

Retirement

BY CLAIRE ROGERS

Redefined



ABOVE: A cozy community area in Villa Hermosa highlights the homey environment. RIGHT: Green Valley's La Posada offers healthy dining options, such as this grilled shrimp salad.



Irving J. Olson delicately holds a cricket between his thumb and forefinger as he hustles down the hall. With the impish grin on his face, one might think he'd planned to scare a classmate with it. But the 96 year old is already out of class for the day and is rushing home to photograph his latest subject.

Olson is having the time of his life at Splendido, a Continuing Care Retirement Community (CCRC). Among the many options for senior housing, CCRCs typically provide a full range of services from independent living, to assisted living, to skilled nursing care and, in some cases, memory care for those with Alzheimer's disease or dementia. The combination of all facilities on one campus allows residents to avoid some of the upheaval that comes with a health crisis. Other types of retirement housing include active adult communities such as Sun City Vistoso in Oro Valley, Sunflower in Continental Ranch and SaddleBrooke near Oracle, where free-standing homes surround a clubhouse with meeting, fitness and craft facilities. These are sometimes called age-restricted resort communities or 55+ communities because at least one member of a residing couple must be 55 years old. Residents do their own cooking, cleaning and home maintenance chores, yet they get the benefits of a social life with neighbors who have similar interests and a resort-style community.

At later life stages, active seniors who become less enamored with household duties may look for a place that includes some assistance with landscape maintenance and home upkeep. Independent living facilities such as Villa Hermosa and Fellowship Square in Tucson can provide everything from dining to housekeeping, freeing up residents to enjoy hobbies and a social life. These facilities are sometimes offered in conjunction with assisted living services, such as at Broadway Proper and Amber Lights, both in Tucson, where services extend to cover needs such as transportation and medication management.

La Posada in Green Valley, Splendido in Oro Valley and The Forum in Tucson provide even more services, extending to skilled nursing and Alzheimer's care.

"I love my apartment. I can look out on the mountains and see the sunrise," says Laurene Keltner, of her place at The Forum in Tucson. Keltner moved in on her daughter's suggestion. "I've been very happy here, I couldn't ask for anything more. I can stay busy and do as much or as little as I want."

Keltner enjoys the variety of activities, which include card games and puzzles, exercise classes and a happy hour on Fridays, but her favorite is the journal and memoir writing class. In fact, she's finished her memoirs and plans to get them published.

Mary Jane McConnell also moved to retirement housing to be among friends, though her primary reason for moving into The Forum was the central location. Close to her doctor and shopping, The Forum provides free transportation within a five-mile radius.

“Some people choose to be among their own type,” says McConnell, who appreciates how residents dress for dinner. “My husband loved to be dressed nicely; it’s a nice standard,” she adds.

“ Our mission is to create ways to age well. ”

“This is no ordinary old age home,” notes Irving Olson of Splendido. “The ordinary way is for ordinary people. I wanna do things,” he says of his interests in travel, photography and writing.

“Our mission is to create ways to age well,” says Mary Leary, president of Mather LifeWays, the parent company for Splendido. Companies such as hers are very focused on the next generation coming into retirement. As with their earlier life stages, baby boomers are redefining how their third act will play out.

“They want lots of choices; baby boomers are not a one size fits all generation,” adds Leary, a boomer herself. Of major concern to today’s 50- and 60-somethings is how to stay healthy and active well into their 70s and 80s.

To aid this effort, Mather LifeWays heads up the Institute on Aging, which conducts research and education for the retirement

housing sector. Among the trends identified in a recent survey by the institute are the need for a broad variety of amenities and the desire for active living and wellness programs.

In response to increasing demand, some retirement communities are expanding their offerings by adding a variety of dining options and putting more emphasis on health and wellness. Transportation also is becoming an increasingly important service to seniors.

“People are not sitting around in rockers waiting for time to pass,” says Tim Carmichael, vice president of marketing for La Posada, a CCRC in Green Valley. He points out that residents of CCRCs tend to be planners: they’ve planned for their schooling, their families, their careers and now, their retirement.

The economy is fluctuating and home prices and portfolios tend to be down, so some people may be reluctant to commit to a change right now. As Carmichael points out, “the common thread for everyone considering a move to a CCRC is that you get a day older every day. You can’t guess how you’re going to function tomorrow.”

With CCRCs in particular you have to qualify both financially and physically, so it’s best to apply while you’re healthy. A senior fitness qualifying test includes a strength test, a two-minute cardio step test and balance, agility and flexibility testing.

Many residents recommend taking a tour of the facilities, trying the food and talking with residents before deciding where to live. Those who’ve made the move to retirement housing on their own initiative are most often happiest with their new surroundings.

“People shouldn’t move here if they’re not ready; the change can be both dramatic and traumatic. I adjusted well because I was ready, it was my idea and my kids accepted it,” explains Dottie Davis, a resident at The Forum.

Social connections in good retirement communities form quickly and interest groups are often defined by the residents. “Make sure you’re comfortable being around other people,” says Ray Davies at The Forum. “You’ve got to be social and active and use your brain.”

Laurene Keltner advises others to make the move while they are healthy, because it is easier



ABOVE: Handmaker Jewish Services for the Aging has assisted living and skilled nursing facilities.

to make friends and adjust to the new living arrangements.

Finding a suitable assisted living facility may be more involved. “Even though this is assisted living, you still want to be as free from needing assistance as possible,” says Janet Kells, a resident at Handmaker. She points out that small details in the design of an apartment will determine if you need extra help. Is the shower easy to get into and out of? Will the sink area accommodate a wheelchair? Is the kitchenette appointed with conveniences like a freezer, a dishwasher and a microwave for those times when you don’t want to go to the dining room?

