



THE WATERMARK
AT VISTAWILLA

ASSISTED LIVING • MEMORY CARE

REDEFINING SENIOR LIVING

As part of Watermark Retirement Communities, we are creating an extraordinary and innovative community where people thrive. 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 The Watermark at Vistawilla, a community filled with endless options, from affordable studio apartments and spacious two-bedroom suites to great cuisine, fun events, engaging mind and body fitness classes, and an active lifestyle full of growth and discovery. It's all part of our culture of choice.

IT'S NOT WHAT YOU'D EXPECT, AND THAT'S THE WHOLE POINT.



Beautifully furnished
lobbies and sitting areas

Contemporary dining room

Lush landscaped grounds
and nature trails

Card, game and
art rooms

Beauty salon

Pet-friendly environment

AN OPTION FOR EVERY APPETITE

When you think of dining in a retirement community, do you envision your meals expertly prepared by a skilled chef and graciously served by friendly, attentive staff? At The Watermark at Vistawilla, you'll discover that and more, including the comfortable elegance of a fine restaurant with china, sparkling crystal and fresh linens. You and your friends and family will always enjoy gracious service with impeccable attention to detail. Our ever-changing menu features an array of flavorful, nutritious meals with optional wine service, prepared by trained chefs with an eye for presentation. Plus, with Gourmet Bites Cuisine, individuals with cognitive, neuromuscular or physical challenges can enjoy their favorite foods without assistance, utensils or distractions.

If you're in the mood for a quick bite, visit the Key West Café for a pastry, specialty coffee or even an ice cream. Everything here is fresh and delicious, with baked goods warm from the oven and smoothies made to order. Take it to go or stay and relax with friends and family.

AT THE WATERMARK, THE CHOICE IS YOURS.



TODAY'S SELECTIONS:

French Onion Soup

Butternut Squash Soup

Marinated Tomato Salad

Caesar Salad

Braised Beef Brisket with
Lemon Seasoned Potatoes
and Spring Vegetables

Rosemary Chicken with Vegetable
Orzo and Cranberry Coleslaw

Grouper Filet with Honey
Balsamic Glaze, Sautéed
Spinach and Steamed Rice

Warm Apple Cobbler

Pear à la Caramel



PROGRAMS, OUTINGS AND WATERMARK UNIVERSITY CLASSES

There is always something happening at The Watermark at Vistawilla. Cultural programs, interesting classes and Extraordinary Outings are simply a part of everyday life. There's always plenty to do with friendly neighbors.

Stimulating the mind and strengthening the body have 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 robust class catalog features fun options from *Floral Design* to *Cake Decorating*, *Chair Aerobics* and dozens more, so you can learn (or teach) something new every day. These classes aren't just for residents. Call to enroll in a class or two today.

**EMBRACE YOUR PASSIONS, EXPLORE NEW INTERESTS AND
INDULGE IN WHATEVER INSPIRES YOU.**



SAMPLE CLASSES:

Charcoal Drawing

Travelogues Around the World

Sign Language

Ballroom Dancing

Jewelry Making

Photography Club

Oil Painting

Intro to Computers

Creative Cooking

Spanish 101



ASSISTED LIVING WITH A DIFFERENCE

Forget cramped, cookie-cutter apartments, stereotypical boring activities and care delivered on a rigid schedule. With renowned Tampa-based architectural and design firm Chancey Design Partnership providing their services for The Watermark at Vistavilla, residents enjoy a new home with tons of natural light, rich Bermuda-inspired designs and colors as well as lots of high-end finishes plus wide-ranging floor plans.

We believe your days should be planned around fun excursions, lovely meals with friends, interesting classes, clubs and personal pursuits. Assisted Living at The Watermark at Vistavilla means top-notch care tailored to your needs, on your schedule – not ours – so the care you want never interrupts the day's plans.

