

# A TASTE OF OUR LIFESTYLE DISCOVERY LUNCHEON

Learn about Assisted Living and more.

Wednesday, April 10 • 11:30am–1:00pm

We invite you to enjoy a taste of our lifestyle and see for yourself what life is really like at Fremont Hills. Do you have questions about levels of care, health coverage and costs? Would you like to learn what Assisted Living communities offer such as physician care, therapy services and more? Navigating senior living options doesn't have to be overwhelming. Bring your questions and join Executive Director Joan Newman and her team for a fact-filled overview and informative Q&A session so you can explore and start planning your best future. Enjoy a delicious, chef-prepared lunch and get the clarification you need.

Please RSVP to 510-796-4200 by April 6.



## MENU:

Specialty Bento Box featuring  
Teriyaki Chicken, California Roll,  
Sugar Snap Peas and Fresh Fruit  
Almond Cookies

Assortment of Beverages including  
Iced Tea, Sparkling Pomegranate  
Juice and Water



## FREMONT HILLS

A WATERMARK RETIREMENT COMMUNITY

35490 Mission Blvd • Fremont, CA 94536  
510-796-4200 • watermarkcommunities.com

RCFE LICENSE #019200761

ASSISTED LIVING • MEMORY CARE



# YOU'RE CORDIALLY INVITED TO LUNCH



# NAMED BEST ASSISTED LIVING IN FREMONT FOR SIX CONSECUTIVE YEARS

At Fremont Hills, we are committed to 100 percent satisfaction so we've created a caring environment that is completely individualized, rich in choices and thoughtfully dedicated to your needs. Within our Memory Care neighborhood, The Gardens, our team is available to provide **personalized care 24 hours** per day. Caregivers, known as *Nayas*, partnered with the **National Council of Dementia Practitioners** to train how to incorporate residents in the rhythms of daily living. Together, they work side-by-side cooking and cleaning along with anything else that evokes a sense of purpose. Through programming such as **Thrive Dining™**, **Personal Pantry Program** and **Extraordinary Outings** you'll find plenty of options to choose how you thrive.



## Easy Access to Nonstop Fun and Culture

Located just minutes from downtown Fremont, the arts and cultural scene, with music, theater and sporting events of the San Francisco Bay Area, are all within easy reach thanks to our **scheduled transportation** and outings. Our location puts you at the epicenter of a wide variety of restaurants and shops in addition to beautiful Lake Elizabeth, Central Park and Mission San José. Meanwhile at the community, you can enjoy exploring **Watermark University classes** such as *TED Talk Debates, Meditation, Guided Imagery, Laughter Yoga, Tai Chi, Arts and Crafts, Armchair Travels, Chinese Calligraphy* and *Flower Arranging* (offering both Asian and Western styles) and more. Whether you choose to leave for an adventure or discover a new passion right here, the choice is yours.

## Diversity at Your Front Door

Our community is a diverse family of residents with various preferences, backgrounds, beliefs, hometowns, and interests and we celebrate each and every one of them. Fremont Hills honors the diversity of the community by offering **two activity calendars every month serving both Eastern and Western programming**, in addition to a **varied menu** that will please the palate of all our cultural groups. The acceptance and wellness of our residents is top priority and we encourage individual expression throughout our community.

## The Greatest Gifts

Independence, security and peace of mind are the greatest gifts you can give yourself – and your family. They're yours for the asking at Fremont Hills. Here you can trade in the hassles of grocery shopping, cooking, cleaning, driving, and home and yard maintenance for the freedom to enjoy each day as you choose. Spend quality time with friends and family downtown or along the Bay knowing that we're always standing by, day or night, to help with any question or need that may arise.