

Experience Extraordinary Senior Living



CROWN COVE
A WATERMARK RETIREMENT COMMUNITYSM

ASSISTED LIVING • MEMORY CARE

REDEFINING SENIOR LIVING

At Crown Cove, we're creating an extraordinary and innovative community where people thrive. More than 30 years of experience has taught us that today's seniors want greater choices and are leading a more active lifestyle than ever before. That's why the Crown Cove lifestyle is filled with exceptional options, from updated, modern private and semiprivate suites, and breathtaking ocean views from all vantage points to delectable chef-prepared cuisine, enriching programs, exhilarating events, plus engaging Watermark University mind and body fitness classes designed to enhance your optimal wellness journey.

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



- Restaurant-style dining
- Current movies shown every evening
- Well-stocked library
- Card and game room
- Resident call response system
- Seaside resort-style community with spacious, beautifully landscaped grounds
- Pet-friendly environment





DINING FOR THE SOUL

Here, meals are more than sustenance. They 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 skilled 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.

Gourmet Bites Cuisine enhances independence and restores the joys of dining for individuals with cognitive, neuromuscular, or physical challenges. Expert chefs transform freshly prepared and high-quality menu items into delicious, easily handled bite-size portions to make meals more enjoyable.

Enjoy the opportunity to entertain your family and guests any night of the week in our dining room. Or choose to enjoy your meal on our outdoor patio deck and dining area overlooking the deep blue waters of the Pacific Ocean.

VARIETY IS TRULY THE SPICE OF LIFE.



Elegant dining room

Private dining room for entertaining

Three delicious, restaurant-style meals served daily

Snacks available 24 hours per day

Heart-healthy selections

Catering and room service





MIND AND BODY WELLNESS

Stimulating the mind and strengthening the body have enormous benefits at any age. That's why we created Watermark University – so you can pursue what you love and discover new interests. Enjoy unlimited access to all of our energizing mind and body fitness classes just steps from your door. Discover fun classes from *Chair Yoga* to *Painting 101*, *Worldly Wines*, and dozens more. There are endless opportunities to connect, grow, and learn every day.

**EMBRACE YOUR PASSIONS, AND INDULGE IN
WHATEVER INSPIRES YOU.**



Wine and Cheese Tasting

Brain Games

Sports Talk

Historical Exhibits

Music and Movement

Wellness Roundtable





ASSISTED LIVING WITH A DIFFERENCE

Personalized care, one-on-one support, independence, and peace of mind live in perfect harmony at our flourishing neighborhood. Our caring, trained associates have your health and well-being covered 24/7. From simple daily living routines to more comprehensive wellness plans, we tailor our expert care, services, and wellness offerings to meet your needs, on your schedule – not ours.

Whether residents need assistance with daily pursuits, help getting to appointments, or a putting a little more joy in their day, our caregivers at Crown Cove are committed to making it happen.

Here, you'll enjoy exciting programs, fun outings, spacious, cheerful residences, and top-notch amenities and services. Why wait to get a taste of our Crown Cove lifestyle? Try us out for a short-term stay. Enjoy a modern, fully furnished guest apartment, fantastic food made just how you like it, outstanding care and assistance if and when you need it, and (perhaps the best part of all) fun with friendly neighbors. While you're here, treat yourself to a salon service or community outing to Balboa Island or Crystal Cove State Park. Shop until you drop at Fashion Island, or sink your toes into the sand over a delicious meal at The Beachcomber. With our desirable coastal location, you'll enjoy endless opportunities to explore all that Orange County has to offer.

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



Delicious, healthy chef-prepared meals

Resident call response system

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

Weekly housekeeping and linen service

Scheduled local transportation services

Senior wellness programs





A NEW KIND OF MEMORY CARE

We understand that 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're here for you and your family every step of the way.

At our warm and welcoming Memory Care community, our Prema Memory SupportSM program incorporates each individual into the rhythms of daily living, creating mindful moments of discovery and engagement. Specially trained caregivers – *Nayas* – provide customized care and one-on-one support 24/7 in a secure, supportive environment that cultivates a deep sense of community, connection, and well-being.

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



24-hour support from dedicated *Nayas* who are specially trained in the latest methods for supporting individuals with Alzheimer's disease and dementia

Three nutritious, well-balanced family-style meals

Nutritious, delicious snacks high in antioxidants provided throughout the day

Pantry Program for each resident's favorite foods

Structured and spontaneous programs and events specifically tailored to each individual

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

Residential environment with family photographs, keepsakes, and personal histories

Beautiful outdoor spaces

Private and semiprivate suites

Housekeeping, linen, and laundry services

Complete apartment maintenance services



MEET THE NAYAS

The word *Naya* comes from the ancient language of Classical Sanskrit and is based on being engaged in the present moment. A Naya is a guide, person of wisdom, conductor, and leader. These terms truly define our caregivers. In perfect alignment with our universal care model, being mindfully engaged in each moment cultivates a sense of connection, well-being, community, spontaneity, and creativity.

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.



INNOVATIVE SIGNATURE PROGRAMS

WATERMARK UNIVERSITY

Immerse yourself in our fun, creative, and award-winning Watermark University classes where you can stimulate your mind, learn a new craft, keep your body strong, or explore new interests. Whether you choose to paint your next masterpiece with watercolors, find balance in a group yoga class, learn a new language, dance the day away in ballroom dancing, or sink your fingers into clay in a sculpture workshop, the choices are yours. There really is something for everyone.

EXTRAORDINARY OUTINGS

Extraordinary Outings defy traditional expectations of what's possible for residents in a senior living community. They're special experiences you and your friends will talk about for days to come. From overnight camping trips to day trips to a local winery, a night out at the ballet, hot air balloon rides, museum tours, picnics in the park, and everything in between, the opportunities for fun, exploration, and adventure are limitless.

EngageVR®

Explore the world with EngageVR, Watermark's virtual reality program that uses computer technology to create interactive virtual experiences transporting you to another place and time. Swim with dolphins, delight in the glorious sights and sounds of Paris, savor the azure blue beaches of Rio de Janeiro, experience the Apollo 11 moon landing or the exhilaration of a scuba diving adventure. The world lies before you.

RESIDENT AMBASSADORS

Gain insider knowledge from our Resident Ambassadors. A fellow resident who's here to help you get settled and make introductions to other residents, your ambassador, or resident buddy, will share tips and tricks for easing into community life, getting involved, and flourishing in your new community. They will show you the ropes, answer your questions, and help you take advantage of everything the Watermark lifestyle has to offer.

SHAPE YOUR LIFE THE WAY YOU CHOOSE.





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

VISIT WATERMARKCOMMUNITIES.COM FOR MORE INFORMATION.





CROWN COVE

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