

# Experience Extraordinary Senior Living



THE WATERMARK  
AT BELLINGHAM

INDEPENDENT LIVING  
PERSONAL CARE  
MEMORY CARE

 A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup>

# REDEFINING SENIOR LIVING

## Discover What Defines Exceptional

At The Watermark at Bellingham, we're building an extraordinary and innovative community where people thrive. More than 30 years of experience has taught us that today's seniors want greater choices and are leading a more active lifestyle than ever before. That's why we created a vibrant community with spacious, modern residences, delectable chef-prepared cuisine, enriching programs, exhilarating events, plus mind and body fitness classes designed to enhance your optimal wellness journey.

With our continuum of care, enjoy comprehensive health care services and all the benefits of having multiple levels of care in one location. Rest assured knowing your care needs will be met even as your needs change.

**IT'S NOT WHAT YOU'D EXPECT,  
AND THAT'S A PROMISE.**



Salon and barber services

Fitness center

Yoga studio

Outdoor courtyard and patio

Billiards and card room

Fully stocked library

Balcony and terrace

Nature paths

Marketplace

Pet-friendly environment



# DINING FOR THE SOUL

## An Option for Every Appetite

Here, meals are more than sustenance. They are culinary celebrations of good taste, good health, and good company. Gather with friendly neighbors to share stories in our newly refreshed main dining venue, with laughter at the table, gracious service, and impeccable attention to every detail. Our unique menus are overflowing with flavorful and nutritious choices, and our expert chefs will dazzle your palate with an array of tempting culinary creations from upscale selections to comfort food favorites prepared using only the freshest ingredients.

**Gourmet Bites Cuisine** enhances independence and restores the joys of dining for individuals with cognitive, neuromuscular, or physical challenges. Expert chefs transform freshly prepared and high-quality menu items into delicious, easily handled bite-size portions to make meals more enjoyable.

**VARIETY IS TRULY THE SPICE OF LIFE.**



## TODAY'S SELECTIONS

- Italian Wedding Soup
- Strawberry Fields Salad
- Grilled Rainbow Trout with Tomato Basil Relish
- Stuffed Portobello Mushroom
- Penne alla Vodka



# MIND AND BODY WELLNESS

## The Joy of Well-Being

Stimulating the mind and strengthening the body have enormous benefits at any age, so we have created a vibrant atmosphere that inspires you to pursue what you love and discover new interests. Relish unlimited access to energizing mind and body fitness classes, events, programs, outings, and Watermark University classes all just steps from your door. There are exhilarating opportunities to connect, grow, and learn every day.

Enjoy invigorating your mind in *Music and Movement* or *Conversational Spanish*, bringing a new recipe to life in *Creative Cuisine*, discovering a new artistic talent in *The Artist Within*, or strengthening your body with *Chair Yoga*.

**EXPLORE NEW INTERESTS,  
AND INDULGE IN WHATEVER INSPIRES YOU.**



- Floral Design
- Pilates
- Charcoal Drawing
- Cake Decorating
- Ballroom Dancing
- Jewelry Making
- Oil Painting
- Tap Into Technology
- Tai Chi
- Wine Tasting



# WEST CHESTER LIVING

## Rich History + Modern Amenities

Set in beautiful West Chester, Pennsylvania, our community encompasses 15 acres of peaceful countryside in Chester County. Reset and rejuvenate in our scenic parklike setting surrounded by rolling hills and valleys. Immerse yourself in our rich history and charming culture. Enjoy easy access to modern amenities, entertainment, shopping, dining, and esteemed health care providers at Paoli Hospital and Chester County Hospital.

A historical gem originally built in 1720, the stone farmhouse was home to Benjamin Garrett, a noted watchmaker during the Revolutionary War. The Watermark at Bellingham is the site of the former Grist Mill that shipped flour to George Washington's troops at Valley Forge.

Today, the farmhouse is the site of Washington's Tavern, our brand-new venue featuring a full bar, seasonal menu, and active community life. The barn's original wooden beams and stone have been graciously repurposed for our recently refreshed open-air fine dining restaurant.

