



Thrive Memory Care at The Watermark at Houston Heights

A UNIQUELY FULFILLING LIFESTYLE

In Houston, there's a Memory Care experience unlike any other. A place where residents lead rewarding, enriching lives filled with engaging activities. A setting where the expert care always includes empathy. A true community where luxury and wellness come together.

This is Thrive Memory Care at The Watermark at Houston Heights—where the possibilities for residents are truly endless.

CONTEMPORARY, COMFORTABLE RESIDENCES

With 21 private and semi-private suites in our Memory Care neighborhood, these residences are designed to be both refined and familiar, providing the luxuries of a boutique hotel with the comfort of home.

THOUGHTFUL, CUSTOM CARE

The experience begins with our “Nayas,” who are named after the ancient Sanskrit word for “guide” or “person of wisdom.” With a profound understanding of our Thrive Memory Care approach, our Nayas create deep connections with each resident to provide a deeper, more customized level of care within a loving, nurturing environment.

Elevated in every way.

Upscale amenities and enriching experiences are bountiful at The Watermark at Houston Heights, allowing residents to thrive. For our Memory Care residents, we have additional specialized programs and services to ensure they feel right at home.



THRIVE MEMORY CARE PROGRAMS

Gourmet Bites Cuisine

Our signature Gourmet Bites Cuisine provides residents the independence to enjoy nutritious and favorite foods by transforming traditional menu items into visually pleasing, easily handled bite-size portions.

Personal Pantry

The Pantry Program provides residents with personal space to store favorite snack items such as tea and scones, cookies, canned soups, and crackers, allowing favorites that provide comfort and joy to always be close at hand.

EngageVR

EngageVR offers residents the opportunity to immerse themselves in exciting virtual experiences and adventures, such as experiencing the Apollo 11 moon landing, exploring the Titanic, or embarking on an African safari.

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 Sit and Be Fit, Wake and Shake, The Conductor's Workout, and tai chi, our physical fitness programs are tailored to individuals' abilities, preferences, and needs.

Watermark University

With our award-winning Watermark University, we feature dozens of classes with something for everyone, including history lessons, culinary courses, mindful meditation, art workshops, and more.

Life histories

We recognize that everyone brings a unique life experience to our community. By using past occupations, preferred hobbies, and treasured talents, we create opportunities for meaningful connections, along with feelings of true accomplishment, purpose, and joy.

24/7 care

Our loving Naya associates are available 24 hours per day for assistance.



SCHEDULE AN APPOINTMENT

To learn more and schedule a private consultation, please contact us at **(281) 817-0097**.

watermarkhoustonheights.com

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SENIOR LIVING · ASSISTED LIVING · MEMORY CARE

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