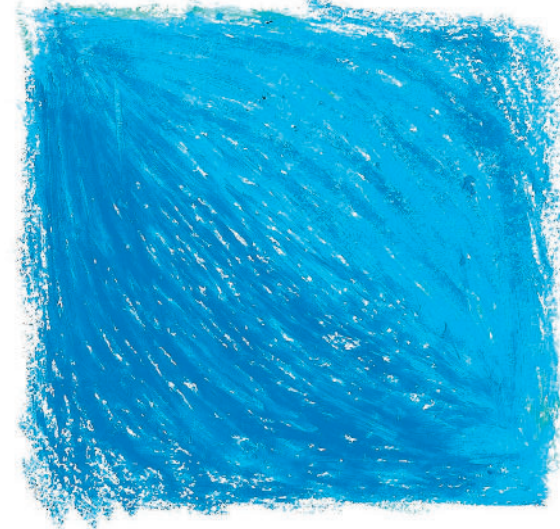




THE
RESIDENCE
at Watertown Square



Good Times ♦ Good Friends ♦ *Great Care!*

Welcome to The Residence at Watertown Square

Imagine finally having the time to do the things that make you happy: catching up on the bestseller list, getting out to the theater, learning a new language or just relaxing with friends. Imagine life without the worries and stresses of maintaining a home. Imagine you being *you* again.

This is the life that awaits you at The Residence at Watertown Square, a modern community with the charm and finishes of a boutique hotel. Enjoy every amenity along with the impeccable service and hospitality that are the hallmarks of LCB Senior Living.

With nearby Harvard Square, Downtown Boston and an array of shops, restaurants and world-class medical facilities, Watertown Square offers residents all the benefits of metropolitan living in an environment of comfort and service.

Choose a beautiful, private apartment home to make your own. It's what you have worked so hard to enjoy!



Independent & Assisted Living ♦ *Reflections Memory Care*

An LCB Senior Living Community



Daily Life

Ours is a community of like-minded individuals who have led interesting, full lives. We're here to make sure that whatever fulfills you is possible—regardless of age or physical limitations.

Every day, there are opportunities ranging from concerts, lectures, book discussions and gardening, to exercise, crafts, intergenerational events and more. In addition to in-community programs, private transportation is available for special trips to cultural attractions, recreation, worship, appointments, shopping and more.

Our active programming is focused on supporting the interests of each resident and our Engagement Director will spend time getting to know you, and assist you in finding programs that are suited to your interests and needs. We can even develop new programs with you. The choice is yours to stay as active and engaged as you desire!

“ The food is outstanding.
It's like a 4-star restaurant.
The chef comes up with great
specials all the time. ”



Follow our culinary adventures!

Instagram @thesterlingchefs



Anytime Dining on *Your* Schedule

Nothing is more important to health and happiness than eating well and loving every bite! Enjoy a delicious variety of menu favorites and specials at our professionally-staffed, on-site restaurant. Our Executive Chef combs local markets for the freshest seasonal fruits, vegetables and meats, creating a continuously changing menu of farm-to-table delicacies.

Our kitchen is open daily from 7 am - 7 pm, so you can eat what you want, when you want! We are also happy to accommodate residents who have particular dietary needs, such as low-sodium or sugar free.

Visit our website to view the full menu!







Imagine living in a place *this beautiful*, with every amenity and impeccable service.



Imagine a life of enriching experiences, and being immersed in culture, learning and fun.



Imagine looking forward to every day, and all that comes next.



Imagine you being *you* again.

Senior Living *Your Way!*

Every resident has a private apartment with kitchenette, full bath and a host of amenities. We take pride in offering attentive service that rivals the finest hotels.

All residents enjoy a variety of beautiful common spaces that include a library, sitting areas, a private dining room for special occasions with family and friends, a bistro, recreational spaces, hair and nail salon and more.

Independent Living One of the most-popular aspects of our community is the Independent Living option. Residents enjoy gorgeous apartment living, with a variety of engaging programs and activities that allow you to pursue the things that make you happy. Enjoy the peace-of-mind of 24-hour staff and security, professionally-prepared meals and a range of support services that you can tap into should a temporary or longer-term health issue arise.

It's the best of all worlds: comfortable apartment living without the stresses of home ownership, help just steps away in case you need it and a location that is at the crossroads of culture, shopping and all the richness that the area has to offer.

Assisted Living For those requiring more help, the Assisted Living plan includes all of the above, plus assistance with the activities of daily living. Our goal is to help you remain as independent as possible, while assisting you with tasks like dressing, showering, managing medications or whatever your particular need might be.

Services

- ◆ *Three chef-prepared meals daily*
- ◆ *Weekly housekeeping*
- ◆ *Weekly linen service*
- ◆ *Highly-trained associates, 24/7*
- ◆ *Emergency response system*
- ◆ *Utilities (heat, A/C, electric & water)*
- ◆ *Full calendar of social, educational, recreational & cultural activities*
- ◆ *Common area WiFi*
- ◆ *Personalized wellness plan and wellness activities*
- ◆ *Fitness classes and health clinics*
- ◆ *Garage parking*
- ◆ *Scheduled transportation*
- ◆ *Maintenance services*

“Everything I need is here at the community. The residents and staff are not only nice but are also very caring.”



