



THE LODGE AT NORTH OGDEN

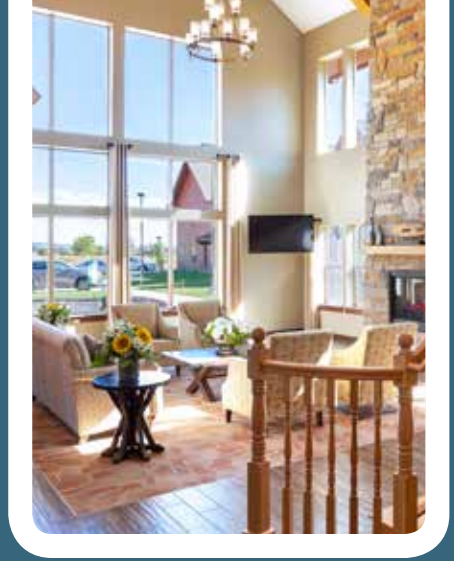
 A WATERMARK RETIREMENT COMMUNITY

**INDEPENDENT LIVING
ASSISTED LIVING • MEMORY CARE**

REDEFINING SENIOR LIVING

As part of Watermark Retirement Communities, we are 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 The Lodge at North Ogden has created a community filled with options from affordable studio apartments to spacious two-bedroom suites, outstanding cuisine, fun events, engaging Watermark University mind and body fitness classes and endless opportunities to thrive. It's all part of our culture of choice.

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



Tastefully appointed restaurant

Large outdoor dining room
and deck

Private dining room
for entertaining

Full-service beauty salon
and barber shop

Laundry rooms

Gift and sundry shop

Well-stocked library

Billiards room

Resident emergency
response system

Spacious, beautifully
landscaped grounds

Pet-friendly environment

AN OPTION FOR EVERY APPETITE



We believe that dining should be a delicious experience every day. The Lodge at North Ogden offers a variety of on-trend selections and comfort food favorites that are prepared daily by our talented culinary team, using the freshest ingredients. With our Gourmet Bites Cuisine signature program, individuals with cognitive, physical or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions. Our elegant in-house restaurant and dining program offers private dining rooms to entertain your family and guests any night of the week. Enjoy your meal in our large outdoor dining room and deck, or if you love to cook, invite a few friendly neighbors over to share your favorite dish. At The Lodge at North Ogden, the choice is yours.



Elegant dining room

Beautiful patio with stunning views

Private dining room for entertaining

Restaurant-style breakfast, lunch and dinner

Heart healthy selections

Catering services

Room service

MIND AND BODY WELLNESS

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 of our mind and body fitness classes just steps from your door. Our class catalog is chock full of fun classes from *Chair Yoga* to *Painting 101*, *Intro to Bridge* and dozens more, so you can learn (or teach) something new every day. These classes aren't just for residents. Call for your copy of our current catalog, and sign up for a class or two today.



Intro to Wii Bowling

Brain Games

Sports Talk

Chef Demo

Music and Movement

Wellness Roundtable



INDEPENDENT LIVING

Trade the headaches of home maintenance, countless bills to pay and endless errands for the 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 every expectation. Our residential options run the gamut from spacious studio apartments to gorgeous two-bedroom, two-bathroom suites. Visit us and discover great people, a beautiful environment, fantastic food and so much more.

You can have it all for a simple monthly rental with no buy-in requirements. Give us a call to schedule a visit to see for yourself what life is like at The Lodge at North Ogden.



Delicious and healthy chef-prepared meals

Resident emergency response system

Dynamic calendar of programs, events and outings, including Watermark University classes

Weekly housekeeping and linen service

Scheduled transportation services

Senior wellness programs

Guest accommodations

ASSISTED LIVING



When it comes to Assisted Living at The Inn, we're not what you'd expect. Forget cookie cutter apartments, associates in scrubs, boring, stereotypical activities or care delivered on a schedule so rigid it becomes the center of your day. Here, you'll enjoy a varied calendar of programs and outings, along with top-notch care tailored to your needs, on your schedule – not ours – 24 hours a day.

Why wait to get a taste of The Lodge at North Ogden lifestyle? Try us out for a short-term stay. Enjoy a fully furnished guest apartment, fantastic food made just how you like it, outstanding, personalized care and assistance when and how you need it, and (perhaps the best part of all) fun with friendly neighbors. While you're here, treat yourself to a signature salon service or a community outing to the Wild Animal Sanctuary. Come by for a visit – we know you'll be pleasantly surprised.

Whether residents need assistance with day-to-day activities, help getting to appointments or adding a little more joy in their day, the caring associates at The Lodge at North Ogden are committed to making it happen.



- Delicious and healthy chef-prepared meals
- Resident emergency response system
- Watermark University classes
- Weekly housekeeping and linen service
- Scheduled transportation services
- Senior wellness programs
- Guest accommodations

A NEW KIND OF MEMORY CARE

At The Lodge at North Ogden, 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 dining room 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 and is based on being engaged in the present moment. A Naya is a guide, person of wisdom, conductor and leader. 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. Because our Nayas spend the day with residents, they 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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204 East 1700 North
North Ogden, UT 84404
801-719-5121
watermarkcommunities.com



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