



 THE WATERMARK
AT TRINITY

ASSISTED LIVING • MEMORY CARE

REDEFINING SENIOR LIVING

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're creating a community filled with extraordinary options, from affordable studio apartments to spacious two-bedroom suites, to outstanding cuisine, fun events, engaging mind and body fitness classes, unsurpassed customized care and so much more for an active lifestyle of growth and discovery. It's all part of our culture of choice.

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



AN OPTION FOR EVERY APPETITE

When you think of dining in a retirement community, do you envision delicious, healthy meals expertly prepared by a skilled chef and graciously served by friendly, attentive associates with impeccable attention to detail? At The Watermark at Trinity, you'll discover all that and more. Dine in the comfortable elegance of a fine restaurant with china, sparkling crystal and fresh linens. Our ever-changing menu features an array of flavorful, nutritious meals with optional wine service, prepared by trained chefs with an eye for presentation. With our Gourmet Bites Cuisine signature program, we are restoring the joys of dining for individuals with cognitive, physical or neuromuscular challenges, so they can enjoy favorite foods without assistance, utensils or distractions.

If you're in the mood for a quick bite, visit the Gallery Café for a pastry, specialty coffee or even an ice cream. Everything here is fresh and delicious, with baked goods warm from the oven and smoothies made to order. Take it to go or stay and relax with friends and family.



TODAY'S SELECTIONS:

French Onion Soup

Butternut Squash Soup

Marinated Tomato Salad

Caesar Salad

Braised Beef Brisket with
Lemon Seasoned Potatoes
and Spring Vegetables

Rosemary Chicken with Vegetable
Orzo and Cranberry Coleslaw

Grouper Filet with Honey
Balsamic Glaze, Sautéed Spinach
and Steamed Rice

Warm Apple Cobbler

Pear á la Caramel



PROGRAMS, OUTINGS AND WATERMARK UNIVERSITY CLASSES

There is always something happening at The Watermark at Trinity. Cultural programs, interesting classes 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. That's why we created Watermark University. You'll love having unlimited access to all of our mind and body fitness classes just steps from your door. Our class catalog is chock full of fun options from *Floral Design* to *Cake Decorating*, *Chair Aerobics* and dozens more, so you can learn (or teach) something new every day. These classes aren't just for residents. Call to enroll in a class or two today.



SAMPLE CLASSES:

Charcoal Drawing

Travelogues Around the World

Sign Language

Ballroom Dancing

Jewelry Making

Photography Club

Oil Painting

Intro to Computers

Creative Cooking

Spanish 101

ASSISTED LIVING WITH A DIFFERENCE

When it comes to Assisted Living, we're not what you'd expect. Forget cramped, cookie-cutter apartments, stereotypical boring activities and care delivered on a rigid schedule. With the renowned Tampa-based architectural and design firm Chancey Design Partnership providing design services for The Watermark at Trinity, residents enjoy a new home with tons of natural light, rich Bermuda-inspired designs and colors, as well as lots of high-end finishes and varied floor plans.

We believe you should have the freedom to enjoy each day as you choose with a varied calendar of fun outings, interesting classes, clubs and personal pursuits, along with exceptional meals with friends, and top-notch care tailored to your needs, on your schedule – not ours – so the care you want never interrupts the day's plans.



Three healthy, delicious chef-prepared meals each day

Housekeeping, linen and laundry services

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

Trained staff available 24 hours per day

Liaison to your personal physician

Scheduled transportation

Maintenance services for residence and built-in appliances

All utilities except phone, cable and internet service

Senior wellness programs

Personal resident call system



A NEW KIND OF MEMORY CARE

At The Watermark at Trinity, 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.



Private and semiprivate suites

24-hour staffing with specially trained Memory Care experts with certification 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

Structured and spontaneous programs specifically tailored to each individual

Extraordinary Outings that you would never expect in a Memory Care community

Family communications center

Residential environment with family photographs, keepsakes and personal histories

Outdoor gardens with walking paths

Housekeeping, linen and laundry services

Maintenance services

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 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, 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.



AMENITIES AND SERVICES THAT MAKE LIFE GREAT

With all the incomparable resort-style amenities and services at your disposal, our carefree, fun-filled lifestyle at The Watermark at Trinity will keep you feeling strong and thriving, and you won't find a better value or friendlier neighbors anywhere around. Let us take care of the housekeeping, laundry and linens while you dine or shop with friends, and leave the driving to us with scheduled transportation to and from shops, appointments, entertainment and more. Need a suggestion or a reservation? Ask our concierge. Planning a party? Use our catering service and entertain in our beautiful private dining room. Not in the mood for a sit-down meal? Call room service, and we'll deliver dinner right to your door. From the moment you choose The Watermark at Trinity, you'll wish you'd done so sooner.



