.



Gallery Café

The Mark

The W Lounge

TODAY'S SELECTIONS:

Grilled Shrimp and Vegetable Salad

Herb Rubbed Oven-Roasted Pork Loin
with Wasabi Mashed Potatoes

Four Cheese Ravioli in a
Plum Tomato Sauce

Stuffed Breast of Chicken Velouté
with Lyonnaise Potatoes

Scallops Provencal with
Confetti Couscous

Mocha Ganache Torte

Bread Pudding with Bourbon Sauce



THE CLUB

The Club is an innovative \$2 million, 20,000-square-foot senior wellness center with everything you need to stay fit and have fun. We are proud to shatter expectations of what retirement living can be by going above and beyond with our innovative programming and community spaces.

At **Renew Wellness Center**, friendly experts make recommendations across the entire wellness spectrum from goal setting to nutrition and exercise.

True vitality is about how you feel and living younger. That's the idea behind **Vitality Fitness Center**, which offers all the latest exercise technology designed with seniors in mind, along with experts who can get you started or help you continue on your wellness path.

Meet with friends, surf the internet or browse your favorite newspaper with a gourmet coffee and a scone at the **Gallery Café**.

Escape for an hour, an afternoon or an entire day of decadence at **Indulge – A Spa and Salon**.



- Gallery Café
- Indulge – A Spa and Salon
- Wellness chats
- Yoga and Tai Chi
- Heated indoor pool
- Personal trainer
- Fitness center
- Healthy and casual lunch
- Cappuccino with friends

WATERMARK UNIVERSITY

Stimulating the mind and strengthening the body has enormous benefits at any age. That's why we created Watermark University. You'll love having unlimited access to all our mind and body fitness classes just steps from your door. With fun options from *Yoga* and *Creative Cuisine* to *The Artist Within*, *Armchair Travelers*, *Wine Travels* and dozens more, you can learn (or teach) something new every day. These classes aren't just for residents. Call for your copy of our current class catalog, and sign up for a class or two today.



Art History

Pilates

Splash Fitness

Foreign Affairs

World Exploration

Culinary 101

Music Appreciation

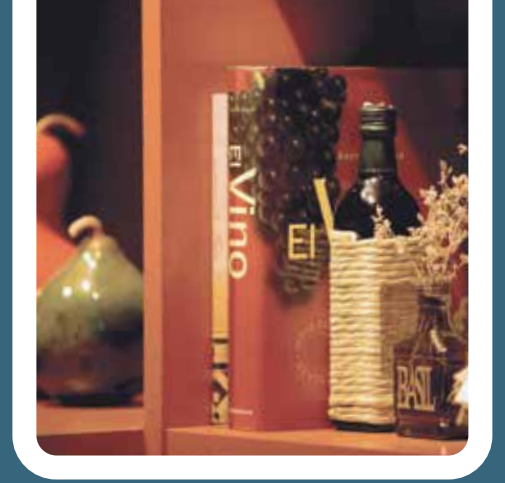
Tai Chi

Photography

Computers 101

Quilting

TOWN CENTER LIVING



At The Watermark, we've created a culture built on choice. The first (and maybe the most fun) is selecting the luxury apartment that's perfect for you. From spacious one-bedroom residences to penthouse suites and everything in between, you'll find a space that's just right to call your own. And if you need a little help here and there, **Watermark at Home** delivers enhanced services right to your door. For those who thrive on quality care, personalized service and choice, we offer **2 North**. Located right near our art gallery, our Enhanced Living neighborhood accommodates up to 10 residents who live confidently pursuing their own passions knowing that an associate is always standing by to assist, day and night. Enjoy comfortable, personalized living with an added touch.

With so many options from which to choose and professionals ready to help you customize your apartment, you're sure to have a ball expressing your style. Please inquire for current rates and availability. We're happy to show you a variety of apartments matching your preferences for location, view, size and price. Residences at The Watermark are nearly as varied as the residents themselves.



Oversized windows

Modern kitchens with solid surface countertops

Stylish window treatments

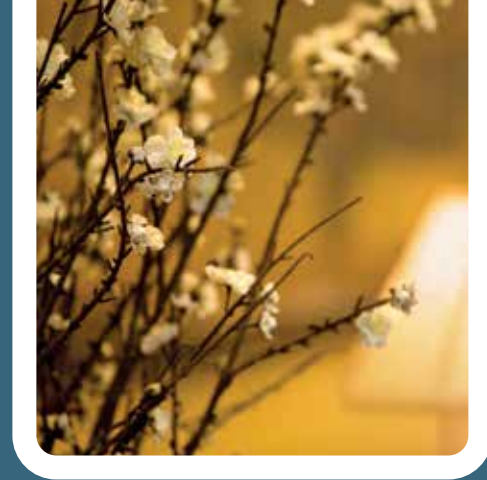
Single and double balconies, some with views of The Sound

Safety features from smoke detectors and sprinkler systems to personal wireless emergency call systems

Washers and dryers in select residences

THE COTTAGES

Limited availability, unlimited access. That describes The Cottages to a T. Welcome to more than 2,000 square feet of customized luxury. The Cottages lifestyle means having full access to all the benefits, services and amenities The Watermark has to offer in your own private residence. If you have an eye for style and a desire for plenty of elbow room, come explore The Cottages. You might not believe what you see.



