

A New Kind of Senior Living



 **THE WATERMARK**
AT ORO VALLEY

ASSISTED LIVING
MEMORY CARE

UNEXPECTED OPPORTUNITIES, UNLIMITED CHOICES

Imagine living in a place where people know your name. It's where peers understand you, new friends embrace you, and compassionate, trained associates support all your interests and needs.

With over thirty years of experience, we know that today's seniors want greater choices and a more active lifestyle than ever before. That's why we designed every day at The Watermark at Oro Valley with engaging events, new opportunities, delicious cuisine, and mind and body fitness classes. It's all part of our culture of choice.

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



- Welcoming common areas
- Contemporary dining room
- Lush landscaping
- Pusch Ridge views
- Spacious courtyard patio
- Screening theater
- Library
- Art studio
- Fitness center
- Desktop magnifier
- Game loft
- Beauty salon and barber shop
- Pet-friendly environment



SAVOR THE GOOD LIFE

One of the joys of life is sharing meals with good friends. Residents regularly connect around the table to catch up, swap stories, and share laughs.

Our ever-changing menu features everything from gourmet selections to comfort foods. Gourmet Bites Cuisine transforms menu items into a handheld creation so anyone can enjoy their favorite foods without any assistance, utensils, or distractions.

MEALS WITH FRIENDS ARE MORE DELICIOUS.



Sample Dinner Menu

Chef's Green Salad

Yankee Pot Roast with Sautéed Yellow Squash

Almond-Crusted Chicken with Roasted Rosemary Potatoes

Coconut Shrimp with Garlic Pasta

Apricot Cobbler



WATERMARK UNIVERSITY & MORE

There's always something happening at The Watermark at Oro Valley. Cultural programs, fascinating classes, and Extraordinary Outings are a part of everyday life. Embrace your passions, try something new, and make friends along the way.

Keeping an active body and mind is essential to living a full life. That's why residents have unlimited access to mind and body fitness classes right on-site. Learn – or teach – something new every day with our award-winning Watermark University classes where everyone is welcome.

**EXPLORE NEW INTERESTS
AND PURSUE WHAT INSPIRES YOU.**



A Few Watermark University Classes

Sit and Be Fit

Armchair Travels

Flower Arrangement

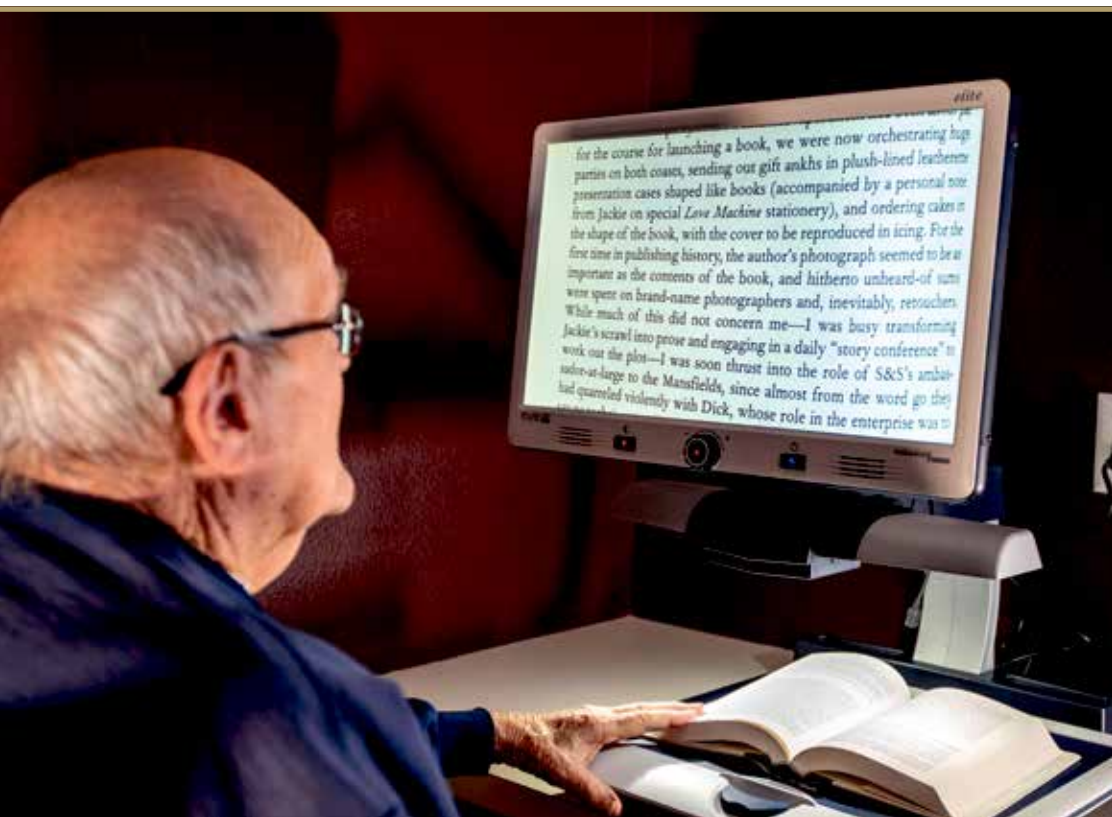
Bible Study

Current Events

Chair Dancing

Music and Motion

Creative Arts



ASSISTED LIVING WITH A DIFFERENCE

We've looked at Assisted Living from all angles and challenged ourselves to raise each and every bar. Customized care and choice are the heart of every day at The Inn. Our community brims with social, educational, cultural, and recreational opportunities, exceptional restaurant-style dining, and top-notch care that revolves around your schedule – never ours.