Movie theater

Wellness center

Lush gardens and walking paths

Concierge services

Catering and room service

Salon and barber services

Housekeeping, laundry and dry cleaning services

Complete maintenance services including plumbing and major appliances

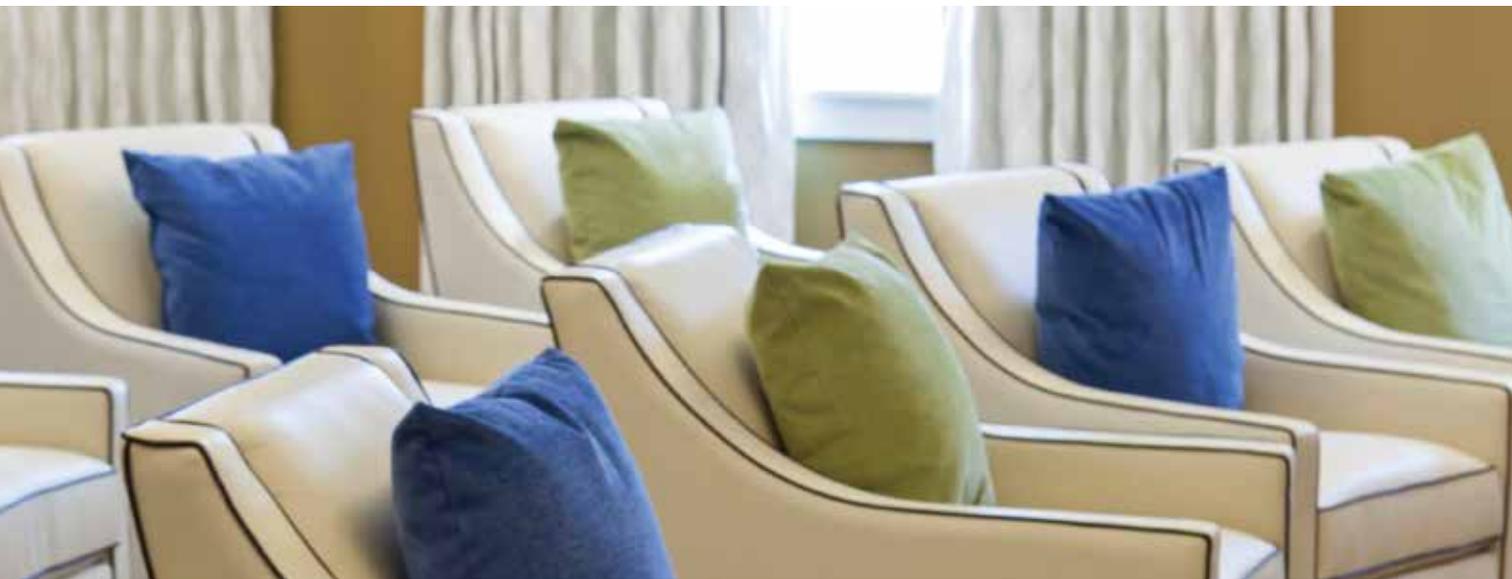
Transportation services

Move-in coordination service

Dynamic calendar of events, programs and outings including Watermark University classes

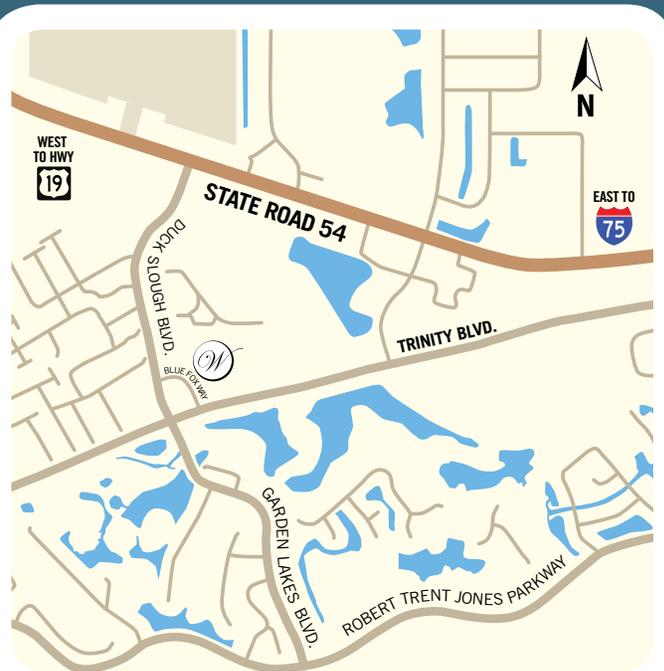
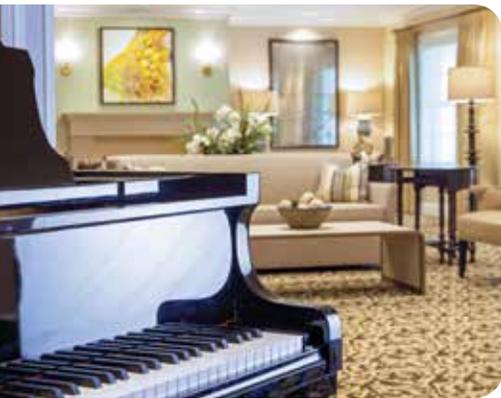
Preventive health screenings

Personal resident call system



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 has been certified as a Great Place to Work by Fortune Magazine. Learn more about the Watermark difference at watermarkcommunities.com.





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