# Experience Extraordinary Senior Living



## REDEFINING SENIOR LIVING

At Legacy at Grande'Vie and Legacy at Cranberry Landing, we're creating exceptional and innovative communities where people thrive. More than 30 years of experience has helped us revolutionize health and wellness programs that promote well-being and enriched lifestyles.

Connect and engage in a warm and welcoming setting featuring spacious residences and comfortable shared spaces. We invite you to create your personal wellness journey with our suite of innovative programs, exceptional amenities and services, enriching classes, vibrant community life, chef-prepared cuisine, expert care tailored to meet your needs, and more. It's all part of our culture of choice, designed just for you.

WE'RE NOT WHAT YOU'D EXPECT, AND THAT'S A PROMISE.





### LEGACY AT GRANDE'VIE

LEGACY AT CRANBERRY LANDING

Independent Living

Assisted Living

Enhanced Assisted Living

Memory Care



# AN OPTION FOR EVERY APPETITE

Our meals are culinary celebrations of good taste, good health, and good company. Connect and share stories with friends and family in our exceptional dining space with laughter at the table, gracious hospitality, and impeccable attention to every detail. Enjoy unique menus overflowing with flavorful and nutritious choices. Using only the freshest ingredients, our expert culinary team will dazzle your palate with an array of tempting culinary creations from upscale selections to comfort food favorites. Our skilled chefs accommodate special diets and preferences as requested.

For individuals with cognitive, neuromuscular, or physical challenges, Gourmet Bites Cuisine enhances independence and restores the joys of dining. We transform our freshly prepared and high-quality menu items into delicious and nutritious meals served as bite-sized portions to be eaten by hand. No assistance, no distractions, no utensils – no problem.

### VARIETY IS TRULY THE SPICE OF LIFE.





### **SAMPLE MENU**

Chef's Minestrone Soup

Buttermilk Chicken Caesar Salad

Pan-Seared Blackened Atlantic Salmon with Whipped Potatoes

Garlic Lemon Shrimp with Wild Rice Pilaf

Steak of the Day with Onion Strings

White and Dark Chocolate Bread Pudding



# MIND AND BODY WELLNESS

Stimulating the mind and strengthening the body have enormous benefits at any age, so we have created a vibrant atmosphere that inspires you to pursue what you love and discover new interests with our dynamic calendar of programs, outings, and events. Through Watermark University, our robust classes breathe new life into each day, with invigorating opportunities to connect, grow, and learn.

Just steps from your door, you can enjoy unlimited access to energizing mind and body fitness classes. Enrich your mind in *Music and Movement* or *Conversational Spanish*, bring a new recipe to life in *Creative Cuisine*, discover a new artistic talent in *The Artist Within*, or strengthen your body with *Chair Yoga*. There are dozens of other options, so you can learn (or teach) something new every day. Enroll in a class or two today.

EXPLORE NEW INTERESTS, AND INDULGE IN WHATEVER INSPIRES YOU.





### SAMPLE CLASSES\*

Mindful Meditation

Charcoal Drawing

Travelogues Around the World

Sign Language

Fun with Facebook

Jewelry Making

Photography Club

Oil Painting

Intro to Computers

Tai Chi

Hip Hop Dance 101

Conversational French

Secrets of Central Park

Whimsical Watercolors





## INDEPENDENT LIVING LEGACY

Enjoy a dynamic, independent life where you do what you want, when you want. Let us take care of the fine details of daily living so you can focus on everything that brings you joy. Trade in homeownership hassles, cooking, cleaning, and your endless to-do list for the carefree and convenient lifestyle you crave, with the right amount of customized care and support should you ever need it.

Our expert associates know more than just your name. We make it our business to know all your preferences and exceed every expectation.

Choose your perfect new home – from modern, spacious studios to beautiful one- and two-bedroom residences. We have options that work with every budget and lifestyle.

DESIGN A LIFESTYLE THAT'S PERFECT FOR YOU.





