

# Experience Extraordinary Senior Living



 **THE WATERMARK**  
AT EAST HILL

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

# UNRETIREMENT LIVING

For today's modern seniors, it's all about flexibility and choice. That's why we've put more than 30 years of experience into creating a vibrant community filled with options to support your active and dynamic lifestyle. Here at The Watermark at East Hill, you'll enjoy a close-knit community with endless opportunities to thrive as you share life's day-to-day joys with friends and neighbors.

But don't take our word for it. Come for a visit to see for yourself.

**LIVE UNWORRIED, UNTROUBLED AND UNRETIRED.**



Lounge with fireplace

Library

Computer center

Fitness center with heated indoor pool

Creative arts studio

Auditorium and theater

Billiards room

Salon and day spa

Local bank branch

Golf membership to Heritage Village Country Club

Scenic nature trails

Gazebo overlook

Outdoor sports center featuring a putting green, bocce ball, shuffleboard and croquet

Assigned parking and enclosed garages



# FINANCIAL OPTIONS TO FIT YOUR NEEDS

Living the good life is more affordable than you may think. At The Watermark at East Hill, we offer two distinct financial plans that put our resort-style community well within reach. With Life Care, you'll enjoy unlimited access to on-site health care for one predictable monthly rate. Or, to live independently for less, choose our fee-for-service plan with priority access to future on-site health care at prevailing market rates.

With flexible choices like these, you can eliminate your worries about tomorrow, once and for all. It's as easy as choosing the plan that's right for you and putting your best future forward.

