



**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 which are used regularly by our talented chef.

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 and a calendar packed with outings, events, classes and entertainment. Best of all, this lifestyle is available on a straightforward rental basis.



Thirty 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 over 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

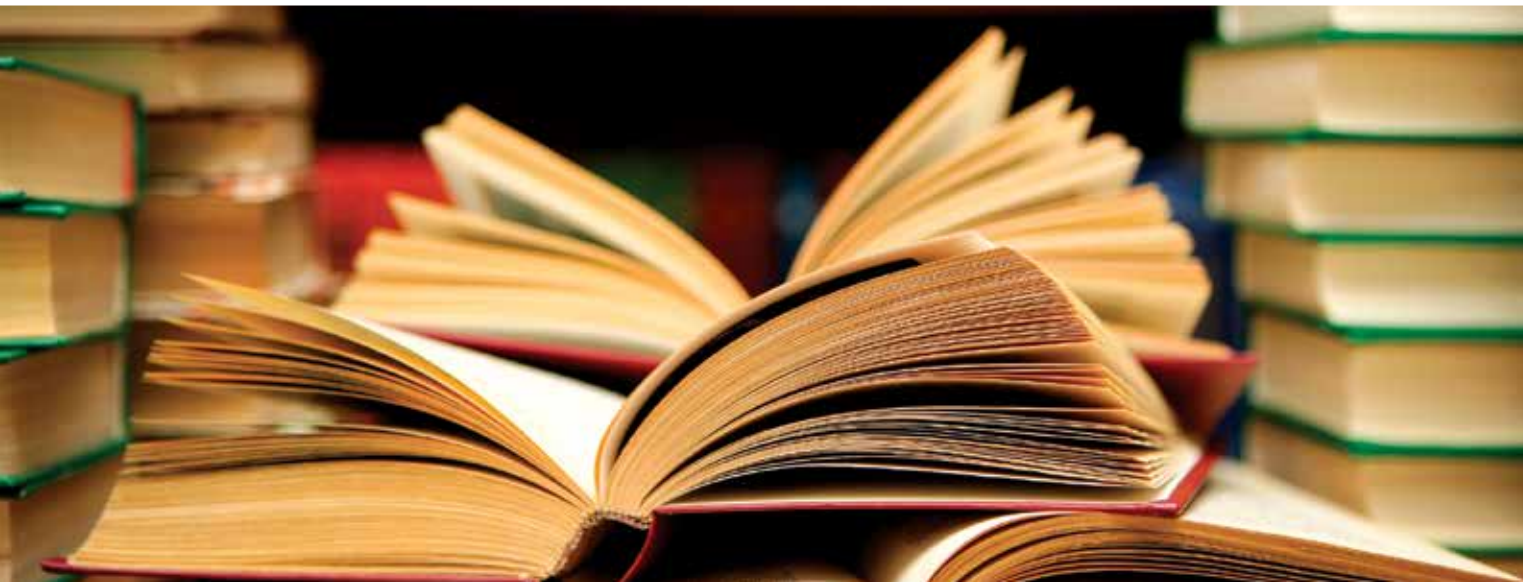
The Cambridge Room for arts and crafts

Computer Center

Wellness Center

The Camelot beauty salon and barber shop

Billiards table



# 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. Do you expect your meals to be prepared by a skilled chef? Graciously served by friendly staff 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! 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, big 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. Choose from *Yoga*, *creative cooking classes*, *a wide array of art courses* and everything in between. You might want to try a little of each or even become a faculty member and teach your passion! These classes and programs aren't just for residents. Call for a schedule and enroll today.



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

# INDEPENDENT LIVING

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.



- 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
- Scheduled local transportation
- Weekly housekeeping
- Bath with safety grab bars
- 24-hour maintenance services



# ASSISTED LIVING

When you hear the words “assisted living” do you picture cramped, cookie cutter apartments, stereotypical activities, boring days and care delivered on a schedule so rigid it becomes the center of your day? If so, you’ll be delighted to learn that we offer varied floor plans, a calendar of interesting programs, plus top notch care tailored to your needs, on your schedule – not ours.

You don’t have to wait to get a taste of our lifestyle. Try us out for a short-term stay, complete with a fully furnished guest apartment, fantastic food made just how you like it, fun with friendly neighbors and all the care you need.



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

Three delicious chef prepared meals per day

Dynamic calendar of events, outings and classes including Watermark University

Maintenance and housekeeping services

Health and wellness programs

24-hour staff

Resident call system

Scheduled local transportation



# MEMORY CARE



Our nurturing environment fills residents' senses with music, laughter, family, fresh flowers, natural light, children and pets. Meals are a time to gather, connect and enjoy the simple pleasures of life. We pour our hearts and souls into creating meaningful ways for residents of The Gardens to learn, grow and connect with each other, themselves, their families and our associates through *Expressive Arts, Watermark University, Life Histories, Physical Wellness* and *Extraordinary Outings*.

What really sets our Memory Care neighborhood apart, however, are the specially trained and certified associates who work here, whom we call *Nayas*. Originating from the ancient language of Sanskrit, *Naya* means a guide, person of wisdom and a leader who is engaged in the present moment. We partner with the National Council of Dementia Practitioners to train our *Nayas*. We communicate through validation rather than correction to show understanding and support. We know that behaviors are a response to an unmet need. From this thoughtful foundation, we cultivate a sense of well-being and connection. Residents are welcome to assist *Nayas* with cooking, cleaning, preparing and serving home style meals, or anything else that fulfills their sense of purpose. Even residents living with memory loss can *thrive*.



Three meals created daily by our expert chefs and healthy snacks always available

Individualized and spontaneous activities for those with memory care needs

Housekeeping, laundry and maintenance services

Scheduled transportation services

24-hour nursing staff on-site



Creating extraordinary communities where people **thrive**.





 **THE FOUNTAINS**  
AT CRYSTAL LAKE

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