







watermarkcommunities.com

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. CREATED AND PRINTED USING ECO-RESPONSIBLE PRACTICES.



### **LEGACY**<sup>®</sup> WATERMARK RETIREMENT COMMUNITIES

THERE'S A LEGACY COMMUNITY NEAR YOU





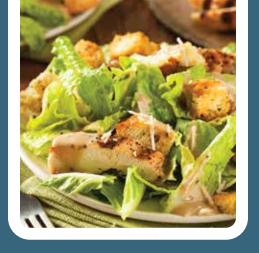
# UNRETIREMENT LIVING

Watermark Retirement Communities<sup>®</sup> is proud to manage the Legacy family of communities and to build on our heritage of creating extraordinary and innovative communities where people thrive. More than 30 years of experience have taught us that today's seniors want more choices and a more active lifestyle than generations before. That's why Legacy communities are filled with abundant options, including varied floor plans, breathtaking views, outstanding services and amenities, delicious cuisine, fun events and outings, and engaging 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.







# AN OPTION FOR EVERY APPETITE

One of life's greatest joys is dining with friends and neighbors. At all Legacy communities, meals are a time to connect and share stories and a few laughs. Our ever-changing menus feature an array of flavorful, nutritious meals, with everything from upscale selections to comfort food favorites. Chefs accommodate special diets, and heart healthy, gluten-free, sugar-free and low-sodium options are always available and delicious. If you have a sweet tooth, our chefs are famous for their delectable desserts, including sugar- and gluten-free options. With our Gourmet Bites Cuisine signature program, we are restoring the joys of dining for individuals with cognitive, physical or neuromuscular challenges, so they can enjoy favorite foods without assistance, utensils or distractions



Chef's Minestrone Soup Buttermilk Chicken Caesar Salad

Pan-Seared Blackened Atlantic Salmon with Whipped Potatoes

Garlic Lemon Shrimp with Wild Rice Pilaf

Steak of the Day with Onion Strings

White and Dark Chocolate Bread Pudding





## PROGRAMS, OUTINGS AND WATERMARK UNIVERSITY CLASSES

There's always something fun happening at Legacy Watermark Communities. Cultural programs, interesting classes and Extraordinary Outings with friends and neighbors are simply a part of everyday life, and there's always plenty to do with friendly neighbors. Stimulating the mind and strengthening the body have enormous benefits at any age. That's why we created Watermark University. You'll love having unlimited access to all our mind and body fitness classes just steps from your door, with fun options including *Tai Chi, Hip Hop Dance 101, Conversational French, Art from the Heart, Secrets of Central Park* and dozens more, so you can learn (or teach) something new every day. Watermark University isn't just for residents. Call for a class schedule, and join us for a class or two that intrigues you.



Charcoal Drawing Travelogues Around the World Sign Language Fun with Facebook Jewelry Making Photography Club Oil Painting Intro to Computers Creative Cooking Spanish 101





# INDEPENDENT LIVING

Trade the headaches of home maintenance, countless bills and endless errands for the lifestyle you deserve. Enjoy the fun side of life in a vibrant, lively community filled with caring associates who know more than just your name. We know your preferences, and we love exceeding every expectation. Legacy residences run the gamut from cozy studio apartments to luxurious two-bedroom suites, and even golf course villas are an option. With choices to fit every budget and lifestyle, you'll find great people, a beautiful environment, a caring team of associates that'll take care of all the details, outstanding cuisine and so much more.



Continental breakfast and chef-prepared lunch or dinner daily

- Housekeeping, laundry and linen services
- Maintenance services
- Dynamic calendar of classes, programs and outings
- Variety of senior health and wellness programs
- All utilities (some exclusions may apply)
- Scheduled transportation services (extra fees may apply)

## Legacy Watermark Communities Offering Independent Living

LEGACY AT CLOVER BLOSSOM IN BRIGHTON



LEGACY AT CRANBERRY LANDING IN IRONDEQUOIT



LEGACY AT ERIE STATION IN HENRIETTA

LEGACY AT FAIRWAYS

IN VICTOR











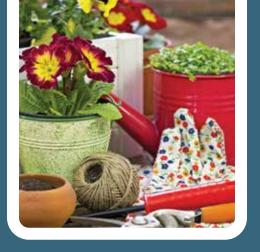


LEGACY AT PARKLANDS IN CHURCHVILLE



LEGACY AT WILLOW POND IN PENFIELD





# INDEPENDENT LIVING VILLAS

Limited availability, unlimited access. That describes Legacy Villas to a T, and they're available at four Legacy communities. Welcome to your own private sanctuary with all the space you could ever need, with full access to all the benefits, services and amenities Legacy Watermark Communities offer. The Fairways Villas in Victor even include spectacular golf course views. Host a family barbecue on your private patio or sit back, relax and watch the leaves fall. Best of all, you don't have to rake them.