Large great room with vaulted ceiling

Gas fireplace with marble and stone surround

Spacious open-design kitchen

Breakfast nook

Covered patio

French doors

Master bedroom with vaulted tray ceiling and walk-in closet

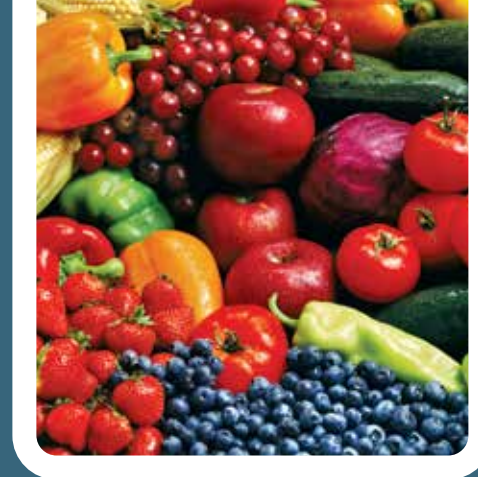
Master bath with double vanity and heated floor

Second bedroom and full guest bath

Single car garage with storage space

Washer and dryer

REDEFINING SENIOR HEALTH CARE



At The Watermark at 3030 Park, we believe people flourish when given control and choice. That's why our state-of-the-art Health Center features private **Assisted Living, Memory Care,** and **Rehabilitation and Skilled Nursing** suites all designed with the human spirit in mind. We serve delicious meals cooked to order in a display kitchen by a talented chef in whites. We deliver top-notch customized care on our residents' schedules – not ours – 24 hours a day. Our certified, specially trained *Naya* caregivers are skilled at connecting with residents and focusing on what each individual can do, and they guide individuals from one meaningful moment to the next, cultivating a sense of well-being, community, spontaneity and creativity. You won't find call bells, intercoms, fluorescent lights, linoleum tile, nurse's stations or associates in scrubs pushing medication carts. Let's put it this way – if you wouldn't want it in your home, you won't find it here.

- Three prepared-to-order meals daily
- Registered dietitian oversight
- Beautiful, expansive views
- Spacious private apartments with private bathrooms
- Health care management and monitoring
- Wireless personal call system
- On-site social services director providing counseling and referral services
- Diverse wellness program including classes and therapy in our heated indoor pool
- Scheduled transportation service
- All utilities including telephone and basic cable television
- 24-hour maintenance services

WE'RE IN THE HEART OF IT ALL

When you live at The Watermark at 3030 Park, you really are in the heart of it all. Brooklawn, Black Rock, Mohegan Sun ... We're close to everything, with views of The Sound to boot. Enjoy the best of both worlds with easy access to city conveniences and culture. You'll love being right on the Fairfield line surrounded by beautiful old elms, maple trees and nearby golf courses. From our spot on Park Avenue, it's only 10 minutes in either direction to the Connecticut Turnpike or the Merritt Parkway. Take a train to Manhattan and arrive before you even finish reading *The New York Times*. Of course, with all we offer under our roof, you'll feel quite content staying right here at home among friends. Whenever you want to take in all the area has to offer, just leave the driving to us. Enjoy the best in arts, shore points, shopping, sporting events, or hop on the ferry for an easy jaunt over to Port Jefferson. The choices are endless, and they're all yours.



ARTS AND ENTERTAINMENT

- 3 Quick Center for the Arts
- 4 Showcase Cinemas
- 10 Barnum Museum
- 11 Bijou Theatre
- 12 Polka Dot Playhouse
- 16 Discovery Museum and Planetarium
- 18 Edgerton Center for Performing Arts
- 20 Bow Tie Cinemas



SPORTING FACILITIES

- 7 Webster Bank Arena
- 9 Bluefish Stadium
- 17 Fairchild Wheeler Golf Course



BEACH AND PARKS

- 5 Captain's Cove Seaport
- 6 Seaside Park Beach



TRANSPORTATION

- 1 Fairfield Metro Station
- 8 Bridgeport & Port Jefferson Ferry
- 13 Bridgeport Amtrak Station



