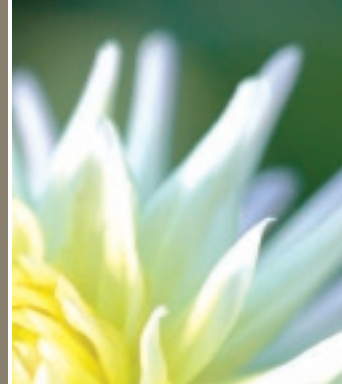




AVONDALE
retirement residence



At **Avondale**,
we promise you
our undivided attention...

A welcome message...

As general manager of Avondale Retirement Residence, my role is to ensure that our entire team is always there for our residents. Making sure each individual feels comfortable, safe and secure is the first priority of every one of us.

The reaction we get from most first-time visitors is that Avondale doesn't "feel" like a retirement residence. The atmosphere is charming and elegant. There's lots of activity, yet the ambiance is always warm and inviting. That's exactly what people love about our facilities and, especially, our staff. You get that home feel, that feeling that you belong to a big family. For seniors looking for the perfect balance of having lots going on around them and still having a casual, friendly atmosphere, Avondale is the place to be.

To see if Avondale is right for you, I invite you to join us for tea, lunch or a trial stay. I look forward to seeing you, and on behalf of our team, I thank you for considering us.

The General Manager



What matters most to you?

Avondale has it all...

The atmosphere is warm, secure, and inviting

There's no shortage of activities at Avondale – in the lobby, up on one of our rooftop decks, and in our common space on the main floor – and yet the atmosphere always feels relaxed and comfortable. It's as vibrant, or as peaceful, as you want it to be.

The staff is here for you

It's true: Our people really do make the difference. Avondale is known for its friendly, dedicated team of service providers, caregivers and property management professionals. Each of us is here to serve you. Rest assured: You will always have our undivided attention.

The facilities are safe, modern and beautifully appointed

For your assured safety and well-being, Avondale is equipped with emergency calling and alarm systems. And for your comfort and enjoyment, we can accommodate your most important personal needs and interests, not only within your apartment but throughout the property – for dining, health and wellness, socializing, recreation, and so much more. This is retirement living at its finest.



...and the neighbourhood is delightful

For seniors looking to enjoy a true urban metropolis experience and still want to have the option of enjoying a quieter, more leisurely pace, Avondale is an ideal choice. We're situated right on Queen Street in the heart of Lesleyville, one of Toronto's most charming residential communities. With the streetcar right at your doorstep, you're minutes away from the parks and shops of The Beaches to your east. When you head west, you soon find yourself in the midst of all the action at Eaton Centre and the downtown core. You'll also find many shops and services within walking distance, including banks and supermarkets, and there's a pharmacy and physiotherapy centre right in our building. For choices, variety and a true one-of-a-kind neighbourhood environment, Avondale is the place to be.

You're close to everything, including:

- The Lesleyville arts district
- Eaton Centre, downtown shopping
- Streetcar at entrance
- Grocery stores within one block
- Wellness center adjacent to the building



“As a general manager in this industry, you can make a significant difference in people’s lives. We try to deliver the best level of execution day in, day out, so our residents really have an enjoyable experience every day.”

Feeling safe and secure

Designed with the independent senior in mind, Avondale is all about choices. Whether you feel like getting out in the community or staying within the residence itself, our staff can help ensure that you always have an array of interesting options. Our role is to enhance your freedom, enliven your itinerary, and keep everything flexible. You can stay as active, or as laid back, as you like. The choice is always yours.

Enhance your lifestyle with all-included amenities and special features, including:

- Studios and one-bedroom suites with beautiful kitchenette, apartment-size fridge and microwave
- Personal laundry facilities
- Fire alarm, smoke detectors & emergency lighting
- Security cameras
- Emergency call system
- 24-hour qualified staff
- Lobby with fireplace
- Grand piano
- Theatre room
- Spa tub
- Library with Internet service
- Indoor parking
- Religious service
- Housekeeping





“We get a lot of ladies who grew up cooking for their families. It’s a tough crowd to cook for because they know food. For a food services manager, it’s a big responsibility and I enjoy accepting that responsibility.”

