

Experience Extraordinary Senior Living



THE FOUNTAINS

AT LA CHOLLA

A WATERMARK RETIREMENT COMMUNITYSM

INDEPENDENT LIVING
ASSISTED LIVING
MEMORY CARE

REDEFINING SENIOR LIVING

This Must Be the Place

As the cornerstone of Tucson senior living since 1987 and Watermark Retirement Communities' flagship community, we are building on more than three decades of experience to revolutionize health and wellness programming that promotes your well-being.

Discover a welcoming resort-style setting in our serene desert oasis featuring spacious residences and beautiful community spaces designed to captivate your mind, body, and spirit. Live the life you want, and we'll manage the details.

Create your health and wellness journey with our suite of innovative and enriching programs, engaging classes, spirited social events, chef-prepared cuisine, expert care tailored to meet your needs, and so much more. It's all part of our culture of choice.

WE'RE NOT WHAT YOU'D EXPECT.
THAT'S PRECISELY THE 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

Resident call response system



SAVOR THE GOOD LIFE

An Option for Every Appetite

At The Fountains at La Cholla, meals are culinary celebrations of good taste, good health, and good company. Connect and share stories with friends and family in our elegant in-house restaurant with laughter at the table, gracious hospitality, and impeccable attention to every detail.

Using only the freshest ingredients, our expert culinary team creates flavorful options that always hit the spot.

Gourmet Bites Cuisine

Our groundbreaking program enhances independence and restores the joys of dining for individuals with cognitive, neuromuscular, or physical challenges. We transform our freshly prepared and high-quality menu items into delicious and nutritious meals served as bite-size portions intended to be eaten by hand. No assistance, no distractions, no utensils – no problem.

VARIETY TRULY IS THE SPICE OF LIFE.



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

Dining Your Way

If you're in the mood for a quick bite, you've come to the right place. A variety of on-the-go choices are all prepared fresh daily. Enjoy your favorite coffees or teas, panini, and pastries while you hang out, read a great mystery, or catch up on emails.

Don't miss our culinary team's special celebration of food days like "Dipped in Chocolate Day" and "Gourmet Grilled Cheese Day." Savor healthy salads, sandwiches, seasonal soups, and decadent desserts. Take your meal to go, or stay awhile to relax with friends and guests in this lively setting.

IT'S ABOUT SO MUCH MORE THAN
JUST SUSTENANCE.



Espresso, Cappuccino,
Mocha, and Latte

Muffins, Scones, Bagels,
and Croissants

Brownies and Cookies

Ice Cream, Milkshakes,
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

Salads – Greek, Cobb, Chef,
Southwest, and Gallery

Wraps



MIND AND BODY WELLNESS

Discover a World of Well-Being

Embrace your passions and try something new with our enticing calendar of programs, outings, events, and classes offered through Watermark University.

Stimulate your mind in *Music and Movement* or *Conversational Spanish*, bring a new recipe to life in *Creative Cuisine*, discover a new artistic talent in *The Artist Within*, strengthen your body with *Chair Yoga*, or explore the Eiffel Tower with EngageVR (virtual reality). With dozens of classes taught by residents, associates, and professional partners, you will always find meaningful ways to connect, explore, and learn.

INDULGE IN WHATEVER
INSPIRES YOU.



Intro to Computers

Mindful Meditation

Hiking the Trails at La Cholla

Scrapbook Your Memory Box

Splash Fitness

Whimsical Watercolors

Wii Bowling

Senior Balance Tai Chi

Tucson Botanical Gardens



TOWN CENTER LIVING

Endless Engagement, Inspired Living

At The Fountains at La Cholla, Independent Living provides everything you want and need and nothing you don't – simple as that. Let us take care of the fine details of daily living so you can focus on everything that brings you joy.

Trade in homeownership hassles, cooking, cleaning, and your endless to-do list for the convenient lifestyle you crave, with the right amount of customized support should you ever need it. If you need help here and there, one of our preferred home health partners can deliver personalized assistance right to your door.

