



THE FOUNTAINS
AT RIVERVUE

ASSISTED LIVING • MEMORY CARE

REDEFINING SENIOR 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 a community filled with options, from studio apartments to spacious two-bedroom residences, great cuisine, fun events and engaging mind and body fitness classes. Here, you'll discover that you really can have it all, along with the added benefit of a straightforward rental model.

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



Ideally located in prestigious Westchester County, in the historic Village of Tuckahoe

Elegant dining room

Health and wellness center

Media room

Billiards room

Creative arts studio

Parlor and library

Computer center

Beauty salon and barber shop

Expansive terrace

Numerous landscaped courtyards
(secure with open access)

AN OPTION FOR EVERY APPETITE



Variety is the spice of life and the dining experience should be a highlight of each day. We'll exceed your expectations with just one bite. At The Fountains, 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. Our Gourmet Bites Cuisine signature program is restoring the joys of dining for individuals with cognitive, physical or neuromuscular challenges, so they can enjoy their favorite foods without assistance, utensils or distractions. If you're not in the mood for a sit down meal, just grab a quick bite and a coffee to go. Tasting is believing, so call to schedule lunch and a tour today.



Elegant dining room

Three delicious, restaurant-style meals served daily

Snacks available 24 hours per day

Catering services

Menus featuring fresh local ingredients

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 offer dozens of fun, interesting classes through Watermark University. Our residents enjoy a wide variety of pursuits from *Yoga*, *Tai Chi* and other fitness classes to art, history and music programs just steps from your door. You may want to try a little of each class or teach your passion. These classes aren't just for residents. Call for a schedule and sign up to learn (or teach) something new.



Spanish 101
Tour Through Europe
Everyday Crafts
A Taste of Italy
Indian Hindu Traditions
Great Destinations
Filmography
Documentary Film Discussion
Bridge Club
Yoga
Tai Chi

ASSISTED LIVING WITH A DIFFERENCE



When it comes to Assisted Living, 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 that it becomes the center of your day. Discover a world of choices at The Fountains, varied floor plans, a calendar jam-packed with interesting programs, classes, outings and events 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 guest apartment, fantastic food made just how you like it, personalized care and assistance when (and how) you need it, and (perhaps the best part of all) fun with friendly neighbors. While you're here, treat yourself to a salon or barber service, and join us for a community outing to New York City or a scenic train ride through the Catskill Mountains. Come by for a visit — we know you'll be pleasantly surprised.

- Bright, cheerful apartments
- A state-of-the-art wireless resident call system
- 24-hour staffing
- Three restaurant-style meals served each day
- Diverse wellness programs including Watermark University classes
- Daily housekeeping services
- All utilities, including basic cable TV
- Scheduled transportation
- Move-in coordination



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 dining room 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

Family communications center

Residential environment with family photographs, keepsakes and personal histories

Beautiful, sunny memory courtyard

Housekeeping, linen and laundry services

Maintenance 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, but 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, connected lifestyle.



A LOCATION YOU'LL ADORE

You'll love living in the historic Village of Tuckahoe, where antique shops and delicatessens dot the tree-lined Main Street. Catch the complimentary trolley to an amazing array of restaurants within 1 square mile. The train station is just a two-minute walk and the bright lights of Broadway are only a 30-minute drive away, for the perfect retirement lifestyle. Stop by for a visit, and you'll quickly discover why Tuckahoe, with its rich historic heritage and quaint old-world charm, is the best-kept secret in Westchester County.



Midway between Manhattan and White Plains

Originally settled in 1665

St. Patrick's Cathedral and the Washington Monument made from local marble quarry

Close to the Bronx River Park and Pathway

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.





 **THE FOUNTAINS**
AT RIVERVUE

One RiverVue Place
Tuckahoe, NY 10707

914-574-2393

watermarkcommunities.com

A WATERMARK RETIREMENT COMMUNITY



 CREATED AND PRINTED USING ECO-RESPONSIBLE PRACTICES.