

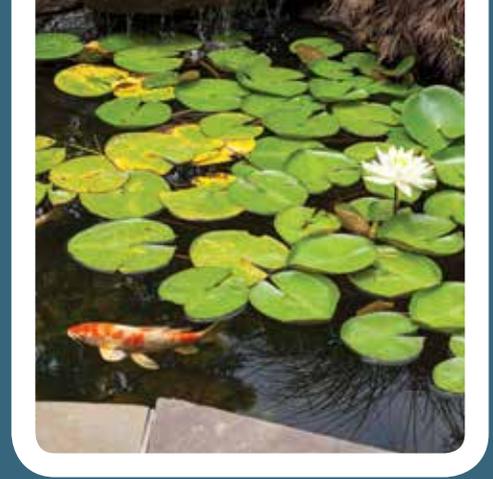


# THE FOUNTAINS AT WASHINGTON HOUSE

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

A *vibrant* RENTAL COMMUNITY IN THE HEART OF ALEXANDRIA

# 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 a better value, more choices and a more active lifestyle than generations before. That's why we created The Fountains at Washington House, a community filled with options from one-bedroom and two-bedroom residences to great cuisine, fun events and engaging classes for the mind and body. Here, you'll discover that you really can have it all thanks to the added benefit of a **STRAIGHTFORWARD RENTAL MODEL WITH NO LARGE ENTRY FEE.** It's all part of our culture of choice.

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

Located just 7 miles outside of Washington, D.C., in historic Alexandria, Virginia

Full-service beauty salon and barber shop

Well-stocked library with computer center and internet access

Creative arts studio

Elegant dining and private dining room

Cherry Blossom Café

Wellness center with state-of-the-art fitness equipment

Stunning array of classes, programs and outings including Watermark University classes

Pet-friendly community

The Skyroom Ballroom with views of Washington, D.C. and Northern Virginia

Caring, trained associates available 24 hours per day, seven days a week

Outdoor walking paths

Room service

Furnished guest apartments



# AN OPTION FOR EVERY APPETITE



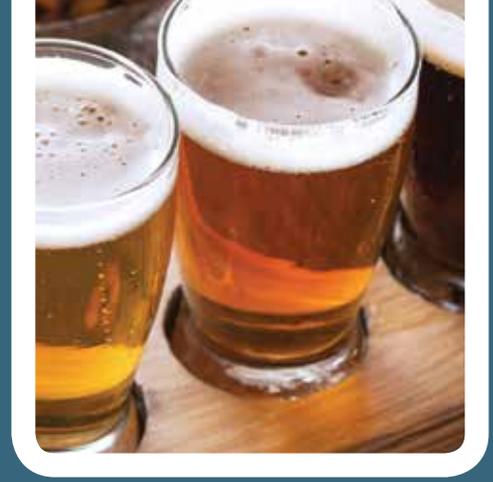
Dining at The Fountains at Washington House isn't what you'd expect from a retirement community. In fact, we think you'll be amazed. Enjoy convenient restaurant-style dining, with meals prepared by a skilled chef and optional wine service, and you and your friends and family will always enjoy gracious service with impeccable attention to detail. Whether you prefer a cup of coffee and a quick bite at our Cherry Blossom Café or the elegant atmosphere of our dining room, the choices are yours. If you feel like dining in the comfort of your residence, prepare your favorite dish or just call ahead and we'll deliver a piping hot meal right to your door. Plus, with our innovative dining program, individuals with cognitive, neuromuscular or physical challenges can enjoy their favorite foods without assistance, utensils or distractions. Join us for lunch, dinner or a cup of coffee for a taste of how we thrive.