Continental breakfast and chef-prepared lunch or dinner daily

24/7 Associate support

Housekeeping, laundry, and linen services

Maintenance services

Dynamic calendar of events, programs, Extraordinary Outings, and Watermark University classes

Variety of senior health and wellness programs

All utilities (some exclusions may apply)

Scheduled transportation services (extra fees may apply)

Move-in coordination service



# ASSISTED LIVING & ENHANCED ASSISTED LIVING

### ASSISTED LIVING WITH A DIFFERENCE

Customized care, one-on-one support, independence, and peace of mind live in perfect harmony in our Assisted Living community. Our caring, trained associates have your health and well-being covered 24/7. From simple daily living routines to more comprehensive wellness plans, we tailor our expert care, services, and wellness offerings to meet your needs. We'll stop at nothing to help you feel centered, strong, and thriving.

### ENHANCED ASSISTED LIVING

Happiness and healing start with being in the place that's just right for you. When Assisted Living doesn't provide all the support you'd like but skilled nursing isn't necessary, Enhanced Assisted Living is just what the doctor ordered. Enjoy 24-hour professional care, a high associate-to-resident ratio, and care tailored to your individual needs – without the added cost of unnecessary services.

DISCOVER OUR UNIQUE APPROACH TO INTEGRATIVE CARE AND WELL-BEING.





Three delicious, healthy meals prepared daily

Weekly housekeeping, laundry, and linen services

Maintenance services

Dynamic calendar of events, programs, Extraordinary Outings, and Watermark University classes

Variety of senior health and wellness programs

Caring, trained associates available 24/7

All utilities excluding phone service

Scheduled transportation services (extra fees may apply)

Resident call response system



# A NEW KIND OF MEMORY CARE

We understand that no two journeys are alike. Whether you or a loved one is experiencing mild cognitive impairment, Alzheimer's disease or another form of dementia, we're here for you and your family every step of the way.

At our warm and welcoming Memory Care community, our Prema Memory Support<sup>SM</sup> program incorporates each individual into the rhythms of daily living, creating mindful moments that inspire longevity and well-being. Specially trained caregivers known as *Nayas* provide customized care 24/7 in a supportive environment that cultivates a deep sense of community, connection, and peace of mind for the entire family.

WE CHALLENGE TRADITIONAL ASSUMPTIONS ABOUT WHAT IS POSSIBLE.





24-hour personalized attention from dedicated Naya caregivers, who receive specialized training in the latest methods for supporting individuals with Alzheimer's disease and dementia

Three nutritious family-style meals, where families and friends are always welcome

Pantry Program for each resident's favorite foods and personal mementos

Healthy snacks available all day, every day

Structured and spontaneous programs specifically tailored to each individual

Dynamic calendar of events, programs, Extraordinary Outings, and Watermark University classes designed for individuals with memory care needs

Family communications center

Residential environment with family photographs, keepsakes, and personal histories

Housekeeping, linen, laundry, and maintenance services



# THERE'S A LEGACY COMMUNITY FOR YOU

Our Legacy Communities are the unparalleled choice for senior living in Rochester. Discover extraordinary Independent Living, Assisted Living, Enhanced Assisted Living, and Memory Care.

### TO LEARN MORE, PLEASE CONTACT US.

### **LEGACY AT GRANDE'VIE**

2140 Five Mile Line Road • Penfield, NY 14526 • 585-381-0680 legacygrandevie.watermarkcommunities.com

INDEPENDENT LIVING • ASSISTED LIVING ENHANCED ASSISTED LIVING • MEMORY CARE

### **LEGACY AT CRANBERRY LANDING**

300 Cranberry Landing Drive • Rochester, NY 14609 • 585-244-3630 legacycranberrylanding.watermarkcommunities.com

INDEPENDENT LIVING • ASSISTED LIVING ENHANCED ASSISTED LIVING • MEMORY CARE







### 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<sup>™</sup> in a national program conducted by the Great Place to Work<sup>®</sup> 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 60 retirement communities in 21 states.

VISIT WATERMARKCOMMUNITIES.COM FOR MORE INFORMATION.











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ASSISTED LIVING
ENHANCED ASSISTED LIVING
MEMORY CARE