From spacious apartments to luxurious casitas, you'll find a space that's just right to call your own, with professionals who are ready to help you customize your residence.

DESIGN A LIFESTYLE THAT'S
PERFECT FOR YOU.



Splendid views of the Santa Catalinas

Balconies and 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

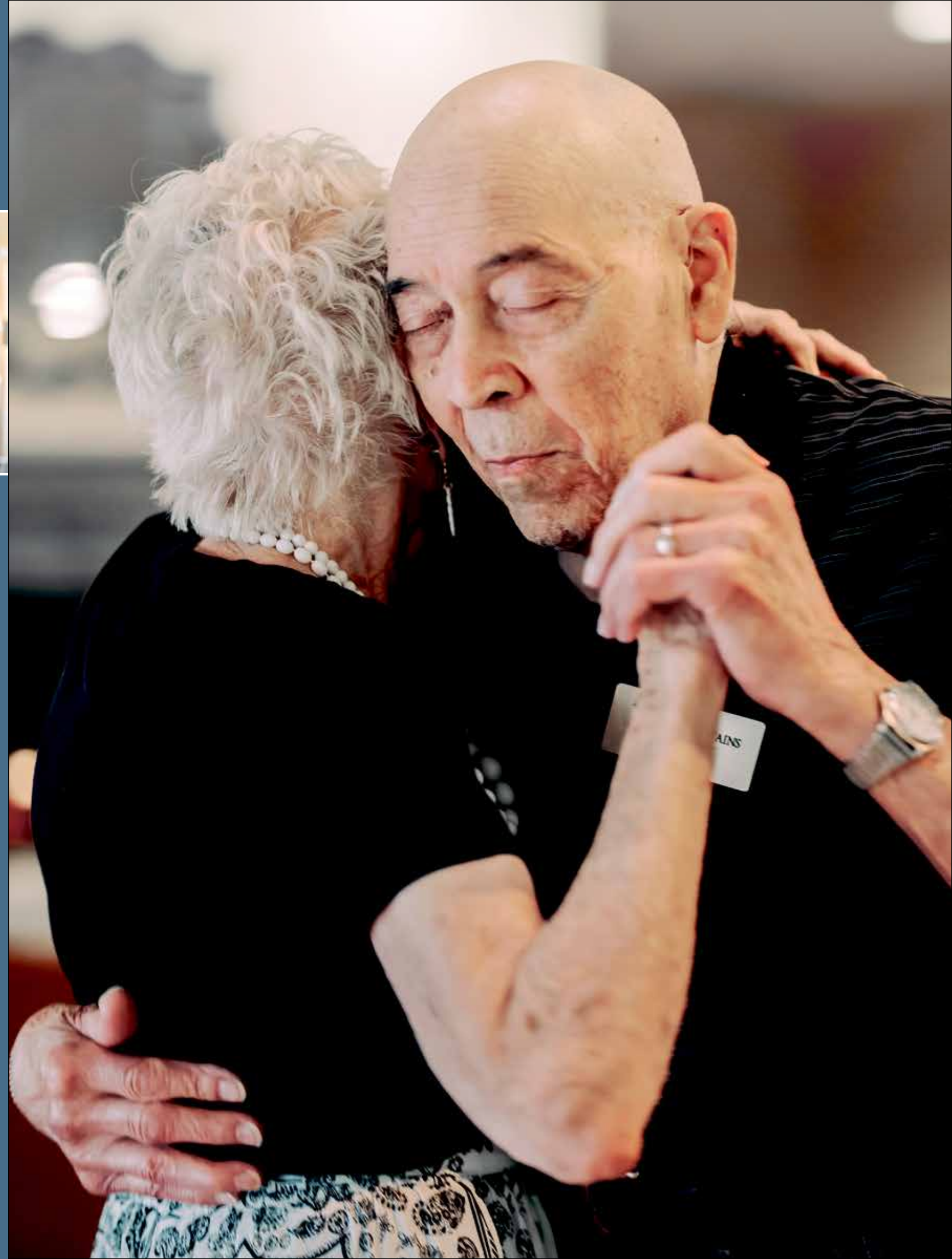
Outdoor storage space in select units in addition to indoor storage space

