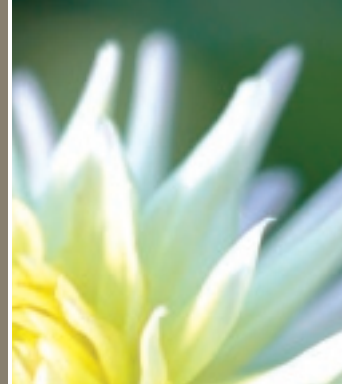




LIVINGSTON LODGE  
retirement residence



At **Livingston Lodge**,  
we promise you  
our undivided attention...

## A welcome message...

As general manager of Livingston Lodge 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.

Guildwood is a unique and very special community, and from the moment you enter our lobby, it's obvious that Livingston Lodge is no ordinary residence. We promote an active, independent lifestyle, but you'll also find that we are a closely-knit "community within a community". There's a strong sense of friendship and camaraderie amongst our residents and our staff. That's what most people love about Livingston Lodge – it's all about making sure you feel right at home. And 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 Livingston Lodge feels like "your kind of place". On behalf of our team, I thank you for considering us.

The General Manager



## What matters most to you?

Livingston Lodge has it all...

### **The atmosphere is warm, secure, and inviting**

There's no shortage of activities at Livingston Lodge, in the lobby, library, 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. Livingston Lodge is known for its friendly, dedicated team of service providers, caregivers and property management professionals, many of whom have worked here for several years. 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, Livingston Lodge 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

Livingston Lodge is situated in a peaceful residential neighbourhood, just steps away from historic Guildwood Park on the Scarborough Bluffs, where you'll find some of the most beautiful landscapes and spectacular views anywhere in the GTA region. Along with our unrivalled fresh air and green space, you have the convenience of a complete range of services, amenities, and social and cultural activities right in the community. And for a livelier pace, you've got easy access to downtown Toronto.

### **You're close to everything, including:**

- A well-established residential community
- Shopping mall
- Two churches
- Medical and dental offices
- Public library



“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, Livingston Lodge 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 help 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 always nearby.

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

- Studios and one-bedroom suites
- Kitchenette
- In-suite storage
- Pre-wired for Internet
- Private balcony (third floor units)
- Emergency call system
- Fire alarm system
- Smoke detectors & sprinkler system
- Emergency lighting
- Library
- Activities room
- Hair salon
- Scheduled transportation
- Free parking
- Housekeeping and handyman service
- Laundry facilities
- Linen service
- Wheelchair accessibility





“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
- Personalized diets for allergies & other health conditions
- Dining facilities available for your family functions
- Soup and salad bar
- Home-style cooking
- Healthy meals
- Fresh fruit snacks
- On-site prepared meals
- Sunday brunches
- Themed menus
- Monthly birthday cake
- Dietary staff
- Daily refreshments & fresh snacks in the lounge
- 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

Whether you are active and independent or you’re looking for assisted-living support services, Livingston Lodge has every service and convenience at your doorstep. We offer in-house care and assistance services 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 healthcare staff available
- Weekly doctor visits and on-call service 24/7
- Access to physiotherapist tri-weekly
- Mobile dental service
- Assistance services
- Respite & short-term stay
- Medication management
- Reflexologist weekly
- Pharmacy on site
- Foot care nurse







“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 with staff members, community volunteers, and many of the residents themselves, 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, many of our residents participate in the community’s charitable fund-raising events and a host of other activities throughout the year.

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

- Special events
- Recreational activities
- Live entertainment
- Physio fitness classes
- Interactive games
- Knitting club
- Crafts
- Outdoor excursions
- Card games
- Bingo
- Movies
- Pub nights
- Happy hours



## At Livingston Lodge, we promise you our undivided attention...

In addition to Livingston Lodge'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), BCSLA (British Columbia Senior Living Association) and QSHG (Quebec Senior Housing Group).

For retirement living at its finest,  
choose **Livingston Lodge**.



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