

Experience Extraordinary Senior Living



 **WOODBURY MEWS**
A WATERMARK RETIREMENT COMMUNITYSM

**INDEPENDENT LIVING
ASSISTED LIVING
MEMORY CARE**

REDEFINING SENIOR LIVING

This Must Be the Place

Imagine living in a place where people know your name – and more. It's where peers appreciate you, new friends embrace you, and a whole community supports your interests and needs.

Woodbury Mews is part of the award-winning Watermark Retirement Communities® family, elevating senior living with an environment of joy, learning, and discovery. In our intimate setting, discover a lifestyle filled with opportunities to enhance mind, body, and spirit. Select one of our spacious, affordable residences for your private home, and gather with friends in our beautifully refreshed common areas.

Choose each day from our suite of innovative programs, engaging classes, and events. Share delicious meals with new friends. Enjoy care and attention tailored to your needs. It's all part of our culture of choice. You live the life you want, and we manage the details.

**WE'RE NOT WHAT YOU'D EXPECT.
THAT'S PRECISELY THE POINT.**



Concierge services

Lushly landscaped campus
and courtyard

Full-service beauty salon
and barber shop

Well-stocked library with
internet access

Billiards room

Private theater

General store

Physical and occupational
therapy available

Laundry rooms

Local transportation services

Move-in coordination services

24-hour secure environment
and fire safety system

SAVOR THE GOOD LIFE

An Option for Every Appetite

At Woodbury Mews, meals are celebrations of good taste, good health, and good company. Connect and share stories with friends and family in our elegant in-house restaurant with laughter at the table, gracious hospitality, and impeccable attention to every detail.

Using only the freshest ingredients, our expert culinary team creates flavorful options that always hit the spot.

Gourmet Bites Cuisine

Our groundbreaking program enhances independence and restores the joys of dining for people with cognitive, neuromuscular, or physical challenges. We transform our freshly prepared and high-quality menu items into delicious, nutritious meals served as bite-size portions intended to be eaten by hand. No assistance, no distractions, no utensils – no problem.

**VARIETY IS THE SPICE OF LIFE
AT WOODBURY MEWS.**



Elegant in-house restaurant

Private dining available

Taste of Woodbury dining events

Upscale selections
and comfort food favorites



MIND AND BODY WELLNESS

Discover a World of Well-Being

Embrace your passions and try something new with our enticing calendar of programs, outings, events, and classes offered through Watermark University.

Stimulate your mind in *Music and Movement* or *Conversational Spanish*, bring a new recipe to life in *Creative Cuisine*, discover a new artistic talent in *The Artist Within*, strengthen your body with *Chair Yoga*, or explore the Grand Canyon with EngageVR® (virtual reality). With dozens of classes taught by residents, associates, and professional partners, you'll always find meaningful ways to connect, explore, and learn.

DISCOVER NEW INTERESTS AND PURSUE WHAT INSPIRES YOU.



- Ballroom Dancing
- Pastry Workshop
- Bridge Club
- The Writer's Circle
- Chair Aerobics
- Art and Culture
- Mindful Meditation
- Forever Fit
- Pool Sharks
- Tai Chi
- Whimsical Watercolors



INDEPENDENT LIVING, YOUR STYLE

Endless Engagement, Daily Inspiration

At Woodbury Mews, Independent Living provides everything you want and need to shape the life you love. Trade in homeownership hassles, cooking, cleaning, and your endless to-do list for a carefree lifestyle, with the right amount of customized support available should you ever need it. We take care of the fine details of daily living so you can focus on everything that brings you joy.

Our expert associates make it their business to know all your preferences. No request is too big or too small. You'll feel your best in an active community that can keep up with you. All this is yours with a simple monthly rental and no large entry fee.

DESIGN A LIFESTYLE THAT'S PERFECT FOR YOU.



