



**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, fun events, engaging mind and body fitness classes, 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

# AN OPTION FOR EVERY APPETITE



We believe dining should be a delicious experience every day. At Woodbury Mews, delight in a variety of delectable, nutritious dining selections prepared daily by our expert chefs who use only the freshest ingredients. Professionally trained, friendly and attentive dining team associates graciously serve every meal with impeccable attention to detail. Our elegant in-house restaurant and dining selections provide you with the opportunity to entertain your family and guests any night of the week in our dining room, or during our Taste of Woodbury Mews dining events.

With three delicious, well-balanced meals, our dining menu is rich with a variety of choices to satisfy even the most selective of appetites, from on-trend options to comfort food favorites. With our Gourmet Bites Cuisine signature program, individuals with cognitive, physical or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions. This isn't a dining room in a retirement community – this is an evening spent at one of your favorite restaurants.



# MIND AND BODY WELLNESS



There is always something fun 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. Our class catalog is chock full of fun options, including *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.



- Ballroom Dancing
- The Writer's Circle
- Chairobics
- Art and Culture
- Forever Fit
- Culinary Creations
- Yoga

# 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 newly updated residential options run the gamut from spacious studio apartments to gorgeous two-bedroom, two-bathroom suites. Come by for a visit, and discover great people, a beautiful environment, fantastic cuisine and so much more. Here, you'll have the best of both worlds – independence without the hassles of homeownership.

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 what carefree retirement living really means at Woodbury Mews.



- Courtyard and lake views
- Newly renovated residences
- Natural light via beautifully oversized windows
- Delicious and healthy chef-prepared meals
- Dynamic calendar of classes, programs, social events and outings including Watermark University
- Weekly housekeeping and linen service
- Transportation services

# ASSISTED LIVING WITH A DIFFERENCE

When it comes to Assisted Living at The Inn, we're not what you'd expect. Forget cookie-cutter apartments, associates in scrubs, boring, stereotypical activities or health care delivered on a schedule so rigid it becomes the center of your day. Here, you'll find meals prepared to order by our talented chef, a varied calendar of programs and outings, beautifully renovated common areas, and top-notch care tailored to your needs on your schedule – not ours – 24-hours a 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 personalized care and assistance if and when you need it, and (perhaps the best part of all) fun with friendly neighbors. While you're here, treat yourself to a signature salon service, take a Watermark University class, or join us on a community outing to the Broadway Theatre of Pitman.

Whether individuals need assistance with daily living activities, help getting to appointments, medication management, or just looking to add a little more joy in their day, the caring associates at Woodbury Mews are committed to making it happen.



Delicious and healthy chef-prepared meals served restaurant style

Resident emergency call system

Dynamic calendar of classes, programs and outings including Watermark University

Weekly housekeeping and personal laundry services

Complete apartment maintenance

Transportation services

Senior wellness programs

Move-in coordination service

Pet-friendly

# 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. Our beautifully renovated common areas, including living rooms, patios, libraries and kitchens, encourage friendly gatherings and 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 dining room 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 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 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, 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, 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 has been certified as a Great Place to Work by Fortune Magazine. Learn more about the Watermark difference at [watermarkcommunities.com](http://watermarkcommunities.com).





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