



**THE FOUNTAINS**  
AT LA CHOLLA

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

# UNRETIREMENT LIVING



As the cornerstone of Tucson senior living since 1987 and the birthplace 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 more choices and are leading a more active lifestyle than generations before. That's why we created a community filled with endless options, from spacious studio apartments to two-bedroom casitas, outstanding cuisine, engaging Watermark University mind and body fitness classes 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. 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. This isn't a dining room in a retirement community – this is an evening spent at one of your favorite restaurants. Plus, with our Gourmet Bites signature dining program, individuals with cognitive, physical 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 always 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. 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. Our course catalog is chock full of fun classes from *Yoga* and *National Park Series* to 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 to sign up for a class or two 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



Trade the headaches of home maintenance, countless bills to pay and endless errands for the lifestyle you deserve. At The Fountains at La Cholla, 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. If you need some help here and there, our preferred home health partner, BAYADA, can deliver personalized 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. You can have it all – discover great people, a peaceful environment, fantastic food and so much more. Give us a call to schedule a visit and experience The Fountains lifestyle for yourself.

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

Biweekly housekeeping services

Resident call system



# CASITAS LIVING

Limited availability, unlimited access. That describes The Casitas perfectly. Enjoy 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 won't believe what you see.



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

9-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 programs

Designer ceramic tile

Resident call system

## **CASITA CLUBHOUSE:**

Multipurpose 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. You won't find cookie-cutter apartments, associates in scrubs, boring, stereotypical activities or care delivered on a schedule so rigid it becomes the center of your day. Here, you'll find meals cooked to order by a talented chef in whites, a varied calendar of programs and outings, and 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? Come by for a visit – we know you'll be surprised.



Choice of several floor plans

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



# 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, 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 programs specifically tailored to each individual

Extraordinary Outings 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, but it prevents associates from seeing the big picture of each resident's well-being. Instead, our Nayas spend the day with residents and 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.



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).





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A WATERMARK RETIREMENT COMMUNITY

 CREATED AND PRINTED USING ECO-RESPONSIBLE PRACTICES. 