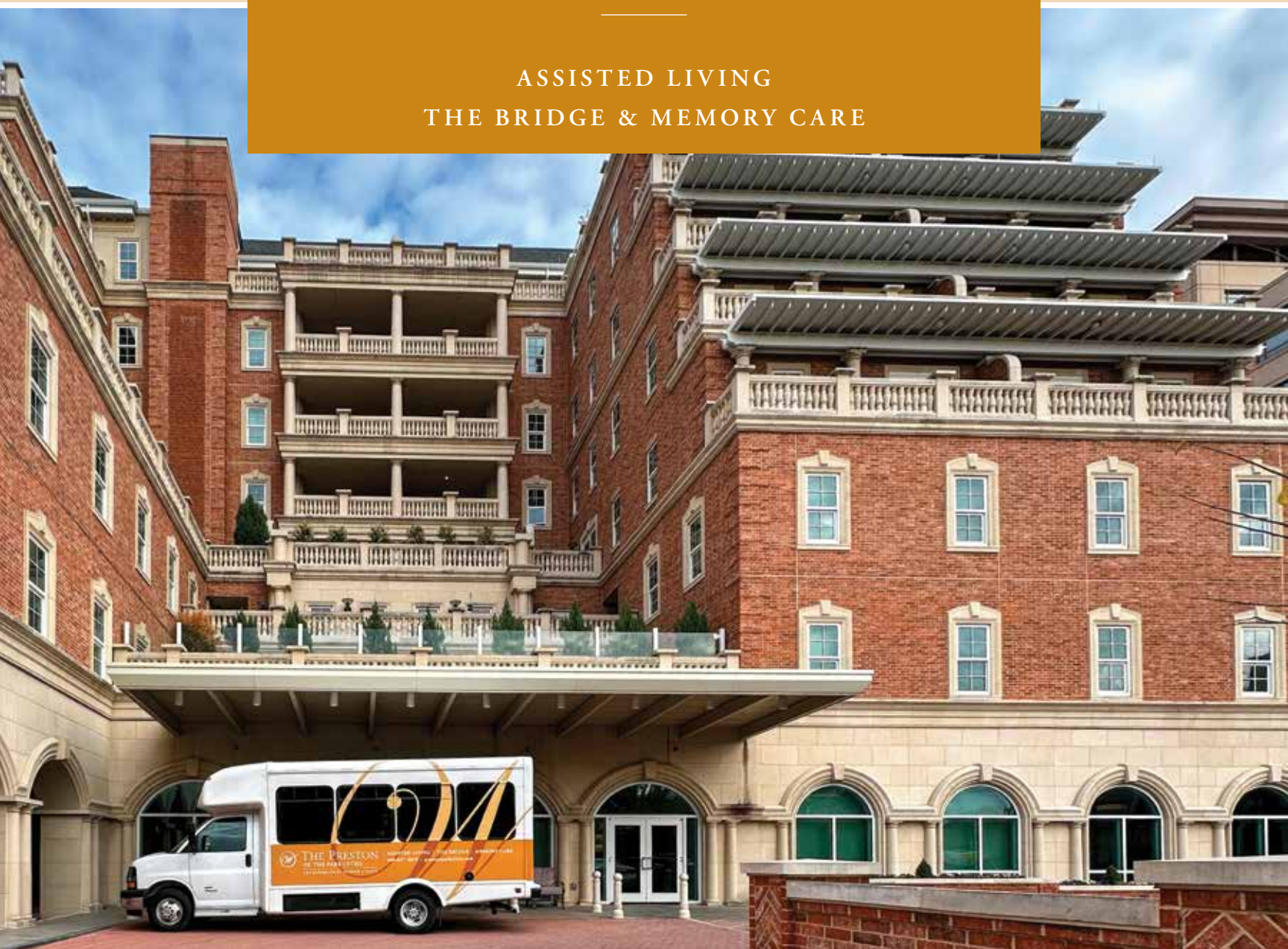




THE PRESTON  
OF THE PARK CITIES

*experience extraordinary*  
SENIOR LIVING

ASSISTED LIVING  
THE BRIDGE & MEMORY CARE







## *senior living* REDEFINED

Welcome to a new era in upscale Assisted Living and Memory Care for today's modern seniors.