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



Three healthy, delicious chef-prepared meals each day

Housekeeping, linen and laundry services

Dynamic calendar of classes, programs and outings including Watermark University

Caring, trained associates available 24 hours per day

Liaison to your personal physician

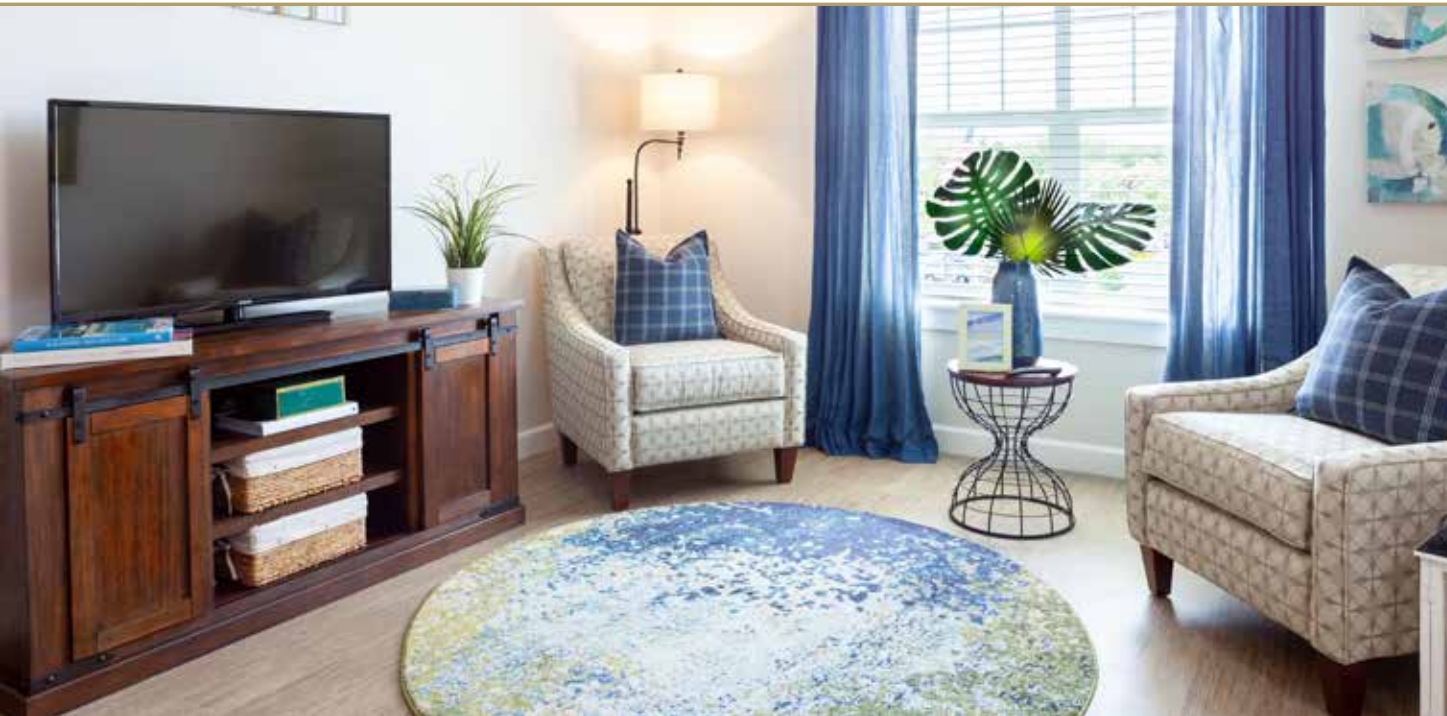
Scheduled transportation

Maintenance services for residence and built-in appliances

All utilities except phone, cable and internet service

Senior wellness programs

Personal resident call system



A NEW KIND OF MEMORY CARE

At The Watermark at Vistawilla, 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 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.

**WE CHALLENGE TRADITIONAL ASSUMPTIONS OF
WHAT IS POSSIBLE.**



24-hour support 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

Gourmet Bites Cuisine

Structured and spontaneous programs specifically tailored to each individual

A NEW KIND OF MEMORY CARE (continued)

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.

We don't adhere to outdated care models, where several associates are divided up to manage various resident needs and are limited to basic interaction. Instead, our *Nayas* spend the day with residents, and 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.



Extraordinary Outings that you would never expect in a Memory Care community

Family communications center

Residential environment with family photographs, keepsakes and personal histories

Outdoor gardens with walking paths

Private and semiprivate suites

Housekeeping, linen and laundry services



AMENITIES AND SERVICES THAT MAKE LIFE GREAT

With incomparable amenities and services at your fingertips, The Watermark at Vistawilla is a lot like a resort. Let us take care of the housekeeping, laundry and linens while you dine or shop with friends and leave the driving to us. Need a suggestion or a reservation? Ask our concierge. Planning a party? Use our catering service and entertain in the beautiful private dining room. Planning to stay in? Just dial for room service. From the moment you choose The Watermark, you'll wish you'd done so sooner.

**DESIGN THE LIFESTYLE THAT'S PERFECT FOR YOU –
NO REQUEST IS TOO BIG AND NO DETAIL IS TOO SMALL.**



Movie theater

Rehab and wellness center

Lush gardens, peaceful pond,
walking paths and Cross Seminole
Trail featuring the popular Black
Hammock Trailhead

Concierge services

Catering and room service

Salon and barber services

Housekeeping, laundry and dry
cleaning services

Complete maintenance
services including plumbing
and major appliances

Transportation services

Move-in coordination service

Dynamic calendar of events including
Watermark University classes

Preventive health screenings

Personal resident call system



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. A privately held company with a reputation for more than 30 years for service, innovation, integrity and financial stability, Watermark manages more than 65 retirement communities coast to coast. Based in Tucson, Arizona, Watermark is ranked as the nation's 10th-leading senior housing operator by the American Seniors Housing Association.

VISIT WATERMARKCOMMUNITIES.COM FOR MORE INFORMATION.





 **THE WATERMARK**
AT VISTAWILLA

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