



A Watermark Retirement Community

ASSISTED LIVING • MEMORY CARE

REDEFINING SENIOR LIVING

As part of Watermark Retirement Communities, we are creating an extraordinary and innovative community where people thrive. 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 The Cottages of Carmel, a boutique-style community in the heart of Carmel filled with endless options, from affordable studio apartments and spacious two-bedroom apartments to outstanding cuisine, fun events, engaging mind and body fitness classes, and an active lifestyle full of discovery and growth.

Here, you'll discover that you really can have it all thanks to the added benefit of a **STRAIGHTFORWARD RENTAL MODEL**. It's all part of our culture of choice.

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



Concierge service

Well-stocked library with large print and audio books

Computer station

Game room with 60-inch flat-screen TV

Beauty salon

Putting green

Bocce ball court

Elegant dining room

Bistro

French doors to private terrace

Gas fireplaces

Pet-friendly environment

AN OPTION FOR EVERY APPETITE



Dining at The Cottages of Carmel isn't what you'd expect from a retirement community. In fact, we think you'll be amazed. Enjoy convenient restaurant-style dining, with delicious, healthy meals prepared by a skilled chef in whites, and you and your friends and family will always enjoy gracious service with impeccable attention to detail. The main dining room is open from 7:00am to 7:00pm, seven days a week and the Bistro is open 24 hours a day for coffee and snacks. Our executive chef's top-notch culinary techniques rival the best chefs in Carmel. From his delicious made-from-scratch soups to our pastry chef's out-of-this world desserts, we have something to dazzle every palate. Plus, with our Gourmet Bites signature dining program, individuals with cognitive, physical or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions. If you're not in the mood for a sit down meal, just grab a quick bite and a coffee to go.

Variety is the spice of life, and rest assured that choice is always on the menu at The Cottages of Carmel. We love to delight and amaze. Enjoy everything from life's simple pleasures served in our bistro or an elegant sit-down meal in our dining room. The choice is always yours.

TODAY'S SELECTIONS:

Butternut Squash or
Chicken Chowder Soup

House Salad

Herb-Crusted Roast Beef with
Herbed Asparagus and Buttermilk

Mashed Potatoes

Rosemary Chicken with Veggie
Orzo and Cranberry Coleslaw

Lemon Baked Mahi-Mahi with
Spiced Sweet Potatoes and
Buttered Broccoli

Caramel Apple Bread Pudding or
Lemon Meringue Pie



CLASSES, PROGRAMS AND OUTINGS

There is always something happening at The Cottages of Carmel. Cultural programs, interesting activities and Extraordinary Outings are simply a part of everyday life, and there's always plenty to do with friendly neighbors.

Stimulating the mind and strengthening the body has enormous benefits at any age. Here, you'll love having unlimited access to all our mind and body fitness classes just steps from your door. Our class catalog is chock full of fun classes from *Yoga*, *Gardening 101*, *Front Porch Travels* and everything in between. Our residents and associates can learn (or teach) something new every day. These programs and classes are beneficial, engaging and most of all, fun. Classes aren't just for residents, so call to sign up for a class or two today.



Walking Fit Club

Yoga

Cookies & Conversation Group

Church Services

Front Porch Travels

Gardening 101

Cooking Classes

Arts & Crafts

Bridge, Bingo, Chess
and Checkers

Current Events

Scheduled outings to shops and
local tourist spots

Hug-a-Pet Program



ASSISTED LIVING WITH A DIFFERENCE

When it comes to Assisted Living at The Inn, we're not what you'd expect. Here, you'll find so much more than a beautiful, modern, luxurious residence to call your own. In the heart of Carmel, you'll discover outstanding caregivers and extraordinary, customized care tailored to meet your needs and preferences. Imagine your favorite boutique hotel or bed and breakfast, and then add outstanding cuisine and flexible dining options, fun events, interesting classes and unparalleled care delivered on your schedule, not ours.