Newly renovated residences

Choice of spacious studio, one-bedroom, or two-bedroom residences

Oversized windows that radiate plenty of natural light

Splendid courtyard and lake views

Delicious and healthy chef-prepared meals

Dynamic calendar of events, programs, Extraordinary Outings, and Watermark University classes

Diverse wellness programs

Weekly housekeeping and linen service

Scheduled transportation services

Move-in coordination services

Pet-friendly environment



ASSISTED LIVING WITH A DIFFERENCE

Catered Living and Personalized Care

Our vibrant neighborhood is the place where customized care, one-on-one support, independence, and peace of mind live in perfect harmony.

Discover a variety of wellness options and benefits tailored to meet your needs. From simple daily living routines to more comprehensive wellness plans, we'll help you feel centered, connected, and supported.

Your health, dignity, and well-being are at the heart of all we do. Tell us what makes you happy, we'll make it happen.

DISCOVER OUR UNIQUE APPROACH TO INTEGRATIVE CARE AND WELL-BEING.



Choice of spacious studio or one-bedroom residences

Oversized windows that radiate plenty of natural light

Delicious, healthy chef-prepared meals served restaurant style

Dynamic calendar of events, programs, Extraordinary Outings, and Watermark University classes

Caring and trained associates available 24/7

Weekly housekeeping and personal laundry services

Complete apartment maintenance

Transportation services

Senior wellness programs

Move-in coordination service

Resident call response system

24-hour secure environment

Pet-friendly environment

SHORT-TERM STAYS

All the Comforts of Home — and Then Some

A refreshing, all-inclusive break from daily routine can restore energy and improve perspective. It's a great way for anybody to relax and relieve stress. Caregivers can receive the care they need themselves. People recovering from surgery or hospital stays are surrounded by experts who provide help with medications, daily tasks, rehabilitation, and more.

Get a taste, too, of our lifestyle with full access to our impressive amenities, delectable dining, engaging events, mind and body fitness classes, and much more. Rest easy in beautifully furnished, private accommodations, and experience top-notch care that meets your every need.

STAY WITH US FOR A LITTLE WHILE, AND SEE HOW YOU THRIVE.



A NEW KIND OF MEMORY CARE

Because No Two Journeys Are Alike

Whether you or a loved one is experiencing mild cognitive impairment, Alzheimer's disease or another form of dementia, we're here for you and your family every step of the way.

Our warm and welcoming Memory Care neighborhood presents a secure and understanding environment that fosters a sense of connection, possibility, and well-being. Specially trained and certified universal caregivers known as *Nayas* offer customized care and one-on-one support 24/7, always honoring each person's unique life experiences, preferences, and needs.

WE CHALLENGE TRADITIONAL ASSUMPTIONS ABOUT WHAT'S POSSIBLE.



24-hour support from specially trained Memory Care experts with certification through the National Council of Certified Dementia Practitioners (NCCDP)

Three nutritious, family-style meals where family and friends are welcome

Healthy snacks available 24/7

Pantry Program for each resident's favorite foods and personal mementos

Dynamic calendar of events, programs, Extraordinary Outings, and Watermark University classes designed for individuals with memory care needs

Structured and spontaneous programs specifically tailored to each individual

Residential environment with family photographs, keepsakes, and personal histories

Housekeeping, linen, and laundry services

Complete apartment maintenance services

Assistance with medication administration

Resident call response system

24-hour secure environment and fire safety system

Meet the Nayas

Here, the art of caregiving goes beyond the traditional title, so we call our caregivers *Nayas*, from the Sanskrit word. It refers to a guide, person of wisdom, and a leader engaged in the present moment. Specially trained and certified Nayas communicate through validation rather than correction to show understanding and support. From this thoughtful foundation, they cultivate a sense of well-being and connection.

We partnered with the National Council of Dementia Practitioners to train our Nayas in how to help residents take part in the rhythms of daily life. Nayas use expertise and compassion to instill a sense of contentment and purpose.

GUIDANCE, CARE, AND CONNECTIONS



Watermark creates extraordinary communities where people thrive. We believe aging is about renewal rather than retirement. Our 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 70 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 FOR MORE INFORMATION.





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122-124 Green Avenue
Woodbury, NJ 08096
856-384-6600
woodburymews.watermarkcommunities.com