

# THE LIFESTYLE YOU'VE EARNED. THE LIFESTYLE YOU DESERVE.

At Scarborough Retirement Residence, we understand the importance of living an independent life. That's why we are proud to offer an environment that respects you as an individual.

Because we are family-owned and operated, we are committed to a philosophy centered on what's most important—you. We understand that every resident in our community is a unique individual, and your comfort and care is of the utmost importance to us.

You can feel it the moment you enter through the doors. Experience our unique boutique residence for yourself, and discover why so many of our residents are proud to call Scarborough Retirement Residence home.

From our expertly prepared meals, to our extensive social calendar, and our pet-friendly atmosphere, we know that life is as much about what you do as how you feel. So we do our very best to make sure your experience with us satisfies your body, mind, and spirit. At Scarborough Retirement Residence, we see the bigger picture, and pride ourselves on offering you a welcoming, holistic environment.

**Because you've earned it.**



The Lafontaine family



# A LIVELY COMMUNITY YOU'LL WANT TO CALL HOME.

Our team of dedicated care professionals work tirelessly to ensure all programs, services, and accommodations meet your highest standards and needs. We are committed to creating a warm and welcoming atmosphere that ensures each resident always feels at home.

In our years of experience, we've learned that variety is the spice of life, and we know you feel the same. That's why we offer a wide selection of lifestyle features and amenities, developed in collaboration with our staff and residents. Come and be part of a community that gives you the independence you want and the support you need, **now and in the future.**



## YOUR COMMUNITY. YOUR AMENITIES.

- Landscaped gardens and walking path
- Arts and crafts room
- Private dining room for you and your guests
- Complimentary parking
- Beauty salon and barber shop services
- Visiting healthcare services
- Convenience shop
- Public transit at the door
- Access to ATM in residence
- Resident craft kitchen
- Physio and massage rooms
- Fitness room

## Your Life. Your Way.

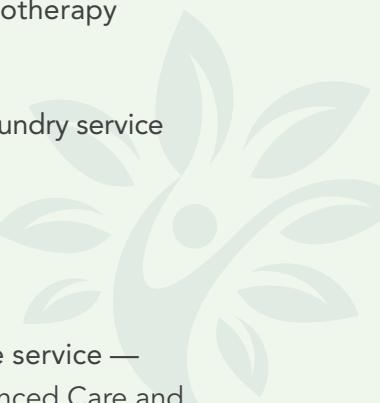
We understand that everyone ages differently. That's why it is our pleasure to offer you a wide range of customizable services that cater to each resident's individual wants and needs.

### OUR MONTHLY RATE INCLUDES:

- Full service dining room
- Three healthy, chef-prepared meals served daily
- Café lounge with refreshments and home-baked treats
- Life Enrichment programs, events and activities
- Access to house physician
- Security and emergency response 24 hours a day
- Weekly Housekeeping service
- Linen service
- Concierge service
- Convenience shop
- Media lounge, including internet
- Fully equipped fitness center
- Education programs, group outings, social events and activities
- Large multi-purpose room
- Matinée Lounge
- Daily Mass in the onsite St. Joseph's Chapel
- Family Gathering Lounge
- Games room with billiards and card tables
- Dedicated community channel

To further personalize your experience, you can add any of the following services to your monthly package:

- One-on-One Physiotherapy
- Companion care
- Weekly personal laundry service
- Daily maid service
- Escorting
- Night checks
- Custom healthcare service — Enhanced or Advanced Care and Comfort Care Programs
- Daily medication management
- Weekly en-suite bathing assistance
- Group Falls Prevention and Fitness Classes



# LIVE THE LIFE YOU WANT.



Enjoy a healthy and active lifestyle at Scarborough Retirement Residence. You can join activities, clubs or make a difference participating in any one of our community associations. Sign up for trips on our active social calendar, enroll in painting classes, volunteer or take an afternoon break in our beautifully sunlit café lounge.

