



**THE FOUNTAINS**  
AT CANTERBURY

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

# UNRETIREMENT 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 we created The Fountains at Canterbury, an exquisite retirement community filled with endless options, from great dining venues, a full-service fitness center with a heated indoor pool, engaging Watermark University mind and body fitness classes, and an active lifestyle full of growth and discovery. It's all part of our culture of choice, and we take care of every detail so you don't have to.

Enjoy the best of both worlds from our convenient location featuring a peaceful, country feeling in an intimate community set on 39 acres with no noise of commercial streets, with easy access to shopping, restaurants and two major hospitals just five minutes away. Don't take our word for it — visit to see for yourself why everyone is raving about The Fountains at Canterbury.

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



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

Wellness Center

Indoor heated pool

Patio with barbecue

Outdoor gardening area

Room service

Furnished guest apartments

Movie Theater

Pet-friendly

# AN OPTION FOR EVERY APPETITE



One of life's greatest pleasures is the joy of breaking bread in the company of good friends. At The Fountains, friends and neighbors connect to share meals, stories and laughs. Our ever-changing menu features everything from upscale selections to comfort food favorites. Enjoy flexible dining options, including Sunday brunch, steak night and a monthly five-course dinner and wine pairing, or grab a delicious meal to go with the Take and Bake and Gourmet Pizza to Go options. The choices are endless, and there's something to please every palate, including themed dinners and special culinary events like our Annual Chocolate Festival.

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 our innovative dining options, individuals with cognitive, physical 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 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



# PROGRAMS, OUTINGS AND WATERMARK UNIVERSITY CLASSES

Fill your days with fun, dynamic programming and leave the rest to us. There is always something happening at The Fountains at Canterbury and plenty to do with friendly neighbors. Cultural programs, engaging activities and unique experiences are simply a part of everyday life. Enjoy a variety of exciting Extraordinary Outings to local attractions, including the National Cowboy Hall of Fame, Oklahoma Contemporary Museum of Art or the infamous dragon boat race on the Oklahoma River.

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 our mind and body fitness classes just steps from your door. Stay current, healthy and have a blast in one of our ever-changing classes, such as *iPads 101*, *Creative Cuisine*, *American History*, *The Poets Corner* or *Menu French*, and fitness classes such as *Tai Chi*, *Chair Yoga* and *Water Aerobics* taught by trained and certified professional experts. Our classes aren't just for residents. Call for a schedule and sign up for a class today.

## JOIN THE CLUB

Elevate your lifestyle when you join The Club, our exclusive health and wellness monthly membership and lifestyle program. Members enjoy a full-service fitness center complete with personalized fitness assessments, programs and one-on-one training sessions, with access to fitness classes, a heated indoor therapy pool and more.



- 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's Design Center offers an impressive menu of custom upgrades for colors, fixtures and finishes. 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 experienced associates 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 AT THE TOWN CENTER

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 our vibrant patio overlooking the lake, rejuvenate in the heated pool or fitness center and stimulate your mind with engaging classes in writing, history, art and more. Thrive in comfort in the perfect resort-like setting with water views featuring our 7-acre lake, wildlife habitats and more. Our setting offers security, peace of mind and priority access to customized 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 WITH A DIFFERENCE



When it comes to Assisted Living, we're not what you'd expect. You won't find cookie-cutter apartments, boring stereotypical activities or care delivered on a schedule so rigid that it becomes the center of your day. You'll discover a world of choices, exciting floor plans, fantastic cuisine, a calendar of various fun and engaging community doings with friendly neighbors and top-notch care tailored to your needs, on your schedule – not ours – so the care you want never interrupts the day's plans.

Why wait to get a taste of The Fountains lifestyle? Try us out for a short-term stay. Enjoy a fully furnished, spacious guest apartment, delicious and nutritious food made just how you like it, expert, personalized care and assistance when (and how) you need it, and (perhaps the best part of all) fun with friendly neighbors. We bring in professionals of all sorts, so while you're here, treat yourself to a spa day for the ultimate relaxation experience.



- Bright, spacious apartments
- A state-of-the-art wireless resident call system
- 24-hour staffing
- Three meals prepared daily
- Housekeeping and laundry services
- Scheduled local transportation
- 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 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 kitchen table, where food and conversation connect residents, associates, friends and family.

