



# PINEBROOK

 A WATERMARK RETIREMENT COMMUNITY

**INDEPENDENT LIVING • ASSISTED LIVING  
MEMORY CARE**

# REDEFINING SENIOR LIVING

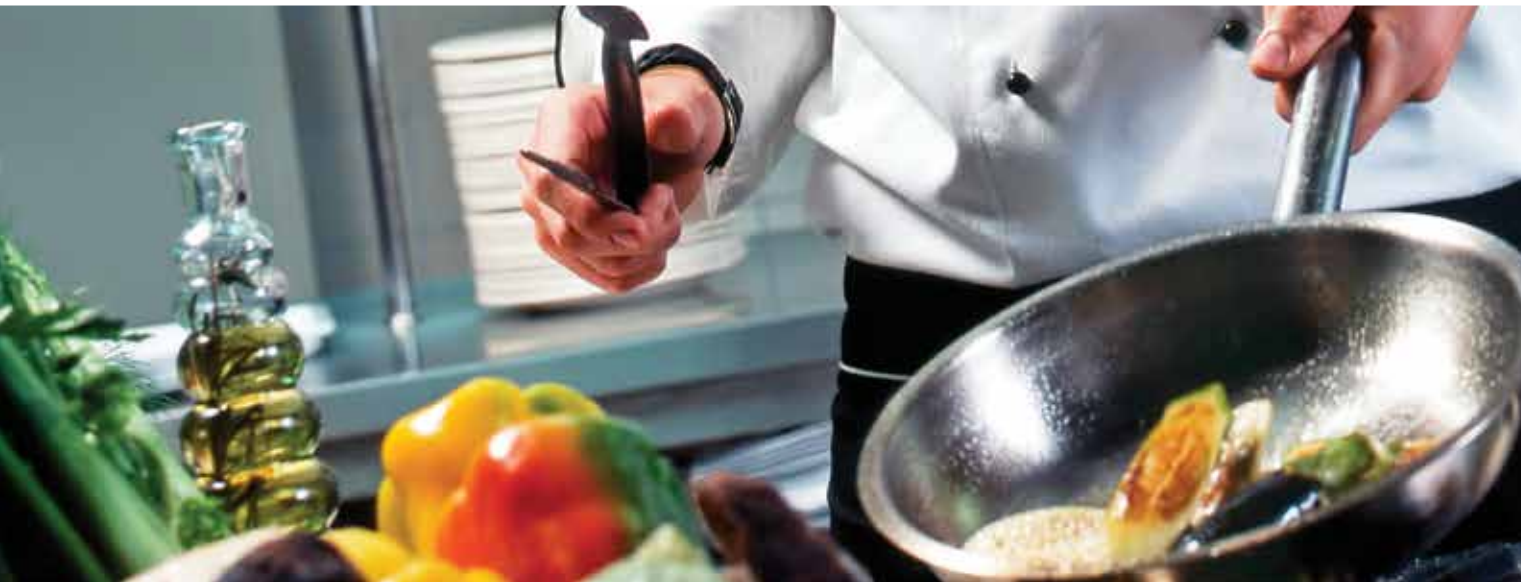
More than 30 years of experience have taught us that today's seniors want more choices and are leading a more active lifestyle than generations before. That's why we created a community filled with options, from affordable and spacious studio apartments to our gorgeous two-bedroom, two-bathroom suites, great cuisine, fun events 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

Dining at Pinebrook isn't what you'd expect from a retirement community. In fact, we think you'll be amazed. Do you expect your meals to be prepared by a skilled chef? Graciously served by friendly staff with impeccable attention to detail? This isn't a dining room in a retirement community, this is an evening spent at one of your favorite restaurants! Plus, with Thrive Dining™, individuals with cognitive or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions. Not in the mood for a sit down meal? Grab a quick bite and a coffee to go. At Pinebrook, the choice is yours.



- Catering services
- Elegant dining room
- Private dining room
- Daily signature selections
- Daily heart healthy selections
- Room service
- Restaurant style dining

# MIND AND BODY WELLNESS



There is always something happening at Pinebrook. 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 course catalog is chock full of fun classes from *Ceramic Glazing* to *Chair Yoga*, *Italian Wines* 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.

Painting 101  
Jewelry Making  
Armchair Travelogue  
Theater Group  
Ceramic Glazing  
Chair Yoga



# INDEPENDENT LIVING AT THE TOWN CENTER

At Pinebrook, we'll shatter all your preconceived notions of what a retirement community offering independent living can be. Walk through our doors to a perfectly sized, vibrant, lively community filled with outstanding associates who know more than just your name. We know your preferences and we love exceeding every expectation. Our residential options run the gamut from spacious studios to our gorgeous two-bedroom, two-bathroom suites. Visit us and discover great people, a beautiful environment, fantastic food and so much more.

You can have it all, in a simple monthly rental with no buy-in requirements. Give us a call to schedule a tour to see for yourself.

Fully equipped kitchen with full size refrigerator and stove

Walk-in showers with built-in seating (two full baths in two-bedroom suites)

Two restaurant style meals per day and continental breakfast

Bi-weekly housekeeping service

Maintenance services

Scheduled transportation services

All utilities except cable TV, internet and local phone service

Dynamic calendar of classes, activities and outings, including Watermark University classes

Senior wellness programs

Resident emergency response system

Pet friendly environment

Guest accommodations

Trained staff available 24 hours per day

Wellness nurse on-site (additional fees may apply)

Best Move move-in coordination service

Daily morning check-ins

# ASSISTED LIVING AT THE INN

Our residents are thriving like never before in this community of friends filled with abundant choices for living well. We now have a state-of-the-art Assisted Living neighborhood, designed and staffed to serve residents who need an extra helping hand. Our straightforward rental program makes it easy to enjoy life. You'll love the choice of huge private studios, one-bedroom and two-bedroom apartments with full kitchens and the freedom of three delicious chef-prepared meals per day made just the way you like them. You can count on top notch customized care with licensed nurses on duty 24 hours every day, daily wellness checks plus engaging programs and classes. It goes without saying that you can leave the housekeeping and driving to us.

Walk-in showers with  
built-in seating

Three restaurant style meals  
per day

Weekly housekeeping service

Maintenance services

Scheduled  
transportation services

All utilities except cable  
TV, internet and local  
phone service

Licensed nurses on staff  
24 hours per day

Dynamic calendar of classes,  
activities and outings, including  
Watermark University classes

Senior wellness programs

Resident emergency  
response system

Pet friendly environment

Guest accommodations

Best Move move-in  
coordination service

Daily wellness checks



# A NEW KIND OF MEMORY CARE

At Pinebrook, 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.

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

Residential environment with family photographs, keepsakes and personal histories

Beautiful, sunny memory courtyard

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.





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 sense of movement and depth, resembling stylized waves or abstract calligraphy. The overall aesthetic is clean, modern, and professional.

Creating extraordinary and innovative communities where people **thrive**.



# PINEBROOK

 A WATERMARK RETIREMENT COMMUNITY

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