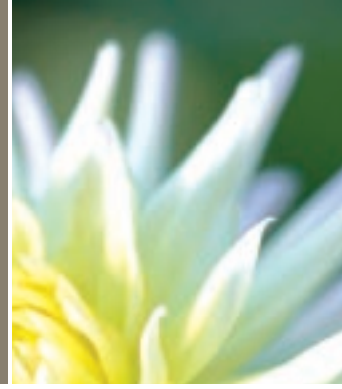




LANSING
retirement residence



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

A welcome message...

As general manager of Lansing 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 the first priority of every one of us.

Lansing's best distinction is its inviting atmosphere. For 20 years now, most of our visitors and guests tell us it's something you not only see; it's what you feel when you step thru the door into our reception area and quaint, cozy lounge. That's what people love most about our residence, and our staff – it's all about making sure you feel right at home, from the start. We continually strive to improve our services and resources. Our residents know that if they have any suggestions about how we can make them feel even more comfortable, they can call or drop by my office at any time. My door is always open and their feedback is always welcome.

We hope you find that Lansing feels like “your kind of place”. On behalf of our team, I thank you for considering Lansing.

The General Manager



What matters most to you?

Lansing has it all...

The atmosphere is warm, secure, and inviting

There's no shortage of activities at Lansing, 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. Lansing is known for its friendly, dedicated team of service providers, caregivers and 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 well appointed

For your assured safety and well-being, Lansing is equipped with emergency call bell and alarm systems operating 24 hours per day. And for your comfort and enjoyment, we can accommodate your most important personal needs and interests, not only within your suite 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

Lansing offers you all the benefits of living in a quiet residential community along with easy access to all the conveniences and amenities of downtown Toronto. We think of Lansing as “the home in the heart of the city”. We’re just steps away from the TTC and close to all major highways, yet the residence itself is tucked away in one of North York’s most popular, well-established neighbourhood. You can enjoy plenty of fresh air and green space, at our own outdoor area and in the surrounding neighbourhood and nearby parks.

You’re close to everything, including:

- Convenience stores
- Subway
- Shopping
- Theatres
- Parks
- Synagogues
- Churches



“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, Lansing Retirement Residence is all about choices. We take care of all of your health, safety and security needs – and all the daily chores – so you can enjoy your freedom to the fullest. Whether you feel like getting out in the community or staying within the residence itself, our staff can ensure that you always have an array of interesting options to consider. You can stay as active, or as laid back, as you like. The choice is always yours. And if you need us, we’re nearby.

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

- One-bedroom suites
- Kitchenette
- Air conditioning
- Door alarms
- Emergency call system
- Spa
- Lounges
- Bistro
- Patios
- Library
- Cozy theatre
- Chapel
- Religious services
- Beauty salon
- Physiotherapy room
- Laundry 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 home-style 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
- Monthly birthday cake
- Themed menus
- Home-style cooking
- Personalized diets for allergies & other health conditions
- Certified chefs and dietary staff
- On-site prepared meals
- Healthy meals
- Daily refreshments & snacks in the bistro
- ORCA & government-inspected kitchens
- HACCP (Canadian Food Inspection Agency) suppliers





“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, Lansing 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 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 available
- Weekly doctor visits
- Medication management
- Physiotherapist on-site
- Laboratory service
- Foot care
- Respite & short-term stay







“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

Our activities coordinator works to create a calendar 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 an array of social interaction, and to enhance your physical, spiritual and emotional wellness. In addition to our onsite activities, we provide a variety of outings.

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

- Bus and shopping outings
- Recreational activities
- Fitness classes
- Tai Chi



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

In addition to Lansing'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 **Lansing**.



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