

 **THE GLADES**  
AT CHAMPIONSGATE  
A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup>

Independent Living • Assisted Living • Memory Care



  
**experience**  
Extraordinary Senior Living







welcome  
home

## Unexpected Opportunities, Unlimited Choices

Imagine living in a place where people know your name. It's where peers understand you, new friends embrace you, and compassionate, trained associates support all your interests and needs. A cozy environment that feels like home awaits at The Glades at ChampionsGate. We've designed every day here with you in mind with engaging events, exciting opportunities, delicious cuisine, personalized wellness, and more. It's all part of our lifestyle built on choice.

*We're not what you'd expect,  
and that's a promise.*





## Dining and the Good Life

A good meal with good friends is one of life's greatest pleasures. Here, residents regularly connect around the table to catch up, swap stories, and share laughs.

Our ever-changing menu features everything made with fresh ingredients. Each meal is crafted with intention by our culinary team to be both healthy and delicious. And with Gourmet Bites Cuisine you have the option to transform menu items into hand-held creations to enjoy without assistance, utensils, or distractions.

*Choice is always on the menu here.*



### Sample Menu:

Baked Cod with  
Tomato Leek Sauce

Roasted Red Potatoes

Butternut Squash

Braised Chicken with  
Sage Cornbread Coating  
Stuffing, and Turnips

Steak Tips au Poivre,  
Garlic Mashed Potatoes,  
and Green Beans

Blueberry Cobbler à la Mode

New York Style Cheesecake

Chocolate Mousse with  
Fresh Berries











## Endless Opportunities To Thrive

There's always something happening with our signature programs, engaging events, and exciting outings. Stay as busy — or as free — as you choose and make friends along the way. Whole person wellness is an essential part of living a full life. That's why residents have unlimited access to a suite of opportunities right on-site.

Award-winning Watermark University classes sharpen the mind, the fitness center keeps the body moving, Extraordinary Outings enrich the spirit, and communitywide events bring us all together.

*Create a lifestyle that engages  
and inspires you.*



### Sample Classes:

- |                     |                              |
|---------------------|------------------------------|
| Ceramics            | Wellness Round-Table         |
| Floral Design       | Whimsical Watercolors        |
| Chef Demonstrations | Travel and Cultural Lectures |
| Mindful Meditation  | Technology Workshops         |
| Cake Decorating     | Wine and Beer Pairing        |









## Your Life, Your Way

In our **Independent Living** neighborhood, start your days off with a walk and coffee with friends, or simply enjoy the fresh air in the courtyard. After taking a fitness class, stop by the salon to freshen up your look. Then you're off to shop for an afternoon out. Trade in cooking, cleaning, and yard work for an enriching lifestyle centered on you. We sweat the small stuff so you can focus on what matters most. Will you spend your newfound freedom pursuing cherished hobbies, entertaining family, or finding adventure with friends?

*They have everything someone could ask for.*



*Moving to The Glades at ChampionsGate was the best move I ever made! My apartment is nice and the meals are wonderful. Activities are plentiful and I have many new friends. Try it, you'll love it!*





## customized support

# Keeping Up With You Today, Tomorrow, and Always

Our **Assisted Living** neighborhood revolves around choice. You or a loved one can live as independently as you'd like with 24/7 personalized support available for your unique lifestyle. From extra help with chores to driving while you run errands, we're ready to lend a helping hand.

Daily check-ins and wellness options are only the beginning. Our goal is to support you or a loved one's lifestyle with top-notch care that revolves around your schedule — never ours.



*The associates go above and beyond at every request and truly care about the residents.*





## Rooted in Empathy and Expertise

Whether your loved one is experiencing mild cognitive impairment, Alzheimer's disease, or another form of dementia, we're here to help every step of the way. Our **Memory Care** neighborhood welcomes residents into an uplifting, secure, and understanding environment that inspires a sense of connection and well-being.



### A Unique Approach

Our Prema Memory Support<sup>SM</sup> program offers customized care and one-on-one support 24/7, putting each resident's unique life experiences, preferences, and needs first. With this positive approach, we focus on what people can do, never what they cannot.

Signature *Naya* caregivers are trained in accordance with guidelines set out by the Alzheimer's Association. These treasured associates incorporate residents into the rhythms of daily living and engage in each moment as the days unfold, focusing on whatever evokes feelings of joy and purpose.

*My mom is very involved in the wonderful activities they offer and is socializing again! I am grateful that my mother is in a safe, clean, and caring environment, and now calls The Glades at ChampionsGate her home.*





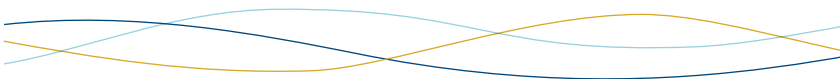
designed  
for you

## Amenities and Services That Make Life Great

At The Glades at ChampionsGate, we thought of you and then we thought of everything. Our active, carefree lifestyle will keep you or a loved one feeling supported, centered, and thriving. Enjoy countless lifestyle enhancements and courteous services that will leave you feeling catered to and cared for.

Here, there's never a shortage of new things to do with amenities like a fitness center, salon, courtyard, and more. We're at your service with a concierge, 24/7 support, transportation, maintenance, and housekeeping.

*New passions, experiences,  
and opportunities await.*



Gracious studio, one-bedroom,  
and two-bedroom apartments

Pet-friendly environment  
with dog park

Resident call response system

Senior wellness programs

Watermark University classes

Extraordinary Outings

PS Salon & Spa

Fitness Center

Screening theater for movies

Outdoor patios

Move-in coordination services

Outings to local events  
and attractions

Scheduled local transportation

Outdoor heated pool

Exercise classes

Art Studio

Physical Therapy

24/7 support

Concierge services

Private Dining Room







possibility,  
purpose & joy

## About Watermark Retirement Communities

**Watermark creates extraordinary and innovative communities where people thrive.**

We believe aging is about renewal rather than retirement. Watermark communities are known for highly trained and caring associates, a lifestyle built on choice, fine amenities, integrative wellness, and innovative programs including the award-winning Watermark University featuring a wide variety of engaging classes for residents and area seniors.

Watermark has been named in the top 25 Best Workplaces for Aging Services™ in a national program conducted by the Great Place to Work® Institute and published on Fortune.com. Based in Tucson, Arizona, Watermark is a privately held company that has been managing senior living communities across the United States for more than 30 years, building a reputation for integrity, innovation, financial stability, and high-quality service.

***Visit [watermarkcommunities.com](http://watermarkcommunities.com) to learn more.***









It's What's Inside That Counts  
**expect the unexpected**



**LEAVE US A REVIEW**



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