



# THE SKY BRIDGE

AT TOWN CENTER

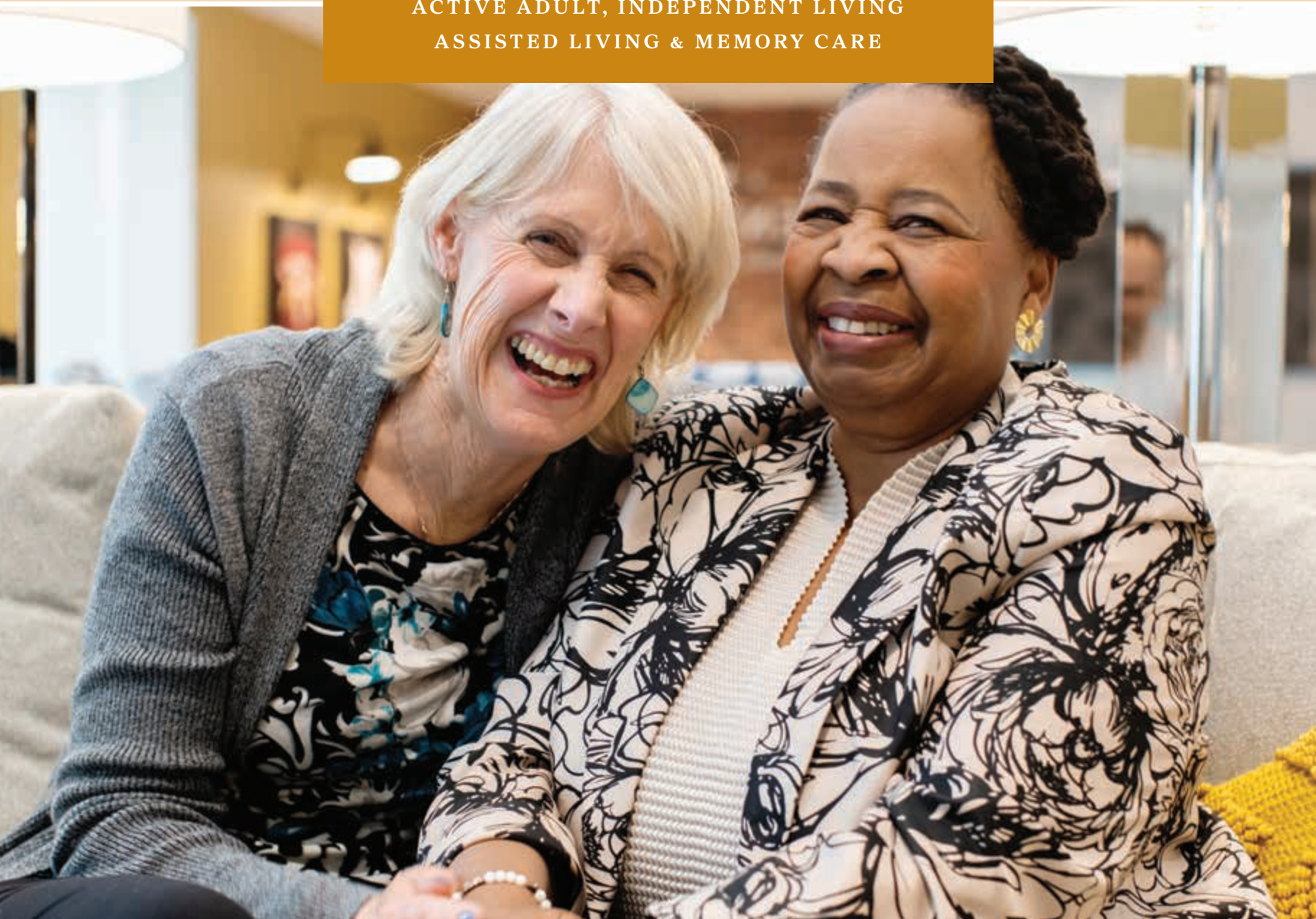
A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup>

*experience extraordinary*

## SENIOR LIVING

ACTIVE ADULT, INDEPENDENT LIVING

ASSISTED LIVING & MEMORY CARE







## *senior living* REDEFINED

Tasteful pursuits that nourish the  
body while filling the heart.

Introducing a new era in resort-style living for today's modern seniors. Imagine living in a place where people know your name – and more. Where neighbors understand you, new friends embrace you, and a whole community supports your interests and needs. That's just what you'll find at award-winning Watermark Retirement Communities®. Reimagined senior living to bring you a fulfilling lifestyle of joy, learning, and discovery.

Here, you'll discover more than a stylish, luxurious residence to call your own. There are few places in America quite like Upper Marlboro. With major metropolitan centers like Washington, D.C., Annapolis, Maryland, and Arlington, Virginia, all within an hour's drive, this small, peaceful town is rich in eclectic goings-on and historical traditions. It's the ideal destination for a modern, fully accommodating senior living center. It's the kind of place that feels safe, and welcoming. Two good features for a vibrant retirement community.

