



 THE WATERMARK
AT TRINITY

ASSISTED LIVING • MEMORY CARE

REDEFINING SENIOR LIVING

Over 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're creating a community filled with options, from affordable studio apartments to spacious two-bedroom suites, great cuisine and an active lifestyle 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.



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 Trinity you'll discover just that, plus the comfortable elegance of a fine restaurant with china, sparkling crystal and fresh linens. 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 Thrive Dining™, individuals with cognitive or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions.

If you're in the mood for a quick bite, visit the Gallery 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.



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 á la Caramel



ACTIVITIES, OUTINGS AND WATERMARK UNIVERSITY CLASSES

There is always something happening at The Watermark at Trinity. Cultural programs, interesting activities 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 has 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 class catalog is chock full of 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.



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 the renowned Tampa-based architectural and design firm Chancey Design Partnership providing design services for The Watermark at Trinity, residents can expect a new home with tons of natural light, rich Bermuda-inspired designs and colors as well as lots of high-end finishes plus highly-varied 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 Trinity means top notch care tailored to your needs, on your schedule – not ours, so the care you want never interrupts the day's plans.



Three healthy, delicious chef-prepared meals each day

Housekeeping, linen and laundry services

Dynamic calendar of classes, activities and outings including Watermark University

Trained staff 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 Trinity, we're borrowing from the traditions of the multigenerational households and local bed & 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.

24-hour staffing 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

Personal pantry program for each resident's favorite foods

Healthy snacks available all day, every day

Structured and spontaneous activities specifically tailored to each individual

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

Maintenance services



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.

In traditional senior-living models, care is divided between several associates who interact with a resident only within their particular area of limited duties. This not only results in reduced continuity, it prevents associates from seeing the big picture of each resident's well-being. Because our Nayas spend the day with residents, 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.



AMENITIES AND SERVICES THAT MAKE LIFE GREAT

With all the amenities and services at your disposal, The Watermark at Trinity 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. Not feeling quite yourself? Just dial for room service. From the moment you choose The Watermark at Trinity, you'll wish you'd done so sooner.



- Movie theater
- Wellness center
- Lush gardens and walking paths
- 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
- Preventative health screenings
- Personal resident call system



The background is a solid dark blue color. Overlaid on this are several light blue, semi-transparent decorative elements. These include a large, wide, sweeping arc that starts from the left edge and curves towards the right. Below this, there are more intricate, swirling lines that form a stylized, organic shape, possibly resembling a leaf or a calligraphic flourish. The overall aesthetic is clean, modern, and professional.

Creating extraordinary communities where people **thrive.**[®]



 **THE WATERMARK**
AT TRINITY

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