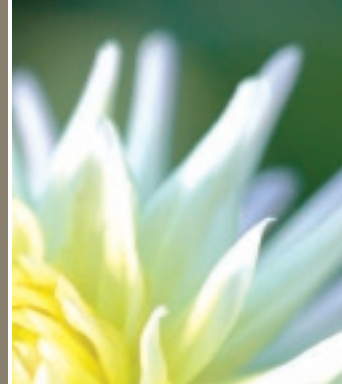




CHRISTOPHER TERRACE
retirement residence



At **Christopher Terrace**,
we promise you
our undivided attention...

A welcome message...

As general manager of Christopher Terrace Retirement Residence, my role is to ensure that our entire team is always there for our residents. Whether you lead an independent lifestyle or you're here for our assisted-living services, making sure that you feel comfortable, safe and secure is always the first priority of every one of us.

The reaction we get from most first-time visitors is that Christopher Terrace doesn't "feel" like a retirement residence. What makes us unique is the level of individualized care and personal attention you get from our staff. We're an home like atmosphere residence, with only about 70 residents, so you'll never feel lost. You get that "down-home" feeling plus the added convenience, comfort and security of our services and facilities.

To see if Christopher Terrace 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?

Christopher Terrace has it all...

The atmosphere is warm, secure, and inviting

There's no shortage of activities at Christopher Terrace, in the lobby and our other common spaces, 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. Christopher Terrace 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, Christopher Terrace 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

Situated in historic Roseland, just to the east of downtown Burlington, Christopher Terrace gives you the best of both worlds: close access to the action of Burlington and the GTA along with the leisurely pace of a quiet residential community. We're close to shopping and many other services. There's public transit access right from your front door, and you can always enjoy plenty of fresh air and green space, on our own grounds and throughout the surrounding neighbourhood.

You're close to everything, including:

- Roseland Creek
- Bronte Village Marina & shopping mall
- Burlington Mall
- Golf course & parks
- Go Transit & local public transportation
- Queen Elizabeth Way



“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 to accommodate both an independent and assisted-living lifestyle, Christopher Terrace is all about choices. Whether you feel like getting out in the community or just relaxing 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:

- Studio and one-bedroom suites
- 3-piece bathroom
- Kitchenette
- Emergency call system and lighting
- Approved fire alarm system
- Smoke detectors and sprinklers
- Bistro
- Library
- Lounges
- Outdoor terrace and garden
- Hair and beauty salon
- Wellness centre
- Laundry services
- 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
- Healthy meals
- Fresh fruit snacks
- On-site prepared meals
- Certified chefs and dietary staff
- Monthly birthday parties
- Daily refreshments & fresh snacks in the bistro
- ORCA & government-inspected kitchens





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

Taking care

Whether you are active and independent or you’re looking for assisted-living support services, Christopher Terrace has every service and convenience at your doorstep, from daily fitness and exercise programs to a complete range of care services that are provided 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.

NOTE: We can help you determine your eligibility, and help you register, for the care services available at no charge to you through the Ontario Ministry of Health’s Community Care Access Centre (CCAC) program.

Professional care & assistance services are always available, including:

- Personalized care services
- 24/7 professionally trained staff on site
- Medication monitoring and administration
- Emergency response
- Pharmacy
- Physiotherapy
- Foot care
- Respite & short stay
- Visiting laboratory







“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

Christopher Terrace's activities coordinator works to create an activities schedule that's diverse, well-rounded, and carefully organized to suit the pace and level of activity you prefer. Under the careful supervision of our qualified personnel, each of our programs is designed to encourage lots of social interaction, and to enhance your physical, spiritual and emotional wellness. In addition to our onsite activities, we organize 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:

- Fitness classes
- Interactive games
- Entertainment
- Day trips
- Walking club
- Art classes



At Christopher Terrace, we promise you our undivided attention...

In addition to Christopher Terrace'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 **Christopher Terrace**.



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