



**THE FOUNTAINS**  
AT LA CHOLLA

**INDEPENDENT LIVING**  
**ASSISTED LIVING**  
**MEMORY CARE**

# UNRETIREMENT LIVING

Over 25 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 in whites? Graciously served by friendly associates 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 Gallery Café. At The Fountains, choice is always on the menu.



- 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

When it comes to Memory Care, we're going to challenge all your expectations. Our community isn't just safe and secure. Here, you'll find a residential environment with soaring wood ceilings, a beautiful enclosed courtyard, all the assistance you need and the best in Memory Care services. Just let us know your preferences for what, where, when and how and we'll take care of the details. And here, our expert, encouraging associates always focus on what you *can* do, never what you cannot.



Customized wellness plans

Beautiful, sunny courtyard

Expert associates 24-hours per day

Watermark University classes designed for residents with memory care needs

Three nutritious, well-balanced meals each day

Healthy and delicious snacks available at all times

Small, friendly, neighborhood setting



Creating extraordinary communities where people **thrive**.



 **THE FOUNTAINS**  
AT LA CHOLLA

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[www.watermarkcommunities.com](http://www.watermarkcommunities.com)  
A WATERMARK RETIREMENT COMMUNITY

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