

# Experience Extraordinary Senior Living



**PINEBROOK**

A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup>

**INDEPENDENT LIVING  
ASSISTED LIVING  
MEMORY CARE**



# REDEFINING SENIOR LIVING

More than 30 years of experience have taught us that today's seniors want greater choices and a more active lifestyle than generations before. We've designed a community filled with endless opportunities to help you engage, stay connected, and make personal choices. Modern residences range from excellent value on spacious studio apartments to gorgeous two-bedroom, two-bathroom suites. Everybody enjoys outstanding cuisine, fun events and outings, engaging mind and body fitness classes, and opportunities for growth each day. The goal is to help every person thrive.

WE'RE NOT WHAT YOU'D EXPECT,  
AND THAT'S A PROMISE.



On-site Independent Living,  
Assisted Living, and Memory Care

Full-service beauty salon  
and barber shop

Fitness center with  
state-of-the-art equipment

Movie theater

Library

Pet-friendly environment

Storage units





# AN OPTION FOR EVERY APPETITE

Dining at Pinebrook will surprise and delight you. Savor delectable cuisine prepared daily by expert chefs who use only the freshest ingredients. Friendly associates serve every meal with impeccable attention to detail. It's like dining at one of your favorite restaurants, with favorite dishes and familiar faces. And when you don't feel like a sit-down meal? You can always grab a quick bite and a coffee to go. Plus, if anyone has cognitive, physical, or neuromuscular challenges, our Gourmet Bites Cuisine signature program makes it easy to dine without assistance, utensils, or distractions.

**AT PINEBROOK, CHOICE IS ALWAYS  
ON THE MENU.**



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's always something happening at Pinebrook. Cultural programs, interesting classes, and Extraordinary Outings are part of everyday life here – and friendly neighbors add to the fun.

Stimulating the mind and strengthening the body bring enormous benefits at any age. That's why we created Watermark University. You'll have unlimited access to all of our mind and body fitness classes just steps from your door. The class catalog is full of diverse options, including *Ceramic Glazing*, *Chair Yoga*, *Italian Wines*, and dozens more, so you can learn (or teach) something new every day. These programs and classes aren't just for residents. Call us to enroll in a class today.

**CREATE A LIFESTYLE THAT DELIGHTS  
AND ENGAGES YOU.**



Painting with Watercolors

Jewelry Making

Armchair Travelogue

Theater Group

Ceramic Glazing

Chair Yoga

Mindful Meditation





# INDEPENDENT LIVING AT THE TOWN CENTER

Trade the headaches of home maintenance, countless bills to pay, and endless errands for the extraordinary lifestyle you deserve. In this lively community, attentive associates know more than just your name; they honor your personal preferences and love exceeding expectations. Residential options run the gamut from spacious studios to gorgeous two-bedroom, two-bathroom apartments. You'll live among friendly people in a beautiful environment with mouthwatering cuisine to please every palate, plus 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 visit. See for yourself what carefree, retirement living means at Pinebrook.

**WE TAKE CARE OF EVERYTHING SO  
YOU CAN THRIVE EVERY DAY.**



Fully equipped kitchen with full-size refrigerator and stove

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

Three restaurant-style meals daily

Biweekly housekeeping service

Maintenance services

Scheduled transportation services

All utilities except cable TV, internet, and local phone service

Dynamic calendar of events, programs, and outings, including Watermark University classes

Wellness programs

Resident emergency response system

Pet-friendly environment

Trained associates available 24/7

Wellness nurse on-site

Move-in coordination service

Daily morning check-ins





# ASSISTED LIVING AT THE INN

Our residents are thriving like never before in a vibrant community filled with abundant choices and endless opportunities to enjoy life. Forget about cramped apartments, stereotypical boring activities, and care delivered on a rigid schedule. In our state-of-the-art Assisted Living neighborhood, customized care and choice are the order of the day.

Our straightforward rental program makes it easy to enjoy an elevated lifestyle, services, and amenities. Choose a spacious private studio or one- or two-bedroom apartment with full kitchen. Dine on three delicious meals a day, everything prepared the way you like it. Craft your day with engaging programs and classes that appeal to you. Count on top-notch, customized care 24/7 with licensed nurses as well as daily wellness checks. And, of course, leave all the housekeeping, driving, and maintenance to us.

## OUR UNIQUE APPROACH INTEGRATES MIND-BODY WELLNESS INTO DAILY LIFE.



Two-bedroom apartment with  
two full bathrooms

Fully equipped kitchen with  
full-size refrigerator and stove

Walk-in showers with  
built-in seating

Three restaurant-style meals daily

Weekly housekeeping, laundry,  
and linen service

Maintenance services

Scheduled transportation services

All utilities except cable TV,  
internet, and local phone service

Licensed nurses available 24/7

Dynamic calendar of events,  
programs, and outings, including  
Watermark University classes

Wellness programs

Resident emergency  
response system

Pet-friendly environment

Move-in coordination service

Daily wellness checks





# A NEW KIND OF MEMORY CARE

At Pinebrook, we've borrowed 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 our kitchen, and anyone can roll up their sleeves to help prepare a 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 ABOUT WHAT'S POSSIBLE.



Specially trained Memory Care experts certified through the National Council of Certified Dementia Practitioners (NCCDP) available 24/7

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

Structured and spontaneous programs 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 Sanskrit language 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 limited work duties. This not only results in reduced continuity, but 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 our residents at this familiar level fosters a healthier, happier, more connected lifestyle.





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 ninth-leading senior housing operator by the American Seniors Housing Association.

**VISIT [WATERMARKCOMMUNITIES.COM](http://WATERMARKCOMMUNITIES.COM) FOR MORE INFORMATION.**







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