



 **THE WATERMARK**
AT ROSEWOOD GARDENS
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 affordable studio apartments to spacious one-bedroom suites 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.



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

AN OPTION FOR EVERY APPETITE



Dining at The Watermark at Rosewood Gardens isn't what you'd expect from a retirement community. In fact, we think you'll be amazed. Do you envision delicious, healthy meals prepared by a skilled chef in whites and graciously served by friendly, attentive dining team members with impeccable attention to detail? This isn't a dining room in a retirement community – it's an evening spent at one of your favorite restaurants. 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. If you're not in the mood for a restaurant-style meal, you can always 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

WATERMARK UNIVERSITY

There's always something happening at The Watermark at Rosewood Gardens. 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 class catalog is chock full of fun classes from *Creative Cooking* and *Book Club* 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 catalog, and sign up for a class or two today.



Walking Fit Club
Exploring Watercolors
Sign Language for Real Beginners
Blackjack for Beginners
Intro to Computers
Laughter in the Afternoon Yoga
Big Group Trivia
Raised Bed Flower Gardening



ASSISTED LIVING WITH A DIFFERENCE

When it comes to Assisted Living, we're not what you'd expect. Forget cookie-cutter apartments, boring, stereotypical activities, associates in scrubs or health care delivered on a schedule so rigid it becomes the center of your day. Here, you'll find meals prepared to order by our talented chef, a varied calendar of community doings, top-notch care tailored to your needs on your schedule – not ours – 24 hours a day. Our intimate campus makes our community feel more like your favorite bed-and-breakfast, filled with friendly neighbors and associates 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 personalized care and assistance if and when you need it, and (perhaps the best part of all) fun with friendly neighbors. While you're here, treat yourself to a salon service, take a Watermark University class or two, or join us on a community outing to Concannon Vineyard or a picnic and boat adventure on Lake Del Valle. Come by for a visit – we know you'll be pleasantly surprised.

Modern kitchenettes

Fountain views for select apartments

Three meals created daily by our expert chefs

Dynamic program calendar featuring Watermark University classes and Extraordinary Outings

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-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 encourage friendly gatherings and 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

Pantry Program for each resident's favorite foods

Healthy snacks available all day, every day

Structured and spontaneous programs 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. With its optimal temperate climate, the fertile Livermore Valley is California's oldest wine region. Livermore is home to weekly farmers 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 Vineyards

Considered part of the Tri-Valley area, Livermore (pop. 91,000) is home to **Lawrence Livermore National Laboratory** and **Sandia National Laboratories**

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 35 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 **San Francisco Premium Outlets** 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 top 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



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.





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