



 **THE WATERMARK**
AT ROSEWOOD GARDENS
ASSISTED LIVING • MEMORY CARE

REDEFINING SENIOR LIVING

Over 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 affordable studio apartments to spacious one-bedroom suites, great cuisine and fun events plus engaging 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.



- Elegant dining room
- Spacious lobby with slate fireplace
- Well-stocked library
- Full-service beauty salon and barber shop
- Rose lined outdoor patio dining
- Lush outdoor courtyards
- Community computer
- Wireless resident call system
- Wellness solarium with daily fitness classes

WATERMARK UNIVERSITY

Stimulating the mind and strengthening the body has enormous benefits at any age. That's why, as part of Watermark Retirement Communities®, 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 course catalog is chock full of fun classes from *Creative Cooking* to *Chair Tai Chi*, *Teas of the World* and dozens more, so you can learn (or teach) something new every day. These classes aren't just for residents. Call for your copy of our current course catalog and sign up for a class or two today.



Walking Fit Club

Creative Cooking

Chair Tai Chi

Teas of the World

Sign Language for
Real Beginners

Blackjack for Beginners

Intro to Computers

AN OPTION FOR EVERY APPETITE

Dining at The Watermark at Rosewood Gardens might surprise you. In fact, we think you'll be amazed. Do you expect your meals to be prepared by a skilled chef in whites and graciously served by friendly staff with impeccable attention to detail? This isn't a dining room in a retirement community, this is an evening spent at one of your favorite restaurants! Plus, with Thrive Dining™, individuals with cognitive or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions. If you're not in the mood for a sit down meal, just grab a quick bite and a coffee to go. At The Watermark, the choice is yours.



TODAY'S SELECTIONS:

- Grilled Tilapia with Mango Salsa
- Cashew Chicken
- Ham with Raisin Sauce and Fresh Yams
- Salmon Caesar Salad
- Beef Piccata with Caper Sauce
- Rosewood Chicken Enchiladas
- Warm Apple Cobbler
- Pear á la Caramel

ASSISTED LIVING

When it comes to Assisted Living, we're not what you'd expect. No cookie cutter apartments, monotonous call bells, stereotypical activities, annoying intercoms or associates in scrubs pushing medication carts. Here, you'll find meals cooked to order by a talented chef in whites and top notch care tailored to your needs, on your schedule – not ours. Our small size makes our community feel more like at a favorite Bed & Breakfast, filled with friendly people you know and trust.

Why wait to get a taste of The Watermark lifestyle? Try us out for a short-term stay. Enjoy a fully furnished apartment, fantastic food made just how you like it, outstanding care and assistance if and when you need it, and (perhaps the best part of all) fun with friendly neighbors. While you're here, why not treat yourself to a salon service and take a class or two?



Modern kitchenettes

Fountain views on select apartments

Three meals created daily by our expert chefs

Dynamic program calendar featuring Watermark University classes

A state-of-the-art wireless resident call system

Daily tidying and weekly housekeeping

Personal laundry and linen services

Transportation services

Senior wellness programs

Pet-friendly environment



A NEW KIND OF MEMORY CARE

At The Watermark, we're borrowing from the traditions of the multigenerational households and local bed & 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

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

Residential environment with family photographs, keepsakes and personal histories

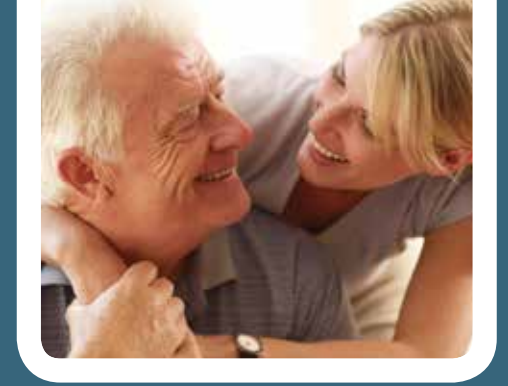
Beautiful, sunny memory courtyard

Housekeeping, linen and laundry 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.



BEST OF BOTH WORLDS

The Watermark at Rosewood Gardens offers town and country living at its best. Located just minutes from Historic Downtown Livermore, residents and their guests enjoy a wide variety of shopping, dining, culture and entertainment offerings. With its temperate microclimate, the fertile Livermore Valley is California's oldest wine region. Livermore is home to weekly farmer's markets, a beautiful recreational lake and a signature rodeo event. Less than an hour from San Francisco, Berkeley, Oakland and San Jose, Livermore offers a more relaxed, less congested atmosphere, making it an ideal place to call home.

Founded in 1869, Livermore is California's oldest wine region with more than **40 WORLD-CLASS WINERIES**, including Wente

Considered part of the Tri-Valley area, Livermore (pop. 83,000) is home to **LAWRENCE LIVERMORE NATIONAL LABORATORY** and **SANDIA NATIONAL LABORATORY**

Livermore is the easternmost city of the Bay Area, located 45 miles from San Francisco, 75 miles from Napa Valley, 37 miles from Berkeley and 33 miles from both Oakland and San Jose

Outdoor enthusiasts enjoy nearby **LAKE DEL VALLE**, offering outstanding camping, sailing, fishing and horseback riding

The annual **WINE COUNTRY FESTIVAL** in this valley attracts 150,000 attendees

The **PREMIUM OUTLET MALL** in Livermore is any shopper's paradise with 180 different name brand outlets including Bloomingdales, Barneys, Prada, and Saks Fifth Avenue

Golfers have their choice of **THREE GOLF COURSES** in Livermore, two of which are public

Located downtown, the intimately scaled **BANKHEAD THEATER** delivers outstanding live performances in opera, ballet and the symphony





Creating extraordinary communities where people **thrive**.



 **THE WATERMARK**
AT ROSEWOOD GARDENS

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