Free from the worries of cooking, cleaning and upkeep, seniors in these active communities freely share their talents and dedicate themselves to staying healthy for as long as possible. “It’s doing a wonderful thing for your kids,” says Patricia Linden, because it frees them from worry as well. Linden came to Splendido when it became obvious that her husband Jim would soon need assisted living or nursing care. Her neighbor John Wickham points out: “It’s better to be five years too soon than five minutes too late.”

What follows is a sampling of Active Adult Communities and Assisted Living Facilities as well as other options that offer both. Due to the large number of local facilities that cater to retired individuals, this list is not a comprehensive one. Not included are Alzheimer and dementia facilities, individually owned homes and facilities that accommodate 10 or less occupants. *Tucson Lifestyle* contacted many local communities; those that responded are included here. For more information visit www.tucsonlifestyle.com. ►

BELOW: A fully equipped kitchen at The Fountains at La Cholla.





ABOVE: La Posada in Green Valley is located on a 100-acre campus with numerous amenities.

Active Adult Communities

Atria Bell Court Gardens

6653 E. Carondelet Drive
Tucson, AZ 85710
(520) 886-3600
www.atriabellcourtgardens.com
Independent living senior resort community.

Age Restriction: None

Number of Residents Accommodated: 150

Licensures, Accreditations & Certifications: N/A

Options Available: 12 floor plans ranging from 600 sq. ft. to 1,400 sq. ft.

Activities Available: Yoga, Tai Chi, water aerobics, billiards, volleyball, current event discussions, live theater, Wii tournaments

Fitness Facilities: Fitness room with equipment; outdoor heated pool & spa

Transportation for Residents: 2 vans & Town Car available 7 days a week

Added Value: "Engage Life" activities; all apartments have full kitchens & balconies

Meals Provided: 2 meals a day; homemade entrées; menu changes daily; gourmet cuisine

Costs: Month-to-month rent ranges from \$2,700 to \$5,000 depending on apartment size

Del Webb at Rancho del Lago

10260 S. Blendu Way
Vail, AZ 85641
(866) 340-9322
www.delwebb.com/ranchodelago.com
New master-planned community of single-family homes for active adults.

Age Restriction: 55+

Number of Residents Accommodated: 480 home sites

Licensures, Accreditations & Certifications: N/A

Options Available: Information not available at press time

Activities Available: Clubs & activities hosted in the recreation center; events, concerts & trips planned by a lifestyle director

Fitness Facilities: A 14,000-square-foot recreation/fitness center, outdoor pool complex, 18-hole putting course, tennis, bocce ball courts

Transportation for Residents: None

Added Value: State-of-the-art del Lago Golf Club nearby

Meals Provided: None

Costs: Call for information

Fellowship Square Tucson

8111 E. Broadway Blvd.
Tucson, AZ 85710
(520) 886-5537

www.christiancare.org

Active independent retirement living.

Age Restriction: 62+

Number of Residents Accommodated: 611 units; each available for double occupancy

Licensures, Accreditations & Certifications: N/A

Options Available: Studio, 1 & 2 bedroom apartments; each apartment opens onto landscaped courtyard

Activities Available: Weekly & monthly internal activities & social & cultural events

Fitness Facilities: 5 swimming pools, 3 exercise/workout rooms; senior fitness, individual fitness & wellness training programs—free to residents

Transportation for Residents: Weekly shopping, medical & doctor appointments; monthly social & cultural events

Added Value: Clubhouse, computer lab, library, dining room, bistro

Meals Provided: Restaurant-style dining, international cuisine; 15 meals per person, per month included

Costs: Floor plans range from 470 to 1,130 sq. ft.; prices from \$910 to \$1,645 a month; additional charges for covered parking, storage

Heritage Highlands at Dove Mountain

4949 W. Heritage Club Blvd.
Marana, AZ 85658
(520) 579-9574

www.heritagehighlands.com

Active adult community.

Age Restriction: 55+

Number of Residents Accommodated: 1,297 privately owned residences

Licensures, Accreditations & Certifications: N/A

Options Available: 20 different floor-plans that range from 1,100 to 2,600 sq. ft.

Activities Available: Golf course, tennis courts, pool & spa, 140 acres of washes & 6 acres of common area, 29,000 sq. ft. clubhouse offering activity options

Fitness Facilities: Fitness Center offers a complete line of Life Fitness equipment, free weights & fitness classes

Transportation for Residents: None

Added Value: 18-hole Arthur Hills Championship Golf with practice facility; golf open to the public

Meals Provided: Full restaurant with lounge & banquet facilities is open to the general public

Costs: Prices range from \$250,000 to \$650,000; homeowners monthly dues \$160

La Perla, La Vista & Garden Homes — Independent Living at La Posada

350 E. Morningside Road
Green Valley, AZ 85614
(520) 648-8131

www.laposadagv.com

Independent living.

Age Restriction: 62+

Number of Residents Accommodated: 2 apartment buildings & 124 garden homes
Licensures, Accreditations & Certifications: N/A
Options Available: 33 independent living options with 2 apartment buildings (La Perla & La Vista) & 124 garden homes
Activities Available: Personal assistance, concierge services, wellness programs, housekeeping, social clubs, walking trails
Fitness Facilities: Fitness pavilion with pool & spa, gym, lounge, shower facilities, putting green, coffee & juice bar
Transportation for Residents: Yes
Added Value: Walking trails, hiking & fitness group activities, fenced "Bark Park" dog run, butterfly garden, resident operated antique store "Treasure Shoppe"
Meals Provided: Choice of 20 or 30 meals per month in La Perla or La Vista dining rooms
Costs: Reservation fee, standard entry fee & monthly fees all apply



A dining room at La Posada.

