



THE FOUNTAINS
AT CRYSTAL LAKE

INDEPENDENT LIVING • ASSISTED LIVING
MEMORY CARE

THE PERFECT SETTING

Imagine the view of a lush prairie filled with wildflowers, ringed by old growth trees and punctuated by visits from tree swallows, eastern bluebirds, house wrens, goldfinches, cardinals, sandhill cranes and the occasional deer. The local fishing hole is only a hop, skip and a jump away and our resident garden boasts 50 kinds of vegetables used regularly by our talented chef.

As part of Watermark Retirement Communities, we are creating an extraordinary and innovative community where people thrive. At The Fountains at Crystal Lake, enjoy the best of both worlds in this beautiful, natural setting where you'll never need to lift a finger. While you're enjoying friendships and amenities, our associates are working around the clock to ensure impeccable service, outstanding cuisine, a calendar packed with fun outings, events, classes and entertainment, and an active lifestyle full of growth and discovery. Best of all, this lifestyle is available on a straightforward rental basis.

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



30 lush acres with nature trails

Every residence has a view of the surrounding old growth forests

A natural oasis for birds from eastern bluebirds to sandhill cranes

Resident garden with more than 50 varieties of vegetables

The Dickens Room, our well-stocked library

The Brighton Room for performances, movies and lectures

Furnished guest apartments

The King Arthur Room for games and entertaining

The Cambridge Room for arts and crafts

Computer Center

Wellness Center

The Camelot Beauty Salon and Barber Shop



AN OPTION FOR EVERY APPETITE



Dining at The Fountains at Crystal Lake isn't what you'd expect from a retirement community. In fact, we think you'll be amazed. Enjoy convenient restaurant-style dining, with delicious, healthy meals prepared by a skilled chef in whites, and you and your friends and family will always enjoy gracious service with impeccable attention to detail. This isn't a dining room in a retirement community – this is an evening spent at one of your favorite restaurants. Plus, with our innovative dining approach, individuals with cognitive, physical or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions. Not in the mood for a sit down meal? Grab a quick bite and a coffee to go. At The Fountains, the choice is yours.



Three meals daily prepared by our expert chefs

Savoy Dining Room

Sumptuous Sunday brunch

Heart healthy and sugar-free options always available

The Pub features a fireplace, mahogany English bar, billiards table, flat-screen TV and more

Room service

MIND AND BODY WELLNESS

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. Our course catalog is chock full of fun classes from *Yoga* and *Bird Watching* to creative cooking classes, a wide array of art courses and everything in between, so you can learn (or teach) something new every day. These classes and programs aren't just for residents. Call to sign up for a class or two today.



All About Nutrition
Travel Series
Conversational French
A Taste of the Vineyard
Facebook 101
Ceramic Creations
Tai Chi
Strength Training
The Artist Within
Needlepoint for Beginners

WORRY-FREE INDEPENDENT LIVING

Trade the headaches of home maintenance, countless bills to pay and endless errands for the lifestyle you deserve. At The Fountains at Crystal Lake, we've created a culture built on choice. The first (and maybe the most fun) is selecting the home that's perfect for you. From cozy studios to two-bedroom apartments, you'll find a space that's just right to call your own. With so many options to choose from and professionals ready to help you customize your apartment, you're sure to have a ball expressing your style. And if you'd like a helping hand every now and then, you can enjoy personalized services delivered right to your door. You can have it all – discover great people, a peaceful environment, fantastic food and so much more. Give us a call to schedule a visit and experience The Fountains lifestyle for yourself.

Option of a modern kitchen with frost-free refrigerator, electric oven and range

Ample closet space

Wall-to-wall carpeting in living areas, vinyl flooring in kitchenette and bath

Decorator window treatments

All utilities, including local telephone

Resident call system

Guest accommodations

Three delicious and healthy chef-prepared meals daily

Dynamic calendar of events, Extraordinary Outings and classes including Watermark University

Scheduled local transportation

Weekly housekeeping

Bath with safety grab bars

24-hour maintenance services

Move-in coordination



ASSISTED LIVING WITH A DIFFERENCE

When it comes to Assisted Living at The Inn, we're not what you'd expect. You won't find cramped, cookie-cutter apartments, stereotypical activities, boring days and care delivered on a schedule so rigid it becomes the center of your day. Here, you'll discover a world of choices, varied, spacious floor plans, an engaging calendar of interesting classes and programs, fantastic cuisine and friendly neighbors. You'll also find top-notch care tailored to your needs, on your schedule – not ours – 24 hours per day.

Why wait to get a taste of The Fountains lifestyle? Try us out for a short-term stay, complete with a fully furnished guest apartment, delicious and nutritious food made just how you like it, personalized care and assistance if and when you need it, and (perhaps the best part of all) fun with friendly neighbors. While you're here, why not treat yourself to a salon service, take a class or two or enjoy a community outing to the Woodstock Opera House? Come by for a visit – we know you'll be surprised.

Bright, cheerful apartments with oversized windows overlooking our beautifully landscaped campus

Three delicious chef-prepared meals per day

Dynamic calendar of events, Extraordinary Outings and classes including Watermark University

Maintenance and housekeeping services

Health and wellness programs

Caring, trained staff available 24 hours a day

Resident call system

Scheduled local transportation



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 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

Housekeeping, linen and laundry services

Scheduled transportation services

Secure outdoor garden area



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.



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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A WATERMARK RETIREMENT COMMUNITY