



# Redefining Memory Care



**RAINCROSS**

AT RIVERSIDE

A WATERMARK RETIREMENT COMMUNITY®



## THRIVE MEMORY CARE:

*Nurturing Environment*

*Dining for the Soul*

*Gourmet Bites Cuisine*

*Engaging Programming*

*Specialized Training and  
Certification (National  
Council of Certified  
Dementia Practitioners)*

*Extraordinary Outings*

*Naya Caregivers*

*EngageVR (virtual reality)*

*Thriving Through Music*

*Pantry Program*

*Watermark University*

## OUR VISION

*An Extraordinary Community  
Setting with a Groundbreaking  
Approach to Memory Care*

With more than 30 years of expertise delivering outstanding care and innovative programming in an encouraging, residential environment, Memory Care at The Gardens challenges traditional assumptions to create new possibilities. We focus on what residents can do, never what they cannot, and we honor each individual's unique needs, life experience and personal background to create a thriving community.





## NURTURING ENVIRONMENT

*Days Filled with the Things You Look  
Forward to and Enjoy*



Comfortable and familiar, our Memory Care neighborhood feels like home. Music, laughter, the wonderful aroma of deliciously cooked meals, fresh flowers, natural light and the splendor of the changing seasons are all reminders of things to look forward to today, tomorrow and beyond. Each day is filled with favorite pastimes and meaningful moments.





## DINING FOR THE SOUL

*Good Food Shared with Good Company*

A time to gather, connect and savor life's simple pleasures, dining at The Gardens is flavorful and nutritious. Old favorites, interesting new delights and even family recipes shared by residents fill the menu with taste and variety. Plus, our exclusive Gourmet Bites Cuisine program transforms traditional menu items into easily handled bite-size portions to help restore independence and joy for individuals living with physical, neuromuscular and cognitive changes – and our Pantry Program gives each resident personal space to store favorite items so they're always close at hand.



# ENGAGING PROGRAMMING

*Meaningful Ways to Engage and Connect*

## **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 *Chair Yoga*, *Zumba Drumming* and *Music and Movement*, our physical fitness programs are tailored to each individual's abilities, preferences and needs.







### **Life Histories**

By using past occupations, preferred hobbies and treasured talents, we create opportunities for meaningful connections, along with feelings of true accomplishment, purpose and joy.

### **Watermark University**

Residents, associates, family members and local experts share their interests to ensure we always have opportunities to learn, grow and connect with each other in meaningful ways. We feature dozens of classes, with something for everyone, including *History of Baseball*, *Science for Seniors*, *The Artist Within*, *Mindful Meditation*, *Bible Study* and more.

### **EngageVR (virtual reality)**

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





## MEET THE *NAYAS*

### *Guidance, Care and Connections*

Specially trained and certified Nayas know that behaviors are a response to an unmet need and they communicate through validation to show understanding and support.

In partnership with the National Council of Certified Dementia Practitioners, our Nayas have developed an unparalleled level of expertise to help residents incorporate the rhythms of daily life. Together, residents and Nayas fully experience each day to evoke a sense of joy and purpose.







## EXTRAORDINARY OUTINGS

*Experiences that Make a Difference*

Our Extraordinary Outings shatter the expectations of what's possible, giving residents at The Gardens new opportunities to thrive. Our residents, associates, families and volunteers work together to plan safe, adapted excursions to ensure every event is an enriching experience meant to make memories. Fishing trips, a day at the beach, picnics in the park, hot air balloon rides and so much more – everything is possible and within reach.



# DISCOVER A WORLD OF WELL-BEING

*Curated Programming Inspires  
Longevity and Vitality*

Enjoy wide-ranging enrichment opportunities to connect, explore and rejuvenate in our vibrant community of friends.



Try your  
hand at cake  
decorating

Make some  
noise in  
drumming class

Sit back and  
relax on mystery  
scenic tours

Relax  
with Mindful  
Meditation

Take on  
new shapes  
in ceramics

Blossom in  
sensory container  
gardening

Log miles  
in Walking  
Club

Dip a  
brush in Whimsical  
Watercolors

Learn  
about saddlebred  
horses

Laugh with  
friends at wine and  
cheese socials

Experiment  
with treasured  
recipes

Cuddle  
with canine  
companions

Explore the  
Grand Canyon in  
virtual reality

Indulge  
your senses with  
a massage

Appreciate  
today with daily  
reflections



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5232 Central Ave.

Riverside, CA 92504

**951-785-1200**

[riverside.watermarkcommunities.com](http://riverside.watermarkcommunities.com)

**ASSISTED LIVING**  
**MEMORY CARE**

