

# Experience Extraordinary Senior Living



WHITTIER PLACE  
A WATERMARK RETIREMENT COMMUNITY®

ASSISTED LIVING • MEMORY CARE

# REDEFINING SENIOR LIVING

## **This Must Be the Place**

Whittier Place, managed by Watermark Retirement Communities, is building on more than three decades of experience to revolutionize health and wellness programming that promotes your well-being.

We are more than just an address to call home. Discover an intimate and welcoming setting featuring a fresh look with beautifully renovated common areas designed to captivate your mind, body, and spirit. Live the life you want while we take care of everything.

From affordable and spacious residences and chef-prepared cuisine to enriching programs, wellness offerings, spirited social events, and expert care tailored to meet your needs, take advantage of bountiful opportunities to connect, engage, and thrive. It's all part of our culture of choice.

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



# SAVOR THE GOOD LIFE

## An Option for Every Appetite

At Whittier Place, meals are culinary celebrations of good taste, good health, and good company. Connect and share stories with friends and family in our exceptional dining spaces with laughter at the table, gracious hospitality, and impeccable attention to every detail.

Our expert chefs will dazzle your palate with an array of tempting culinary creations, from upscale selections to comfort food favorites, using only the freshest ingredients.

## Gourmet Bites Cuisine

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

**VARIETY IS TRULY THE SPICE OF LIFE AT WHITTIER PLACE.**



Elegant dining room

Private dining available

Beautiful patio space for gathering and dining

Breakfast, lunch, and dinner served restaurant style

Casual and quaint bistro and coffee bar

Heart-healthy options

Room service



# 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 will always find meaningful ways to connect, explore, grow, and learn.

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



- Ceramics
- Brain Games
- Sports Talk
- Floral Design
- Historians' Circle
- Chef Demonstrations
- Mindful Meditation
- Cake Decorating
- Wellness Round Table
- Whimsical Watercolors



# ASSISTED LIVING WITH A DIFFERENCE

## Catered Living and Curated 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. Whatever makes you happy, we'll make it happen.