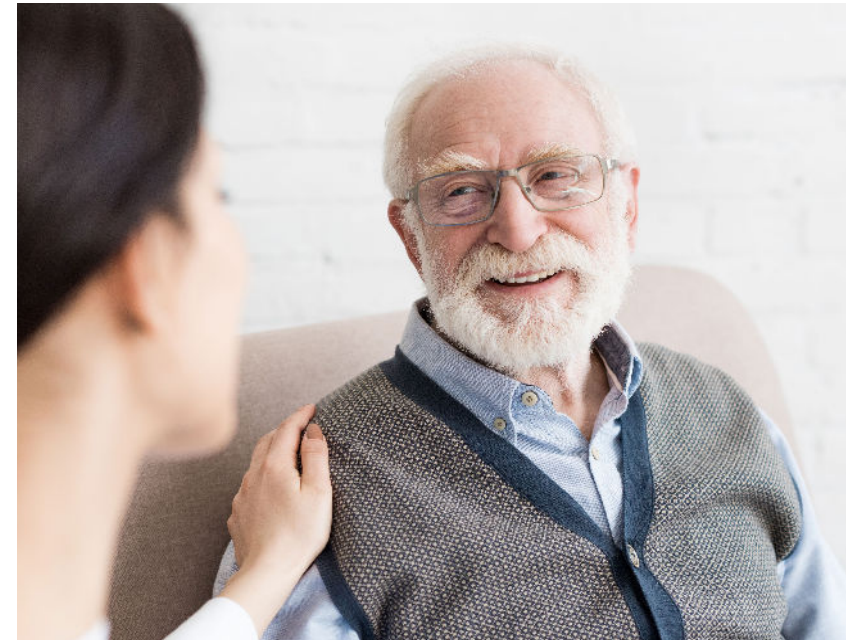


A Life of Dignity and Purpose

A mindful, non-pharmacological approach to promoting dignity and quality of life for those with memory challenges, through compassionate care and a focus on the person, not the disease.

Our Reflections Memory Care program utilizes a social model of supportive living. Through varied and carefully planned programs, we support and enrich the experiences that our residents have on a daily basis. We encourage them to be active members of society, to be independent, to express themselves through therapeutic engagement and to flourish. We create life experiences and events, not activities.

Reflections is distinguished by its Four Pillars of Engagement, which connect with the whole person through *Physical, Social, Cognitive* and *Emotional* experiences. Connecting with people who are living with dementia across these four dimensions has been proven to generate many positive outcomes, including increased overall engagement with life and reduced confusion.



Influenced by an evidence based wellness model, our memory care program is led by NIDE-certified dementia professionals.

“Everyone has been attentive and amazing to my mom since day one. The staff treats her like she is the only person that they take care of!”





LCB Senior Living, LLC

LCB Senior Living, LLC is a leading senior housing operator and developer with roots that go back to 1994. Headquartered in Norwood, Massachusetts, the LCB team was among the region's first Assisted Living providers. The company owns and/or operates communities throughout New England and the Mid-Atlantic states, offering the finest Independent, Assisted and Reflections Memory Care living options.

www.lcbseiorliving.com



Owned and Operated by LCB Senior Living, LLC

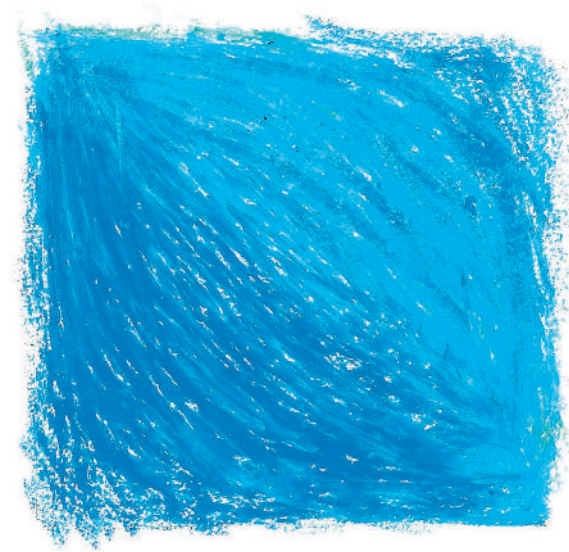
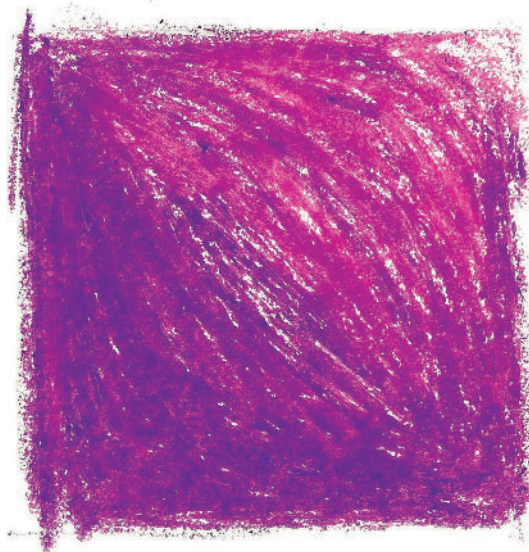






THE RESIDENCE at Watertown Square

In the heart of Watertown Square,
and close to Belmont, Newton,
Cambridge and Waltham and other
fine communities.



Independent Living & Assisted Living
Reflections Memory Care

20 Summer Street
Watertown, MA 02472

T 617-924-8100 F 617-924-8102 MA Relay: 711
www.residencewatertown.com

