



THE FOUNTAINS
AT LA CHOLLA

INDEPENDENT LIVING
ASSISTED LIVING
MEMORY CARE

UNRETIREMENT LIVING

More than 30 years of experience have taught us that today's seniors want more choices and are leading a more active lifestyle than generations before. That's why we created a community filled with options, from spacious studio apartments to two-bedroom Casitas, great cuisine and an active lifestyle of growth and discovery. It's all part of our culture of choice.

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



Clubhouse and pool for entertaining

Computer center

Well-stocked library

Full-service beauty salon
and barber shop

Fitness center

Wellness screenings, educational
seminars and health fairs

Wireless resident call system

AN OPTION FOR EVERY APPETITE



Dining at The Fountains at La Cholla 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! Plus, with Thrive Dining™, individuals with cognitive 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.

Catering services

Elegant dining room

Gallery Café

Daily continental breakfast

Daily signature selections

Daily heart healthy selections

Room service

Catered parties in our Clubhouse
or poolside



GALLERY CAFÉ



The Gallery Café is much more than an alternative dining venue. It's a fun place to hang out, read the paper and grab a delicious pastry, Panini or a freshly brewed cup of tea or coffee. Our Chef even offers special *Celebration of Food* days like "Dipped in Chocolate Day" and "Gourmet Grilled Cheese Day." Everything is prepared fresh daily, including seasonal soups, healthy salads and decadent desserts. You'll find our friendly associates ready to serve you **MONDAY THROUGH SATURDAY FROM 7:00AM TO 2:00PM**. Stop by for a taste of our lifestyle! Just don't be surprised if you see some of your favorite Fountains associates and other area professionals dining right alongside you, because the Gallery Café is open to the public and our reputation for good taste and convenient, complimentary Wi-Fi service attracts a loyal clientele.

Espresso, Cappuccino, Mocha and Latte
Muffins, Scones, Bagels and Croissants
Brownies, Cookies
Ice Cream, Milk Shakes, Sundaes and
Banana Splits
Yogurt and Granola Parfaits
Daily Breakfast and Lunch Features
Croissant Breakfast Sandwiches
and Wraps
Roast Beef Melt Panini
La Cholla Club
Reuben Classic
Wraps
Salads – Greek, Cobb, Chef, Southwest
and Gallery



WATERMARK UNIVERSITY

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.



Beginner's Computer Class
Conversational Spanish 101
Hiking the Trails at La Cholla
Scrapbook Your Memory Box
Splash Fitness
Watercolor Painting
Wii Bowling
Senior Balance Tai Chi
Tucson Botanical Gardens

TOWN CENTER LIVING

We've created a culture built on choice. The first (and maybe the most fun) is selecting the residence that's perfect for you. From spacious apartments to luxurious Casitas, you'll find a space that's just right to call your own. And if you need a little help here and there, our preferred home health, BAYADA, can deliver assistance right to your door. 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.



Beautiful views of the Santa Catalinas

Balconies

Full kitchens

Wall-to-wall carpet, wood laminate flooring and ceramic tile in select residences

Laundry rooms available

Guest accommodations

Move-in coordination service

Covered parking

Scheduled local transportation

Outdoor storage space in select units in addition to indoor storage space

Individually controlled thermostat for heating and cooling

Bi-weekly housekeeping services

Resident call system



CASITAS LIVING

Limited availability, unlimited access. That describes The Casitas to a tee. Welcome to your own private sanctuary with all the space you could ever need. Living The Casita lifestyle means full access to all the benefits, services and amenities The Fountains at La Cholla has to offer in your own private residence. If you have an eye for style, come take a look at The Casitas. You might not believe what you see.



Designer kitchens with granite countertops and stainless steel appliances in select Casitas

Nine-foot ceilings

Carports and private storage areas available in select Casitas

Private walled-entry courtyard

Access to all Fountains at La Cholla mind and body fitness programming

Move-in coordination services

Wellness screenings and fitness lectures

Designer ceramic tile

Resident call system

CASITA CLUBHOUSE:

Multi-purpose room with 100 inch projection screen

Well-stocked library with computer center

Living room with fireplace

Gourmet kitchen for entertaining and catered events

Swimming pool

Indoor locker rooms



ASSISTED LIVING

When it comes to Assisted Living, we're not what you'd expect. No cookie cutter apartments, associates in scrubs, or boring, stereotypical activities. Here, you'll find meals cooked to order by a talented chef in whites, a varied 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 at La Cholla lifestyle? Try us out for a short-term stay. Enjoy a fully furnished guest apartment, fantastic food made just how you like it, expert 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 or a community outing to the world-renowned Arizona-Sonora Desert Museum?



Several floor plans to choose from

High apartment ceilings

Mountain views

State-of-the-art wireless resident call system

Three meals created daily by our expert chefs

Diverse wellness programs including Watermark University classes

Housekeeping services

Transportation services

MEMORY CARE

At The Fountains, we're borrowing from the traditions of the multigenerational households and local bed & 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

Personal pantry program for each resident's favorite foods

Healthy snacks available all day, every day

Structured and spontaneous activities 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

Outdoor gardens with walking paths

Private and semiprivate suites

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, 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, more connected lifestyle.





Creating extraordinary communities where people **thrive.**[®]



 **THE FOUNTAINS**
AT LA CHOLLA

2001 W. Rudasill Road
Tucson, AZ 85704

1-520-777-1413

www.watermarkcommunities.com
A WATERMARK RETIREMENT COMMUNITY

 CREATED AND PRINTED USING ECO-RESPONSIBLE PRACTICES. 