Whether it's attending our regular services in the chapel, or hosting your family gathering in our elegant dining room, **everything you need is right here.**

**Take a computer class or stay active with one of our fitness classes. Whatever your preference, there is something for everyone — our Ambassador Program welcomes new residents to their community. We offer volunteer programs, clubs and committees, and intergenerational programs.**

- Fitness classes
- Music therapy
- Book and current event discussions
- Craft workshops
- Social teas
- Happy hour
- Movies and Travelogues
- Computer classes
- Informative guest speakers
- Matinée and evening movies
- Themed holiday parties
- Horticulture club



- Outings to area attractions
- Card groups
- Musical entertainment
- Theatrical presentations
- Spiritual Programming
- Library



## A SPECIAL DINING EXPERIENCE

At Scarborough Retirement Residence, we know that a meal is more than just a meal — it's an experience. Pull up a seat and enjoy three delicious, nutritious meals expertly prepared daily by our executive chef, or perhaps you'd like to relax with friends and family in our Private Dining Room. We are also proud to offer our very own signature wine that we serve during special occasions, and is also available through our wine club. Our catering services are also available to you, so we hope that your next celebration will be with us! And, of course, we accommodate any and all dietary needs as necessary.



### FALL / WINTER SAMPLE MENU

#### LUNCH

##### — SOUP —

Chicken Barley

##### — MAIN COURSE —

Spaghetti with Bolognese Sauce  
Caesar Salad with garlic bread

OR

Mushroom and Cheese Omelet and  
Green Salad with Poppy Seed Dressing

##### — DESSERT —

Triple Berry Crumble

#### DINNER

##### — APPETIZER —

Wine Ripened Tomatoes and Bocconcini  
Salad with Balsamic Glaze

##### — MAIN COURSE —

Grilled Lobster with Lemon Garlic Butter  
Tender Pork Chop with Sage  
Jus Herbed Oven-Roasted Potatoes  
Buttered Green Peas and Savory Carrots

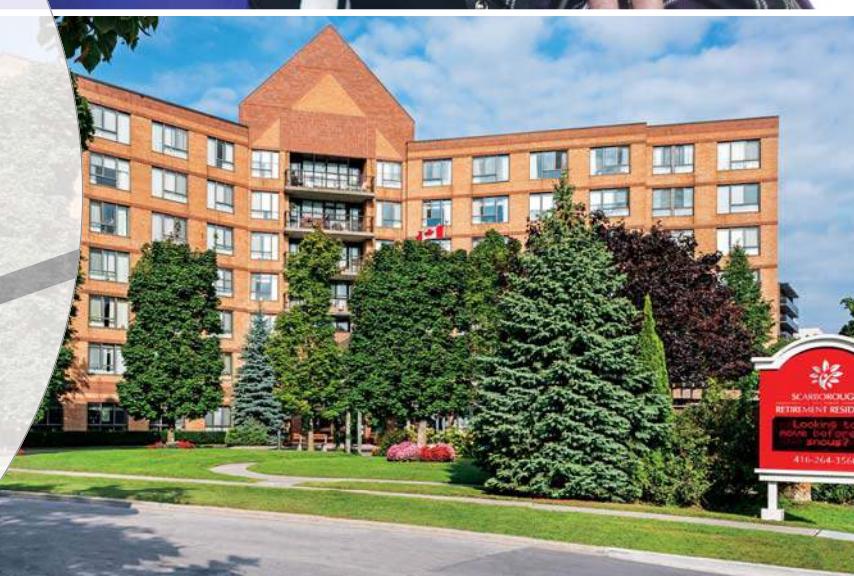
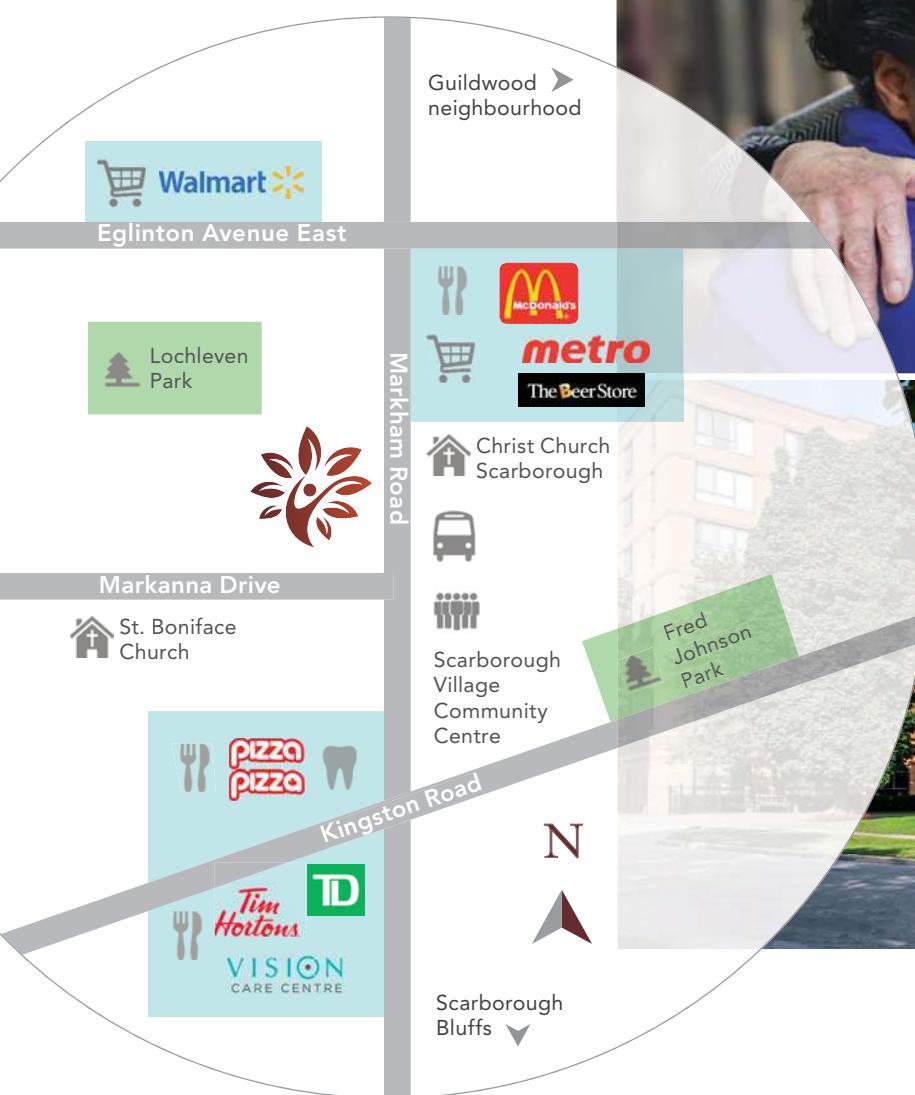
##### — DESSERT —

