



# THE FOUNTAINS

AT LA CHOLLA

A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup>

Independent Living • Assisted Living • Memory Care



# experience

Extraordinary Senior Living



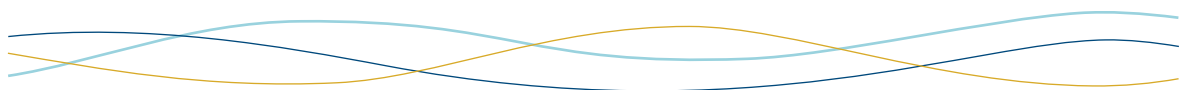


# Redefining Senior Living

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.

Today's seniors want greater choices and a more active lifestyle than ever before. That's why we designed every day at The Fountains at La Cholla with engaging events, exciting opportunities, delicious cuisine, and mind and body fitness classes. It's all part of our culture of choice.

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



**unexpected  
opportunities**

## Savor the Good Life

Dining at The Fountains at La Cholla is a celebration of good taste, good health, and good company. Friends and neighbors connect to share meals, stories, and laughs. The ever-changing dining room menu features everything from comfort food favorites and upscale delights to decadent desserts. Our culinary team uses the freshest, finest ingredients, and there's always something that hits the spot.

### Gourmet Bites Cuisine

This innovative culinary program returns the joy of mealtime to people with neuromuscular or cognitive challenges. Our chefs transform menu items into hand-held creations that are easily enjoyed. No assistance, no utensils, no problem.

*Meals with friends are more delicious.*



#### Dining Options:

- |                             |   |
|-----------------------------|---|
| Catering services           | Daily heart-healthy selections                    |
| Elegant dining room         | Room service                                      |
| Gallery Café                | Catering for parties in our clubhouse or poolside |
| Daily continental breakfast |   |
| Daily signature selections  |   |





*“My favorite is the Gallery Café.  
It’s a cozy spot for meeting friends. ...  
they have Dipped in Chocolate Day!”*









## Mind & Body Wellness

Embrace your passions and try new things. Cultural programs, Watermark University classes, and exciting outings are part of everyday life here.

Stimulate your mind in *Music and Movement* or *Conversational Spanish*, bring a recipe to life in *Creative Cuisine*, unleash your creative talent in *The Artist Within*, strengthen your body with *Chair Yoga*, or explore the Alps with EngageVR® virtual technology. With dozens of classes taught by residents, associates, and professional partners, it's easy to connect, explore, and learn.

### *What inspires you?*



#### Sample Classes:

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



take it easy

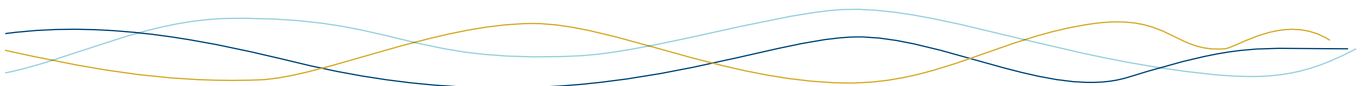
## Endless Engagement, Inspired Living

Trade in homeownership hassles, cooking, cleaning, and your endless to-do list for the convenient lifestyle you crave. We take care of daily chores — from maintenance to meals — so you're free to fully enjoy **Independent Living**. We can provide personal support should you ever need it, and one of our preferred home health partners can deliver assistance right to your door.

Spacious apartments and luxurious casitas feature splendid views, full kitchens, and more. Choose whichever one feels right to you. Our professionals are ready to help you customize your residence and make it feel all yours.



*Design a lifestyle that's perfect for you.*













welcome to  
the neighborhood

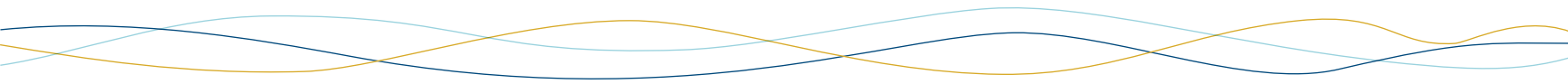
# Casitas Living: The Best of Both Worlds

Exclusive availability and unlimited access are trademarks of our highly desirable Casitas. Stretch out in more than 1,500 square feet of customized luxury — your own gracious sanctuary. Carefree **Independent Living** in The Casitas means having full access to all the amenities, services, and incredible benefits The Fountains at La Cholla has to offer while enjoying a private residence among friendly neighbors.

Have an eye for style and a desire for elbow room? Explore The Casitas with their 9-foot ceilings, designer kitchens, and private carports. See what we've designed to complement your independent, on-the-go lifestyle.



*Senior living never looked so good.*





## Catered Lifestyle & Curated Care

Our vibrant **Assisted Living** neighborhood is the place where customized care, one-on-one support, independence, and peace of mind live in perfect harmony. Discover 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, supported, and valued in our close-knit community.

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



*Our associates go above and beyond every day.  
They love exceeding expectations.*



## Refreshing Short-Term Stays

Experience The Fountains at La Cholla firsthand. **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.

*All the comforts of home and more.*



*Design a lifestyle that's perfect for you.*









## Empathy & 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 belonging 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 compassionate 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.

