



THE WATERS

The Waters Redefines Senior Living Communities with Commitment to Innovation and Hospitality

Chef Tasting and Happy Hour with Cooking Channel's Celebrity Chef Bal Arneson, the "Spice Goddess," Demonstrating Personally Crafted Indian Recipes with Bold Flavors and Health Benefits

MINNEAPOLIS – (July 28, 2015) – Chef tastings at a senior community? Not surprising at The Waters, where a commitment to innovation and hospitality is redefining senior living communities.

Inside The Waters communities are “Restaurants,” not “Dining Halls” or “Dining Rooms” and to showcase its unique fare, The Waters on 50th recently hosted Chef Bal, the star of the Cooking Channel’s and Food Network Canada’s program, “Spice Goddess.” Chef Bal shared her personal creations -- Indian recipes featured at The Waters restaurants that offer low-sodium bold flavors and spices like curry, turmeric, ginger, garlic and coriander that have natural healing and health benefits perfect for seniors.

“When I cook or create a recipe, it’s not just about great-tasting flavorful food, but also about healing and wellness too,” said Chef Bal at the recent chef tasting event. “The Waters uses my personally curated and blended spices where I control sodium and other additives. My recipes are not classic Indian dishes with heavy creams, butter and flour – the end result is bold flavors and clean ingredients with health benefits like ginger, which is so good for digestion and the stomach.”

The chef tasting and happy hour featured curry chicken satay, raspberry Lassi, chilled Chai Tea, along with wine pairings. Local chefs embrace Chef Bal’s creations according to the tastes and desires of each Waters community including Bal’s No-Butter Chicken, braised chicken in Indian spices and finished with yogurt, as well as Kale Salad with cranberries, pecans, feta and beans.

“Food and mealtimes are a vital part of life. Many residents of communities like The Waters have a sophisticated pallet and want bold, flavorful food,” said Chef Bal.

The Waters restaurants, managed by Morrison Community Living, are just one of the unique elements that is helping the firm redefine senior living. Chef Bal’s recent visit to The Waters is part of Morrison Community Celebrity Chef Series, where chefs tour various senior communities, mingle with residents, share recipes and convenient, easy healthy cooking ideas.

“At The Waters, we are dedicated to helping our residents thrive, where each person is encouraged to live life to the fullest, as she or she defines it,” said Kyle Didier, President of The Waters. “Dining experiences and great food is integral to a rich life. Our focus on hospitality and

our restaurants featuring unique recipes from renowned chefs is just one important way that we are redefining senior living communities.”

The Waters community lifestyle offers independent apartment living where residents have a range of care and support options, as well as learning and enrichment opportunities, spa and wellness activities, welcoming surroundings and stepped up hospitality including regular happy hours and restaurants offering hand-crafted dishes from a range of celebrity chefs. The Waters Restaurants feature seasonal menus and use fresh wholesome ingredients, often locally sourced, and harvested in a socially responsible way. The Waters monthly fee includes one meal a day in the restaurants and many residents also cook meals in their apartments.

There are five Waters communities located in the Twin Cities in Edina, Minneapolis, Plymouth, Rochester and Oakdale. In October, The Waters will open a location in the Highland Park neighborhood of St. Paul, and in 2016 The Waters is scheduled to open in White Bear Lake.

About The Waters

Minnetonka, Minn.-based The Waters Senior Living LLC, (www.TheWatersSeniorLiving.com) is an owner, operator, and developer of unique senior living communities in Minnesota. The company creates living and working experiences centered on health, wellbeing and hospitality. An innovative suite of personal services and amenities, developed in partnership with some of the nation’s leading thought leaders, including the University of Minnesota’s Center for Spirituality and Healing, The Waters communities empower residents to enjoy life in better health. Seven senior living communities encompassing over 900 units are in operation, construction or under development. To learn more about The Waters and how it is redefining senior living communities, visit www.thewatersseniorliving.com.

About Chef Bal

Chef Bal is the host of the Cooking Channel’s and Food Network Canada’s program, “Spice Goddess.” She epitomizes The Waters approach to dining -- fresh, innovative, flavorful food designed for healthy lifestyles. In addition to her work as a TV food personality, Chef Bal is a published author with three bestselling cookbooks: Everyday Indian, Bal’s Quick and Healthy Indian and Bal’s Spice Kitchen.

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Editor’s Note: local media wishing to personally experience how The Waters is redefining senior living communities are invited to come on out for a tour and dine in our restaurant.

Photo Captions

#1: Chef Bal stands ready with local Waters executive chef staff Jeremy Thornhill, System Executive Chef and Richard Hoelzel before cooking her curry chicken satay creation at a recent chef tasting at The Waters on 50th. The Spices to left are Chef Bal’s personally blended collection featuring curry, turmeric, ginger, garlic and coriander that have natural healing and health benefits perfect for seniors.

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