



WOODBURY MEWS

® A WATERMARK RETIREMENT COMMUNITY

**INDEPENDENT LIVING • ASSISTED LIVING
MEMORY CARE**

UNRETIREMENT LIVING

As part of Watermark Retirement Communities, we are creating an extraordinary and innovative community where people thrive. 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 affordable studio apartments to spacious two-bedroom suites, great cuisine and an active lifestyle of growth and discovery. It's all part of our culture of choice.

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



Elegant dining room with private dining available

Full-service beauty salon and barber shop

Laundry rooms

Well-stocked library with internet access

Physical and occupational therapy available

Billiards room

Theater

Landscaped courtyard

CLASSES, PROGRAMS AND OUTINGS



There is always something happening at Woodbury Mews. Cultural programs, interesting classes and extraordinary outings are simply a part of everyday life.

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 *Facebook for Seniors* to *Conversational Spanish*, *Music and Movement*, *Pastry Workshop* and dozens more, so you can learn (or teach) something new every day. These programs and classes are beneficial, engaging and most of all, fun.



The Writer's Circle
Facebook for Seniors
Conversational Spanish
Forever Fit
Art Class
Music and Movement
Pastry Workshop

AN OPTION FOR EVERY APPETITE



We believe that dining should be a delicious experience every day! That's why Woodbury Mews offers a variety of delectable, nutritious dining choices that are prepared daily by our chefs who use only the freshest ingredients.

Our elegant in-house restaurant and dining program provides you with private dining rooms to entertain your family and guests any night of the week, or during our "Taste of Woodbury Mews" dining events.

With three delicious well-balanced meals carefully prepared by our chef every day, our dining menu is rich with a variety of choices to satisfy even the most selective of appetites with gourmet dishes made with the freshest ingredients by our culinary associates. Plus, with our innovative dining program, individuals with cognitive or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions.



INDEPENDENT LIVING

Trade the headaches of home maintenance, countless bills to pay and endless errands for the lifestyle you deserve. With Independent Living at The Town Center, enjoy the fun side of life in a vibrant, lively community filled with outstanding associates who know more than just your name. We know your preferences and we love exceeding every expectation. Our residential options run the gamut from spacious studio apartments to gorgeous two-bedroom, two-bathroom suites. Visit us and discover great people, a beautiful environment, fantastic food and so much more.

You can have it all, in a simple monthly rental with no large entry fee requirements. Give us a call to schedule a visit to see for yourself.



Courtyard views

Delicious and healthy chef-prepared meals

Mind and body wellness classes

Weekly housekeeping and linen service

Transportation services

ASSISTED LIVING



When it comes to Assisted Living at The Inn, we're not what you'd expect. No cookie-cutter apartments, associates in scrubs, or boring, stereotypical activities. Here, you'll find meals cooked to order by a talented chef, a varied calendar of programs and outings plus top notch care tailored to your needs, on your schedule – not ours – 24-hours per day. Why wait to get a taste of the Woodbury Mews lifestyle? Try us out for a short-term stay. Enjoy a fully furnished guest apartment, fantastic food made just how you like it, outstanding care and assistance if and when you need it, and (perhaps the best part of all) fun with friendly neighbors. While you're here, why not treat yourself to a salon service or a community outing to the Broadway Theatre of Pitman?

Whether residents need assistance with daily living routines, help getting to appointments, medication management, or a little more joy in their day, the caregivers at Woodbury Mews are committed to making it happen.



Delicious and healthy chef-prepared meals

Resident emergency call system

Mind and body wellness classes

Weekly housekeeping and personal laundry services

Transportation services

Senior wellness programs

A NEW KIND OF MEMORY CARE

At Woodbury Mews, 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

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

Beautiful, sunny memory courtyard

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. 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 care models, associates are divided between several residents and are limited to providing only basic caregiving 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.



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 was recognized by Fortune Magazine as a Great Place to Work. Learn more about the Watermark difference at watermarkcommunities.com.





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