Our experience has taught us that you don't have to be in a medical or clinical setting to receive the best in care and assistance when and how you need it. At The Cottages of Carmel, you'll discover a friendly, comfortable atmosphere that feels just like home.

TRANSITION TO MEMORY CARE WITH THE BRIDGE PROGRAM

Enjoy top-notch customized care in the comfort of your beautiful, private residence. Through the Bridge Program, individuals can transition from their current residence to our Memory Care neighborhood, The Gardens. Here, you'll thrive in a safe, extraordinary environment with an abundance of choices designed to keep your mind, body and spirit engaged and happy. Enjoy full access to all amenities, classes and health and wellness programs.



French doors to private terrace

Open lounge area with double-sided fireplace

Three delicious meals per day in addition to healthy snacks

Transportation services

Weekly housekeeping, linen and laundry services

Caring, trained staff available 24 hours per day

All utilities including phone service

Complete apartment maintenance

Dynamic calendar of classes, programs and outings

Personalized care services, including medication management and appointment scheduling

Resident call system

Best Move move-in coordination service

A NEW KIND OF MEMORY CARE

At The Cottages of Carmel, we're borrowing from the traditions of the multigenerational households and local bed and breakfasts to create a place where everyone feels right 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 only a few steps away. Meals are cooked right in the kitchen, and anyone can roll up their sleeves to help prepare the meal. Just like home, this household revolves around the kitchen table, where food and conversation connect residents, associates, friends and family.

We know how challenging it can be to find the right residence for a loved one who needs Memory Care. That's why we've created a safe, positive, residential environment featuring the best in Memory Care services and full of friendly, familiar faces. We're committed to our philosophy of social, psychological, spiritual and physical well-being for every individual. Our trained caregivers bring joy and a sense of family, meaning and purpose to every moment by staying focused on what residents can do, never what they cannot.



24-hour staffing with specially trained Memory Care experts certified 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

Transportation services

Housekeeping, linen and laundry services

All utilities including phone service and cable TV

Complete apartment maintenance

Dynamic calendar of classes, programs and Extraordinary Outings that you would never expect in a Memory Care community

Personalized care services, including medication management and appointment scheduling

Best Move move-in coordination service

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, community spontaneity and creativity.

In traditional senior living models, care often 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, but it prevents associates from seeing the big picture of each resident's well-being. Instead, our Nayas spend the day with residents and 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 the big picture results in a healthier, happier, more connected lifestyle.



PICTURE PERFECT CARMEL-BY-THE-SEA

Carmel-by-the-Sea sits quaintly tucked down the coast from the magnificent Monterey Peninsula and a stone's throw south of Pebble Beach by way of a breathtaking 17-mile drive. Residents and visitors adore this cosmopolitan village, with its charming, stone-paved streets, cypress-lined roads and multitudes of colorful flowers. Along with charming boutiques, you'll find dozens of award-winning four-star restaurants and nearly 100 art galleries within 1 square mile. Wine Walk offers 13 tasting rooms and wine bars within walking distance. At the foot of Ocean Avenue is Carmel Beach, one of the world's most beautiful stretches of white sand. Performing arts and entertainment at the Golden Bough Playhouse, Circle Theatre, the famous outdoor Forest Theater and 700-seat Sunset Center complete the picture of a place people love to visit. Now, imagine living here.

No words can truly describe the abundance of natural beauty surrounding Carmel-by-the-Sea, which is encircled by Carmel Bay State Marine Conservation Area, Carmel River State Beach and Point Lobos State Natural Reserve. Take your pick of ways to enjoy the scenery, with options for ocean-side golfing, hiking, biking, walking, driving or even just sitting and taking in the beauty and wildlife, including spouting whales. As if that's not enough, you'll be delighted to know that Clint Eastwood's Mission Ranch, Mission San Carlos Borromeo del Río Carmelo, Big Sur, Cannery Row, Old Fisherman's Wharf in downtown Monterey and the Monterey Bay Aquarium are all easily accessible.



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.





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