The Preserve at SaddleBrooke, A Robson Resort Community

36297 S. Aspen Lane
Tucson, AZ 85739
(520) 825-9408/(800) 514-4428
www.robson.com
Active adult resort community.
Age Restriction: 55+; no one in permanent residence under 19 years of age
Number of Residents Accommodated: N/A
Licensures, Accreditations & Certifications: N/A
Options Available: Model village showcases 4 luxury model homes from 2,681 to 3,461 sq. ft.
Activities Available: More than 100 clubs, groups & organizations from wine tasting to bicycling, cards, yoga, etc.
Fitness Facilities: State-of-the-art fitness center with cardio & weight machines; men's & women's lockers
Transportation for Residents: None
Added Value: Tennis complex, pool, outdoor spa, multi-purpose activity rooms, pickleball courts, fully stocked pro shop
Meals Provided: None
Costs: Homes range in price from \$660,000s to \$1 million plus

Quail Creek, A Robson Resort Community

1100 N. Eagle Hollow Road
Green Valley, AZ 85614
(520) 648-0332/(888) 648-0332
www.robson.com
Active adult resort community.
Age Restriction: 55+; no one in permanent residence under 19 years of age
Number of Residents Accommodated: N/A
Licensures, Accreditations & Certifications: N/A
Options Available: Model village showcases 8 model homes ranging in size from 1,376 to 2,686 sq. ft.
Activities Available: More than 100 clubs, groups & organizations ranging from wine tasting, bicycling, cards, yoga, etc.
Fitness Facilities: State-of-the-art fitness center with cardio & weight machines; men's & women's lockers
Transportation for Residents: None
Added Value: Championship golf course, pro shop, practice facilities & driving range, tennis courts, pools, restaurant, arts & technology center; clubhouse featuring grand ballroom/auditorium, bar & lounge, billiards, library
Meals Provided: None
Costs: Homes range in price from \$220,000s to \$440,000s

SaddleBrooke, A Robson Resort Community

59680 E. Robson Circle
Oracle, AZ 85623
(520) 818-6000/(866) 818-6068
www.robson.com
Active adult resort community.
Age Restriction: 55+; no one in permanent residence under 19 years of age
Number of Residents Accommodated: N/A
Licensures, Accreditations & Certifications: N/A
Options Available: Model village showcases 10 new home designs ranging in size from 1,486 to 2,729 sq. ft.
Activities Available: More than 100 clubs, groups & organizations ranging from wine tasting, bicycling, cards, yoga, etc.
Fitness Facilities: State-of-the-art fitness centers with cardio & weight machines; men's & women's lockers
Transportation for Residents: None
Added Value: Championship golf courses, clubhouses, tennis, pickleball courts, dog park, pools & lap pools, libraries, restaurants & lounges; on-site neighborhood center with bank, beauty salon
Meals Provided: None
Costs: Homes range in price from \$270,000s to \$500,000s

SaddleBrooke Ranch, A Robson Resort Community

59680 E. Robson Circle
Oracle, AZ 85623
(520) 818-6000/(866) 818-6068
www.robson.com
Active adult resort community.
Age Restriction: 55+; no one in permanent residence under 19 years of age
Number of Residents Accommodated: N/A
Licensures, Accreditations & Certifications: N/A
Options Available: Model village showcases 9 new home designs ranging in size from 1,486 to 2,808 sq. ft.

Activities Available: New community; clubs, groups & organizations are being formed as new homeowners arrive
Fitness Facilities: Sports, spa & aquatics complex under construction; state-of-the-art exercise room with cardio & weight resistance equipment; aerobics/yoga/dance room; indoor pool
Transportation for Residents: None
Added Value: SaddleBrooke Ranch championship golf course
Meals Provided: None
Costs: Homes range in price from \$240,000s to \$500,000s

Splendido

13500 N. Rancho Vistoso Blvd.
Tucson, AZ 85755
(520) 878-2600
www.splendidotucson.com
Continuing care retirement community.
Age Restriction: 55 +
Number of Residents Facility Can Accommodate: 306 +
Licensures, Accreditations & Certifications: N/A
Options Available: Villa homes: 1,697 to 2,049 square feet; 1, 2 and 3 bedroom apartments: 846 to 2,931 square feet
Activities Available: Putting tournament, theater trips, on-site live music, film focus group, book club, UA football games, pets & friends, writer's workshop and more
Fitness Facilities: Cardiovascular and strength equipment, group exercise classes, locker rooms, indoor and outdoor pool, whirlpool and personal training sessions
Transportation for Residents: Town Car and bus available
Added Value: Movie theater, art studio, full-service spa, 18-hole putting course, four restaurants, billiards and a library
Meals Provided: Four on-site restaurants. Residents can choose the 21 meals a month plan or "decide as you dine"
Costs: 90-105 percent refundable entrance fee. Price range of homes, \$189,900 to \$783,900

Sun City Vistoso Community

1565 E. Rancho Vistoso Blvd.
Oro Valley, AZ 85755
(520) 825-3711
www.suncity-vistoso.com
Resort style, active adult community of nearly 2,500 individual homes.
Age Restriction: 45+
Number of Residents Accommodated: N/A
Licensures, Accreditations & Certifications: N/A
Options Available: 2 & 3 bedroom homes from 1,100 to 2,650 sq. ft.; town homes also are available
Activities Available: 2 swimming pools (1 Olympic sized); championship Greg Nash designed 18-hole golf course, miniature golf, tennis, pickleball, racquetball & Bocce ball courts, dance studios, more than 100 clubs & groups
Fitness Facilities: Sports complex
Transportation for Residents: None
Added Value: Genealogy lab, computer learning center, craft complex with workshops & art studios, library, dog park, 450 seat auditorium with stage & state-of-the-art sound & video system
Meals Provided: None; a Café is open to the public for breakfast & lunch, 7 days a week
Costs: Annual association dues \$1,498 per year. Home prices range from around \$179,000 to well ▶

over \$500,000. Real estate agents can be found on the website.

