



FREMONT HILLS

A WATERMARK RETIREMENT COMMUNITY

ASSISTED LIVING • MEMORY CARE

REDEFINING SENIOR 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 studio suites to spacious one-bedroom apartments, 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.



Beautifully furnished lobbies and sitting areas

Contemporary dining room

Elegant private dining room

Casual bistro

Lush landscaped grounds and gardens

Spacious courtyard patio with waterfall

Cozy fireside piano lounge

Library

Activity and craft room

Fitness center

Computer center

Beauty salon and barber shop

Pet-friendly environment

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. Our ever-changing menu features everything from upscale selections to comfort food favorites. Yet, if you feel like staying in, you can create your favorite dish in your own kitchen, but it's great to know that a delectable meal among friends (without the cooking, cleaning or dishes) is always just steps from your door. Plus, with Thrive Dining™, favorite foods can be enjoyed without assistance, without utensils and without distraction from the enjoyment of dining with family and friends. No more prepackaged finger food for residents with cognitive, neuromuscular and chewing disorders. Stop by for breakfast, lunch or dinner for a little taste of how we thrive.



Chef's Butternut Squash Soup
Strawberry, Mandarin
Orange Salad
Honey Mustard Pork Tenderloin
with Chateau Potatoes
Lemon Basil Roast Turkey with
Harvest Roasted Vegetables
Baked Cod Tarragon with
Wild Rice Pilaf
Chocolate Amaretto Mousse

ACTIVITIES, OUTINGS AND WATERMARK UNIVERSITY CLASSES

There is always something happening at Fremont Hills. Cultural programs, interesting activities and extraordinary outings are simply a part of everyday life. There's always plenty to do with friendly neighbors.

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 *TED Talk Debates*, *Meditation*, *Guided Imagery*, *Laughter Yoga*, *Tai Chi*, and dozens more, so you can learn (or teach) something new every day. Watermark University isn't just for residents. Call for a catalog and join us for a class that intrigues you.



- Chinese Calligraphy
- Sit and Be Fit
- Armchair Travels
- Flower Arranging
- Bible Study
- Current Events
- Chair Dancing
- Music & Motion
- Arts & Crafts

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 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 with kitchen or kitchenette

Choice of one-bedroom or studio suite

Three delicious and healthy meals prepared daily in addition to snacks

Housekeeping, personal laundry and linen services

Complete apartment maintenance services including plumbing and major appliances

Caring, trained staff available 24 hours per day

Scheduled local transportation services to shopping, appointments and entertainment

All utilities, excluding phone service

Cable TV

Dynamic calendar of classes, activities and extraordinary outings

Variety of senior health and wellness programs

Move-in coordination

Emergency alert response system

Pet-friendly



A NEW KIND OF MEMORY CARE

At Fremont Hills, 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

Family communications center

Residential environment with family photographs, keepsakes and personal histories

Housekeeping, personal laundry and linen 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-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.



A LOCATION YOU'LL ADORE

Fremont Hills is located just minutes from downtown Fremont. Here, residents and their guests enjoy easy access to a wide variety of shopping, dining, cultural and entertainment offerings. Fremont is home to numerous parks and recreational amenities, including beautiful Lake Elizabeth, Central Park and Mission San José. Downtown, the social heartbeat of the city, allows residents to connect and celebrate their interests and discover new ones. Our proximity to downtown truly makes Fremont Hills a place to be inspired.



The background is a solid dark blue. Overlaid on this are several light blue, semi-transparent graphic elements. A large, thin arc curves across the top half of the image. Below it, there are several overlapping, flowing lines that create a sense of movement and depth, resembling stylized waves or abstract architectural forms. The text is centered horizontally and positioned in the middle of the frame.

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



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35490 Mission Blvd
Fremont, CA 94536

1-510-585-9864

www.watermarkcommunities.com

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