**Watermark Retirement Communities has been reimagining the concept of senior living for more than 30 years, maintaining its passion for the creation of extraordinary and innovative communities where people thrive. The Sky Bridge at Town Center is a true manifestation of that commitment.**

# *amenities and* AMBIENCE

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Sophisticated yet relaxed, refined yet inviting — our stylish community offers gorgeous suites and balanced, personalized support.

At The Sky Bridge at Town Center, every detail is designed to enhance your sense of well-being and purpose.

Chef-created cuisine, inspired surroundings, and plush spaces for social occasions are only the beginning. Within minutes of your new home, you can enjoy lush natural surroundings, indulge in first-class shopping, and treat yourself with one-of-a-kind cultural experiences.





## We make the good life *easy.*

With so much to do, how will you keep track of all the arrangements?

Our dedicated concierge makes it simple, providing access to galleries, local dining, and other programs such as classes at our fitness and wellness center and relaxing treatments at our on-site spa and salon.

*An exceptional community where residents can truly thrive, The Sky Bridge at Town Center is the perfect blend of comfort and connection.*

## Special places and shared spaces.

Multiple dining venues

Indulge Salon and Spa

Vitality Fitness Center

The Screening Room — a theater

Vitality Health and Wellness Center

Courtyard with dining

Putting green

Bocce ball



Room service and private community spaces are available for special occasions with friends and family; dedicated Assisted Living and Memory Care restaurants ensure everyone delights in our chefs' delectable creations.



# CULINARY

*experiences to savor*

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Tasteful pursuits that nourish the body while filling the heart.

Our array of tempting menu options presents a variety of choices and dining experiences – from fine dining to light bistro fare, our cuisine is as varied as the people who enjoy it. At **The W Lounge**, our full-service, all-day dining venue, you'll likely come to have a favorite table, or two, to gather and dine with friends.

Casual and contemporary, the **Gallery Café** is the place to gather and socialize with friends over fresh coffee and breakfast, along with lunch. Fine dining lovers head to **The Mark** for an unforgettable culinary experience. Perfectly cooked steaks and chops and decadent desserts are the specialties here.

Inviting décor and a beautiful display kitchen with a stone-hearth oven welcome you to **The Central**. Enjoy delicious roasted meats, fish, flatbreads, and more. Discover casual and comfortable full-service at **Seasons**, and enjoy creative dishes and fresh ingredients. Breakfast, lunch, and dinner are available daily.

For individuals living with cognitive, neuromuscular, or physical challenges, our signature **Gourmet Bites Cuisine** ensures accessibility, dignity, and independence at the table. Using only fresh, high-quality and nutritiously rich ingredients, our specially trained chefs create delicious, bite-size meals intended to be eaten by hand.

# *vibrance and* VITALITY

The path to wellness takes many forms — some unexpected.

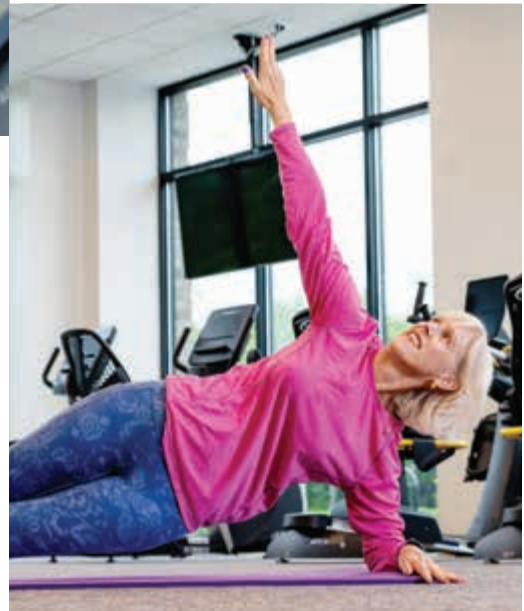


True wellness integrates mind, body, and spirit; much like a wheel, every spoke is important to overall strength.

Self-care is vital, too. The time is always right for revitalizing right on-site at **Indulge Salon and Spa**. Our signature menu of massages, treatments, and facials are both relaxing and rejuvenating, while salon manicures, pedicures, haircuts, and color services help everyone feel and look their best.







With outings to local landmarks, restaurants, and shopping venues, there's always something new to discover. You can even take a trip to the stars with our groundbreaking **EngageVR®** virtual reality! Picturesque natural areas and parks are nearby, and a wealth of **Watermark University** programming includes everything from exciting excursions to mentally stimulating educational symposiums.

*At The Sky Bridge at Town Center, each day is tailored to you.*

*nurturing care*  
**INSPIRED LIVING**

The support you need, with the independence you deserve.





## Assisted Living at

The Sky Bridge at Town Center offers spacious residences with modern touches, plentiful opportunities for connection, and thoughtful care at every step. It's a place for wellness, discovery, and enjoyment with personalized care from people who know you and understand you.