Sunflower Village

9401 N. Sunflower Park Drive
Tucson, AZ 85743
(520) 572-9780

www.sunflowerliving.com

Active adult community.

Age Restriction: 55+ with 10 percent 50-54

Number of Residents Accommodated: 967 single family homes

Licensures, Accreditations & Certifications:

Federal compliance adult community

Options Available: 1 to 3 bedroom; 1,100 to 2,000 sq. ft. homes

Activities Available: Pool, computers, pool tables, library, card games, bocce & tennis courts, arts & crafts; monthly events: bingo, casino trips, clubs

Fitness Facilities: Walking trails & fitness center — treadmills, free weights, elliptical machines, muscle toning, fitness classes: Yoga, aerobics, Tai Chi, water aerobics, stretch & tone

Transportation for Residents: None

Added Value: Near I-10, shopping, movie theaters, restaurants, public golf course, parks, medical offices & hospital emergency response

Meals Provided: None

Costs: Home resale prices range from \$140,000 to \$300,000; homeowners association fee approximately \$77 a month; transfer, resale & community improvement fees

Tucson Estates, Inc.

5900 W. Western Way Circle
Tucson, AZ 85713
(520) 883-1440

www.tucsonestates.com

Retirement community located at the base of the Tucson Mountain Park Preserve.

Age Restriction: 55+; no one under 19

Number of Residents Accommodated: 1,665 single family manufactured homes

Licensures, Accreditations & Certifications: N/A

Options Available: 2 & 3 bedroom homes; 1,000 to 2,000 sq. ft.

Activities Available: Golf (18 holes) included in \$97 monthly assessment, concerts, pools, spa, shuffleboard, 2 recreations halls, clubs & organizations, crafts

Fitness Facilities: Fitness room

Transportation for Residents: Free shuttle to shopping twice a week, events shuttle for a fee

Added Value: Golf & pro shop, instructor, leagues, water aerobics, craft center

Meals Provided: None

Costs: Consult local Realtor

Villa Hermosa

6300 E. Speedway Blvd.
Tucson, AZ 85715
(520) 298-6400

www.villahermosatucson.com

Retirement community.

Age Restriction: 62+

Number of Residents Accommodated: 205

Licensures, Accreditations & Certifications: N/A

Options Available: 1 & 2 bedroom apartments

Activities Available: Pool, spa, putting green, barbecue, brain fitness program, gym, bar, spa services, salon & more

Fitness Facilities: Full gym with personal trainer,



ABOVE: Splendido's residents can enjoy fine dining at Marbella. OPPOSITE: Activities at Splendido include everything from exercise classes to fashion shows to wine tasting seminars.

Yoga, Tai Chi

Transportation for Residents: Town Car & bus

Meals Provided: \$400 meal allowance, country club-style menu

Costs: \$2,600 to \$4,000 per month

Assisted Living Facilities

Canyon Crest-Assisted Living

8151 E. Speedway Blvd.
Tucson, AZ 85710
(520) 722-8400

www.canyoncrestalf.com

Assisted living community.

Age Restriction: Based on physical needs

Number of Residents Accommodated: 94

Licensures, Accreditations & Certifications:

Licensed for the highest level of Directed Care & Assisted Living

Options Available: Studios, 1 & 2 bedroom apartments

Activities Available: Pool table, exercise classes, Red Hat lunches, live monthly entertainment, ice cream socials, movie nights, walking paths

Fitness Facilities: "Silver Sneakers" at Desert Sports & Fitness

Transportation for Residents: Shopping, banking, doctor appointments, scenic tours, to & from Desert Sports & Fitness

Added Value: Resident spa & full in-house salon

"Canyon Cuts"

Meals Provided: 3 complete meals & snacks; premium menu & an alternative menu daily

Costs: "Shared or companion" suite from \$1,950 month; \$500 move-in fee

El Rancho Encanto Assisted Living

5705 & 5803 E. Ft. Lowell Road
Tucson, AZ 85712
(520) 245-8292

www.elranchoencanto.com

"Home-style" assisted living.

Age Restriction: 65+

Number of Residents Accommodated: 18

Licensures, Accreditations & Certifications:

Licensed for all levels of care — supervisory, personal & directed

Options Available: Private rooms, various sizes in elegant large homes in gated, private bird preserve

Activities Available: Exercise classes (chair yoga, balance, flexibility & strength), concerts, trips to live theater, discussion & educational sessions

Fitness Facilities: Fitness equipment — no separate facility. Paved walking paths in desert preserve

Transportation for Residents: Only for group outings

Added Value: Provides 24 hour supervised care, medication management & administration

Meals Provided: All meals are provided. Residents assist in menu planning. Home grown organic vegetables are served

Costs: Rooms with 24-hour care/meals/housekeeping & medication management start at \$3,200 inclusive

Freedom Inn at Ventana Canyon

5660 N. Kolb Road
Tucson, AZ 85750
(520) 577-6940

www.brookdaleliving.com

Assisted living facility.

Age Restriction: 62+

Number of Residents Accommodated: 92

Licensures, Accreditations & Certifications:

Licensed for directed care with a Medicare Certified Rehab Center on site.