## LIVE WELL AND THRIVE WITH FINANCIAL FREEDOM.



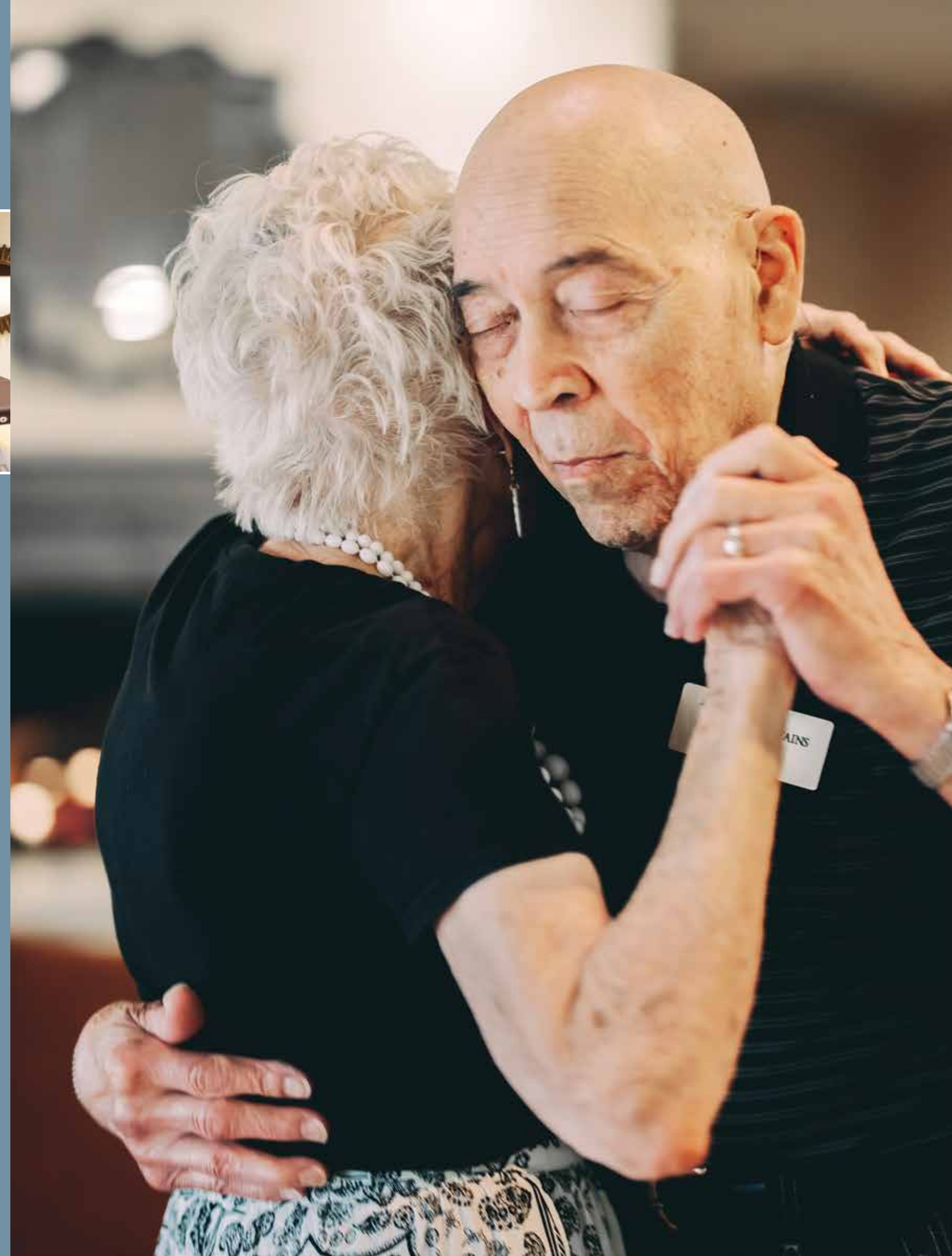
Predictable monthly rates

Guaranteed health care for life

Priority access to  
Assisted Living, Memory Care  
and Skilled Nursing

The best value in Connecticut

Experienced associates who  
know you and your preferences



# SAVORING THE GOOD LIFE

Deliciousness is always on the menu at The Watermark at East Hill – and each of our four unique dining venues are sure to delight your palate with an incredible selection of healthy, tasty fare. Indulge your senses with a fine dining experience, share a cocktail with friends or grab a quick bite on your way out the door. When inspiration calls, express your culinary creativity in the comfort of your own modern kitchen or let the chef cater your next big event while you kick back and relax.

**WHEREVER YOUR DAY LEADS,  
DELICIOUS FLAVOR WILL FOLLOW.**



Enjoy a continental breakfast plus your choice of lunch or dinner at The W Room, The W Lounge, Gallery Café or The Mark.

From lamb chops to steaks all cooked to perfection, elegant dining awaits at **The W Room**.

Grab a burger and catch the big game or enjoy happy hour with friends at **The W Lounge** sports pub.

Filet mignon, lobster tail and all your favorites hit the spot at **The Mark**.

Relax at the **Gallery Café** with freshly made pastries, soups, salads, wraps, paninis and pizzas made to order – or take them to go.

**Gourmet Bites Cuisine** brings joy back to the table so individuals with cognitive, neuromuscular or physical challenges can enjoy their favorite foods without assistance, utensils or distractions.



# THE CLUB FOR WELL-BEING

An innovative wellness center with everything you need to stay fit and enjoy vibrant health, The Club is unlike anything you'd expect from a senior living community – and that's the whole point.

At Renew Wellness Center, our knowledgeable experts can help you achieve your objectives across the entire wellness spectrum, from goal setting to nutrition and exercise.

To help you feel strong and live younger, Vitality Fitness Center offers the latest exercise technology, all designed with seniors in mind, along with fitness professionals who can get you started or help you continue on your wellness path.

No wellness routine is complete without self-care at the spa, so when it's time to escape for an hour, an afternoon or an entire day, you'll find it all at Indulge – A Spa and Salon.

**EMBRACE YOUR VITALITY AND CELEBRATE WELL-BEING.**



Indulge – A Spa and Salon

Wellness Chats

Yoga and Tai Chi

Golf membership to  
Heritage Village Country Club

Heated indoor saltwater pool

Fitness center

Personal trainer

Wellness checkups

# WATERMARK UNIVERSITY

Maintain your mind and body fitness while meeting new people who share your interests. With Watermark University, you'll enjoy unlimited access to more than 90 classes all available just steps away from your own front door.