*We challenge traditional assumptions about what's possible.*





## Amenities & Services That Make Life Great

Start off your day with a stroll and chat, or simply enjoy the fresh air in the courtyard. After a morning fitness class, stop by the salon to freshen up your look. Then it's off on a group excursion to the planetarium.

Our dynamic lifestyle allows you to keep learning, spend time with neighbors and friends, and pursue your passions. There are plenty of new things to try, too. Will you visit Japan with EngageVR® technology? Maybe hone your skills at the pool table, or pair a cup of tea with a good book in one of our four libraries? For appointments, outings, and errands, let us do the driving while you do the relaxing. At The Fountains at La Cholla, you come first.

*“Mom wasn’t doing much when she lived alone. Now I have to get on her calendar for lunch!”*



Spacious studios, one-bedroom apartments, and casitas

Three chef-prepared meals each day

Trained associates available 24/7

Customized wellness plans and programs

Watermark University classes

Extraordinary Outings

EngageVR® virtual reality experiences

Pantry Program (Memory Care)

Salon and barber services

Scheduled transportation services

Housekeeping and linen services

Resident call response system

Move-in coordination service

Private dining room (casitas)

Swimming pool

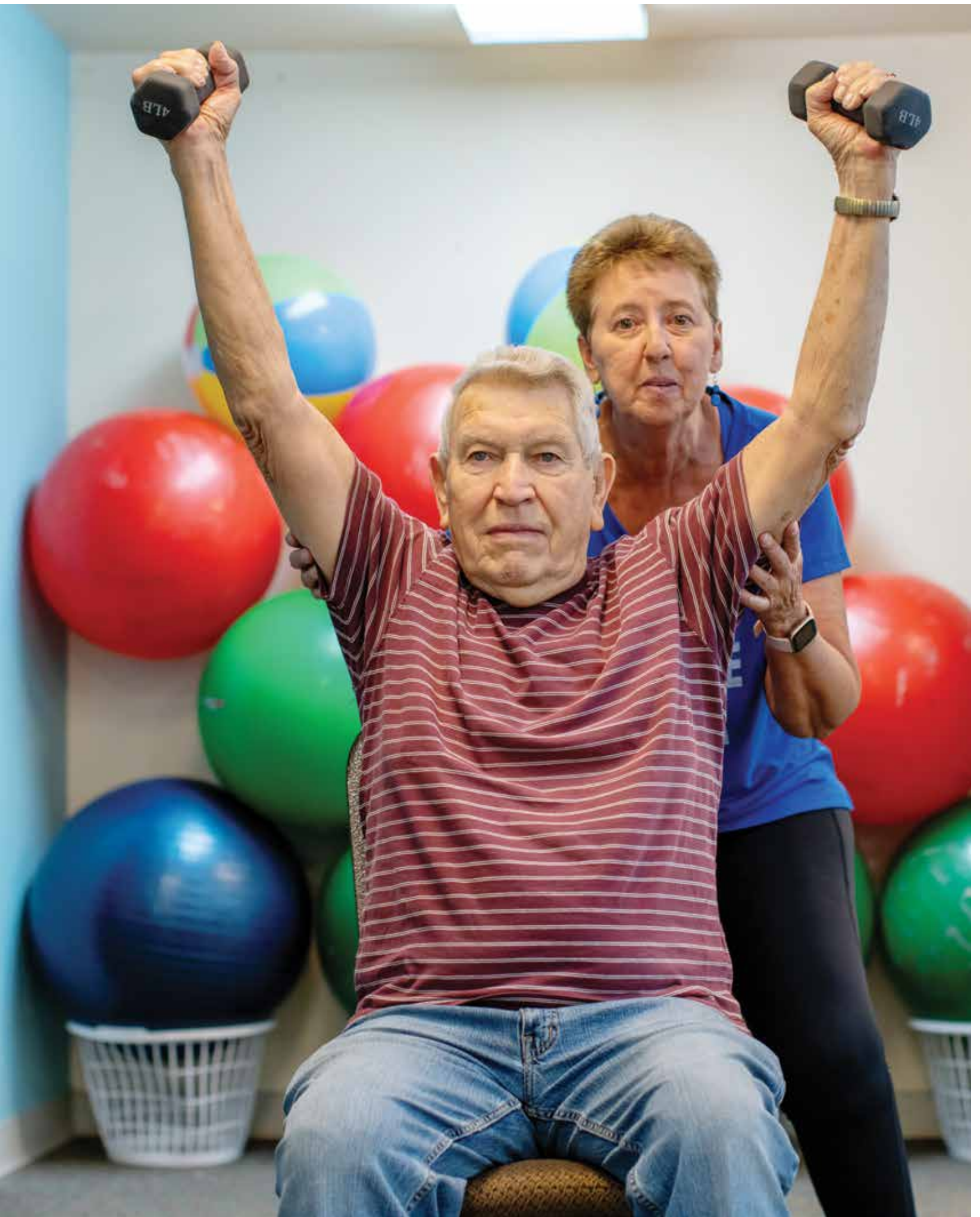
Outdoor courtyards

Computer and technology center

Fitness center

Library

Billiards table





## 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  
**unexpected opportunities**



**LEAVE US A REVIEW**



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INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

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