Options Available: Studio & one bedroom apartments ranging from 336 sq. ft. to 750 sq. ft.

Activities Available: Lectures, art classes, arts & crafts, concerts, bingo, word/mind games, exercise classes & various planned outings such as picnics, movies, out-to-lunch, sight-seeing trips & concerts

Fitness Facilities: Rehab center

Transportation for Residents: Yes

Added Value: On site Medicare Certified Rehab



Center, library, Country Kitchen with free snacks any-time, private dining room & ice cream parlor. Nurse on premises 24 hours a day, seven days a week. Also takes sliding scale diabetics

Meals Provided: 3 meals a day, chosen from a menu plus an alternative menu & full breakfast menu

Costs: Apartments range from \$2,860 per month on up depending on the size of the apartment. The levels of care needed are added to the basic monthly fee. There is a one time only \$2,500 community fee up front

Friendship Villas at La Cholla

6505 N. La Cholla Blvd.
Tucson, AZ 85741
(520) 742-3138
www.friendshipvillas.com
Assisted living facility.

Age Restriction: None

Number of Residents Accommodated: 16 suites in each villa (each licensed for 24 individuals); 6 villas when complete

Licensures, Accreditations & Certifications: Licensed by Arizona Department of Health Services as an assisted living center.

Options Available: Suites include separate sitting area, living room, bedroom, bath & private patio; 400 sq. ft.

Activities Available: Exercise classes, bridge, bingo, Bible study, gardening, clubs, music, etc.

Fitness Facilities: None

Transportation for Residents: Yes

Meals Provided: 3 meals a day included; all food types served; can accommodate prescribed diets (cardiac, renal, etc.)

Costs: Depends upon level of care provided

The Groves Assisted Living

4110 E. Spring Street (Pepper Tree, Ella's Home, Oak Tree)
4014 E. Pima Street (Peach Tree, Plum Tree, Apple Tree)

Tucson, AZ 85712
(520) 881-8385/(520) 240-4944
www.grovesgroup.com

Assisted living homes; two gated properties with 3 homes at each location.

Age Restriction: none

Number of Residents Accommodated: 10 per home

Licensures, Accreditations & Certifications:

Licensed for directed care by the Department of Health Services

Options Available: Private & semi-private rooms; each home has a private suite

Activities Available: Daily activities of chair aerobics, games, social events, crafts, Karaoke & other local musicians; beautician services

Fitness Facilities: None

Transportation for Residents: Arrangements can be made with outside companies

Added Value: Completely secured & gated grounds; around-the-clock care provided by certified caregivers

Meals Provided: 3 home-cooked meals & 2 snacks daily; menu changes weekly; personal preference & therapeutic needs considered

Costs: No upfront costs; monthly rent ranges from \$2,675 to \$4,375 dependent upon room size

La Joya Assisted Living

750 S. La Posada Circle
Green Valley, AZ 85614
(520) 648-8400
www.laposadagv.com

Assisted living residents in a residential environment.

Age Restriction: 62+

Number of Residents Accommodated: 85 private suites

Licensures, Accreditations & Certifications: N/A

Options Available: Sleeping area/studio/1 bath (315 sq. ft.); 1 bedroom/1 bath (415 to 690 sq. ft.); 2 bedroom/1 bath (890 sq. ft.)

Activities Available: 24-hour licensed-care

supervision, concierge services, wellness programs, housekeeping, social clubs, astronomy observatory, walking trails

Fitness Facilities: Fitness pavilion with pool & spa, gym, aerobics, massage rooms; natural grass putting green, outdoor fireplace & patio

Transportation for Residents: Yes

Added Value: Walking trails, hiking & fitness group activities, fenced "Bark Park" dog run, butterfly garden, resident operated antique store "Treasure Shoppe"

Meals Provided: 3 meals per day in gourmet dining room

Costs: Monthly inclusive prices range from \$3,770 to \$8,390

The Place at Tucson

2650 W. Ina Road
Tucson, AZ 85741
(520) 229-0232
www.theplaceatassistedliving.com
Assisted living.

Age Restriction: 55+

Number of Residents Accommodated: 50 to 60

Licensures, Accreditations & Certifications:

Licensed with AZ Department of Health Services; member of AZ ALFA

Options Available: Studio, deluxe studio & 3 sizes of 1 bedroom apartments

Activities Available: Arts & crafts, mind stimulating games, music, entertainment, exercise, church services twice a week

Fitness Facilities: None, but exercise activities 3 to 5 times weekly

Transportation for Residents: Shopping on Mon.; out for lunch Wed., doctor appointments on Tues. or Thurs.

Added Value: Outdoor courtyard

Meals Provided: 3 meals daily with alternatives at each meal

Costs: \$1,500 move-in fee; daily rates from \$116.90 to \$141.20 (capped rate to include care & services)

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Prestige Assisted Living At Green Valley

1175 S. Abrego Drive
Green Valley, AZ 85614
(520) 648-5583

www.prestigecare.com

Assisted living facility.

Age Restriction: None given, based on need

Number of Residents Accommodated: 67

Licensures, Accreditations & Certifications: ALMA, AHCA, ALFA

Options Available: Studio, deluxe studio; 1 & 2 bedrooms; private residence

Activities Available: Exercise daily, twice a week doctor, site-seeing drive, once a week grocery shopping, ice cream social, sock-hop, bingo, cocktail party

Fitness Facilities: None

Transportation for Residents: Locally

Added Value: Rose garden

Meals Provided: 3 restaurant-style meals daily, choice of 2 entrées

Costs: No upfront costs

Via Elegante Luxury Assisted Living At La Cholla

5644 N. Via Latigo
Tucson, AZ 85704
(520) 293-3280

www.viaelegante.com

Assisted living facility.

