

# Experience Extraordinary Senior Living



THE WATERMARK  
AT ROSEWOOD GARDENS

ASSISTED LIVING • MEMORY CARE

# REDEFINING SENIOR LIVING

The Watermark at Rosewood Gardens is building on more than 30 years of experience in transforming health and wellness programs that promote enriched lifestyles, vitality, and well-being. With innovative signature programs designed for you, we're shattering stereotypes and pushing boundaries for what senior living can be.

From simple daily living routines to more comprehensive wellness plans, we tailor our services and wellness offerings to meet your needs. We invite you and your loved ones to discover a new kind of senior living with exceptional personalized care, first-rate amenities, engaging classes and social events, chef-prepared cuisine, and more. It's not just about where you live – it's about enjoying all the things that make life worth living.



- Beautiful outdoor spaces
- Catering and room service
- Fitness center
- Library
- Patio dining
- Salon and barber services
- Transportation services
- Resident call response system





# AN OPTION FOR EVERY APPETITE

At The Watermark, meals are culinary celebrations of good taste, good health, and good company. Gather with friendly neighbors to share stories while you indulge in cuisine beyond compare, with laughter at the table, gracious service, and impeccable attention to every detail. Our unique menus are overflowing with flavorful and nutritious choices, and our expert chefs will dazzle your palate with an array of tempting culinary creations from upscale selections to comfort food favorites prepared using only the freshest ingredients.

Our Gourmet Bites Cuisine signature program is designed specifically for individuals with cognitive, physical, or neuromuscular challenges, so they can enjoy favorite foods without assistance, utensils, or distractions.

**AT THE WATERMARK, THE CHOICE IS YOURS.**



Elegant dining

Beautiful patio space  
for gathering

Breakfast, lunch, and dinner  
served restaurant style





# YOUR WELLNESS TAKES CENTER STAGE

It's no secret that when our mental and physical health are in harmony, we feel our best. We give you the tools to be your best self, along with the freedom to create the lifestyle you desire. Whether it's connecting with friends at social events, enjoying delicious, nutritious cuisine, or pursuing favorite passions and discovering new interests in Watermark University classes, the choices are always yours.

**EMBRACE YOUR PASSIONS, EXPLORE NEW INTERESTS, AND ENJOY WHAT INSPIRES YOU.**





# ASSISTED LIVING WITH A DIFFERENCE

You won't find cookie-cutter apartments, boring stereotypical events, or health care delivered on a rigid schedule. Enjoy personalized care and wellness plans tailored to your needs. We provide spacious floor plans, chef-prepared meals, and a dynamic calendar jam-packed with Watermark University classes, lively events, and outings. Whether you need assistance with daily living routines, help getting to appointments, or a little more joy in your day, our seasoned associates will make it happen. We take care of everything so you can enjoy peace of mind in a safe, supportive environment.

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



Comfortable and luminous residences with modern kitchenettes

Choice of spacious studio or one-bedroom residences

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

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

Caring and trained associates available 24/7

Weekly housekeeping and linen services

Complete apartment maintenance

Resident call response system







# A NEW KIND OF MEMORY CARE

Whether you or a loved one is experiencing mild cognitive impairment, Alzheimer's disease, or another form of dementia, we're here for you every step of the way.

Our Prema Memory Support<sup>SM</sup> program incorporates each individual into the rhythms of daily living, creating mindful moments of connection, engagement, and growth that inspire longevity and well-being. Specially trained caregivers known as *Nayas* create deep connections with each resident and provide customized care, along with one-on-one support 24/7 in a nurturing environment.

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



24-hour support from Memory Care experts specially trained in accordance with guidelines set by 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

Both structured and spontaneous programs specifically tailored to each individual

Residential environment with family photographs, keepsakes, and personal histories

Beautifully landscaped and secure courtyard



## MEET THE NAYAS

The word *Naya* comes from the Sanskrit word meaning a guide, person of wisdom, conductor, and leader. 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, but it prevents associates from seeing the big picture of each resident's well-being. Our Nayas spend the day with residents, so they 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, and more connected lifestyle.



# PROGRAMS, OUTINGS, AND WATERMARK UNIVERSITY CLASSES

Adventure awaits at The Watermark at Rosewood Gardens. Cultural programs, interesting classes, and lively events are a part of everyday life. There's always plenty to do with friendly neighbors.

Stimulating the mind and strengthening the body have 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. Call to request a copy of our current program catalog, and try out a class or two today.

## SAGE DIVERSITY CREDENTIAL

Watermark respects, honors, and celebrates diversity in all forms and has embarked upon a partnership with SAGE, a national leader working on behalf of LGBTQ+ elders for four decades. Watermark is committed to becoming Platinum SAGE credentialed, with at least 80 percent of associates completing SAGE training coast to coast. Greater knowledge, empathy, and understanding uniquely position us to serve our diverse communities, associates, families, friends, and guests.



## EXTRAORDINARY OUTINGS

Extraordinary Outings redefine the expectations of what's possible for residents of a retirement community. Our residents, associates, families, and volunteers work together to plan safe, adapted outings to ensure our residents thrive and have meaningful experiences, regardless of whether they live in Assisted Living or Memory Care. Outings include fishing trips, a day at the beach, picnics in the park, overnight camping trips, train rides, visits to a local winery, ballpark tours, or a night at the ballet.

## EngageVR®

EngageVR offers residents the opportunity to immerse themselves in exciting experiences and adventures, such as visiting Paris, swimming with dolphins, experiencing the Apollo 11 moon landing, exploring the Titanic, or revisiting the street where they grew up. Virtual reality offers breathtaking environments and provides yet another innovative tool to help our residents thrive.

## A NEW KIND OF SENIOR WELLNESS.



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 for service, innovation, integrity, and financial stability, and manages more than 60 retirement communities in 21 states.

[VISIT WATERMARKCOMMUNITIES.COM FOR MORE INFORMATION.](http://WATERMARKCOMMUNITIES.COM)







 **THE WATERMARK**  
AT ROSEWOOD GARDENS

35 Fenton Street  
Livermore, CA 94550  
925-443-7200  
[rosewoodgardens.watermarkcommunities.com](http://rosewoodgardens.watermarkcommunities.com)