

A New Kind of Senior Living



JOSHUA SPRINGS

SENIOR LIVING

A WATERMARK RETIREMENT COMMUNITYSM

ASSISTED LIVING

MEMORY CARE

UNEXPECTED OPPORTUNITIES, UNLIMITED JOYS

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

Based on 30+ years of experience, we know that today's seniors want greater choices and a more active lifestyle than ever before – and we're all for it. That's why we designed Joshua Springs Senior Living with chic, modern residences, engaging opportunities, great cuisine, fun events, plus mind and body fitness classes every day. It's all part of our culture of choice.

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



Beautifully furnished lobbies
and sitting areas

Contemporary dining room and
private dining room

Casual bistro

Lush landscaped grounds

Raised gardening beds

Spacious courtyard patio

Theater

Library

Art studio

Fitness center

Computer room

Billiards lounge

Beauty salon and barber shop

Pet-friendly environment



SAVOR THE GOOD LIFE

One of the joys of life is breaking bread in the company of good friends. Here, friends and neighbors connect to share meals, stories, and laughs. You can also opt for room service when you like. Our ever-changing menu features everything from gourmet selections to comfort food favorites. Plus, with Thrive Dining™, anyone with cognitive or neuromuscular challenges can enjoy favorite foods without any assistance, utensils, or distractions.

VARIETY ADDS SPICE TO LIFE.



Sample Menu:

Chef's Green Salad

Yankee Pot Roast with Sautéed Yellow Squash

Almond-Crusted Chicken with Roasted Rosemary Potatoes

Honey-Grilled Shrimp with Garlic Pasta

Apricot Cobbler



WATERMARK UNIVERSITY & MORE

There's always something happening at Joshua Springs Senior Living. Cultural programs, interesting classes, and Extraordinary Outings are simply a part of everyday life. Embrace your passions, try new things, and make friends along the way.

Stimulating the mind and strengthening the body yield enormous benefits throughout life. You'll have unlimited access to mind and body fitness classes, just steps from your door. On any day, your choices might include *Chef Demonstrations*, *Wags and Wiggles*, *Chair Yoga*, *Homemade Breadmaking*, and dozens more. You can learn (or teach) something new every day. Watermark University isn't just for residents, either. Anyone is welcome to join a class.

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



Chinese Calligraphy

Sit and Be Fit

Armchair Travels

Flower Arranging

Bible Study

Current Events

Chair Dancing

Music and Motion

Arts and Crafts



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 always the order of the day at the Inn. No cookie-cutter apartments, boring stereotypical activities, or health care delivered on a schedule so rigid that it becomes the center of your day. Instead, our community brims with social, educational, cultural, and recreational opportunities, exceptional restaurant-style dining including three meals a day, and top-notch care tailored to your needs, on your schedule – not ours.

DISCOVER OUR 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 in addition to snacks

Housekeeping, personal laundry, and linen service

Complete apartment maintenance services including plumbing and major appliances

Caring, 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

Variety of senior health and wellness programs

Move-in coordination

Resident 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 you 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, not what they can't.