Individually controlled thermostat for heating and cooling

Biweekly housekeeping services

Dynamic calendar of events, programs, Extraordinary Outings, and Watermark University classes

Resident call response system



CASITAS LIVING

Say Hello to the Best of Both Worlds

Limited availability, unlimited access. That describes The Casitas perfectly. Welcome to more than 1,500 square feet of customized luxury. Take advantage of all the space and privacy you could ever want or need in your private sanctuary. Carefree living in The Casitas means having full access to all the amenities, services, and incredible benefits The Fountains has to offer while enjoying your own private residence.

If you have an eye for style and a desire for plenty of elbow room, come explore The Casitas and see what we've designed to complement your independent, on-the-go lifestyle.

SENIOR LIVING NEVER
LOOKED SO GOOD.



9-foot ceilings

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

Carpools and private storage areas available in select casitas

Private walled-entry courtyard

Access to all 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 WITH A DIFFERENCE

Catered Living and Curated Care

Our vibrant neighborhood is the place where customized care, one-on-one support, independence, and peace of mind live in perfect harmony. Discover a variety of wellness options and benefits tailored to meet your needs. From simple daily living routines to more comprehensive wellness plans, we'll help you feel centered, connected, and supported.

Your health, dignity, and well-being are at the heart of all we do. What makes you happy? We'll make it happen.

DISCOVER OUR UNIQUE
APPROACH TO INTEGRATIVE CARE
AND WELL-BEING.



Choice of several floor plans

High apartment ceilings

Mountain views

Resident call response system

Three meals created daily by
our expert chefs

Diverse wellness programs
including Watermark University
classes and Extraordinary Outings

Housekeeping services

Transportation services

SHORT-TERM STAYS

All the Comforts of Home – and Then Some

Experience The Fountains at La Cholla firsthand.

Refreshing short-term stays are perfect for caregiver vacations, unwinding, getting to know the community, and testing the waters before a long-term decision. Settle into a fully furnished suite and take advantage of daily events and services that include mind-body classes, social gatherings, excursions, thoughtful amenities, and personal attention. Freshly prepared meals are served three times a day in an atmosphere that will make you feel right at home.

STAY WITH US FOR A
TASTE OF A FRIENDLY,
DYNAMIC COMMUNITY.



A NEW KIND OF MEMORY CARE

Because No Two Journeys Are Alike

Whether you or a loved one is experiencing mild cognitive impairment, Alzheimer's disease, or another form of dementia, we are here for you and your family every step of the way.

Our warm and welcoming Memory Care neighborhood presents a secure and supportive environment that cultivates a sense of connection, longevity, and well-being. Specially trained and certified universal caregivers known as *Nayas* offer customized care and one-on-one support 24/7, always incorporating each individual's unique life experiences, preferences, and needs into everything we do.

WE CHALLENGE TRADITIONAL
ASSUMPTIONS ABOUT WHAT'S POSSIBLE.



24-hour support from specially trained Memory Care experts with certification through the National Council of Certified Dementia Practitioners (NCCDP)

Private and semiprivate suites

Three nutritious family-style meals where families and friends are welcome

Pantry Program for each resident's favorite foods and personal mementos

Healthy snacks available 24/7

Structured and spontaneous programs specifically tailored to each individual

Dynamic calendar of events, Watermark University classes, and Extraordinary Outings designed for individuals with memory care needs

Family communications center

Residential environment with family photographs, keepsakes, and personal histories

Outdoor gardens with nature paths

Housekeeping, linen, and laundry services

Maintenance services

Watermark creates extraordinary 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. A privately held company with a reputation for more than 30 years for service, innovation, integrity, and financial stability, Watermark manages more than 65 retirement communities coast to coast. Based in Tucson, Arizona, Watermark is ranked as the nation's ninth-leading senior housing operator by the American Seniors Housing Association.

VISIT WATERMARKCOMMUNITIES.COM FOR MORE INFORMATION.





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