The Preston of the Park Cities is nestled between the Park Cities and Preston Hollow, two of the premier residential enclaves in Dallas, featuring premium shopping, fine dining, and cultural pursuits. Here, an enriching lifestyle awaits with sweeping greenbelt views and a wealth of resort-style amenities, including concierge services, signature dining venues, a full-service spa and salon, engaging educational and wellness offerings, and personalized support for Assisted Living, The Bridge, and Memory Care.

At The Preston, you'll discover more than a stylish, refined residence to call your own. With exceptional culinary experiences, spirited events, inviting living spaces, and exciting excursions, residents experience a fresh take on senior living that is designed to bring you a fulfilling lifestyle of discovery, growth, and joy.

Watermark Retirement Communities® has been reimagining the concept of senior living for more than 30 years, maintaining its passion for the creation of extraordinary and innovative communities where people thrive. The Preston of the Park Cities is a true manifestation of that commitment.



## amenities and AMBIENCE

Sophisticated yet relaxed, refined yet inviting – our stylish community offers gorgeous residences and expert, personalized care.

At The Preston, every detail is designed to enhance residents' sense of well-being and purpose. Inspired surroundings, inviting living spaces, and elevated experiences make it easy for residents to create their own unique lifestyle. Spacious common areas and the grand lobby are designed to feel contemporary yet comfortable – with vibrant colors, elegant statement pieces, and expansive terraces – while modern residences feature open floor plans.

Activities and pursuits include everything from live music and dancing to yoga, relaxing treatments at the salon and spa, group classes at the Vitality Fitness Center, and even outings to the Dallas Arboretum and Botanical Garden. Here, there's always more to explore and something for everyone at The Preston, where genuine warmth and hospitality permeate everything we do.



We make the good life easy.

Residents enjoy convenient access to exceptional experiences, including cultural events, historical attractions, local dining, premium shopping at the nearby Preston Center, and more. The possibilities are truly endless whether you seek intellectual engagement, social opportunities, connections with nature, physical vitality, or all of the above.

An exceptional community where residents can truly live well and thrive, The Preston offers the perfect blend of care, comfort, and connection.

### Special places and shared spaces.

- Two signature dining venues
- Bar and lounge for happy hour
- Vitality Fitness Center
- Serenity Salon and Spa

- Private dining rooms for special events
- Elegant wine cellar for tastings and pairings
- Expansive landscaped terraces
- Recreational areas for billiards, cards, and games



Three private dining rooms with catering services are perfect for special occasions and celebrations with family and friends. In-residence dining is always available, too.



## CULINARY *experiences to savor*

Tasteful pursuits that nourish the body while filling the heart.

The Preston is an unexpected paradise for those with an appreciation of fine food and wine. Our array of tempting menu options presents a variety of choices and culinary experiences that range from relaxed to refined. Classically trained executive and pastry chefs design seasonal menus using only the freshest ingredients to create locally and globally inspired selections. Our venues feature premium local beer and wine – we even have an in-house sommelier to make the perfect recommendation and an elegant wine cellar for tastings and pairings.

At **Signatures**, our full-service all-day dining venue, you'll likely come to have a favorite table, or two, to dine with friends. In this vibrant setting, the versatile chef-curated 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, dining here is a celebration of good taste, good health, and good company.

Flavorful and delightful entrées await at **Sherry Lane Bistro**, featuring the chef's fresh selection of the day and favorite grab-and-go options for lunch. With a lounge and full bar with classic cocktails, beer, and wine, **Craddock's** is a popular spot for happy hour and lively gatherings with friends.



## *vibrance and* VITALITY

The path to wellness takes many forms – some unexpected.



Watermark University features dozens of enriching and interactive activities, educational symposiums, and programs on topics including art workshops, history lessons, culinary courses, mindful meditation, and more. Residents and associates are encouraged to become instructors themselves, making the number of Watermark University offerings virtually infinite.

### Integrated Wellness

True wellness integrates mind, body, and spirit; much like a wheel, every spoke is important to overall strength. We fine-tune each part of the wellness wheel with our holistic, whole-person approach. A variety of vibrant enrichment programs – from educational courses to lively music and dancing – are designed to promote physical, mental, emotional, and spiritual well-being.



A tailored wellness experience begins with our warm and welcoming setting designed for relaxation, revitalization, and everything in between: the **Vitality Fitness Center** with access to state-of-the-art equipment and personal training, a recreation area for billiards, and vibrant community spaces for chair yoga, group fitness classes, and other mindful pursuits.