**EXPERIENCE THE CHARM OF YESTERYEAR  
IN A MODERN SETTING.**



Nestled in the heart of  
Pennsylvania's Brandywine Valley  
Chester County Historical Society  
Longwood Gardens  
Brandywine Valley Wine Trail  
American Helicopter Museum  
& Education Center  
Brandywine River Museum of Art  
Tyler Arboretum  
Valley Forge National  
Historical Park  
West Chester Railroad



# INDEPENDENT LIVING AT THE TOWN CENTER

## Endless Engagement + Carefree Living

At The Watermark at Bellingham, Independent Living provides everything you want and need and nothing you don't – simple as that. Let us manage the details of daily living, so you can fill your day with whatever matters to you. Say goodbye to homeownership hassles, cooking, cleaning, and your endless to-do list, and say hello to the convenient lifestyle you crave with priority access to customized care and support should you need it.

Discover an active community that can keep up with you, and enjoy the good life in a comfortable residence. Our expert associates know more than just your name. We make it our business to know all your preferences and exceed every expectation.

## CREATE A LIFESTYLE THAT'S PERFECT FOR YOU.



Luminous apartments with private baths and spacious closets

Choice of spacious studio, one- or two-bedroom residences (larger apartments include balcony or patio)

Delicious and healthy meals prepared by our expert culinary team

Housekeeping, linen, and laundry services

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

Diverse senior wellness programs

Scheduled local transportation services

All utilities including cable TV and local phone service (internet service excluded)

Maintenance services for residence and built-in appliances

Move-in coordination services

Pet-friendly environment



# PERSONAL CARE WITH A DIFFERENCE

## Customized Care + Support + Independence

Designed for comfort, engagement, and enjoyment, we've created a community you and your loved ones can connect with, and a community that offers the perfect blend of support and independence you need to live a fulfilling life. Caring and trained associates have your health covered 24/7, with thoughtful care and services tailored to meet your needs and preferences.

From simple daily living routines to more comprehensive wellness plans, our person-centric approach will keep you feeling centered, strong, and thriving. You and your family can enjoy the peace of mind that comes with knowing your care needs will be met, even as your needs change.

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



Light-filled apartments with private baths and large closets

Choice of spacious studio or one-bedroom residences

Housekeeping, linen, and laundry services

Caring, trained associates available 24/7

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

Scheduled local transportation services

All utilities including cable TV and local phone service (internet service excluded)

