



redefining
Memory Care



our vision

Prema Memory SupportSM

Dining for the Soul

Engaging Programming

Extraordinary Outings

Gourmet Bites Cuisine

Naya Caregivers

Nurturing Environment

Pantry Program

Specialized Training
in Accordance With the
Alzheimer's Association

Watermark University

A loving, nurturing environment that truly feels like home.

Compassionately developed with **more than 30 years of experience**, Watermark's groundbreaking Prema Memory SupportSM program delivers outstanding care and innovative programming in an encouraging, residential environment.

Here, we honor the unique life experiences of each resident and incorporate every individual's **personal background, preferences, and needs** into the daily fabric of our program. We challenge traditional assumptions about what's possible and we always focus on what residents can do, never what they cannot.

Whether you or someone you love is experiencing mild cognitive impairment, Alzheimer's disease, or another form of dementia, we are here for you 24/7.



nurturing environment



Days are filled with the things
you look forward to and enjoy.

Our Memory Care neighborhood is comfortable and familiar with feelings of home — the wonderful aromas of home-cooked meals, music, laughter, fresh flowers, natural light, and the loving companionship of friends and family.

Whether preparing meals together, tending the garden, listening to music, or simply enjoying life's daily pleasures, we fill each day with **favorite pastimes and enriching experiences** to create meaningful moments.



dining for the soul



Indulge in favorite foods with great friends.

A time to gather over the savory flavors of nutritious fare, shared meals are an opportunity to connect and engage. Robust menus include personal favorites and interesting new delights, as well as the treasured recipes from residents and their loved ones.

Gourmet Bites Cuisine enhances independence and restores the joys of dining for individuals with cognitive or physical challenges. Our expert culinary team transforms freshly prepared and high-quality menu items into delicious, bite-size portions to make meals more enjoyable and accessible.

Pantry Program provides residents with personal space to store favorite foods or personal mementos so items that provide comfort and joy are always close at hand.

A vibrant setting for connection and growth.

Expressive Arts

We use music, art, and movement to tap into all forms of creativity for an alternative form of communication beyond words.

Physical Wellness

From traditional fitness classes to innovative offerings such as *Chair Aerobics*, *Circuit Training*, *Full Body Stretch*, *Gentle Yoga*, and *Tai Chi*, our physical fitness programs are tailored to each resident's abilities, preferences, and needs.



engaging
programming



Life Histories

By using past occupations, preferred hobbies, and treasured talents, we create opportunities for meaningful connections, plus a feeling of true accomplishment, purpose, and joy.

Watermark University

Residents, associates, family members, and local experts share their interests to ensure we always have opportunities to learn, grow, and connect with each other in meaningful ways. We feature dozens of classes like *Gratitude Journaling*, *Music and Movement*, *Mindfulness 101*, and *Whimsical Watercolors*.



Empathy and expert care inspire confidence and deeper connections.

Specially trained caregivers known as *Nayas* **communicate through validation** to show understanding and support. From this thoughtful foundation, we cultivate a sense of well-being and connection.

Trained in accordance with guidelines set by the **National Alzheimer's Association**, our *Nayas* incorporate residents into the rhythms of daily living. Together, residents and *Nayas* engage in each moment as the days unfold, focusing on whatever evokes a sense of joy and purpose.



extraordinary outings



Enriching experiences make a difference.

