



PARKVIEW IN FRISCO

 A WATERMARK RETIREMENT COMMUNITY

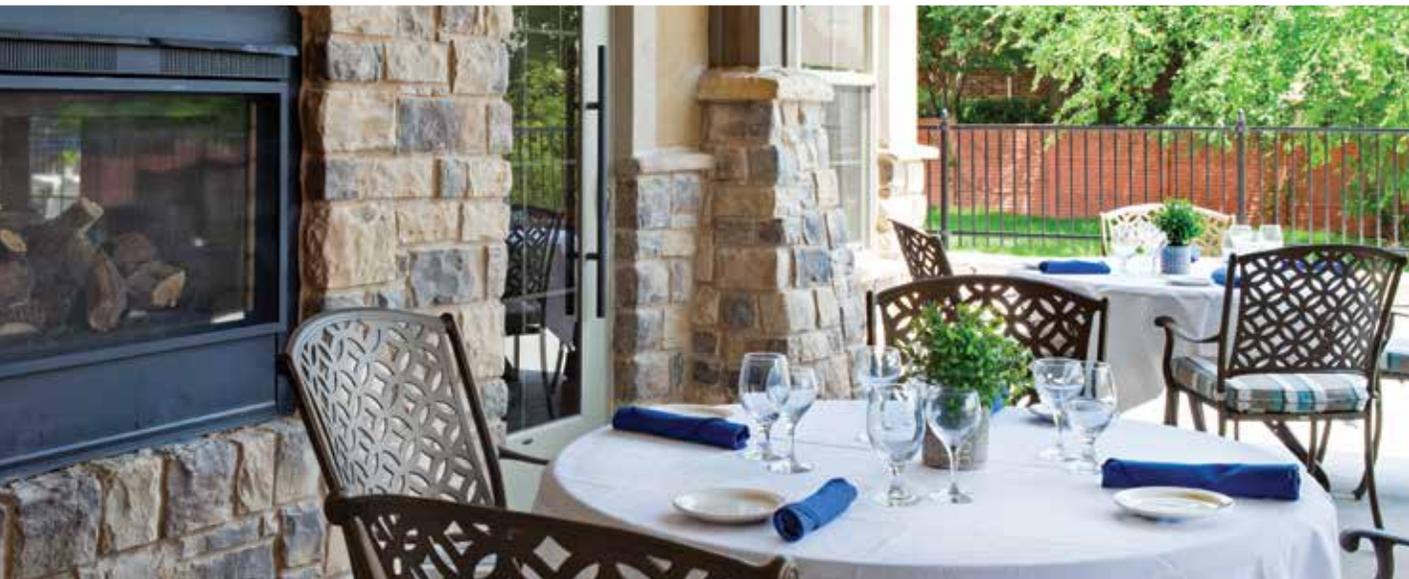
**INDEPENDENT LIVING
ASSISTED LIVING • MEMORY CARE**

UNRETIREMENT LIVING



As part of Watermark Retirement Communities, Parkview in Frisco is 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, including one-bedroom apartments and spacious two-bedroom suites, outstanding cuisine, fun events and outings, engaging mind and body fitness classes, and so much more. It's all part of our culture of choice.

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



On-site Independent Living, Assisted Living and Memory Care

The Embers Restaurant

Full-service beauty salon and barber shop

Fitness Center with state-of-the-art equipment

Majestic Theater

Playground for visiting grandchildren

Library and business center featuring computers and internet access

Lush courtyards with fountain and rose garden

Resort-style swimming pool and spa

Attached and detached garages and covered parking

Pet-friendly environment

Storage units

AN OPTION FOR EVERY APPETITE



Dining at Parkview in Frisco isn't what you'd expect from a retirement community. In fact, we think you'll be amazed. A skilled chef prepares every meal, and friendly associates serve every meal with impeccable attention to detail. Dining at The Embers Restaurant is like visiting one of your favorite restaurants – but better. If one of our specials doesn't catch your eye, we offer a wide variety of steaks, seafood and chicken. Every selection is prepared to order, whether you prefer blackened, fried, pan-seared or grilled for a heart-healthy option. With our Gourmet Bites Cuisine signature program, individuals with cognitive, physical or neuromuscular challenges can enjoy their favorite foods and our delicious menu items without assistance, utensils or distractions. Stop by for a visit and sample a taste of how we thrive.