Age Restriction: None

Number of Residents Accommodated: 30

Licensures, Accreditations & Certifications: Licensed in Arizona for supervisory, personal & directed care

Options Available: Bedroom with private bath; 224

to 443 sq. ft.; community dining room & living areas

Activities Available: Book club, gardening, bingo, casino night, community barbecue, music performance, Tai Chi, exercise

Fitness Facilities: None

Transportation for Residents: Not included; only private vehicle transportation with caregiver accompaniment for additional charge

Added Value: Spacious luxury homes, beautiful views, gardens & fountains

Meals Provided: All meals & snacks provided; no limitations; menu based on resident favorites — resident planned

Costs: \$2,195 opening administration fee; monthly flat rent rates \$4,495 to \$6,495 depending on room. No additional level-of-care fees

The Villas At La Cañada

6899 N. La Cañada
Tucson, AZ 85704
(520) 531-0086

www.innovativeseniorliving.com

Assisted living neighborhood with 10-resident homes located on a 17-acre property.

Age Restriction: None

Number of Residents Accommodated: 100 assisted living; 6 independent living

Licensures, Accreditations & Certifications: Each home is licensed by the State of Arizona for supervisory, personal & directed care

Options Available: Assisted living 320 sq. ft. private rooms with private bath

Activities Available: Exercise classes, yoga, donuts & danish get together; visits from school children; entertainment

Fitness Facilities: Workout room with 2 NuStep

machines, weights & bands

Transportation for Residents: No, but arrangements can be made

Added Value: Walking paths, gazebo, waterfall

Meals Provided: 3 meals per day; traditional assortment-American cuisine

Costs: One-time community fee \$950; independent living \$1,995/month; assisted living \$3,195 to \$3,795/month

Active Adult Communities and Assisted Living Facilities

The Academy Village (Active Adult Living)

The Villas at Academy Village (Assisted Living)

13701 E. Langtry Lane
Tucson, AZ 85747
(520) 647-7777

www.theacademyvillage.com/www.arizonasenioracademy.org

Active adult community with assisted living residence available beginning March 2010.

Age Restriction: 55+

Number of Residents Accommodated: 542 in 204 individual homes, 60 townhomes & 14 bed assisted living residences

Licensures, Accreditations & Certifications:

Arizona certification for Outpatient Wellness Center; Certified Instructor, American Council on Exercise

Options Available: 5 models for individual homes



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*\$50 rebate by mail for each syringe used for your EVOLENCE® treatment performed between January 1, 2009 and December 31, 2009 (up to three 1 mL syringes) with qualifying rebate request form. Requests must be post-marked within 60 days of treatment. Limit to two rebate submissions per patient, per year. Not combinable with other offers. Must be 18 or older. Full terms and conditions for rebate on www.evolence.com.

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before

untreated smile lines
photo unretouched

12 months after

treatment of smile lines
photo unretouched

(1,680 to 2,652 sq. ft.) with 2-car garage & optional casita; 3 town-home models (934 to 1,443 sq. ft.) with 1-car garage; separate assisted living residence with 12 private rooms (2 with suites) available March 2010

Activities Available: Weekly concerts, lectures, movies, club programs; classes in art, music, foreign languages, theater; discussion & study groups

Fitness Facilities: Exercise room with weights, treadmills, stair steppers, stationary bikes, balance balls, multi-weight trainer; fitness classes; Pilates studio; heated pool & hot tub; tennis court; massage therapy

Transportation for Residents: Yes

Added Value: Dining café with liquor license; wellness clinic with R.N. & private duty, home health care; lecture & concert hall; computer room, activity rooms; art gallery; library; social spaces

Meals Provided: Extensive lunch menu 5 days per week, dinners 3 nights per week plus special event meals; take-out menus for lunch & dinner; (meal costs in café are not included in fee); assisted living provided 3 meals per day, 7 days a week — cost included in fee

Costs: Individual homes from \$304,000 to \$399,000; town-homes from \$179,000 to \$254,000; association fee \$275 a month per household; Arizona Senior Academy membership fee \$75 a month for residents 60+. Charge for assisted living will be per month, no buy-in required; fees to be determined

Atria Campana del Rio

1550 E. River Road
Tucson, AZ 85718
(520) 299-1941

www.atriatucson.com

Resort-like community for almost 300 active & spirited seniors, independent and assisted living.

Age Restriction: Must be appropriate for community

Number of Residents Accommodated: 254 apartments

Licensures, Accreditations & Certifications:

Licensed to Directed Care

Options Available: Studios, 350 to 430 sq. ft.; 1 bedroom, 535 to 647 sq. ft.; 2 bedroom, 658 to 796 sq. ft., 2 bedroom villas 792 to 1,015 sq. ft.

Activities Available: Pool, 2 libraries, card room, activity room, bar lounge, anytime café; trips to Grand Canyon, Hawaii, cruise to Mexico, concerts, writing groups, live theater workshops, outings to lunch, dinner, etc.

Fitness Facilities: Exercise room & classes, year-round pool heated to 90 degrees, walking paths, Wii, treadmills, stationary bikes

Transportation for Residents: 2 buses & 1 car available for doctor appointments, banks, grocery stores, Tucson Mall, Walgreens, Trader Joes, etc.

