



 THE WATERMARK
AT CONTINENTAL RANCH

ASSISTED LIVING • MEMORY CARE

REDEFINING SENIOR LIVING

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 created a community filled with options, from cozy studio suites to spacious two-bedroom apartments, great cuisine and fun events plus mind and body fitness classes. 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

Lush landscaped grounds and nature trails

Card, game and craft rooms

Beauty salon

Pet-friendly environment

AN OPTION FOR EVERY APPETITE



When you think of dining in a retirement community, do you envision your meals expertly prepared by a skilled chef and graciously served by friendly, attentive staff? At The Watermark at Continental Ranch you'll discover just that, plus the comfortable elegance of a fine restaurant with china, sparkling crystal and fresh linens. Our ever-changing menu features an array of flavorful, nutritious meals with optional wine service, prepared by trained chefs with an eye for presentation. Plus, with Thrive Dining™, individuals with cognitive or neuromuscular challenges can enjoy their 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 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 The Watermark at Continental Ranch. Cultural programs, interesting classes and extraordinary outings are simply a part of everyday life. There's always plenty to do with friendly neighbors.

Stimulating the mind and strengthening the body has 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*, *Floral Design*, *Cake Decorating*, *Chair Aerobics*, *Arts & Crafts Class*, and dozens more, so you can learn (or teach) something new every day. Watermark University isn't just for residents. Call for a catalog and join us for a class that intrigues you.



- Charcoal Drawing
- Travelogues Around the World
- Sign Language
- Ballroom Dancing
- Jewelry Making
- Photography Club
- Oil Painting
- Intro to Computers
- Creative Cooking
- Spanish 101

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. No 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 modern kitchenette

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

Three delicious and healthy meals prepared daily in addition to snacks

Housekeeping, linen and laundry services

Caring, trained staff available 24 hours per day

Liaison with personal physician

Scheduled local transportation services to shopping, appointments and entertainment

All utilities except phone, cable and internet service

Maintenance services for residence and built-in appliances

Dynamic calendar of programs, classes and extraordinary outings including Watermark University classes

Variety of senior wellness programs

Personal resident call system

A NEW KIND OF MEMORY CARE

At The Watermark at Continental Ranch, 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.



Private and semiprivate suites

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

Personal pantry program for each resident's favorite foods

Healthy snacks available all day, every day

Structured and spontaneous activities 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, 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.



AMENITIES AND SERVICES THAT MAKE LIFE GREAT



With all the amenities and services at your disposal, our lifestyle at The Watermark at Continental Ranch will keep you feeling strong and thriving. Plus, you won't find a better value or more friendly neighbors anywhere around. Stroll, chat or simply watch the birds in our beautifully landscaped courtyard and community grounds. For appointments, outings and errands, let us do the driving with transportation to and from shops, personal appointments and social or cultural outings. Our beauty salon is just steps from your door. Stop by for a cut, color, style, set, perm, or trim for the gents.

From the moment you choose The Watermark at Continental Ranch, you'll wish you'd done so sooner.



The background is a solid dark blue color. Overlaid on this are several thick, light blue curved lines. One large arc starts from the left edge and curves upwards and to the right. Below it, there are more complex, swirling lines that create a sense of movement and depth. The overall aesthetic is clean, modern, and professional.

Creating extraordinary and innovative communities where people thrive.



 **THE WATERMARK**
AT CONTINENTAL RANCH

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