



FREMONT HILLS

A WATERMARK RETIREMENT COMMUNITY

ASSISTED LIVING • MEMORY CARE

REDEFINING SENIOR LIVING

As part of Watermark Retirement Communities, we are creating an extraordinary and innovative community where people thrive. More than 30 years of experience have taught us that today's seniors want more choices and are leading a more active lifestyle than generations before. That's why we have created a community filled with an abundance of options, from cozy studio suites to spacious one-bedroom apartments, great cuisine, fun events, engaging Watermark University mind and body fitness classes, and endless opportunities to thrive for an active lifestyle of growth and discovery. It's all part of our culture of choice.

IT'S NOT WHAT YOU'D EXPECT, AND THAT'S THE WHOLE POINT.



Beautifully furnished lobbies
and sitting areas

Contemporary dining room

Elegant private dining room

Casual bistro

Lush landscaped grounds
and gardens

Spacious courtyard patio
with waterfall

Cozy fireside piano lounge

Library

Creative art studio

Fitness center

Computer center

Beauty salon and barber shop

Pet-friendly environment

AN OPTION FOR EVERY APPETITE

One of life's greatest joys is breaking bread in the company of good friends. At Fremont Hills, friends and neighbors connect to share meals, stories and laughs. Our ever-changing menu features everything from upscale, on-trend selections to comfort food favorites, with something to please every palate. If you'd rather stay in, you can create your favorite dish in your own kitchen – all while knowing that a delectable meal among friends (without the cooking, cleaning or dishes) is always just steps from your door. With our Gourmet Bites Cuisine signature program, we are restoring the joys of dining for individuals with cognitive, physical or neuromuscular challenges, so they can enjoy favorite foods without assistance, utensils or distractions. Stop by for breakfast, lunch or dinner for a little taste of how we thrive.



TODAY'S SELECTIONS:

- Chef's Butternut Squash Soup
- Strawberry, Mandarin Orange Salad
- Honey Mustard Pork Tenderloin with Chateau Potatoes
- Lemon Basil Roast Turkey with Harvest Roasted Vegetables
- Baked Cod Tarragon with Wild Rice Pilaf
- Chocolate Amaretto Mousse

PROGRAMS, OUTINGS AND WATERMARK UNIVERSITY CLASSES



There is always something happening at Fremont Hills. Cultural programs, interesting classes and Extraordinary Outings are simply a part of everyday life, and there's always plenty to do with friendly neighbors. Stimulating the mind and strengthening the body has enormous benefits at any age. That's why we created Watermark University. You'll love having unlimited access to all our mind and body fitness classes just steps from your door. Our class catalog is chock full of fun classes, including *TED Talk Debates, Meditation, Guided Imagery, Laughter Yoga, Tai Chi* and dozens more, so you can learn (or teach) something new every day. Watermark University isn't just for residents. Call for a listing of classes, and join us for a class or two that intrigues you.



Chinese Calligraphy
Sit and Be Fit
Armchair Travels
Flower Arranging
Bible Study
Current Events
Chair Dancing
Music & Motion
Watercolors

ASSISTED LIVING WITH A DIFFERENCE

When it comes to Assisted Living, we're not what you'd expect. We've looked at Assisted Living from all angles and challenged ourselves to raise each and every bar. That's why at The Inn, customized care and choice are the order of the day. Forget cookie-cutter apartments, boring stereotypical activities and health care delivered on a schedule so rigid that it becomes the center of your day. You'll have a varied calendar of community doings with a wide variety of social, educational, cultural and recreational opportunities, exceptional restaurant-style dining including three delicious meals per day and top-notch care tailored to your needs, on your schedule – not ours.

Bright, cheerful apartments with kitchen or kitchenette

Choice of one-bedroom or studio suite

Three delicious and healthy meals prepared daily in addition to snacks

Housekeeping, personal laundry and linen services

Complete apartment maintenance services including plumbing and major appliances

Caring, trained staff available 24 hours per day

Scheduled local transportation services to shopping, appointments and entertainment

All utilities, excluding phone service

Cable TV

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

Variety of senior health and wellness programs

Move-in coordination service

Emergency alert response system

Pet-friendly



A NEW KIND OF MEMORY CARE

At Fremont Hills, we're borrowing from the traditions of the multigenerational households and local bed and breakfasts to create a place where everyone feels right at home. Suites are comfortable, filled with bright colors, soft natural light and high-end finishes. Common areas such as living rooms, patios, libraries and kitchens are only a few steps away. Meals are cooked right in the kitchen, and anyone can roll up their sleeves to help prepare the meal. Just like home, this household revolves around the kitchen table, where food and conversation connect residents, associates, friends and family.

24-hour staffing with 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

Pantry Program for each resident's favorite foods

Healthy snacks available all day, every day

Structured and spontaneous programs specifically tailored to each individual

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

Family communications center

Residential 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 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 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. Because our *Nayas* spend the day with residents, 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, more connected lifestyle.



A LOCATION YOU'LL ADORE

Fremont Hills is located just minutes from downtown Fremont, where our residents and their guests enjoy easy access to a wide variety of shopping, dining, culture and entertainment. Fremont is home to numerous parks and recreational amenities, including beautiful Lake Elizabeth, Central Park and Mission San José. Known as the social heartbeat of the city, the downtown area provides individuals with endless opportunities to connect and celebrate their interests while discovering new ones. Our proximity to downtown truly makes Fremont Hills the perfect setting, with fun and exciting events right at your door. From the moment you choose Fremont Hills, you'll wish you'd done so sooner.



At Watermark Retirement Communities, we're committed to creating extraordinary and innovative communities where people thrive. Watermark communities are known for highly trained associates, a lifestyle built on choice and innovative signature programs, including our award-winning Watermark University featuring a wide variety of engaging classes and programs for residents and locals, alike. A privately held company with a reputation for service, innovation, integrity and financial stability, Watermark manages more than 50 retirement communities nationwide and has been certified as a Great Place to Work by Fortune Magazine. Learn more about the Watermark difference at watermarkcommunities.com.





 **FREMONT HILLS**
A WATERMARK RETIREMENT COMMUNITY

35490 Mission Blvd
Fremont, CA 94536
510-796-4200
watermarkcommunities.com



RCFE LICENSE #019200761

 CREATED AND PRINTED USING ECO-RESPONSIBLE PRACTICES.