

Watermark Laguna Niguel Welcomes 'Feeling Our Age' Exhibition

Watermark Laguna Niguel, a senior retirement community, is proud to announce 'Feeling Our Age', a groundbreaking art exhibition and book by nationally-recognized artist Kathleen Cosgrove.

LAGUNA NIGUEL, CA, UNITED STATES, May 8, 2025 /EINPresswire.com/ -- [Watermark Laguna Niguel](#) is proud to announce [Feeling Our Age](#), a groundbreaking art exhibition and book by nationally-recognized artist Kathleen Cosgrove. Featuring portraits



Watermark Laguna Niguel

and personal stories of 60 women over 60, the exhibition challenges outdated views on aging and celebrates the wisdom, resilience, and spirit of older generations.

The collection is an example of how Watermark Laguna Niguel, a senior retirement community, is committed to creating extraordinary environments where individuals thrive through wellness, enrichment, and purpose. "It's an honor to bring the Feeling Our Age exhibition to Watermark Laguna Niguel," said Kathleen Cosgrove. "These portraits and stories have transformed how people think about aging, including myself. I hope visitors leave inspired by the strength and beauty that come with every year lived."

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This is more than an art display—it's a conversation we're proud to lead at Watermark Laguna Niguel, celebrating every individual's story and challenging the stereotypes that too often define aging."

Sundeep Jetse, Executive Director, Watermark Laguna Niguel

Among the women featured are former legislators, nurses, artists, and pilots, alongside essays in which each woman shares her journey addressing the challenges of growing

older while expressing hope for the future. Their images, stories, and the accompanying coffee table book aim to redefine aging and fight age discrimination, which disproportionately affects women.

With the World Health Organization projecting one in six people will be over 60 by 2030, and

studies showing more than half of women over 65 experience ageism in the workplace, the exhibition arrives at a crucial moment—turning awareness into action through the language of art.

“At Watermark, we see aging as renewal, purpose, and connection,” said Sundeep Jeste, Executive Director of Watermark Laguna Niguel. “This exhibition reflects our mission to honor every story and challenge aging stereotypes. It’s a conversation we’re proud to lead.”

Watermark Laguna Niguel

Nestled in the heart of Orange County, Watermark Laguna Niguel blends modern senior living with the warmth of a close-knit community. In a city known for its love of the arts—where sculptures, murals, and creative expressions line the streets—the community embraces Laguna Niguel’s legacy as a cultural destination.

Bringing the Feeling Our Age exhibition to this landscape is a natural fit—honoring resilience, storytelling, and creativity in a community where art is a way of life.

Residents also enjoy signature programs like Watermark University, Extraordinary Outings, and Gourmet Bites Cuisine, all designed to fuel the body, the mind, and the spirit.

The arrival of Feeling Our Age strengthens Watermark’s commitment to integrative wellness, lifelong learning, and cultural partnerships. Residents are offered enriching opportunities for creativity, self-expression, and pride through art studios, therapeutic classes, and gallery spaces that nurture their unique talents. On May 14th, residents and families will enjoy exclusive workshops led by Kathleen Cosgrove as part of Watermark University, featuring abstract art and storytelling designed to inspire. Participants will also tour the exhibition with the artist, gaining deeper insight into the stories behind the portraits.

The exhibition will be open to the public from May 15th through the end of June at Watermark Laguna Niguel. A celebratory reception with artist Kathleen Cosgrove will be held May 15th, open to the public from 5:00 PM to 6:30 PM. To RSVP, please call 949-792-6629 by May 12th.

Watermark Laguna Niguel

Watermark Laguna Niguel brings modern senior living to Orange County, balancing upscale living with a small-town feel that is characteristic of life in Laguna Niguel. The community offers exceptional 78 Assisted Living and 32 Memory Care residences in a service and amenity-rich upscale environment, including 24/7 concierge and associate support, a full-service salon, gourmet dining options, and Watermark’s groundbreaking signature programs, including Gourmet Bites Cuisine, Watermark University, and Extraordinary Outings. For further information, visit Watermark Laguna Niguel.

Alexander Petti
Take On Communications
+1 201-978-4882
Alexander@takeoncommunications.com

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