THE VILLAS AT **CLOVER BLOSSOM IN BRIGHTON** 



#### THE VILLAS AT **ERIE STATION** IN HENRIETTA





One- and two-bedroom ranch-style homes

Designer, modern full kitchens Full baths with walk-in showers Private attached garages 24-hour maintenance service Lawn care and landscaping Snow removal Trash removal Access to all Legacy amenities Move-in coordination services Pet-friendly



### Legacy Watermark Communities Offering Independent Living Villas

#### THE FAIRWAYS **VILLAS IN VICTOR**



THE VILLAS AT PARK CRESCENT IN GREECE



## ASSISTED AND ENHANCED ASSISTED LIVING

We've looked at Assisted Living from all angles and challenged ourselves to raise each and every bar. Customized care and choice are the order of the day. Forget cookie-cutter apartments, boring, stereotypical activities or health care delivered on a schedule so rigid that it becomes the center of your day. Take your pick from a varied calendar of social, educational, cultural and recreational opportunities. Enjoy exceptional restaurant-style dining with three delicious meals per day and top-notch care tailored to your needs, on your schedule – not ours.

#### ENHANCED ASSISTED LIVING

Peace of mind, healing and happiness start with being in the place that's just right for you. When Assisted Living doesn't provide all the support you'd like but skilled nursing is not necessary, Enhanced Assisted Living is just what the doctor ordered. Enjoy 24-hour professional care, a high associate-to-resident ratio and care tailored to your individual needs – without the added cost of unnecessary services. Enhanced Assisted Living offers the perfect "in-between" choice to ensure you're thriving.



All-inclusive rate with no hidden tier charges

Three delicious, healthy meals prepared daily

Weekly housekeeping, laundry and linen services

Maintenance services

Dynamic calendar of classes, programs and outings

Variety of senior health and wellness programs

Trained associates available 24 hours per day

All utilities excluding phone service

Scheduled transportation services (extra fees may apply)

Resident call system

### Legacy Watermark Communities Offering Assisted & Enhanced Assisted Living

LEGACY AT CRANBERRY LANDING IN IRONDEQUOIT



LEGACY AT GRANDE'VIE IN PENFIELD





LEGACY AT MAIDEN PARK IN GREECE







## A NEW KIND OF MEMORY CARE

Our specially trained, caring associates we call Nayas create a supportive, encouraging environment with a focus on what residents can do, never what they cannot. At Legacy communities, 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, soothing spaces filled with soft natural light and well-appointed finishes. Each residence is just steps away from inviting common areas and dining spaces, where residents, friends and family connect over food, fun and conversation.



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 always 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

Family communications center

Residential environment with family photographs, keepsakes and personal histories

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 who are mindfully engaged in each moment to cultivate 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, 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 the big picture results in a healthier, happier and more connected lifestyle.

# Legacy Watermark Communities Offering Memory Care

LEGACY AT CRANBERRY LANDING IN IRONDEQUOIT









LEGACY AT MAIDEN PARK IN GREECE







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LEGACY<sup>®</sup> AT PARK CRESCENT <sup>®</sup> a watermark retirement community

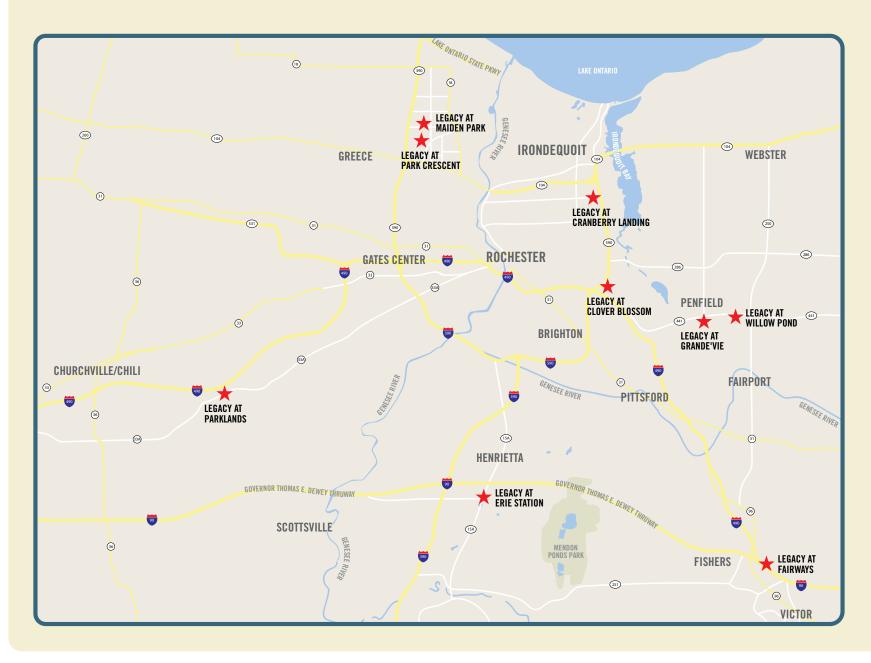
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2000 Park Creek Lane • Churchville, NY 14428 585-889-6590 • watermarkcommunities.com INDEPENDENT LIVING



40 Willow Pond Way • Penfield, NY 14526 585-388-7663 • watermarkcommunities.com INDEPENDENT LIVING





At Watermark Retirement Communities, we're committed to creating extraordinary and innovative communities where people thrive. Watermark communities are known for highly trained associates, a lifestyle built on choice and innovative signature programs, including our award-winning Watermark University featuring a wide variety of engaging classes and programs for residents and locals, alike. A privately held company with a reputation for service, innovation, integrity and financial stability, Watermark manages more than 50 retirement communities nationwide and has been certified as a Great Place to Work by Fortune Magazine. Learn more about the Watermark difference at watermarkcommunities.com.