TODAY'S SELECTIONS:

Chef's Split Pea Soup

Buttermilk Chicken Caesar Salad

Pan-Seared Blackened Atlantic Salmon
with Whipped Potatoes

Garlic Lemon Shrimp with Wild Rice Pilaf

Steak of the Day with Onion Strings

White and Dark Chocolate Bread Pudding



PROGRAMS, OUTINGS AND WATERMARK UNIVERSITY CLASSES



There is always something happening at Parkview in Frisco. Cultural programs, interesting classes 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. That's why we created Watermark University. You'll love having unlimited access to all our mind and body fitness classes just steps from your door. Our class catalog is chock full of fun options, including *Tai Chi*, *Conversational French*, *Art from the Heart* and dozens more, so you can learn (or teach) something new every day. These classes aren't just for residents. Call to enroll in a class or two today.



- Texas Hold 'em Poker
- Travels and Tours
- Music Exploration
- Cocktails of the World
- History of Frisco
- Bible Study

INDEPENDENT LIVING AT THE TOWN CENTER

Trade the headaches of home maintenance, countless bills to pay and endless errands for the extraordinary lifestyle you deserve. 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 your expectations. Our designer residences run the gamut from spacious one-bedroom apartments to luxurious two-bedroom suites filled with flourishes like granite countertops, crown molding and 9-foot ceilings. Join us to discover delightful people, a beautiful environment, fantastic cuisine 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 and see for yourself what carefree, fun-filled retirement living really means at Parkview in Frisco.



Full and modern kitchens with granite countertops

Bathrooms featuring walk-in showers

9-foot ceilings with crown molding and ceiling fans

Spacious patios or balconies with every residence

Garages, carports and storage units available

Two restaurant-style meals included daily

Door-to-door trash pickup three times per week

Housekeeping and maintenance services

Scheduled transportation services

Utilities included

Dynamic calendar of programs and outings including Watermark University classes

Pet-friendly environment

Guest accommodations

Caring, trained associates available 24 hours per day

Best Move move-in coordination service



ASSISTED LIVING WITH A DIFFERENCE

When it comes to Assisted Living, we're not what you'd expect. Forget cramped, cookie-cutter apartments, stereotypical boring activities and care delivered on a rigid schedule. At Parkview in Frisco, customized care and choice are the order of the day. Residents can expect a space with tons of natural light, rich Texas-inspired designs, color schemes, high-end finishes and a variety of floor plans. Let the days unfold with a dynamic calendar of fun outings, exceptional meals with friends, interesting classes, clubs and personal pursuits. Count on us for top-notch care tailored to your needs on your schedule – not ours – so the care you want never interrupts the day's plans.



Three healthy, delicious chef-prepared meals each day

Housekeeping, linen and laundry services

Dynamic calendar of programs and outings including Watermark University classes

Caring, trained associates available 24 hours per day

Scheduled transportation service

Maintenance services for residence and built-in appliances

Utilities included

Wellness programs

Personal resident call system



A NEW KIND OF MEMORY CARE

At Parkview in Frisco, 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 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 outdoor patios

Private and semiprivate suites

Housekeeping, linen and laundry services

Maintenance services



MEET THE NAYAS



The word *Naya* comes from the ancient language of Classical Sanskrit. A Naya is a guide, person of wisdom and a leader who is engaged in the present moment. 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, but it prevents associates from seeing the big picture of each resident's well-being. Here, our Nayas spend the day with residents and 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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