24-hour staffing with specially trained Memory Care experts with certified 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

Small, friendly neighborhood setting

Housekeeping, linen and laundry services

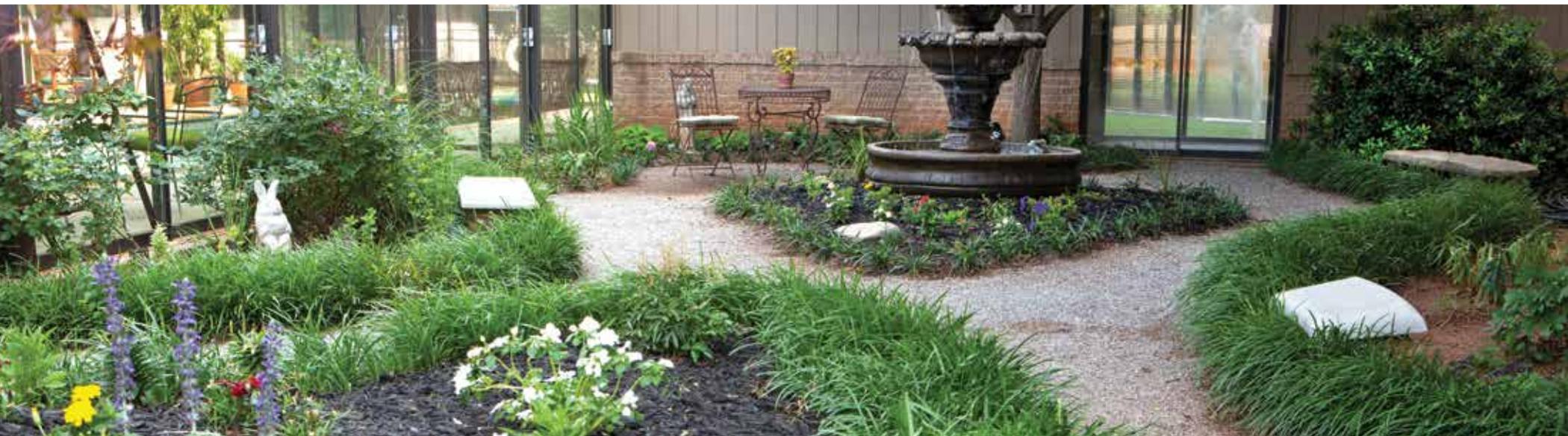


# MEET THE NAYAS



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.

We don't adhere to outdated care models, where several associates are divided up to manage various resident needs and are limited to basic interaction. Instead, our Nayas spend the day with residents and 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.



# REDEFINING REHABILITATION & SKILLED NURSING

Why do professionals refer so many patients to The Springs for Rehabilitation? At The Fountains, we offer outstanding services in our extraordinary, **MEDICARE-CERTIFIED** community, including physical, occupational and speech therapy. For more than 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 **PERSONAL AMBASSADOR PROGRAM**. From the moment you arrive, you'll receive a warm welcome and ongoing one-on-one 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 licensed nurse on duty

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 therapy in our heated indoor pool

Luxurious semiprivate suites

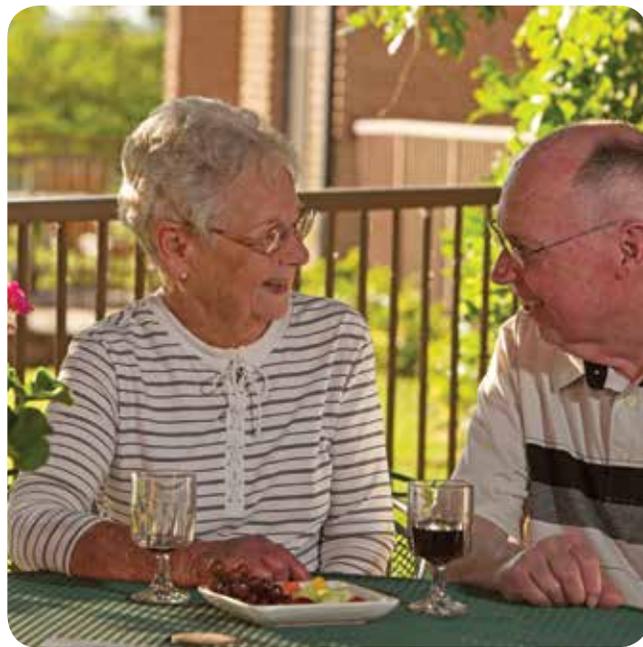
On-site physical, occupational and speech therapy

On-site social services director providing counseling and referral services



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](http://watermarkcommunities.com).





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