SHOPPING

- 21 Westfield Mall Trumbull



MEDICAL

- 2 St. Vincent's Medical Center
- 14 Bridgeport Hospital



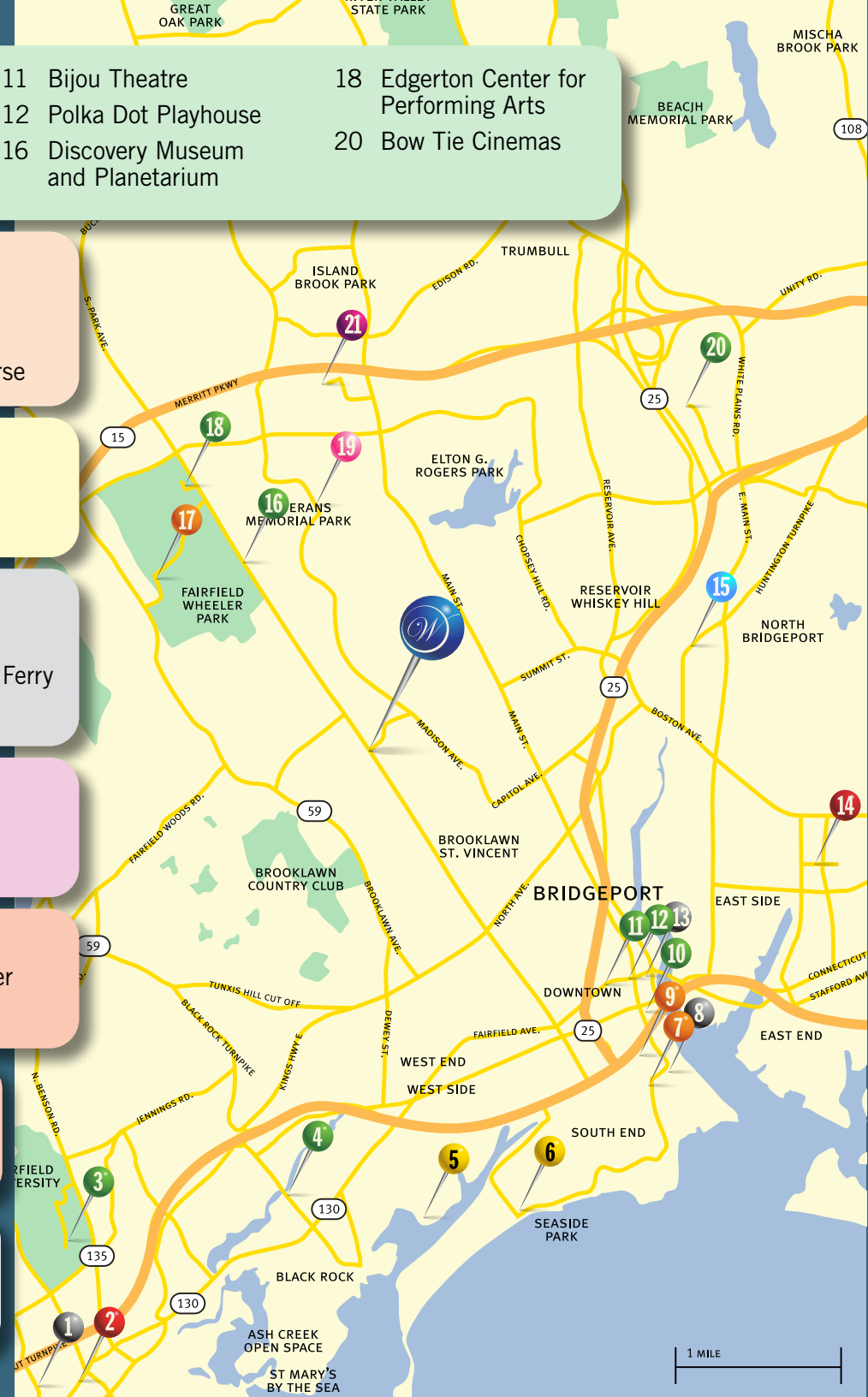
LEARNING

- 19 North Branch Library



ZOO

- 15 Beardsley Zoo



At Watermark Retirement Communities, we're committed to creating extraordinary and innovative communities where people thrive. Watermark communities are known for highly trained associates, a lifestyle built on choice and innovative signature programs, including our award-winning Watermark University featuring a wide variety of engaging classes and programs for residents and locals, alike. A privately held company with a reputation for service, innovation, integrity and financial stability, Watermark manages more than 50 retirement communities nationwide and was recognized by Fortune Magazine as a Great Place to Work. Learn more about the Watermark difference at watermarkcommunities.com.





 THE WATERMARK
AT 3030 PARK

3030 Park Avenue
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watermarkcommunities.com

In the center of it all, located on Park Avenue
on the Bridgeport/Fairfield border.



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