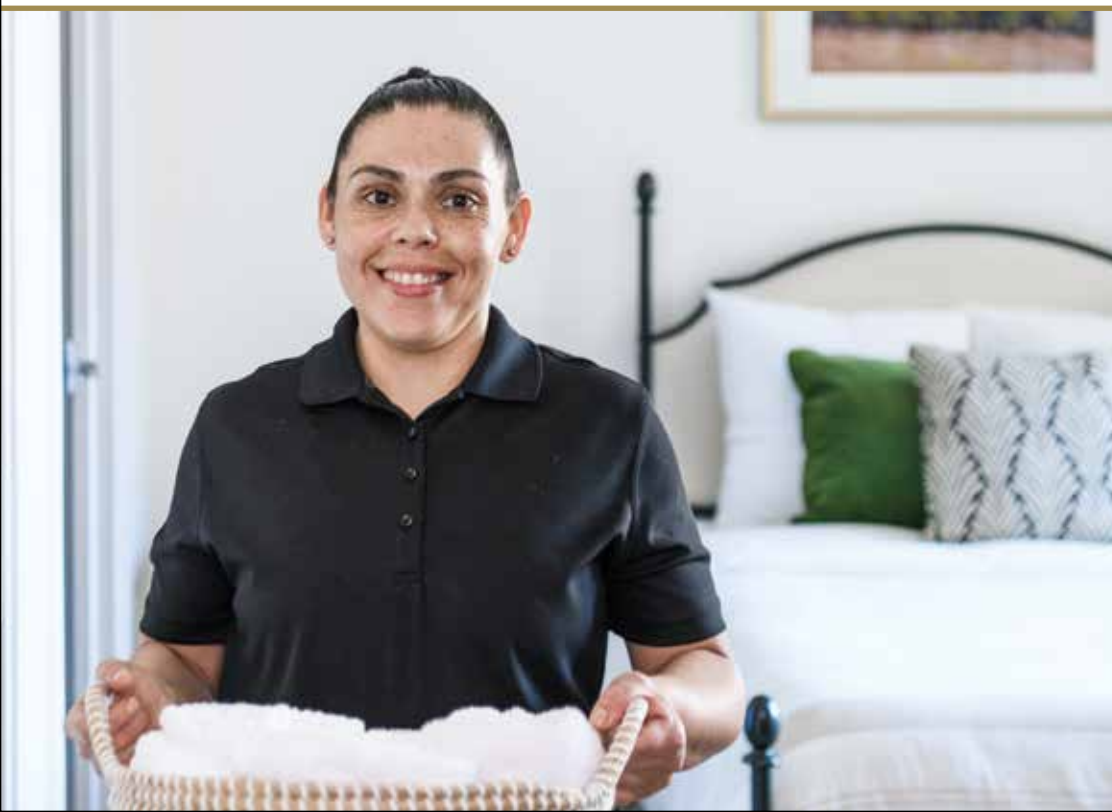
Variety of senior wellness programs

Wireless resident call response system

Move-in coordination services

Maintenance services

Pet-friendly environment



# A NEW KIND OF MEMORY CARE

## Because No Two Journeys Are Alike

We understand that memory loss is different for each individual. That's why we've created a warm and welcoming Memory Care neighborhood designed with you and your loved ones in mind.

Our Prema Memory Support<sup>SM</sup> program incorporates each individual into the rhythms of daily living, creating mindful moments of connection, engagement, and growth that inspire longevity and well-being. Specially trained caregivers known as *Nayas* create deep connections with each resident, and provide customized care and one-on-one support 24/7 in a secure and supportive environment.

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.

## WE CHALLENGE TRADITIONAL ASSUMPTIONS ABOUT WHAT'S POSSIBLE.



Private and semiprivate suites

24-hour support from dedicated Nayas who are specially trained in the latest methods for supporting individuals with Alzheimer's disease and dementia

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

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 resident

Homelike environment with resident photographs, keepsakes, and personal histories

Family communications center

All utilities including cable TV and local phone service (internet service excluded)

Weekly housekeeping, linen, and laundry services

Complete apartment maintenance





# INNOVATIVE SIGNATURE PROGRAMS

Enjoy our **360Well®** – an integrative wellness program designed to promote overall health and well-being. Fuel the body, engage the mind, nurture the spirit, and make new connections – continue your lifelong personal journey to a better you.

Wellness meets convenience in our **Medical Concierge**, an exclusive, on-site medical clinic that allows residents to meet with on-site health specialists and clinicians, work with physical therapists, and even pursue holistic therapies. Find peace of mind knowing that your health and wellness are our top priority.

**Extraordinary Outings** defy traditional expectations of what's possible for residents in a senior living community. They're special experiences you and your friends will talk about for days to come. From overnight camping trips to day trips to a local winery, a night out at the ballet, hot air balloon rides, museum tours, picnics in the park, and everything in between, the opportunities for fun, exploration, and adventure are limitless.

Explore the world with **EngageVR®**, Watermark's virtual reality program that uses computer technology to create interactive virtual experiences transporting you to another place and time. Swim with dolphins, delight in the glorious sights and sounds of Paris, savor the azure blue beaches of Rio de Janeiro, experience the Apollo 11 moon landing or the exhilaration of a scuba diving adventure. The world lies before you.



Discover our comprehensive memory training series – **BrainCafé<sup>SM</sup>** – designed to help you train your brain to remember life's most important details. Engage in research-based techniques to improve memory habits, reduce memory burden, and address common memory concerns.

Gain insider knowledge from our **Resident Ambassadors**. A fellow resident who's here to help you get settled and make introductions to other residents, your ambassador, or resident buddy, will share tips and tricks for easing into community life, getting involved, and flourishing in your new community. They will show you the ropes, answer your questions, and help you take advantage of everything the Watermark lifestyle has to offer.

You're in the driver's seat with our **Flexible Spending Plan**. A massage at the spa? Excursions around town? Personal training sessions? With our Flexible Spending Plan, it's entirely up to you. Your monthly fee provides you with a credit to be used toward the activities, amenities, and services that matter most to you. From dining to outings to additional housekeeping services, the opportunities to create a fulfilling lifestyle are endless.

**SHAPE YOUR LIFE THE WAY YOU CHOOSE.**

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. Based in Tucson, Arizona, Watermark is a privately held company with a reputation for more than 30 years of service, innovation, integrity, and financial stability, and manages more than 60 retirement communities in 21 states.

**VISIT [WATERMARKCOMMUNITIES.COM](http://WATERMARKCOMMUNITIES.COM) FOR MORE INFORMATION.**





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