You'll have full access to our grand suite of amenities, including everything from exciting programs and adventurous outings to fitness classes and rejuvenating spa treatments. Discover new interests and reconnect with previous passions.

## Prema Memory Support<sup>SM</sup>

Drawing on Watermark's legacy of providing innovative, high-quality memory care programming for more than 30 years, The Sky Bridge at Town Center expands what's possible in memory care with our groundbreaking Prema Memory Support<sup>SM</sup> 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.

At the heart of our unique approach, you'll find our dedicated caregivers whom we call *Nayas*. Named after the ancient Sanskrit word for "guide" or "person of wisdom," *Nayas* are involved in every aspect of daily life. They receive specialized training, recognized by the Alzheimer's Association, in the latest methods for supporting people with Alzheimer's disease and dementia. They also have access to additional training and certification through the National Council for Certified Dementia Practitioners.

*Nayas* help our residents feel calm and oriented while providing an unparalleled level of customized care with empathy and understanding. They are uniquely positioned to spot day-to-day shifts in health and mood while gaining a greater understanding of each individual's preferences. *Nayas* build strong relationships and are often considered family by our residents and their loved ones.

# *services and* **AMENITIES**

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Our full suite of services and amenities make it easy to create a fulfilling lifestyle whether you seek leisure, luxury, or both. And our concierge service makes everything at The Sky Bridge at Town Center, as well as the surrounding region, incredibly easy to access.





Live the life you want.

*We'll manage  
the details.*



Caring, trained associates  
available 24 hours per day

Gourmet meals prepared daily  
by our in-house chefs

Concierge for assistance with  
reservations for restaurants,  
events, programs, and more

Transportation services

Preventive health screenings  
and education programs

Spa, salon, and barber services

EngageVR® virtual reality

Housekeeping and laundry services

Complete apartment, building,  
and grounds maintenance services

Move-in coordination service

Resident call response system

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

## Watermark Retirement Communities

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.

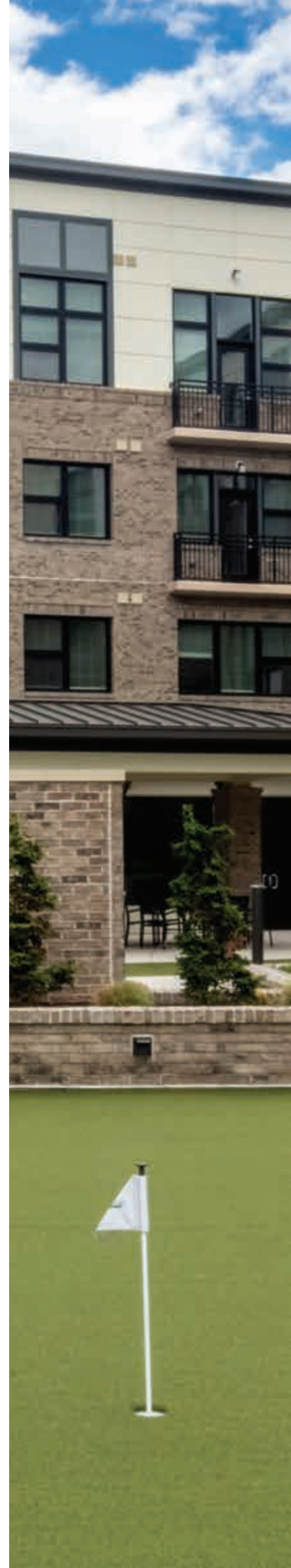
Watermark has been named in the top 25 Best Workplaces for Aging Services™ in a national program conducted by the Great Place to Work® Institute and published on Fortune.com. Based in Tucson, Arizona, Watermark is a privately held company with a reputation for more than 30 years for service, innovation, integrity, and financial stability, and manages more than 50 retirement communities across the country.

Visit [watermarkcommunities.com](https://watermarkcommunities.com) for more information.

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Watermark respects, honors, and celebrates diversity in all forms and has embarked upon a partnership with SAGE, the nation's oldest and largest nonprofit organization that not only brings awareness to the issues surrounding LGBTQ+ aging, but also provides the resources necessary to improve the lives of LGBTQ+ seniors.

As the first nationwide senior living company to conduct SAGE platinum certifications, Watermark is committed to achieving complete SAGE training for at least 80 percent of associates coast to coast. Armed with greater knowledge, empathy, and understanding, Watermark communities will be even more poised to serve our diverse communities, associates, families, friends, and guests.







# THE SKY BRIDGE

AT TOWN CENTER  
A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup>

The Skybridge at The Parc  
360 Sky Bridge Drive  
Upper Marlboro, MD 20774  
[skybridgetheparc.com](http://skybridgetheparc.com)

240-545-8080

The Skybridge at The Arch  
400-450 Sky Bridge Drive  
Upper Marlboro, MD 20774  
[skybridgethearch.com](http://skybridgethearch.com)

**Active Adult, Independent Living, Assisted Living & Memory Care**