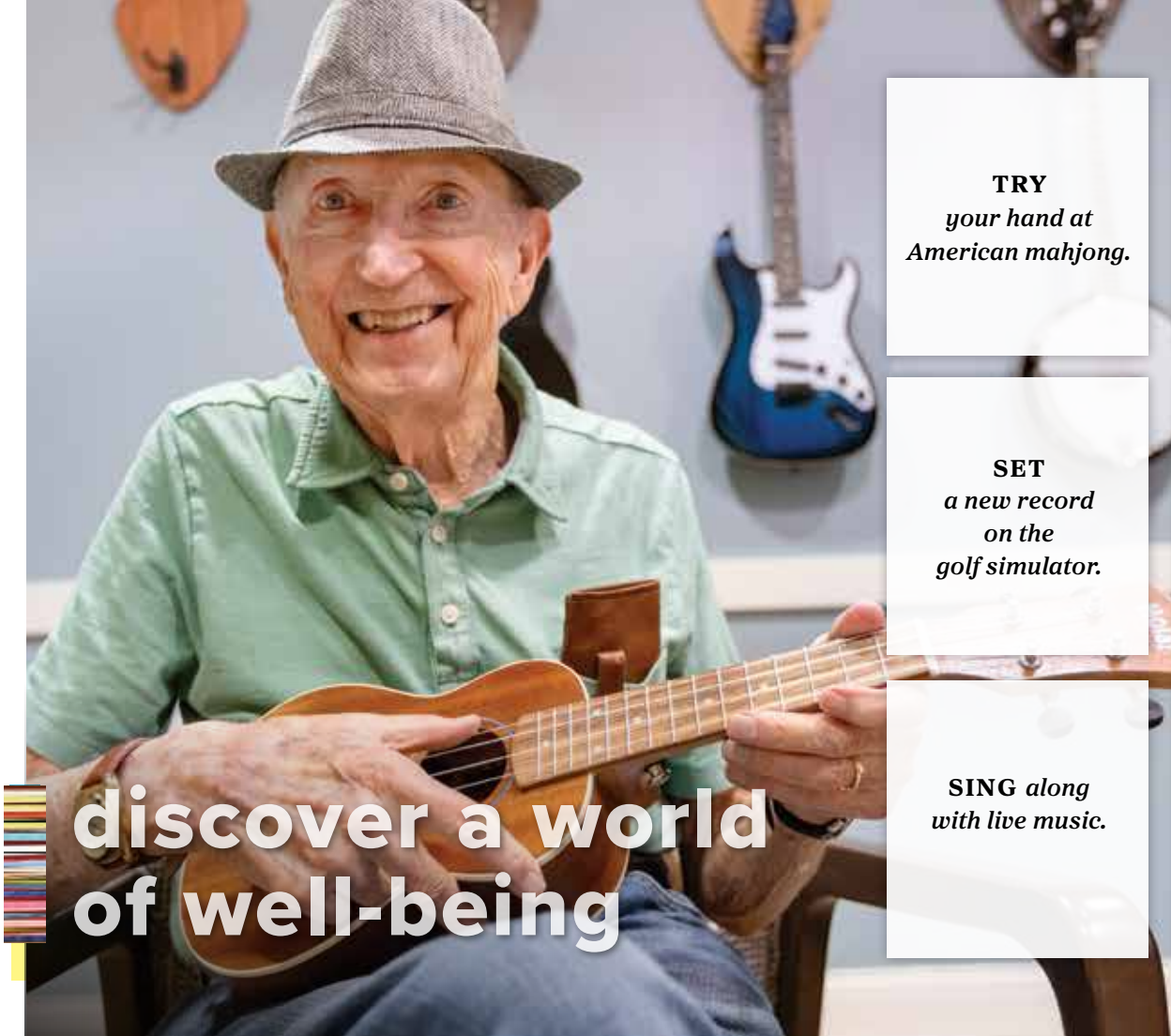
Group trips shatter the expectations of what's possible for residents in a senior living community.

Our residents, associates, families, and volunteers work together to plan safe, adapted outings to ensure our residents thrive and enjoy meaningful experiences. Outings may include day trips to local shops, parks, and cultural events.

Innovative programs and a holistic approach to wellness create a more fulfilling lifestyle.

Enjoy wide-ranging enrichment opportunities to engage, explore, and rejuvenate in our vibrant community where every detail is designed to enhance your sense of well-being and purpose. Discover hobbies that spark curiosity and fill you with the rich satisfaction of living well in a safe, supportive environment with the perfect blend of comfort and connection.

Because it's not just about where you live – it's about enjoying all the things that make life worth living.



**discover a world
of well-being**

TRY
*your hand at
American mahjong.*

LAUGH
*and learn at
trivia.*

TAKE
*an excursion to
local sights.*

SAVOR
*sweet treats at
the banana split
social.*

RELAX
*with an
evening movie.*

SET
*a new record
on the
golf simulator.*

GROW
*your spirit at
Saddleback Church.*

LOG MILES
*on a
community walk.*

SWIM
*with friends at
the YMCA.*

INDULGE
*at charcuterie
and sip.*

SING *along*
with live music.

TEST
*your luck at
\$1 blackjack.*

DISCOVER
*new places through
virtual reality.*

SHAKE
*a leg at
line dancing.*

CELEBRATE
*at a tropical
luau party.*



Assisted Living • Memory Care

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