Mental and emotional well-being play key roles in the ability of any individual to thrive, and our holistic approach includes a variety of offerings that stimulate and strengthen the mind. From an award-winning **Watermark University** class to a fun excursion through our **Extraordinary Outings** program, residents have plenty of opportunities for exploration and growth. You can even take a trip to the stars with our groundbreaking **EngageVR®** virtual reality program.

**Self-care is vital, too. The time is always right for indulgence at our luxurious Serenity Salon and Spa. Our signature menu of massages and body treatments are relaxing and rejuvenating, while salon manicures, pedicures, haircuts, and color services help everyone feel and look their best.**



*nurturing care*  
**INSPIRED LIVING**

The perfect blend of independence and personalized support, with peace of mind for the entire family.

In a setting where expert care always includes empathy, our approach to care is thoughtful and customized to each individual's unique lifestyle. Available 24 hours a day, our caregivers at every level regard each interaction as though they are caring for their own family members. It's no wonder they often come to be considered a second family by residents and their loved ones.



**Assisted Living** at The Preston of the Park Cities offers spacious one-bedroom residences with refined finishes offering a blend of comfort and elegance, plentiful opportunities for connection, and thoughtful care at every step. It's a place for wellness, discovery, and enjoyment with personalized care provided by people who know you and understand you.

You'll have full access to our grand suite of amenities, including everything from robust enrichment programs and adventurous outings to fitness classes and rejuvenating spa treatments. Discover new interests and enjoy the flexibility to reconnect with cherished passions.



**The Bridge**, a seamless blend of Assisted Living and Memory Care, provides a supportive environment that offers the flexibility and independence of an Assisted Living lifestyle – including a personal residence and access to all amenities, activities, dining options, and outings – in addition to expert guided care. From social events to unique culinary experiences, along with a host of integrated wellness offerings and educational programs through Watermark University, The Bridge offers an ideal combination of enrichment and engagement to promote cognitive health.

In our **Memory Care** neighborhood, with private studio residences, an open dining room with family-style seating, and a dedicated outdoor courtyard, life will feel comfortable, familiar, and like home – because it is. Here, in a loving, nurturing environment, residents enjoy a premier experience that creates an unparalleled lifestyle of engagement.

Our groundbreaking Prema Memory Support<sup>SM</sup> program is guided by caregivers who are entrusted to use their special training, instincts, and relationships with each resident to create daily moments of fulfillment, joy, and purpose. We call our caregivers *Nayas*, which means “guide” or “person of wisdom” in the ancient language of Sanskrit. Nayas are empathic and passionate about cultivating a sense of well-being and connection to celebrate each resident's lived experience and unique life story.





## services and AMENITIES

Live the life you want.  
We'll manage the details.

Our full suite of amenities and services make it easy to create a fulfilling lifestyle whether you seek leisure, luxury, or both. And our concierge service makes everything at The Preston of the Park Cities, as well as the surrounding region, incredibly easy to access.

Caring, trained associates  
available 24 hours per day

Delicious and healthy meals prepared  
daily by our in-house chefs

Concierge for assistance with reservations for  
restaurants, events, programs, and more

Transportation services

Private dining rooms and in-residence dining

Salon and spa services

Wellness and fitness center with  
private elevator access

Recreational areas for cards, games, and billiards

Housekeeping, linen, and laundry services



Complete residence maintenance services

Complimentary valet parking  
and underground parking

Move-in coordination service

Resident call response system

Pet-friendly environment with dog-walking  
services available

Dynamic calendar of Watermark University classes

EngageVR® virtual reality

Exciting excursions organized through  
the Extraordinary Outings program

Prema Memory Support<sup>SM</sup> program  
featuring *Naya* caregivers

## short-term STAYS

When you're here, you're family.

Get long-term therapeutic gains with a short-term stay.\* Enjoy comfort and tranquility while you're here – whether it's to heal, navigate a transition, or get additional support. It's an ideal opportunity when family caregivers are traveling or you want a little extra help and expert care while recovering from a hospital stay, illness, or surgery.

*\*Minimum 30-day stay is required.*





## Watermark Retirement Communities

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 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](https://www.watermarkcommunities.com) for more information.

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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