



THE FOUNTAINS AT CANTERBURY

**INDEPENDENT LIVING • ASSISTED LIVING
MEMORY CARE • REHABILITATION & SKILLED NURSING**

UNRETIREMENT LIVING

Over 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 we created a community filled with choice. Great dining venues, a state-of-the-art fitness center with a heated indoor pool, Watermark University mind and body fitness classes. Don't take our word for it. Visit to see for yourself.



Idyllic 39-acre campus with lakeside trails and fishing dock

Elegant dining and private dining room

Billiards lounge

Well-stocked library

Full-service beauty salon and barber shop

Computer Center with internet access

Wellness Center

Indoor heated pool

Patio with barbecue

Outdoor gardening area

Room service

Furnished guest apartments

AN OPTION FOR EVERY APPETITE

One of the joys of life is breaking bread in the company of good friends. Here, friends and neighbors connect to share meals, stories and laughs. Our ever-changing menu features everything from upscale selections to comfort food favorites. If you feel like staying in, you can create your favorite dish in your own kitchen, but it's great to know that a delectable meal among friends (without the cooking, cleaning or dishes to wash) is always just steps from your door. Plus, with Thrive Dining™, individuals with cognitive or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions. Stop by for lunch, dinner or a cup of coffee for a little taste of how we thrive.



Choice of lunch or dinner
each day served restaurant
style in our dining room

Continental breakfast served
Monday through Saturday

Sunday brunch

Private dining for
personal entertaining

WATERMARK UNIVERSITY

There is always something happening at The Fountains at Canterbury. Cultural programs, interesting activities and extraordinary outings are simply a part of everyday life. There's always plenty to do with friendly neighbors.

Stimulating the mind and strengthening the body has enormous benefits at any age. That's why, as part of Watermark Retirement Communities®, we created Watermark University. You'll love having unlimited access to all of our mind and body fitness classes just steps from your door. Choose from *Yoga* to *Creative Cuisine*, *The Poets Corner* and everything in between. These programs and classes are beneficial, engaging and most of all, fun. Plus, they aren't just for residents. Call for a schedule and sign up for a class today.



Baking
Beading
Blackjack for Beginners
Chair Yoga
Classic Croquet
Introductory French
Email 101
Armchair Travel
Cooking Demonstration
Politics 102
Music Appreciation

CUSTOMIZED JUST FOR YOU



Ready to turn your new home into your castle? You've come to the right place. The Fountains at Canterbury Design Center offers an impressive menu of custom upgrades, from colors to finishes and fixtures. With so many up-to-date styles to choose from, you can make selections that reflect your unique personality, taste and lifestyle.

Do you prefer a formal, casual, traditional or contemporary atmosphere? Whatever your preference, our skilled interior design professionals are at your service. Whether you have the perfect style in mind or you're ready for suggestions, we'll help you select your kitchen cabinets and countertops, ceiling fans, bathroom fixtures and countertops, shower tile and tub surround, custom lighting, paint colors and window and closet treatments. Our design experts will make sure your new home looks and feels just right.



INDEPENDENT LIVING

When you choose one of our surprisingly affordable residences you can say goodbye to cooking, cleaning and home maintenance hassles forever. You can say hello to friends on the patio overlooking the lake, rejuvenate in the spa or fitness center and stimulate your mind with classes in writing, history, art and more. Our setting offers security, peace of mind and priority access to care for life. The choices are unlimited and they're all yours.



- Choice of one-bedroom, two-bedroom or cottage residences with balcony or patio
- Modern kitchen with frost-free refrigerator, electric oven and range
- Ample closet space
- Bath with safety grab bars
- Guest accommodations
- Resident call system
- Maintenance services
- Wall-to-wall carpeting in living areas, vinyl flooring in kitchenette and bath
- Scheduled local transportation



ASSISTED LIVING

When it comes to Assisted Living, we're not what you'd expect. No cookie cutter apartments, boring stereotypical activities and health care delivered on a schedule so rigid that it becomes the center of your day. You'll have exciting floor plans to choose from, a varied calendar of community doings and top notch care tailored to your needs, on your schedule – not ours. And why wait to get a taste of The Fountains lifestyle? Try us out for a short-term stay. Enjoy a fully furnished guest apartment, fantastic food made just how you like it, expert care when (and how) you need it and fun with friendly neighbors.