## TODAY'S SELECTIONS:

- Cream of Asparagus Soup
- Spring Greens with Balsamic Vinaigrette
- Orzo Pasta with Seasonal Vegetables
- Coconut Shrimp with Buttered Broccoli Florets
- Baked Almond Crusted Flounder with Corn O'Brien and Barley Pilaf
- Prime Rib and Au Jus with California Blend Vegetables and Baked Sweet Potato

# PROGRAMS, OUTINGS AND WATERMARK UNIVERSITY CLASSES



There is always something happening at The Fountains at Washington House. Cultural programs, interesting classes and Extraordinary Outings are simply a part of everyday life and enjoyed alongside friendly neighbors. Stimulating the mind and strengthening the body has enormous benefits at any age. That's why 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 *Tai Chi* to *Conversational Spanish*, *Civil War Studies* and dozens more, so you can learn (or teach) something new every day. These classes aren't just for residents. Call to sign up for a class or two today.



- Ikebana-Japanese Flower Arranging
- Beer and Food Pairing
- Skytones Chorus
- Dance Performance
- Chair Fitness and Meditation
- Art and Painting
- Chef Demonstrations

# INDEPENDENT LIVING AT THE TOWN CENTER

If you think all retirement communities are alike, think again. At The Fountains at Washington House, we've created a culture built on choice, with more options to suit any style and budget. The first (and maybe the most fun) is selecting the apartment that's perfect for you. Our expert associates are ready to help you select the perfect residence, and they can offer moving tips to ensure a smooth transition to your new home. You can have it all, with the flexibility of a straightforward rental program and surprisingly affordable rates. From the moment you choose The Fountains at Washington House, you'll wish you'd done so sooner.



Modern kitchens and kitchenettes with frost-free refrigerator, electric oven and range

Ample closet space

All utilities, including Wi-Fi (local phone and TV for an additional fee)

Resident call system

Scheduled local transportation services

Housekeeping and linen services

24-hour maintenance services

Three meals prepared to order per day



# ASSISTED LIVING AT THE INN

When it comes to Assisted Living at The Inn, we're not what you'd expect. Forget cramped, cookie-cutter apartments, associates in scrubs, boring, lackluster events or care delivered on a rigid schedule. At The Fountains at Washington House, enjoy a variety of floor plans, a dynamic calendar of programs and outings, plus 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. Enjoy a fully furnished guest apartment, fantastic food made just how you like it, outstanding care and assistance if and when you need it, and (perhaps the best part of all) fun with friendly neighbors. While you're here, treat yourself to a salon service or a community outing to nearby Washington, D.C.



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

Three meals prepared to order per day

Dynamic calendar of events including Watermark University classes

Weekly personal laundry, linen and towel service

Weekly apartment cleaning

Daily apartment pick up/straightening

Trained nursing staff available 24 hours per day

Resident call system

Scheduled transportation services

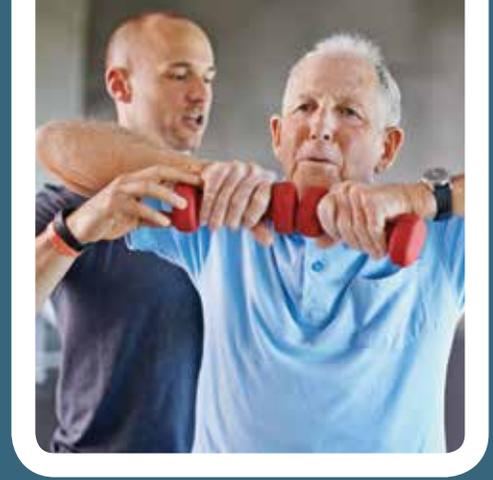
Maintenance services 24 hours per day

All utilities, including Wi-Fi (local phone and TV for an additional fee)

# REDEFINING REHABILITATION AND SKILLED NURSING

Why do professionals refer so many patients to The Springs for rehabilitation? At The Fountains at Washington House, 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 individuals 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 staffing

Health care management and monitoring  
with physician oversight

Resident call system

Flat screen televisions and Wi-Fi  
internet access

Scheduled transportation

Physical, pulmonary, occupational and  
speech therapy

State-of-the-art rehabilitation equipment  
featuring NuStep

Medical director on staff

Dentist, podiatrist and psychologist  
services available on-site

Pharmacy 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).





 **THE FOUNTAINS**  
AT WASHINGTON HOUSE

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A WATERMARK RETIREMENT COMMUNITY