



# Thrive Memory Care at The Watermark at Coral Gables

## **A UNIQUELY FULFILLING LIFESTYLE**

In Coral Gables, there's a Memory Care experience unlike any other. A place where residents lead rewarding, enriching lives filled with engaging activities. A setting where the expert care always includes empathy. A true community where luxury and wellness come together.

This is Thrive Memory Care at The Watermark at Coral Gables—where the possibilities for residents are truly endless.

## **CONTEMPORARY, COMFORTABLE RESIDENCES**

With 32 private and semi-private suites in our Memory Care neighborhood, these residences are designed to be both refined and familiar, providing the luxuries of a boutique hotel with the comfort of home.

## **THOUGHTFUL, CUSTOM CARE**

The experience begins with our “Nayas,” who are named after the ancient Sanskrit word for “guide” or “person of wisdom.” They are involved in every aspect of daily life, giving them a complete wellness picture and allowing them to create deep connections with residents—while providing comprehensive care in a nurturing environment.

# Elevated in every way.

Upscale amenities and enriching experiences are bountiful at The Watermark at Coral Gables, inviting residents to thrive. For our Memory Care residents, we have additional specialized programs and services to ensure they feel right at home.



## THRIVE MEMORY CARE PROGRAMS

### Gourmet Bites Cuisine

Our signature Gourmet Bites Cuisine transforms traditional menu items into bite-sized portions that are delicious and designed to be easily eaten without the need for utensils or assistance.

### Personal Pantry

The Personal Pantry program provides residents with personal space to store favorite items such as tea and scones, cookies, canned soups, and crackers—so snacks that provide comfort and joy are always close at hand.

### EngageVR

EngageVR offers residents the opportunity to immerse themselves in exciting, virtual experiences and adventures, such as experiencing the Apollo 11 moon landing, exploring the Titanic, or embarking on an African safari.

### Expressive Arts

We use music, art, and movement to tap into all forms of creativity for an alternative form of communication beyond words.

### Physical Wellness

From traditional fitness classes to innovative offerings such as Sit and Be Fit, Wake and Shake, The Conductor's Workout, and Tai Chi, our physical fitness programs are tailored to individuals' abilities, preferences, and needs.

### Watermark University

Our award-winning Watermark University allows residents, staff, and even family members to share their knowledge on passions such as art, history, cooking, and more.

### Life Histories

We recognize that everyone brings a unique life experience to our community. By using past occupations, preferred hobbies, and treasured talents, we create opportunities for meaningful connections, along with feelings of true accomplishment, purpose, and joy.

### 24/7 Care

Naya associates are available 24 hours per day for assistance.



## SCHEDULE AN APPOINTMENT

To learn more and schedule a private consultation, please contact us at **786-688-6010**.

[watermarkcoralgables.com](http://watermarkcoralgables.com)

363 Granello Ave. Coral Gables, FL 33146 | 786-688-6010

INDEPENDENT LIVING · ASSISTED LIVING · MEMORY CARE

A WATERMARK RETIREMENT COMMUNITY

LICENSE PENDING

