



Assisted Living | Memory Care



# experience

Extraordinary Senior Living





# Senior Living, redefined

A unique culture of caring – this is Assisted Living and Memory Care for a New Era.

With refined Assisted Living and Memory Care residences, fine dining, a wealth of resort-style amenities, enriching programming, wellness offerings, and care personalized to exceed your expectations, creating a life you love is easy at Watermark Laguna Niguel.

Watermark Retirement Communities® has been reimagining the concept of senior living for more than 30 years, maintaining its passion and commitment to creating extraordinary and innovative communities where people thrive. Our communities are known for hospitality-trained, caring associates, a curated culture, and a lifestyle built on innovation – and Watermark Laguna Niguel is a true manifestation of that commitment.

At Watermark Laguna Niguel, we're focused on inspiring joy and purpose in our residents. More than just an inviting and comfortable place to call home, this is a setting in which residents have easy access to the things that make life worth living.





# Vibrant Living your way



Comfortable, modern residences, designed with you in mind.

Our beautifully designed Assisted Living residences feature sleek interiors with living areas that are equally warm and welcoming. Large windows frame tranquil views of natural and developed landscapes. Studios and one-bedroom floor plans in our brand-new three-story building feature modern kitchenettes with tile backsplash, quartz countertops, and stainless steel appliances. With high ceilings, large bathrooms that feature walk-in showers, and upscale finishes throughout, Watermark Laguna Niguel was truly designed for elegant, modern living.

In each residence and throughout the community spaces, design by Shelter Architects and Ankrom Moisan captures the well-known Southern California spirit based in soft coastal light, a soothing marine layer, and a surprising small-town character.



Explore the possibilities – the good life begins here.

With exceptional dining, on-site arts and culture experiences, expert-led educational programs at the award-winning Watermark University, and access to our thoughtfully curated amenities and programs, Assisted Living at Watermark Laguna Niguel offers no end to enrichment, activity, and joy. There is always something new to explore, a reason for delight, and social connections to be made. And equally as important: expert care at every turn.



- AMENITIES INCLUDE:
- Two distinct dining venues, catering, and room service
  - Indulge – A Salon and Spa
  - Vitality Fitness Center – featuring modern equipment, access to personal training, and space for yoga, Pilates, and other pursuits
  - Renew Wellness Center – a space to meet with visiting health specialists and clinicians, work with physical therapists, and more
  - The Screening Room – a theater
  - Versatile programming spaces
  - Private, dedicated outdoor courtyard and garden for residents in Memory Care

# inspired experiences





# Culinary delights

Expertly prepared meals, full of flavor and good nutrition.

Watermark Laguna Niguel offers full-service, all-day dining at Seasons, where residents will come to have a favorite table, or two, to gather and dine with friends. In this warm and comfortable venue, the versatile chef-curated menus are keyed to Southern California's remarkable growing seasons. Menus feature soups, salads, entrées with a variety of accompaniments, and desserts – plus chef's weekly specials. With servers trained to know and anticipate residents' favorites, here, dining is a celebration of good taste, good health, and good company.

Our Memory Care neighborhood offers family-style dining that welcomes family and friends. The smell of freshly baked muffins and just-ground coffee brewing evokes the convivial spirit of a family kitchen as residents gather around the table. Watermark's Gourmet Bites Cuisine lets residents who benefit from eating without utensils enjoy delicious, nutrition-packed bite-sized entrées and salads.





# The path to well-being, enrichment, and engagement



Wellness isn't just a goal –  
it's a part of everything we do.

Watermark Laguna Niguel is devoted to well-being in all its forms – for body, mind, and soul. From a personal training session at Vitality Fitness Center to a rejuvenating afternoon at Indulge – A Salon and Spa, residents have abundant opportunities to look and feel their best. And with educational programs and activities created to stimulate the mind as well, our holistic integrated wellness approach creates an Assisted Living and Memory Care lifestyle unlike any other.

Mental and emotional well-being play key roles in empowering any individual to thrive, and our holistic approach includes a variety of offerings that enrich the mind. Opportunity to thrive abounds, with award-winning classes at Watermark University, exciting excursions through our Extraordinary Outings program, and even virtual reality experiences using Watermark's groundbreaking EngageVR® virtual reality programming.

