

# Experience Extraordinary Senior Living



**WHITE CLIFFS**  
SENIOR LIVING

A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup>

**ASSISTED LIVING**  
**MEMORY CARE**



# REDEFINING SENIOR LIVING

At Watermark Retirement Communities, we're building on more than 30 years of experience in revolutionizing health and wellness programs that promote well-being and enriched lifestyles. Connect and engage in a warm and welcoming setting featuring spacious residences and comfortable shared spaces. We invite you to create your personal wellness journey with our suite of innovative programs, exceptional amenities and services, enriching classes, vibrant community life, chef-prepared cuisine, expert care tailored to meet your needs, and more. It's all part of our culture of choice, designed just for you.

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



- Beautifully furnished sitting areas
- Contemporary dining room
- Private dining room for visiting family and friends
- Casual bistro
- Lush landscaped grounds
- Raised gardening beds
- Spacious courtyard patio with bocce ball court and putting green
- Theater
- Library
- Creative arts center
- Fitness center
- Computer room
- Beauty salon and barber shop
- Pet-friendly





# AN OPTION FOR EVERY APPETITE

Meals are culinary celebrations of good taste, good health, and good company. Connect and share stories with friends and family in our exceptional dining space with laughter at the table, gracious hospitality, and impeccable attention to every detail. Using only the freshest ingredients, our expert culinary team creates flavorful options that always hit the spot. Our skilled chefs accommodate special diets and preferences as requested.

For individuals with cognitive, neuromuscular, or physical challenges, Gourmet Bites Cuisine enhances independence and restores the joys of dining. We transform our freshly prepared and high-quality menu items into delicious and nutritious meals served as bite-size portions to be eaten by hand. No assistance, no distractions, no utensils – no problem.

**VARIETY IS TRULY THE SPICE OF LIFE  
AT WHITE CLIFFS SENIOR LIVING.**



## 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





# PROGRAMS, OUTINGS AND WATERMARK UNIVERSITY CLASSES

There is always something happening at White Cliffs Senior Living. Cultural programs, interesting classes, and Extraordinary Outings are simply a part of everyday life. There's always plenty to explore solo or with friendly neighbors.

Stimulating the mind and strengthening the body have enormous benefits at any age. You'll love having unlimited access to all of our mind and body fitness classes just steps from your door. Our offerings include *Chef Demonstrations, Wags & Wiggles, Chair Yoga, Homemade Breadmaking*, and dozens more, so you can learn (or teach) something new every day. Watermark University isn't just for residents. Call to enroll in a class today.

**EXPLORE NEW INTERESTS AND INDULGE  
IN WHATEVER INSPIRES YOU.**



## SAMPLE CLASSES

- Sit and Be Fit
- Armchair Travels
- Flower Arranging
- Bible Study
- Current Events
- Chair Dancing
- Music & Motion
- Creative Arts





# ASSISTED LIVING WITH A DIFFERENCE

Customized care, one-on-one support, independence, and peace of mind live in perfect harmony in our Assisted Living community. 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. We'll stop at nothing to help you feel centered, strong, and thriving.

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



Open, cheerful apartments  
with ample kitchenette

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

Three delicious and healthy  
meals prepared daily in  
addition to snacks

Housekeeping, laundry,  
and linen service

Complete apartment  
maintenance services  
including plumbing and  
major appliances

Caring, trained associates  
available 24/7

Scheduled local transportation  
services to shopping,  
appointments, and  
entertainment

All utilities, excluding  
phone service

Cable TV

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

Variety of senior health and  
wellness programs

Move-in coordination

Resident call response system

Pet-friendly





# A NEW KIND OF MEMORY CARE

At White Cliffs Senior Living, 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 Thrive Memory Care program incorporates each individual into the rhythms of daily living, creating mindful moments that inspire longevity and well-being.

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



24-hour support from 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 always welcome

Pantry Program for each resident's favorite foods and personal mementos

Healthy snacks available all day, every day

Structured and spontaneous programs specifically tailored to each individual

Dynamic calendar of events, programs, Extraordinary Outings, and Watermark University classes designed for individuals with memory care needs

Family communications center

Residential environment with family photographs, keepsakes, and personal histories

Housekeeping, linen, laundry, and maintenance services

## MEET THE NAYAS

Specially trained and certified caregivers known as *Nayas* provide customized care 24/7, communicating through validation to show understanding and support. From this thoughtful foundation, we cultivate a sense of well-being and connection.

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; 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 our residents at this familiar level allows them to live a healthier, happier, more connected lifestyle.





# AMENITIES AND SERVICES THAT MAKE LIFE GREAT

Having such a variety of amenities and services at your disposal makes White Cliffs Senior Living a lot like a charming bed and breakfast. Relax and spend free time how you like, whether that's taking a stroll, having a friendly chat, or simply watching the birds in our scenic landscaped grounds.

For appointments, outings, and errands, let us do the driving. We offer personal transportation to and from shops, appointments, and social or cultural outings.

Our beauty salon and barber shop are just steps from your door. Treat yourself to a cut, color, style, set, perm, or trim.

**AFTER YOU CHOOSE WHITE CLIFFS SENIOR LIVING, YOU'LL WISH YOU HAD SOONER.**





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 over 30 years for service, innovation, integrity, and financial stability, Watermark manages more than 70 retirement communities coast to coast. Based in Tucson, Arizona, Watermark is ranked as the nation's 10th-leading senior housing operator by the American Seniors Housing Association.

**VISIT [WATERMARKCOMMUNITIES.COM](https://www.watermarkcommunities.com) FOR MORE INFORMATION.**







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