



WHITE CLIFFS
SENIOR LIVING

© A WATERMARK RETIREMENT COMMUNITY

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 cozy studio suites 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.

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



Beautifully furnished lobbies and sitting areas

Contemporary dining room and private dining room

Casual bistro

Lush landscaped grounds

Raised gardening beds

Spacious courtyard patio

Theater

Library

Art studio

Fitness center

Computer room

Billiards lounge

Beauty salon and barber shop

Pet-friendly environment



AN OPTION FOR EVERY APPETITE



One of the joys of life is breaking bread in the company of good friends. Here, friends and neighbors connect to share meals, stories and laughs. Our ever-changing menu features everything from upscale selections to comfort food favorites. Yet, if you feel like staying in you can opt for room service, but it's great to know that a delectable meal among friends (without the cooking, cleaning or dishes to wash) is always just steps from your door. Plus, with Thrive Dining™, individuals with cognitive or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions. Stop by for breakfast, lunch or dinner for a little taste of how we thrive.



TODAY'S SELECTIONS:

Chef's Green Salad

Yankee Pot Roast with Sautéed Yellow Squash

Almond Crusted Chicken with Roasted Rosemary Potatoes

Honey Grilled Shrimp with Garlic Pasta

Apricot Cobbler

PROGRAMS, OUTINGS AND WATERMARK UNIVERSITY CLASSES



There is always something happening at White Cliffs Senior Living. 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 has enormous benefits at any age. You'll love having unlimited access to all of our mind and body fitness classes just steps from your door. Our offerings include *Chef Demonstrations, Wags and Wiggles, Chair Yoga, Homemade Breadmaking, Arts and Crafts Class*, and dozens more, so you can learn (or teach) something new every day. Watermark University isn't just for residents. Call for a catalog and join us for a class that intrigues you.



Chinese Calligraphy
Sit and Be Fit
Armchair Travels
Flower Arranging
Bible Study
Current Events
Chair Dancing
Music and Motion
Arts and Crafts

ASSISTED LIVING WITH A DIFFERENCE

When it comes to Assisted Living, we're not what you'd expect. We've looked at Assisted Living from all angles and challenged ourselves to raise each and every bar. That's why at The Inn, customized care and choice are the order of the day. No cookie-cutter apartments, boring stereotypical activities and health care delivered on a schedule so rigid that it becomes the center of your day. You'll have a varied calendar of community doings with a wide variety of social, educational, cultural and recreational opportunities, exceptional restaurant-style dining including three delicious meals per day and top-notch care tailored to your needs, on your schedule – not ours.

Bright, cheerful apartments with modern kitchenette

Choice of spacious studio, one-bedroom or two-bedroom residences

Three delicious and healthy meals prepared daily in addition to snacks

Housekeeping, personal laundry and linen service

Complete apartment maintenance services including plumbing and major appliances

Caring, trained staff available 24 hours per day

Scheduled local transportation services to shopping, appointments and entertainment

All utilities, excluding phone service

Dynamic calendar of programs, classes and Extraordinary Outings

Variety of senior health and wellness programs

Move-in coordination

Emergency alert response system

Pet-friendly



A NEW KIND OF MEMORY CARE

At White Cliffs Senior Living, 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

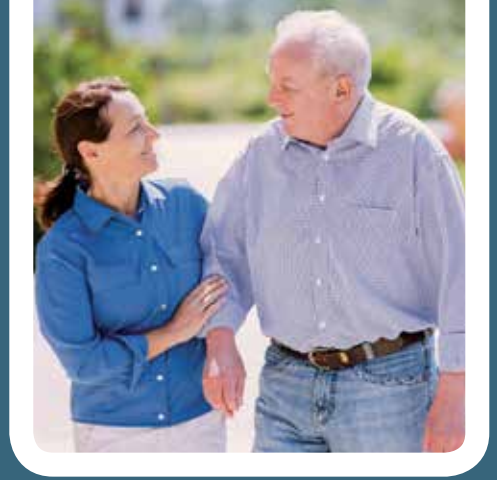
Family communications center

Residential environment with family photographs, keepsakes and personal histories

Housekeeping, personal laundry and linen 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, White Cliffs Senior Living is a lot like a charming bed and breakfast. Stroll, chat or simply watch the birds in our lush landscaped grounds.

For appointments, outings and errands, let us do the driving with transportation to and from shops, personal appointments and social or cultural outings.

Our beauty salon and barber shop is just steps from your door. Stop by for a cut, color, style, set, perm, or trim for the gents.

From the moment you choose White Cliffs Senior Living, you'll wish you'd done so sooner.



The background is a solid dark blue color. Overlaid on this are several light blue, semi-transparent decorative elements. A large, wide, curved line starts from the left edge and arcs across the top half of the image. Below it, there are several thinner, more intricate swirls and curves that create a sense of movement and depth. The overall aesthetic is clean, modern, and professional.

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



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