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Whatever you desire,  
a world of well-being  
surrounds you here in  
sunny Southern California.

Live life with purpose,  
and let us know how we  
can support you along  
your lifelong journey to  
a happier, healthier you.







## Thoughtful care at every step

There's something for everyone, with exceptional care from expert caregivers.

There are many ways to embrace wellness – that feeling of health, resilience, positivity, joy, and desire for more good times ahead. At Watermark Laguna Niguel, we want to make sure our residents have it all. Our expert caregivers can help: They not only offer support, they bring inspiration.

The exceptional care at Watermark Laguna Niguel exceeds expectations, and embraces all levels, from Assisted Living to Memory Care. Every interaction, every exchange is infused with warmth, caring, and empathy. We set even greater goals: to bring dignity, create joy, and elevate wellness for each and every resident, across all levels of care.

Of course, empathy and caring must be backed by knowledge and expertise. Our Assisted Living associates are on a mission: to help residents thrive and to foster a profound sense of well-being, not only among residents, but their families as well.





# Memory Care comforts



## A secure environment with nurturing, dignified care.

Watermark's holistic approach to Memory Care begins with our Prema Memory Support<sup>SM</sup> program. Here, residents lead rewarding, enriched lives filled with engaging activities. In a setting where expert care always includes empathy, we seek to inspire confidence in both our residents and their families.

Watermark Memory Care associates are called *Nayas*, which means "guide" or "person of wisdom" in ancient Sanskrit. Nayas are trained and certified in partnership by the National Council of Certified Dementia Practitioners. This specialized, expert training paired with an innate understanding of our Memory Care approach allows for a deeper, more customized relationship within a loving, nurturing environment.

It's a deeper level of care, a more meaningful lifestyle, and a more fulfilling experience.



## Exceptional Enrichment

Memory Care residents also enjoy a private outdoor courtyard, along with signature dining and creative activity spaces.

Gourmet Bites Cuisine allows residents with physical, neuromuscular, and cognitive challenges to enjoy the pleasures of fine dining with dignity. And the Pantry Program offers a personal space to store favorite foods and snacks – along with photographs and mementos – they can access any time.

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



## EXCITING EXCURSIONS AND OUT-OF-THIS- WORLD EXPERIENCES

Extraordinary Outings defy stereotypical expectations of what's possible for residents in a senior living community. These outings, planned by associates, residents, and families, stretch beyond day-to-day excursions and feature special experiences to look forward to throughout the year.

Watermark's virtual reality program, EngageVR<sup>®</sup>, offers residents the opportunity to immerse themselves in exciting, virtual adventures, such as experiencing the Apollo 11 moon landing, exploring the Titanic, or embarking on an African safari.







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 of 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 10th-leading senior housing operator by the American Seniors Housing Association.

Our full suite of amenities and services includes the following:

- Two distinct dining venues, catering, and room service
- Concierge services
- Indulge – A Salon and Spa
- Vitality Fitness Center
- Renew Wellness Center
- Preventive health screenings
- The Screening Room – a theater
- Award-winning Watermark University classes
- Versatile programming spaces
- Housekeeping and laundry services
- Scheduled local transportation services
- Complete apartment, building, and grounds maintenance services
- Administrative services including messages, packages, faxes, and copies
- Move-in coordination service
- Private, dedicated outdoor courtyard and garden for Memory Care residents

*Renderings are shown for comparative purposes only. Actual structures may have minor variations.*

WATERMARK CREATES EXTRAORDINARY AND INNOVATIVE 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 respects, honors, and celebrates diversity in all forms and has embarked upon a partnership with SAGE, the nation's oldest and largest nonprofit organization that not only brings awareness to the issues surrounding LGBTQ+ aging, but also provides the resources necessary to improve the lives of LGBTQ+ seniors.

As the first nationwide senior living company to conduct SAGE platinum certifications, Watermark is committed to achieving complete SAGE training for at least 80 percent of associates coast to coast. Armed with greater knowledge, empathy, and understanding, Watermark communities will be even more poised to serve our diverse communities, associates, families, friends, and guests.





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