Bright, cheerful apartments

A state-of-the-art wireless resident call system

24-hour staffing

Three meals prepared daily

Housekeeping and laundry services

Transportation services

Diverse wellness programs including Watermark University classes

A NEW KIND OF MEMORY CARE

At The Fountains, we're borrowing from the traditions of the multigenerational households and local bed & 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 kitchen 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

Personal pantry program for each resident's favorite foods

Healthy snacks available all day, every day

Structured and spontaneous activities 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

Small, friendly neighborhood setting

Housekeeping, linen and laundry 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, 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.



REHABILITATION & SKILLED NURSING

Why do professionals refer so many patients to The Springs for rehabilitation? We offer outstanding services in our extraordinary, **MEDICARE-CERTIFIED** community, including physical therapy, occupational therapy and speech therapy. For nearly a quarter century, we've been helping patients restore function, improve mobility, relieve pain and prevent or limit physical disabilities from injuries or disease.

Enjoy the ultimate experience with our **AMBASSADOR PROGRAM**. From the moment you arrive, you'll receive a warm welcome and ongoing personal attention from your personal ambassador. They will be your single point of contact, available and responsive to you and your family throughout your stay to answer any questions, provide for every comfort and offer a reassuring voice along the way. Using your family's preferred method of communication – phone, text message, email or in person – your ambassador will keep your closest relatives informed of your progress.

Three restaurant style meals prepared daily

Personal ambassador program

Registered Dietitian oversight

Service plans customized to your needs

24-hour staffing with Registered Nurse

Health care management and monitoring with physician oversight

Resident call system

Flat screen televisions and Wi-Fi internet access

Scheduled transportation

Diverse wellness program including classes and therapies in our heated indoor pool

Luxurious semiprivate suites

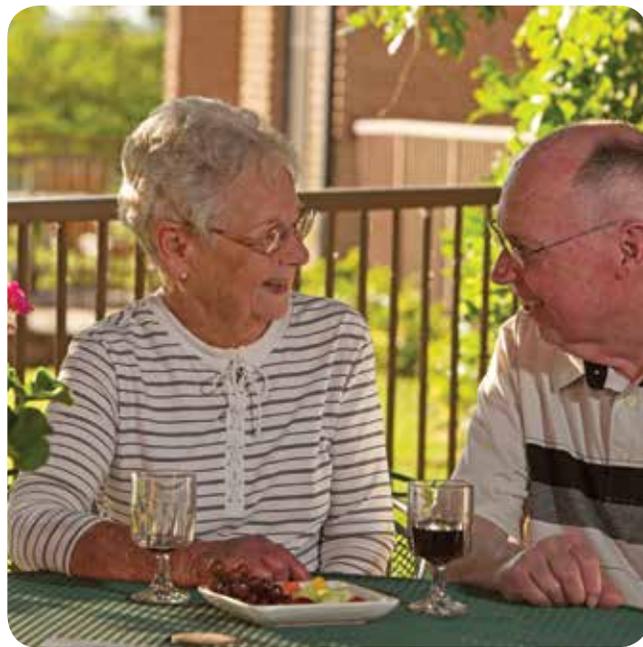
On-site physical, occupational and speech therapy

On-site Social Services Director providing counseling and referral services



The background is a solid dark blue color. Overlaid on this are several light blue, semi-transparent decorative elements. These include a large, wide, sweeping arc that starts from the left edge and curves towards the right. Below this arc, there are several more intricate, swirling shapes that resemble stylized leaves or calligraphic flourishes, all rendered in the same light blue color.

Creating extraordinary communities where people **thrive**.



 **THE FOUNTAINS**
AT CANTERBURY

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A WATERMARK RETIREMENT COMMUNITY