A UNIQUE APPROACH TO INTEGRATIVE CARE AND WELL-BEING.



Bright, cheerful apartments with modern kitchenettes

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

Three delicious, healthy meals prepared daily, plus snacks

Housekeeping, personal laundry, and linen service

Complete apartment maintenance services including plumbing and major appliances

Caring, highly trained associates available 24 hours a day

Scheduled local transportation services to shopping, appointments, and entertainment

All utilities except phone service

Dynamic calendar of programs, classes, and Extraordinary Outings

Senior health and wellness programs

Resident call response system

Pet-friendly environment



REDEFINING MEMORY CARE

Whether you or a loved one is experiencing mild cognitive impairment, Alzheimer's disease, or another form of dementia, we're here to help every step of the way. Our Memory Care neighborhood welcomes residents into an uplifting, secure, and understanding environment that inspires a sense of connection and well-being. Specially trained and certified universal caregivers known as *Nayas* offer customized care and one-on-one support 24/7, putting each resident's unique life experiences, preferences, and needs first. Our positive approach focuses on what people can do, never what they cannot.

**WE CHALLENGE TRADITIONAL
ASSUMPTIONS ABOUT WHAT
IS POSSIBLE.**



24-hour availability of 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

Healthy snacks available all day, every day

Structured and spontaneous opportunities tailored to each individual

Extraordinary Outings that you'd never expect in a Memory Care community

Family communications center

Homey environment with family photographs, keepsakes, and personal histories

Housekeeping, personal laundry, and linen services

Complete maintenance services

MEET THE NAYAS

The word *Naya* comes from the ancient Sanskrit and refers to a guide, person of wisdom, conductor, and leader: the model for our dedicated caregivers.

Highly trained Nayas stay mindfully in the moment, cultivating a sense of well-being, community, and spontaneity.

In traditional senior living models, care is divided among associates who interact with a resident only within their area of duties. Because our Nayas spend the whole day with residents, they notice changes in appetite, how well they slept, reactions to a different type or dosage of medicine, and other wellness clues. Understanding the big picture results in a healthier, happier, more connected lifestyle.



ENJOY THE CAREFREE LIFESTYLE YOU'VE BEEN LOOKING FOR

Start off your day with a stroll or chat, or simply enjoy our view of spectacular Pusch Ridge. Then take your favorite class or stop by our beauty salon or barber shop. Need to pop out for a bit? We'll drive you to and from appointments and outings. Here, you can craft every day the way you want, and we'll help make it happen.

ENJOY EVERY DAY KNOWING WE'RE TAKING CARE OF THE DETAILS.



- Concierge services
- Exceptional dining
- Coffee bar
- Private dining room
- Full-service beauty salon and barber shop
- Community Wi-Fi and cable
- Creative design studio
- Fitness studio
- Private screening theater
- Courtyard and garden
- Scheduled transportation service
- Resident call response system

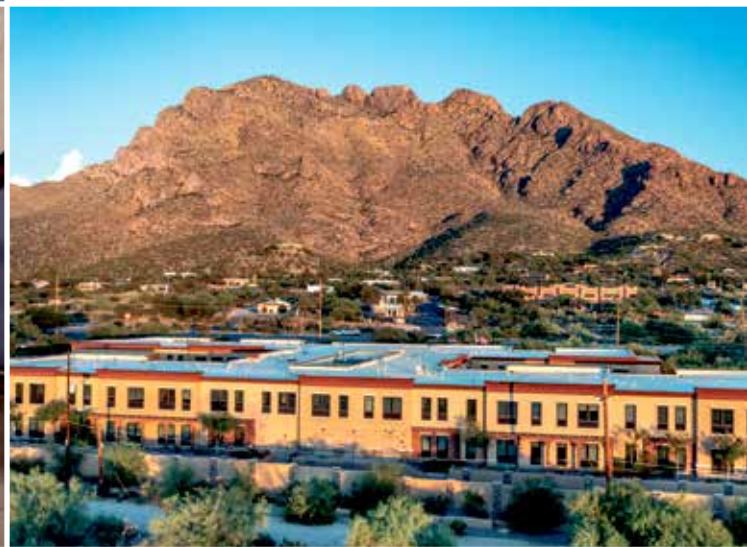


Watermark creates extraordinary communities where people thrive. We believe aging is about renewal rather than retirement. Watermark communities are known for highly trained and caring associates, a lifestyle built on choice, fine amenities, integrative wellness, and innovative programs including the 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 for service, innovation, integrity, and financial stability, and manages more than 60 retirement communities in 21 states.

VISIT WATERMARKCOMMUNITIES.COM FOR MORE INFORMATION.





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AT ORO VALLEY

9005 North Oracle Road

Oro Valley, AZ 85704

520-989-3807

orovalley.watermarkcommunities.com