Boston Cream Pie

Imagine your favourite meals beautifully prepared, and yours to enjoy in the company of new friends.

# CONVENIENT LOCATION. INDEPENDENT LIVING.

Scarborough Retirement Residence is centrally located at 148 Markham Road in the beautiful Scarborough Village, just north of the breathtaking Scarborough Bluffs. Public transit is just outside our doors, so whether it's groceries, a cup of coffee with a friend, or a walk in the park, our residence is just minutes from anything you could want or need.



Below, the Studio Suite floor plan.

## COMFORT, SAFETY & SECURITY.



Indulge in our spacious studios and suites. With an impressive array of floor plans, all of our accommodations are designed to meet your needs. Offering a large variety of layouts which include wonderful personalized features such as service kitchens, walk-in showers, large windows and closets.

**The choice is yours!**

### Accommodations with you in mind.

- One-bedroom or studio suites, some suites include a kitchenette with sink, refrigerator/freezer and microwave
- Quality broadloom and designer window treatments
- Private ensuite 4-piece bathrooms, some with walk-in showers
- Electricity, water and individually-controlled heating and air-conditioning
- State-of-the-art Emergency Response System
- Smoke detectors
- Large closets with ample storage
- Telephone and cable hook-ups
- Pet-friendly atmosphere



Spacious common areas.

# DON'T JUST TAKE OUR WORD FOR IT

SEE WHAT SOME OF OUR RESIDENTS  
HAVE BEEN SAYING ABOUT US.

**SUSAN  
MOCHAN**



"I have been a resident of SRR for about 6 months and I am constantly being asked why I chose this community. SRR itself is loaded with things to do: learn how to paint a picture, join a party and have some fun but best of all the food is excellent! Why do I like it here? Because it has everything!"

**EMILY  
WINKLEY**



"When I arrived at SRR I was not in my best health, I got better with the care I received. The staff is so kind and helpful. They're always ready to answer any problems I may have. The food is great — with special treats. There are many things that keep me busy here with exercise, entertainment, games and trips."

**MARION  
AWDE**



"I find the friendly staff at Scarborough Retirement Residence gives me all the support and care I want and need. I've made many friends here and I wouldn't want to live anywhere else."

**FRANK  
& ILEEN  
KENNEDY**



"The staff succeeds in being kind, cheerful and outgoing on all occasions." **Frank Kennedy**  
"I like the friendly atmosphere with competent staff who pay attention to details." **Ileen Kennedy**