



 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 extraordinary options, from cozy studio suites to spacious two-bedroom apartments to outstanding cuisine, fun events, engaging Watermark University mind and body fitness classes, unsurpassed customized care and so much more. 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 art rooms

Beauty salon

Pet-friendly environment

# AN OPTION FOR EVERY APPETITE



When you think of dining in a retirement community, do you envision delicious, healthy meals expertly prepared by a skilled chef and graciously served by friendly, attentive dining team members with impeccable attention to detail? At The Watermark at Continental Ranch, you'll discover that and more. Dine in 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. 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 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, 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 of our mind and body fitness classes just steps from your door. Our offerings include *Chef Demonstrations, Floral Design, Cake Decorating, Chair Aerobics, Watercolors*, 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.

Archaeology Finds and Community History  
Charcoal Drawing  
Travelogues Around the World  
Sign Language  
Ballroom Dancing  
Jewelry Making  
Photography Club  
Oil Painting  
Intro to Computers  
Creative Cooking  
Spanish 101  
Time Travel and Technology



# 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 modern kitchenette

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

Three delicious and healthy meals prepared daily

Favorite snacks available all day

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

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

Pantry Program for each resident's favorite foods

Healthy snacks available all day, every day

Access to Gourmet Bites Cuisine

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

Complete apartment 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 incomparable amenities and services at your disposal, our carefree, fun-filled lifestyle at The Watermark at Continental Ranch will keep you feeling strong and thriving, and you won't find a better value or friendlier 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 scheduled transportation to and from shops, personal appointments, entertainment, and social or cultural outings. Our beauty salon is just steps from your door, so stop by for a cut, color, style, set, perm or maybe a trim for the gents. From the moment you choose The Watermark at Continental Ranch, 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](http://watermarkcommunities.com).





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8689 N. Silverbell Road  
Tucson, AZ 85743  
**520-789-6690**  
watermarkcommunities.com

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