



WINDSOR SENIOR LIVING

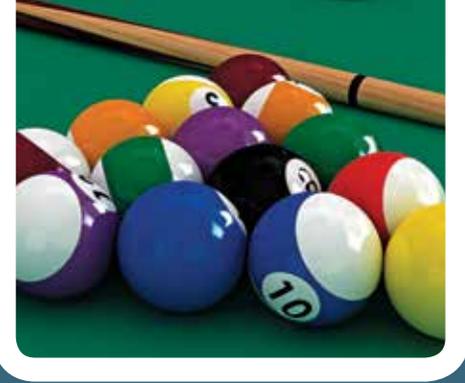
 A WATERMARK RETIREMENT COMMUNITY

**INDEPENDENT LIVING
ASSISTED LIVING • MEMORY CARE**

UNRETIREMENT 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 studios to spacious penthouse apartments with expansive views, 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.



On-site independent living, assisted living and memory care

Elegant dining room with private dining available

Full-service beauty salon

Billiards and game room

Health and fitness center

Movie room

Putting green

Dog park

Serene landscaping and community gardens

Wireless, high speed internet throughout the community

Covered resident parking

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. We are renowned for our down-home, Texas-style cooking and our ever-changing menu features everything from upscale selections to comfort food favorites. And, of course, our chefs accommodate special diets including diabetes, and offer heart-friendly options. Gluten-free, sugar-free and low-sodium choices are always available. And if you have a sweet tooth, our pastry chef is famous for her delectable sugar-free and gluten-free desserts. Plus, with Thrive Dining™, individuals with cognitive or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions.

TODAY'S SELECTIONS:

Soup and Salad of the Day

Tuscany Pork Roast with Roasted Yams and Buttered Spinach

Baked Honey Glazed Ham with Corn Casserole and Spiced Red Cabbage

Breaded Fish Au Gratin with Tricolor Pasta and Brussels Sprouts

Lemon Meringue Pie

Cheesecake



PROGRAMS, OUTINGS AND CLASSES

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 stretching, yoga and dance classes, group brain games, reading club discussions, cooking classes, and dozens more, so you can learn (or teach) something new every day.



Creative Art

Fitness for Seniors

Billiards 101

Men's Round Table

Poetry

Knitters Circle

INDEPENDENT LIVING AT THE TOWN CENTER



At Windsor Senior Living, Town Center living enhances independence with choices galore in an extraordinary rental setting. The first (and maybe the most fun) is selecting the luxury apartment that's perfect for you. Choosing from a selection of bright and spacious studio, one-bedroom and two-bedroom residences and even penthouse suites, you'll find a space that's just right to call your own.

Enjoy a delicious dinner with friends. Sign up for any of our dozens of fun and interesting classes. Invite the family over and catch the Dallas Cowboys game in the Movie Room. With a real sense of community, incredible dining options and the most fun around, you'll never run out of things to do.

Kitchenettes or full kitchen
(in select apartments)

Bathrooms featuring walk-in showers

Three delicious and healthy meals
prepared daily

Weekly linen services

Housekeeping and maintenance services

Trained staff available 24 hours per day

Scheduled local transportation services

All utilities included

Dynamic calendar of classes, activities
and outings

Pet-friendly environment

Resident call system

Move-in coordination



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 exciting floor plans to choose from, 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
- Three delicious and healthy meals prepared daily
- Weekly linen services
- Housekeeping and maintenance services
- Trained staff available 24 hours per day
- Scheduled local transportation services
- All utilities included
- Dynamic calendar of classes, activities and outings
- Variety of senior health and wellness programs
- Resident call system

A NEW KIND OF MEMORY CARE

At Windsor 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

Residential environment with family photographs, keepsakes and personal histories

Small, friendly neighborhood setting

Housekeeping, linen and laundry 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.



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



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