

 **THE WATERMARK**
AT CONTINENTAL RANCH

Assisted Living • Memory Care



experience

Extraordinary Senior Living



happy truths





Redefining Senior Living

Imagine living in a place where people know your name. Where peers understand you, new friends embrace you, and compassionate, trained associates support all your interests and needs. We designed The Watermark at Continental Ranch for you, and it's so much more than you'd expect.

We Defy Senior Living Myths

#1. I'll Be Lonely

Not likely. Your social life will get a boost when you're surrounded by friendly people who live, play, and dine together.

#2. I'll Lose My Independence

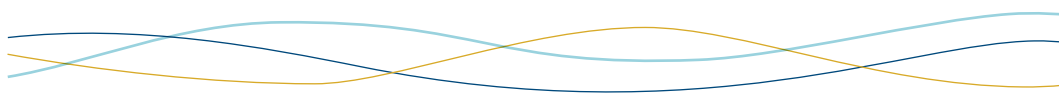
Opposite. We do all the chores, so you're free to soar. Make each day what you want it to be, doing exactly what you want to do.

#3. The Food Will Stink

You'll be asking for seconds. Our chefs have worked in the finest restaurants, and they create scrumptious meals. Ask for your favorite dish!

#4. It's Expensive

When you add up what you spend now, from housing to monthly bills and unexpected repairs, we may be a better value. Ask our team about resources you may not know about.





bon appétit

An Option for Every Appetite

What's for dinner? Exactly what you want. Our culinary team creates delicious seasonal favorites using the freshest ingredients. The ever-changing menu features everything from decadent dishes to comfort food classics, so there's always something to delight everybody. Residents regularly gather around the table to catch up, swap stories, and share laughs.

Thanks to the Gourmet Bites Cuisine program, menu items can be transformed into easy-to-eat, hand-held morsels, bringing the joy of mealtime back to people with neuromuscular or cognitive challenges. No assistance, no utensils, no hassles.

Meals with friends are more delicious.



“Chef made a delicious meal! This community boasts a 5-star chef...”

– A resident's family member









Programs, Outings, and Classes

There's always something happening at The Watermark at Continental Ranch. Cultural programs, fascinating classes, and Extraordinary Outings are a part of everyday life. Embrace your passions, try something new, and make friends along the way. Keeping the mind and body active has enormous benefits at every stage of life. That's why we created Watermark University. Residents can learn – or teach – something new every day, from chair fitness to current events discussions and art classes.

Explore new interests and pursue what inspires you.



Sample Classes:

Watercolor Painting Classes

Monthly Art Lectures

Morning Chair Exercise

Extraordinary Outings

Book Club

Music History

Weekly Happy Hour

Monday Afternoon Social Hour

Community Ambassador Club

Wii Bowling

Fall Prevention Fitness Classes

Assisted Living Is Empowered Living

We've looked at Assisted Living from all angles and raised every bar. The goal is to help each resident remain or restore independence by providing all the support needed to make personal pursuits possible. What's more, top-notch care revolves around each resident's schedule – not ours.

At the heart of each day are customized care and choice. The community calendar brims with social, educational, cultural, and recreational opportunities. Residents craft each day the way they like it.

Short-Term Stays

Experience our lifestyle with a short-term stay. You might need extra help while recovering from a surgery or illness, or you could be a caregiver who needs a rest. You may simply be curious about life in our community. We'll welcome you, and treat you like family.



Our approach integrates each resident into the rhythms of daily life, nourishing mind, body, and spirit.







Memory Care With Expertise & Love

Watermark's Prema Memory SupportSM is built on three decades of experience in combining welcoming environments with innovative programming. Leading the way are our signature *Naya* caregivers, specially trained in the latest methods for supporting people with Alzheimer's disease and dementia. Nayas encourage residents by focusing on what they can do, never on what they can't. All of our team members are trained in this positive approach, fostering a feeling of belonging and a sense of purpose.



Everyone is extremely kind and helpful and the staff care deeply for the residents.

– *A resident's family member*

We challenge traditional assumptions about what's possible.





Amenities and Services That Make Life Great

Start your day with a stroll or breakfast with friends. After taking a morning class, stop by the salon to freshen up your look. Then it's off to an afternoon outing.

The lifestyle at The Watermark at Continental Ranch allows you to relax, spend time with people you enjoy, and pursue your passions. There are plenty of fascinating things to try, too. Will you transport yourself to the Italian countryside with virtual technology? Maybe work on your bridge game or devour a good book in the library? We do the driving for appointments, shopping, and errands, and our fun group excursions get rave reviews.

There is a “welcoming vibe” throughout this community. The smiles on the residents’ faces say it all. You’re home.

– A resident’s family member



Bright studios and one- and two-bedroom apartments with modern kitchenettes

Three chef-prepared meals daily

Favorite snacks available all day

Caring, trained associates available 24/7

Liaison with personal physician

All utilities except phone service

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

Fitness center

EngageVR® virtual reality experiences

Salon and barber services

Scheduled transportation to shopping, appointments, and entertainment

Maintenance for residence and built-in appliances

Housekeeping, linen, and laundry services

Resident call response system





possibility,
purpose & joy

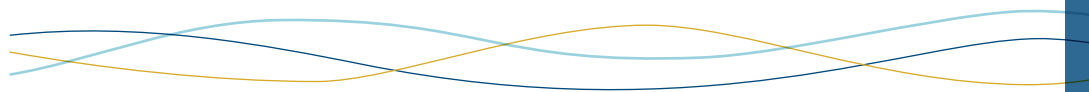
About Watermark Retirement Communities®

Watermark creates extraordinary and innovative 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 that has been managing senior living communities across the United States for more than 30 years, building a reputation for integrity, innovation, financial stability, and high-quality service.

Visit watermarkcommunities.com to learn more.







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



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