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

Personal Pantry Program for each resident's favorite foods

Healthy snacks available all day, every day

Structured and spontaneous opportunities tailored to each individual

Extraordinary Outings that you would never expect in a Memory Care community

Family communications center

Homey environment with family photographs, keepsakes, and personal histories

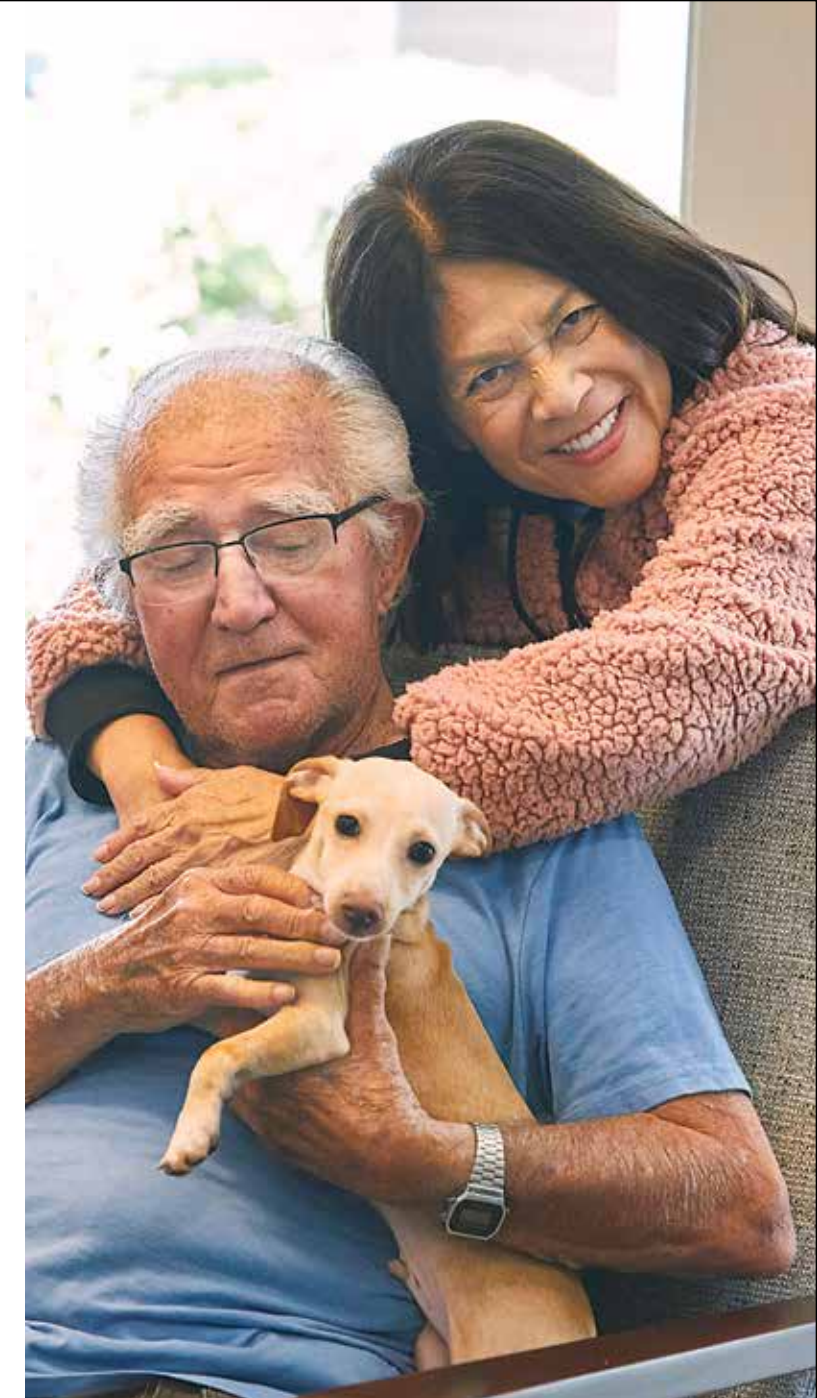
Housekeeping, personal laundry, and linen services

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.



AMENITIES & SERVICES THAT MAKE LIFE GREAT

With all that's available to you every day, Joshua Springs Senior Living might remind you of a charming bed and breakfast. You could start the day with a stroll, a chat, or simply watch the birds in our lush landscaped grounds. Then take your favorite Watermark University class. Or stop by our beauty salon or barber shop. Going somewhere? We'll drive you to and from shops, personal appointments, and social or cultural outings. Craft the day you want and we'll help make it happen.

STRESS LESS, ENJOY LIFE MORE WHILE WE TAKE CARE OF THE DETAILS.



- Concierge services
- Fine dining restaurant
- Casual bistro and coffee bar
- Private dining room
- Full-service beauty salon and barber shop
- Community Wi-Fi
- Creative design studio
- Fitness studio
- Media room and private theater
- Courtyard and garden
- Scheduled transportation service
- Move-in coordination service
- Resident 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. A privately held company with a reputation for more than 30 years for service, innovation, integrity, and financial stability, Watermark manages more than 65 retirement communities coast to coast. Based in Tucson, Arizona, Watermark is ranked as the nation's ninth-leading senior housing operator by the American Seniors Housing Association.

VISIT WATERMARKCOMMUNITIES.COM FOR MORE INFORMATION.





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