Added Value: Pool table, computer lab, ceramics kiln, Anytime Café

Meals Provided: Independent living: Continental breakfast, Friday hot buffet breakfast plus one other hot meal; 8 entrées to choose from; Assisted living: 3 hot meals; Anytime Café open 24 hours a day & is free

Costs: \$1,850 new resident fee; independent living \$1,995 to \$4,195; assisted living \$3,195 to \$4,300

Broadway Proper

400 S. Broadway Place
Tucson, AZ 85710
(520) 296-3238

www.leisurecare.com/locations/community

Independent and personalized assisted living.

Age Restriction: 62+ ▶

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Hilltop Hacienda

Classic 1954, T. Gist designed, burnt adobe home. 4 acre estate, w/pool, cabana, guesthouse & panoramic mtn & city views. 4225sf, 5BR, 7BA, elegant living room + cozy library, vaulted plank ceilings. **\$890,000**

Barrio Rincon

Beautiful home at the end of a cul-de-sac backs up to a riparian area. Great room w/soaring ceilings, smart efficient kitchen w/stainless steel appliances. Charming front courtyard w/ Catalina mountain views & wonderful back porch & patio. **\$289,000**



Tucson Country Club

Gus Chonas designed contemporary has a dramatic window wall w/spectacular Catalina mtn views. Maple & granite kitchen w/adjoining great room + fireplace. 3832 sf, 4BR, 2.5BA + solarium & storage galore. Located on 1/2 acre lot at the end of a cul-de-sac. **\$750,000**

Foothills Paradise

Banana trees & palms in a beautiful back yard w/a deep porch & sparkling pool. Spacious home w/spiral staircase, formal living & dining rooms + large great room off kitchen w/top of the line appliances. 3682 sf, 5BR & 3BA. Gated subdivision & mtn views. **\$485,000**



Horse Property

SW-style home on 3.4 acres w/spacious horse barn & large paddock. Wrap-around porches w/inviting outdoor living area & panoramic city & mtn views. 2340 sf, 4BR, 3BA, large kitchen w/custom cabinets, great room & an artist studio. **\$399,000**

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ILLUSTRATION BY PAUL ROGERS

Number of Residents Accommodated: 464 in 232 apartments

Licensures, Accreditations & Certifications: Assisted Living License

Options Available: Studios, 1 & 2 bedroom apartments; ranging from 403 to 912 square feet

Activities Available: Courtyard, pool, Jacuzzi, billiard room, happy hour, library, computer center, special interest clubs

Fitness Facilities: Gym, certified trainer, exercise classes 5 days a week

Transportation for Residents: A schedule for transportation

Added Value: Paved walking path around community; free membership to YMCA; use of Stephen/Gallob Park (next door)

Meals Provided: 2 restaurant-style meals a day (breakfast & daily choice of lunch or dinner)

Costs: Range from \$2,085 to \$3,900/month; \$1,500 one time, non-refundable move-in fee

Cascades of Tucson Retirement/ Assisted Living

201 N. Jessica Avenue

Tucson, AZ 85710

(520) 886-3171/(877) 866-3172

Independent, assisted living and respite care.

Age Restriction: 62+

Number of Residents Accommodated: 218

Licensures, Accreditations & Certifications: DHS-Assisted Living Center, personal care

Options Available: Studios (300 sq. ft.); studio/suite (568 sq. ft.); bedroom + den (735 sq. ft.); 2 bedrooms (900 sq. ft.); 1 & 2 bedroom apartments include a 66 sq. ft. balcony

Activities Available: Chair exercises, morning pool exercises, Yoga, Wii bowling, horseshoes, stretch/ tone, Trivia bingo, afternoon soiree, movie night, concerts in the park, trips to casinos, zoo, Sabino Canyon, Mt. Lemmon

Fitness Facilities: None

Transportation for Residents: On a daily basis; Cascades provides its own vans & drivers

Added Value: Swimming pool, Jacuzzi, miniature golf putting

Meals Provided: 3 meals per day; serving a variety of entrées geared to needs

Costs: \$1,500 non-refundable move-in charge, apartments from \$1,835 to \$4,165; second occupant varies from \$625 to \$925/month

Fairwinds-Desert Point

10701 N. La Reserve Drive

Oro Valley, AZ 85737

(520) 498-1111

www.leisurecare.com

An independent retirement community with licensed assisted living services available.

Age Restriction: 62+

Number of Residents Accommodated: 240

Licensures, Accreditations & Certifications:

Assisted living licensed for personal care services; certified Posit Science provider

Options Available: Studios; 1 & 2 bedroom units; 348 to 1,450 square feet

Activities Available: Prime Fit exercise classes, pool table, surround-sound theater, art classes

Fitness Facilities: None

Transportation for Residents: Scheduled transportation includes shopping, medical appointments; customized Town Car service also available

Added Value: Posit Science Brain Fitness classes; outdoor putting green



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REJUVENATION

Meals Provided: Restaurant-style service & food choices. Each resident receives \$400 food & beverage credit

Costs: Residency fee \$2,500 to \$4,000. Apartments range from \$1,990 to \$5,400/month

The Forum @ Tucson

2500 N. Rosemont Blvd.

Tucson, AZ 85712

(520) 325-4800

www.fivestarqualitycare.com

Continuing care retirement community.

