



LAKESIDE PARK
A WATERMARK RETIREMENT COMMUNITYSM

Memory Care



experience

Extraordinary Senior Living



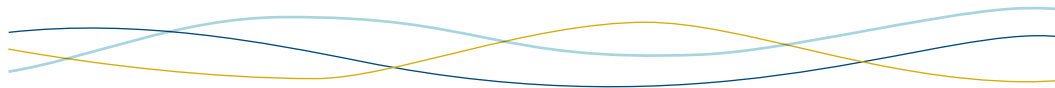


Redefining Senior Living

Watermark Retirement Communities is building on more than 30 years of experience in transforming health and wellness programs that promote enriched lifestyles, vitality, and well-being. With innovative signature programs designed for your loved one, we're shattering stereotypes and pushing boundaries for what senior living can be.

From simple daily living routines to more comprehensive wellness plans, we tailor our services and wellness offerings to meet your loved one's needs. Discover a new kind of senior living with exceptional personalized care, first-rate amenities, engaging classes and social events, chef-prepared cuisine, and more.

*We're not what you'd expect,
and that's a promise.*



expect the unexpected

Savor the Good Life

At The Watermark, meals are more than sustenance. They are culinary celebrations of good taste, good health, and good company. Residents can gather with friendly neighbors to share stories and indulge in cuisine beyond compare, with laughter at the table, gracious service, and impeccable attention to every detail.

Our unique menus overflow with flavorful and nutritious choices, and our expert chefs dazzle palates with an array of tempting culinary creations from upscale selections to comfort food favorites prepared using only the freshest ingredients.

Our Gourmet Bites Cuisine signature program is restoring the joys of dining for individuals with cognitive, physical, or neuromuscular challenges, so they can enjoy favorite foods without assistance, utensils, or distractions.

Variety truly is the spice of life.



Sample Menu:

Breakfast Quiche

Tri-Tip with Molasses & Ginger

Garlic Puree Herb Crusted Turkey Breast

BBQ Country-Style Ribs







Wellness Takes Center Stage

Residents can pursue cherished passions and try something new with our enticing calendar of programs, outings, events, and classes offered through Watermark University.

Maybe it's trying a new dish in our *Chef Demonstrations* or unleashing their inner artist with *Creative Art*. Perhaps it's finding passion in *Gardening 101* or finding balance with *Yoga*. Residents can even explore Paris' Eiffel Tower with EngageVR® (virtual reality). With dozens of classes taught by residents, associates, and professional partners, there's always meaningful ways to connect, explore, and learn.

Explore new interests and pursue inspirations.



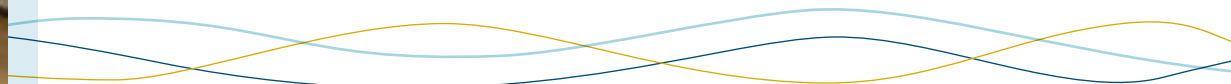
Sample Classes:

Chef Demonstrations

Creative Art

Gardening 101

Yoga



A New Kind of Memory Care

Drawing on Watermark's legacy of providing innovative, high-quality memory care programming for more than 30 years, Lakeside Park expands what's possible in memory care with our groundbreaking Prema Memory SupportSM program. Developed with the latest science, our approach integrates innovative offerings that help boost cognitive function, enhance memory, encourage healthy eating, and improve quality of life. It brings empathy together with expertise in a setting filled with unconditional acceptance and compassion.

Whether your loved one is experiencing Alzheimer's disease or another form of dementia, we're here for you and your family every step of the way.



*Our unique approach integrates mind
and body wellness into daily life.*





Meet the Nayas

Watermark's Prema Memory SupportSM is built on three decades of experience in combining welcoming environments with one-of-a-kind programming. Leading the way are our signature *Nayas*, caregivers trained in accordance with standards set by the Alzheimer's Association. *Nayas* focus on validation rather than correction. With an empathy-based approach, they cultivate a positive sense of well-being and connection for each resident, helping them to fulfill their sense of purpose from moment to moment.



We challenge traditional assumptions about what's possible.





Amenities and Services That Make Life Great

Residents can start off their day with a stroll and chat, or simply enjoy the fresh air in the courtyard. Or maybe it's spent taking a morning class and then meeting friends for a coffee date.

The lifestyle at Lakeside Park allows your loved one to relax, spend time with neighbors and friends, and pursue their passions. There are plenty of new things to try, too. For appointments, outings, and errands, let us do the driving. We offer personal transportation to and from shops and appointments, as well as excursions to local attractions and cultural events.

*We thought of you –
and then we thought of everything.*



Spacious private and semiprivate suites

Three chef-prepared meals each day

Trained associates available 24/7

Healthy snacks available 24/7

Customized wellness plans and programs

Watermark University classes

Extraordinary Outings

EngageVR® virtual reality experiences

Pantry Program

Family communications center

Scheduled transportation

Housekeeping and linen services

Resident call response system

Move-in coordination service

Beauty salon

Private dining room

Garden courtyard



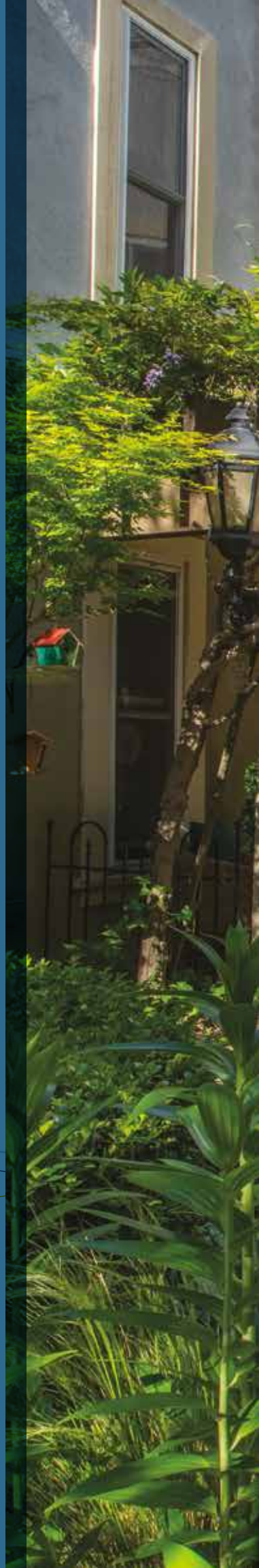
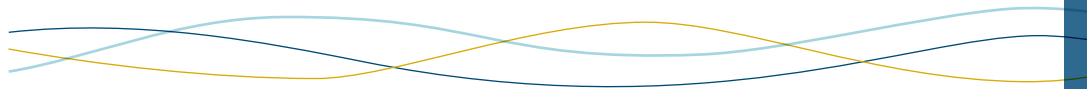
About Watermark Retirement Communities

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. Based in Tucson, Arizona, Watermark is a privately held company with a reputation for more than 30 years for service, innovation, integrity, and financial stability, and manages more than 50 retirement communities across the country.

Visit watermarkcommunities.com for more information.







It's What's Inside That Counts
expect the unexpected



LAKESIDE PARK
A WATERMARK RETIREMENT COMMUNITYSM

Memory Care

468 Perkins Street • Oakland, CA 94610 • 510-444-4684 • LakesideParkLiving.com



A WATERMARK RETIREMENT COMMUNITYSM



2407-OLP-2271A

RCFE LICENSE #019200529