



A Watermark Retirement Community

**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 created a community filled with options, from studios to spacious two-bedroom apartments, great cuisine and fun events plus mind and body fitness classes. It's all part of our culture of choice and you can have it all in a straightforward rental model.

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



Concierge service

Well-stocked library with large print and audio books

Computer station

Game room with 60" flat screen TV

Beauty salon

Putting green

Bocce ball court

Elegant dining room

Bistro

French doors to private terrace

Gas fireplaces

Pet-friendly environment

# CLASSES, ACTIVITIES AND OUTINGS

There is always something happening at The Cottages of Carmel. 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. Here, you'll love having unlimited access to all of our mind and body fitness classes just steps from your door. Choose from *Yoga*, *Gardening 101*, *Front Porch Travels* and everything in between. Our residents and associates can learn (or teach) something new every day. These programs and classes are beneficial, engaging and most of all, fun.



Walking Fit Club

Yoga

Cookies & Conversation Group

Church Services

Front Porch Travels

Gardening 101

Cooking Classes

Arts & Crafts

Bridge, Bingo, Chess  
and Checkers

Current Events

Scheduled outings to shops and  
local tourist spots

Hug-a-Pet Program



# AN OPTION FOR EVERY APPETITE



Dining at The Cottages of Carmel isn't what you'd expect from a retirement community. In fact, we think you'll be amazed. Are you envisioning meals expertly prepared by a skilled chef and graciously served by friendly, attentive associates? Here, that's exactly what you'll find. The main dining room is open from 7:00am to 7:00pm, 7 days per week and the Bistro is open 24 hours a day for coffee and snacks. The chef's culinary techniques are top notch, rivaling the best chefs in Carmel. From his amazing made from scratch soups to our pastry chef's out of this world desserts, you'll never go wanting. Plus, with Thrive Dining™, individuals with cognitive or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions. If you're not in the mood for a sit down meal, just grab a quick bite and a coffee to go. Variety is the spice of life and you can rest assured that at The Cottages of Carmel, choice is always on the menu. We love to delight and amaze. Enjoy everything from life's simple pleasures served in our Bistro or an elegant sit-down meal in our dining room, the choice is yours.

## **TODAY'S SELECTIONS:**

Butternut Squash or  
Chicken Chowder Soup

House Salad

Herb-Crusted Roast Beef with  
Herbed Asparagus and Buttermilk  
Mashed Potatoes

Rosemary Chicken with Veggie  
Orzo and Cranberry Coleslaw

Lemon Baked Mahi-Mahi with  
Spiced Sweet Potatoes and  
Buttered Broccoli

Caramel Apple Bread Pudding or  
Lemon Meringue Pie



# ASSISTED LIVING

Here, you'll find more than a beautiful, modern, luxurious residence to call your own. In the heart of Carmel, you'll discover outstanding caregivers and extraordinary care, tailored to your preferences. Just imagine your favorite boutique hotel or bed and breakfast, then add extraordinary cuisine, fun events, interesting classes and unsurpassed customized care.

Our experience has taught us that the best in care doesn't have to mean an environment that feels "medical." At The Cottages of Carmel, the atmosphere is friendly and comfortable and care is customized to your needs and preferences. After all, what good is outstanding care if it's the same for everyone?



French doors to private terrace

Open lounge area with double-sided fireplace

Three delicious meals per day in addition to healthy snacks

Transportation services

Weekly housekeeping, linen and laundry services

Caring, trained staff available 24-hours per day

All utilities including phone service

Complete apartment maintenance

Dynamic calendar of classes, activities and outings

Personalized care services, including medication management and appointment scheduling

Resident call system

Best Move move-in coordination service

# A NEW KIND OF MEMORY CARE

We provide a positive, residential environment, full of friendly, familiar faces. We're committed to our philosophy of social, psychological, spiritual and physical well-being for every individual.

## LIFE ENGAGEMENT

Our programs are developed around individual interests, abilities, histories and preferred routines. Working with our families and residents, we create an environment which promotes cognitive, sensory, creative and physical skills. Everyone is encouraged to participate in a wide variety of programs including creative arts, reminiscing, music and movement, intergenerational projects and much more. We empower residents to do as much for themselves as possible, from setting the table and folding laundry to arranging the flowers. This, coupled with a familiar, intimate setting and diverse programs, adds up to strong relationships and a community that is dramatically different.

## PERSONAL SUPPORT SERVICES

When additional assistance is needed, we offer an array of personal support options.

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

Transportation services

Housekeeping, linen and laundry services

All utilities including phone service and cable TV

Complete apartment maintenance

Dynamic calendar of classes, activities and outings specially designed for residents with memory care needs

Personalized care services, including medication management and appointment scheduling

Best Move move-in coordination service



# 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.



# PICTURE PERFECT CARMEL-BY-THE-SEA

Living in the Carmel area means being surrounded by storybook cottages, quaint shops, over 80 art galleries, inviting eateries and wineries all rich in history. Throughout the years, countless celebrated authors and artists have called this village home.

Carmel, offering moderately warm temperatures year round, is so full of interesting things to do that friends and family will love to come for a visit. They'll love the close proximity to the great outdoors including Carmel and Pebble Beach with their picturesque and romantic ocean views as well as Garland Ranch Park offering miles of hiking, biking and horseback riding trails. With so much at your doorstep, you can stretch your legs or stretch your mind with all that's near. The choices are endless and they're all yours.







Creating extraordinary communities where people **thrive**.



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[www.watermarkcommunities.com](http://www.watermarkcommunities.com)

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