

Experience Extraordinary Senior Living



THE WATERMARK
AT EAST HILL

INDEPENDENT LIVING
ASSISTED LIVING
MEMORY CARE
REHABILITATION & SKILLED NURSING

REDEFINING SENIOR LIVING

For today's seniors, it's all about flexibility and choice. That's why we've put more than 30 years of experience into creating a vibrant community filled with options to support your active and dynamic lifestyle. At The Watermark at East Hill, you'll enjoy a close-knit community with endless opportunities to thrive as you share life's day-to-day joys with friends and neighbors.

But don't take our word for it. Come for a visit to see for yourself.

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

Fitness center with heated indoor pool

Lounge with fireplace

Library

Wood shop

Creative arts studio

Auditorium and theater

Billiards room

Salon and day spa

Pub and lounge

Golf membership to Silo Point Country Club

Scenic nature trails

Gazebo overlook

Outdoor sports center featuring a putting green, bocce ball, shuffleboard, and croquet

Assigned parking and enclosed garages



FINANCIAL OPTIONS TO FIT YOUR NEEDS

Living the good life is more affordable than you may think. At The Watermark at East Hill, we offer two distinct financial plans that put our resort-style community well within reach. With Life Care, you'll enjoy unlimited access to on-site health care for one predictable monthly rate. Or, to live independently for less, choose our fee-for-service plan with priority access to future on-site health care at prevailing market rates.

With flexible choices like these, you can eliminate your worries about tomorrow, once and for all. It's as easy as choosing the plan that's right for you and putting your best future forward.

**LIVE WELL AND THRIVE WITH
FINANCIAL FREEDOM.**



- Guaranteed health care for life
- Predictable monthly rates
- Priority access to Assisted Living, Memory Care, and Skilled Nursing
- Experienced associates who know you and your preferences
- The best value in Connecticut



SAVORING THE GOOD LIFE

Deliciousness is always on the menu at The Watermark at East Hill – and each of our four dining venues is sure to delight your palate with an incredible selection of healthy, tasty fare. Indulge your senses with a fine dining experience, share a cocktail with friends, or grab a quick bite on your way out the door. Celebrating a special occasion? Private catering is an option for everything from an intimate dinner party to a lavish event.

Our signature Gourmet Bites Cuisine consists of scrumptious and nutritious bite-size morsels, hand-held with no utensils necessary. This powerful alternative restores independence and the joy of eating for anyone who might have cognitive or physical challenges.

**AT THE WATERMARK AT EAST HILL,
CHOICE IS ALWAYS ON THE MENU.**



The W Room

Enjoy sophisticated dining every night with an ever-changing menu focused on local ingredients, seasonal cuisine, and classic dishes.

The W Lounge

Pop in for a casual bite, and catch up with friends over a cocktail or craft beer. Cheer for your team on the big-screen TV, and be sure to come early on UConn game nights.

The Mark

Feeling glam? Traditional favorites like filet mignon and lobster are always a delight. Or try one of the chef's specials for something new and creative.

Gallery Café

Stop by for freshly baked pastries, soups, salads, pizzas, and other irresistibles. The relaxed setting is perfect for coffee and conversation.



THE CLUB FOR WELL-BEING

An innovative wellness center with everything you need to stay fit and enjoy vibrant health, The Club is unlike anything you'd expect from a senior living community. Our knowledgeable experts can help you achieve your objectives across the entire wellness spectrum, from setting goals to nutrition and exercise.

To help you feel strong and live younger, Vitality Fitness Center offers the latest exercise technology, all designed with seniors in mind, along with fitness professionals who can get you started or help you continue on your wellness path.

No wellness routine is complete without self-care at the spa, so when it's time to escape for an hour, an afternoon or an entire day, you'll find it all at Indulge – A Spa and Salon.

EMBRACE YOUR VITALITY AND CELEBRATE WELL-BEING.



Heated indoor saltwater pool

Indulge – A Spa and Salon

Yoga and tai chi

Golf membership to
Silo Point Country Club

Vitality Fitness Center

Personal trainer

Wellness checkups

WATERMARK UNIVERSITY

Maintain your mind and body fitness while meeting new people who share your interests. With Watermark University, you'll enjoy unlimited access to more than 90 classes all available just steps away from your own front door.

From studies in music, art and history to engaging cultural programs and more, Watermark University gives you an incredible opportunity to pursue your passions and develop new interests, both as a student and a teacher. Explore our current programming calendar or tell us what new class you'd like to lead. Together, we can all grow, connect, and learn.