Eating **well**

You can count on our food services team to provide delicious, nutritious, healthy meals, served up daily in classic dishes “just like Mama used to make”. We plan our menus in accordance with the Canada Food Guide and we maintain the highest quality and safety standards. We work just as hard to make sure every meal is a pleasant and fulfilling experience, with colourful entrees that rouse the taste buds and appeal to the eye. Bon appetit!

For your everyday enjoyment, great food & special features, including:

- Full-service dining room
- Varied menus
- Personalized diets for allergies & other health conditions
- Soup and salad bar
- Fresh fruit snacks
- On-site prepared meals
- Sunday brunches
- Themed menus
- Certified chefs and dietary staff
- Daily refreshments & fresh snacks in the Bistro
- Buffets and BBQs
- GMO-free produce
- HACCP (Canadian Food Inspection Agency) suppliers
- ORCA & government-inspected kitchens





“For residents, it’s like having a whole health network. If you need it, it’s here.”

Taking care

Most of our residents are healthy and self-sufficient, and we work to help you stay that way. We provide daily fitness and exercise programs, a balanced diet, and, for those who need it, we offer care assistance on a flexible “a la carte” basis. You also gain the peace of mind of knowing that as your healthcare needs change, we’re there for you on a 24/7 basis, 365 days a year.

Professional care & assistance services are always available, including:

- Personalized care services
- 24/7 medical staff
- Respite & short-term stay
- On-site doctor visits
- Pharmacist
- Physiotherapist
- Laboratory services
- Foot care clinic
- Nursing







“If you looked in through a window and saw everybody, you might think we’re all part of the same family. And, in fact, we are.”

Having fun

Avondale’s activities coordinator works to create an activities schedule that’s diverse, well-rounded, and fully supervised by our qualified personnel. Our facilities and programs are designed to encourage lots of social interaction, and to enhance your physical, spiritual and emotional wellness. In addition to our onsite activities, we have our own van to provide a variety of outings, from short shopping trips to all-day outings.

We offer activities and programs for making the most of every day, including:

- Monthly calendar of social, cultural and recreational activities
- Live entertainment
- Day trips/bus outings
- Fitness classes
- Pub nights and cocktail parties
- Full-time activity personnel
- Weekly entertainment
- Theatre
- Games and card room
- Pool table



At Avondale, we promise you our undivided attention...

In addition to Avondale's unparalleled on-site staff, facilities and services, we also provide the benefits of being part of Allegro Residences, one of Canada's largest networks of private independent and assisted-living retirement homes. Allegro maintains a comprehensive range of policies and work practices to ensure your safety, comfort and peace of mind.

Highlights include:

National customer service support

Allegro is the only major retirement residence network in Canada to offer national customer service support. If you ever have a question or would like to make a comment about your living environment, you can call our national toll-free number to receive immediate assistance.

Call 1 866 418.9992 weekdays from 8:30 a.m. to 4:30 p.m. EST.

Safety and security technologies

To ensure your safety and peace of mind, each of our facilities features fire and carbon dioxide detection and alarm systems, a call bell system available 24/7, and controlled access to the residence. In addition, all employees are trained to follow Allegro's emergency plan and safety procedures.

Food quality, safety and nutrition standards

To meet and exceed your expectations and comply with all food safety regulations, Allegro maintains a strict internal food services audit system. Our food service programs are managed in accordance with the Canada Food Guide and other agencies, and we source our foods only from reputable, well-established suppliers.

Workplace standards

All employees comply with Allegro's national training programs and policies for delivering personalized customer service.

Industry association accreditation

Allegro is a member of ORCA (Ontario Retirement Communities Association), QSHG (Quebec Senior Housing Group) and BCSLA (British Columbia Senior Living Association).

For retirement living at its finest,
choose **Avondale**.



1238 Queen Street East
Toronto (Ontario) M4L 1C3
416.778.7803