Age Restriction: None

Number of Residents Accommodated: 323

Licensures, Accreditations & Certifications:

Licensed as business; assisted living & skilled nursing center

Options Available: Independent living 1 & 2 bedrooms from 650 to 1,250 sq. ft.; Ambassador assisted living Alcove, 1 & 2 bedrooms from 415 to 950 sq. ft.; assisted living studio 225 sq. ft. +

Activities Available: Daily exercise classes, water classes, full calendar of events includes restaurant outings, movies, concerts, education & wellness events

Fitness Facilities: Pool, exercise room with treadmill, bicycles & weights

Transportation for Residents: Transportation department includes 3 cars, 2 buses & a w/c van

Added Value: Proximity to medical care (TMC/doctor's offices); close to shopping & entertainment

Meals Provided: Restaurant-style dining; 1 meal plus continual breakfast & soup bar daily; 3 meals daily for assisted living

Costs: Independent living apartments approximately \$2,800 to \$4,900; assisted living apartments \$3,000 to \$3,275; \$3,100 to \$4,600; Health care services \$189-\$250/day

The Fountains at La Cholla

2001 W. Rudasil Road

Tucson, AZ 85704

(520) 797-2001

www.sunriseseniorliving.com

Retirement community with assisted living and memory care.

Age Restriction: 65+

Number of Residents Accommodated:

Independent living 335+ (excludes 2nd person); assisted living 62+ (excludes 2nd person)

Licensures, Accreditations & Certifications:

Licensed to directed care in assisted living & memory care

Options Available: Independent living 1 & 2 bedroom apartments, 2 bedroom casitas; assisted living studios, Alcoves & 1 bedroom

Activities Available: Swimming, internal & external concerts & lectures, pool tables, computers, art, dance, writing classes, various clubs & committees, religious services



The Fountains at La Cholla has independent and assisted living options.

Fitness Facilities: Exercise classes, free weights, resistance training, BioFlex, bike, treadmills

Transportation for Residents: Yes

Added Value: Clubhouse, heated pools, shuffle board, putting green, horseshoes, walking paths, library, theater room, beauty salon

Meals Provided: Independent living receives 1 meal plus Continental breakfast

Costs: Independent living \$1,600 to \$4,500/month; community fee varies ►



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2221 N. Rosemont Blvd.
Tucson, AZ 85712
(520) 881-2323

www.handmaker.org

Age Restriction: 55+

Number of Residents Accommodated: 185+

Licensures, Accreditations & Certifications:

Assisted living; direct care; ALC-3020; nursing care: NCI-235

Options Available: Apartment size: studios through 2 bedrooms/2 baths; 330 sq. ft to 880 sq. ft.

Activities Available: Billiard room, computer lab, exercise classes, book club, knitting club, walkers club, music, pet therapy, lunch bunch, casino, etc.

Fitness Facilities: None

Transportation for Residents: Transportation for shopping & medical appointments

Added Value: A continuum care facility

Meals Provided: 3 meals a day; Kosher food

Costs: Upfront costs: application fee \$250; deposit \$1,000 (\$600 refundable); community fee \$1,500; apartments from \$2,806 to \$3,925

Mountain View Retirement Village

7900 N. La Cañada
Tucson, AZ 85704
(520) 299-3350

www.centuryapa.com

Independent living and assisted living facility.

Age Restriction: 55+

Number of Residents Accommodated: 220

Licensures, Accreditations & Certifications:

Assisted living

Options Available: Independent living 1 & 2 bedroom deluxe ranging from 625 sq. ft to \$1,720 sq. ft.; assisted living studio 345 sq. ft. & 1 bedroom 576 sq. ft.

Activities Available: Pool table, pool, Jacuzzi, variety of classes & activities

Fitness Facilities: Gym & 2 exercise classes daily

Transportation for Residents: Yes

Meals Provided: Independent living - Continental breakfast & choice of lunch or dinner; assisted living - 3 meals per day

Costs: Independent living - \$2,200 to \$5,000/month; assisted living \$2,870 to \$3,415/month

The Retreat at Santa Rita Springs

661 W. Calle Torres Blancas
Green Valley, AZ 85614
(520) 399-2792

www.retreatsantarita.com

Independent living community with assisted living in the future.

Age Restriction: 62+

Number of Residents Accommodated: 196 apartments; each can accommodate two people

Licensures, Accreditations & Certifications: None

Options Available: Apartments: 1 bedroom (609 & 699 sq. ft.); 1 bedroom with den (777 sq. ft.), 2 bedrooms/2 baths (938 sq. ft.). Casitas: 1 bedroom (941 sq. ft.) & 2 bedrooms/2 baths (1,222 sq. ft.)

Activities Available: Pool table, game room, movie theater, heated pool & spa, fitness center, exercise classes (aquacise, chair yoga); full-service beauty salon/barbershop

Fitness Facilities: State-of-the-art fitness equipment in fitness center

Transportation for Residents: Scheduled

transportation to shopping, doctors, cultural events & outings

Added Value: Discounted annual membership fee to nearby Torres Blancas Golf Club & The Ranch Golf Club

Meals Provided: Bistro Café, dining room; Continental breakfast, lunch & dinner; \$300 food credit for first year

Costs: \$1,500 community fee (currently \$1,000 is waived); monthly rent from \$1,990 to \$3,200; second person fee \$200 per month

Santa Catalina Villas

7500 N. Calle Sin Envidia
Tucson, AZ 85718
(520) 742-6242

www.brookdaleliving.com

Independent living community with assisted living.

Age Restriction: 62+

Number of Residents Accommodated: 300 independent living; 120 assisted living

Licensures, Accreditations & Certifications: N/A

Options Available: Independent living, seven floor plans with studios, one & two bedrooms; Assisted living, four plans with studios, one & two bedrooms; private suites in memory & skilled

Activities Available: Cultural events, Tucson Symphony, fitness classes & programs through optimal living programs

Fitness Facilities: Fitness center open 24 hours

Transportation for Residents: Transportation is included for all scheduled events

Added Value: N/A

Meals Provided: A meal program is provided for the dining rooms with many choices

Costs: Apartments range from \$1,900 to \$5,300. TL




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