From studies in music, art and history to engaging cultural programs and more, Watermark University gives you an incredible opportunity to pursue your passions and develop new interests, both as a student and a teacher. Explore a copy of our current class catalog or tell us what new course you'd like to lead. Together, we can all grow, connect and learn.

**ENGAGE WITH FRIENDS AND NEIGHBORS  
AND EXPAND YOUR HORIZONS.**



Writer's Circle  
Travelogues  
Tai Chi  
Water Aerobics  
Poetry  
Conversational French  
Chocolate Creations  
Balancing Act  
Pilates  
Computers and Technology  
Classical Music Series



# INDEPENDENT LIVING

The culture at The Watermark at East Hill is built on choice and it begins with selecting the perfect luxury apartment. With a wide array of spacious one-bedroom apartments and two-bedroom suites, you'll find a home to call your own. Our professionals are ready to help you customize it precisely to your own specific taste, and if you ever need a little help, we can deliver all the assistance you want right to your door.

Please inquire for current rates and availability and we'll be happy to show you a variety of apartments matching your preferences for location, view, size and price. Here, you're sure to discover exactly what you're looking for.

**FIND YOURSELF AT HOME IN OUR DYNAMIC, WELCOMING COMMUNITY.**



Full, modern kitchens with GE appliances

Premium countertops

Cooktop/oven combination

Wall-to-wall carpet, wood laminate flooring and ceramic tile

Newly renovated bathrooms with granite countertops and walk-in, tiled showers

Personal resident call system

Utilities and basic cable included

Weekly flat linen and biweekly housekeeping

Move-in coordination



# A NEW KIND OF MEMORY CARE

Bringing the best of comfortable, communal living together with outstanding care, The Villa is designed to emulate a family-centered, multigenerational household that seamlessly integrates personal guidance and health care support. *Nayas*, who are guides, persons of wisdom, conductors and leaders, work side by side with residents to stay engaged in the present moment and imbue each day with purpose and joy.

As in all homes, the kitchen is the heart of The Villa, a place where residents, *Nayas*, friends and family members all come together to prepare the next meal, share stories and enjoy each other's company. Each resident enjoys a private suite just steps away from this emotional center of the home, providing a perfect personal retreat for reflection and rest.

Life at The Villa is also full of exploration and growth, with classes, events and outings to local museums, theaters and galleries. The result is balance, joy and wellness in a truly residential environment.

**WE CHANGE WHAT'S POSSIBLE – EVERY DAY.**



Intimate household with only 14 residents

Revolutionary approach to Memory Care featuring *Nayas* – a new kind of caregiver

24-hour staffing with specially trained Memory Care associates

Patio with butterfly garden

Private suites

Three nutritious meals per day

Healthy snacks 24 hours per day

On-site social services director providing counseling and referral services





# REDEFINING SENIOR HEALTH CARE

Our fundamental belief is that people flourish when given personal freedom and choice. That's why we've redefined senior health care at The Watermark at East Hill with outstanding Assisted Living, state-of-the-art Memory Care and top-notch Rehabilitation and Medicare-certified Skilled Nursing.

What we offer might surprise you. Here, you'll discover delicious meals cooked to order by a talented chef, an inviting environment and customized care on your schedule – not ours. At The Watermark at East Hill, our community is built on choice and all the choices are yours.

**WELCOME HOME TO EXTRAORDINARY  
SENIOR LIVING.**



Daily housekeeping

Registered dietitian oversight

Service plans customized  
to your needs

On-site social services director  
providing counseling and  
referral services

Diverse wellness programs  
including classes and therapies  
in our heated indoor pool

Scheduled transportation

Luxurious semiprivate suites

On-site physical, occupational  
and speech therapy

Health care management  
and monitoring  
with physician oversight



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.**





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