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



Comfortable and luminous residences with modern kitchenette

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

Delicious and healthy chef-prepared meals in addition to snacks daily

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

Caring and trained associates available 24/7

Extensive wellness programs

Weekly housekeeping and linen services

Complete apartment maintenance

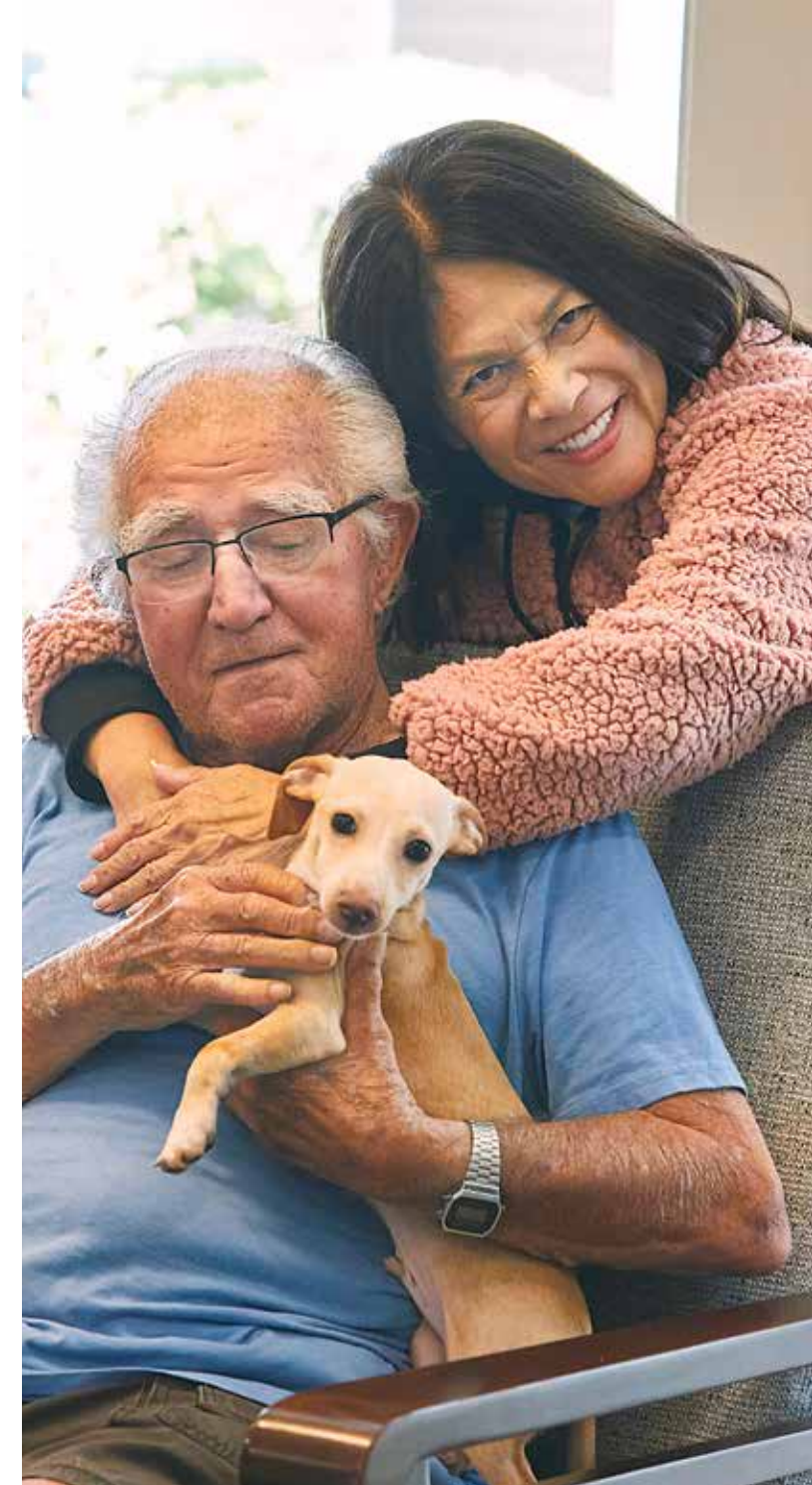
Resident emergency response system

Guest accommodations

# SHORT-TERM STAYS

**All the Comforts of Home — and Then Some**  
Respite care relieves stress and restores everyone's energy. Short-term stays in a fully furnished apartment offer a refreshing change of pace for seniors, presenting fun-filled opportunities to make new friends, enjoy delicious cuisine, and take part in our dynamic calendar of events, outings, and programs.

## COME STAY WITH US, AND EXPERIENCE WHAT IT REALLY MEANS TO 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 are here for you and your family every step of the way.

Our warm and welcoming Memory Care neighborhood presents a positive, secure, and understanding environment that inspires a sense of connection, longevity, and well-being. Specially trained and certified universal caregivers known as *Nayas* offer customized care and one-on-one support 24/7, always incorporating each individual's unique life experiences, preferences, and needs into everything we do.

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



Private and semiprivate suites

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

Three nutritious, well-balanced 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

Family communications center

Beautifully landscaped and secure courtyard with water fountain and nature paths

Medication management and delivery through Whittier Place's pharmacy program



# DESIGN THE LIFESTYLE THAT'S PERFECT FOR YOU

## Exceptional Amenities and Choices Everywhere You Turn

Whittier Place empowers residents to live the life they want filled with abundant opportunities for inspired living in our welcoming community of friends.

From resort-style amenities to intricate services that make life great, discover all that our carefree lifestyle has to offer. No request is too big and no detail too small. We are here to help enhance your optimal wellness journey.

**WE THOUGHT OF YOU – AND THEN WE THOUGHT OF EVERYTHING.**



Beautifully landscaped grounds with lush outdoor patio areas, nature paths, and raised planting beds

Fitness center

Full-service beauty salon and barber shop

Private theater

Well-stocked library

Card, game, and art rooms

Welcoming public spaces for engagement and fun

Preventive health screenings and education programs

Scheduled transportation service

Resident emergency response system

Move-in coordination service

Pet-friendly environment



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. A privately held company with a reputation for more than 30 years for service, innovation, integrity, and financial stability, Watermark manages more than 65 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](http://WATERMARKCOMMUNITIES.COM) FOR MORE INFORMATION.**







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