**ENGAGE WITH FRIENDS AND NEIGHBORS
AND EXPAND YOUR HORIZONS.**



- Balancing Act
- Chocolate Creations
- Classical Music Series
- Community Service Projects
- Computers and Technology
- Pilates
- Poetry
- Pottery
- Travelogues
- Tai Chi
- Water Aerobics
- Wood Shop
- Writer's Circle



INDEPENDENT LIVING

The culture at The Watermark at East Hill is built on choice and it begins with selecting the perfect luxury apartment. With a wide array of spacious one-bedroom apartments and two-bedroom suites, you'll find a home to call your own. Our professionals are ready to help you customize it to your taste, and if you ever need a little help, we can deliver all the assistance you want right to your door.

Please inquire for current rates and availability. We'll be happy to show you a variety of apartments matching your preferences for location, view, size, and price. Here, you're sure to discover exactly what you're looking for.

FIND YOURSELF AT HOME IN OUR DYNAMIC, WELCOMING COMMUNITY.



Full, modern kitchens with GE appliances

Premium countertops

Cooktop/oven combination

Wall-to-wall carpet, wood laminate flooring and ceramic tile

Newly renovated bathrooms with granite countertops and walk-in, tiled showers

Resident call response system

Utilities and basic cable included

Weekly flat linen and biweekly housekeeping

Move-in coordination



ASSISTED LIVING WITH A DIFFERENCE

Imagine living independently, yet within a warm and supportive community where personal well-being goals are top priority. Trained associates provide expert care, and we take care of meals and daily chores so you can enjoy life. A full range of amenities, classes, and learning opportunities spark inspiration and creativity. Each resident sets the tone for the day, free to pursue personal passions, explore new interests, or simply relax.

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



Choice of spacious studio,
one-bedroom or
two-bedroom residences

Delicious, healthy chef-prepared
meals served family style

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

Caring and trained associates
available 24/7

Weekly housekeeping and
personal laundry services

Complete apartment maintenance

Transportation services

Senior wellness programs

Move-in coordination service

Resident call response system

24-hour secure environment

Pet-friendly environment

A NEW KIND OF MEMORY CARE

Our Prema Memory CareSM neighborhood, The Villa, is an encouraging environment that infuses joy and purpose into daily life. Specially trained caregivers called *Nayas* – named for the Sanskrit word for guide or person of wisdom – provide personalized attention to all wellness needs. Each day includes opportunities to grow, connect with others, and enjoy enrichment experiences in our tight-knit community. The atmosphere feels comfortable, familiar, and homey.

As in all homes, the kitchen is the heart of The Villa, a place where residents, *Nayas*, friends, and family members all come together to prepare the next meal, share stories, and enjoy each other's company. Each resident has a private suite just steps away from this emotional center of the home, providing a perfect personal retreat for reflection and rest.

Life at The Villa is also full of exploration and growth, with classes, events and outings to local museums, theaters, and galleries. The result is balance, joy, and wellness in a truly residential environment.

WE CHANGE WHAT'S POSSIBLE – EVERY DAY.



Intimate household with only 14 residents

Revolutionary approach to Memory Care featuring *Nayas* – a new kind of caregiver

Specially trained Prema Memory Care associates available 24/7

Patio with butterfly garden

Private suites

Three nutritious meals per day

Healthy snacks 24 hours per day

On-site social services director providing counseling and referral services

REHABILITATION AND SKILLED NURSING

Residents are in great hands – and hearts – for the critical process of healing and regaining function. Our top-notch associates are there every step of the way providing support and care. Ours is a Medicare-certified community with physical, occupational, and speech therapy offered on-site. For decades, we've helped patients improve mobility, reduce pain, and prevent or limit physical disabilities from injuries or disease. This is where expertise and empathy meet.

A PLACE FOR HEALING, HOPE, AND CONNECTION.



Registered dietitian oversight

Health care management and monitoring with physician oversight

Diverse wellness programs including classes and therapies in our heated indoor pool

On-site physical, occupational and speech therapy

Guest physical and occupational therapy services available by appointment



About Watermark Retirement Communities

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 for service, innovation, integrity and financial stability, and manages more than 65 retirement communities in 21 states.

VISIT WATERMARKCOMMUNITIES.COM FOR MORE INFORMATION.





 **THE WATERMARK**
AT EAST HILL

611 East Hill Road
Southbury, CT 06488

203-262-6868

easthill.watermarkcommunities.com

 A WATERMARK RETIREMENT COMMUNITYSM

23-WEH-4376B

