

# Right where you want to be



**Westney Gardens**  
RETIREMENT LIVING



# Live the life you love.

Amidst sprawling parkland and beautiful gardens, Westney Gardens is perfect for active living nestled in a vibrant community.

Where and how you spend your time is up to you, but there's always something to do around Westney Gardens. Enjoy a stroll through our beautifully landscaped grounds, walking paths, raised gardens, gazebo and patios. Or, take a quick jaunt around town to enjoy local restaurants, cafés or shopping.

Refresh mind and body with our on-site fitness, wellness and recreation programs. Express your creativity in the art studio and theatre or practice your swing at the golf simulator. Then receive the royal treatment at our salon and spa. That's life at Westney Gardens.





# What's in the neighbourhood?



**Bus Stop** | 0.3 km



**Coffee Shop** | 0.3 km



**Shopping Mall** | 0.3 km



**Bank** | 0.3 km



**Park** | 0.3 km



**Grocery Store** | 0.3 km



**Liquor Shop** | 0.3 km



**Hospital** | 0.3 km





# Life is great when the food is too.

From the moment your day starts, great food helps fuel an active life.

Our expert chefs make your meals from scratch daily with fresh ingredients that are seasonal and local. You'll love the variety found on the menu, and you'll really love the way great food sparks great conversation with family and friends.

Imagine a full-service dining room with your certified Red Seal Director of Culinary creating and offering a menu right under your own roof. That's a taste of your dining experience at Westney Gardens.

Treat yourself in our licensed pub or café-style bistro. You can also request Westney Gardens' culinary team to host a family dinner just for you.





# Active Living is all about choice.

Maintaining your physical, mental, and emotional health is key to retirement living. Our Active Living programs take a holistic approach, based on 7 core Dimensions of Wellness that fuel the body, mind, and soul. And while they're designed with you in mind, they're also fun and engaging activities that will bring new vigour to life and help you meet new friends in the community.



**Social**



**Physical**



**Environmental**



**Community  
Engagement**



**Emotional**



**Intellectual**



**Spiritual**





# Keeping well for your wellbeing.

Flexible, personalized and comprehensive, it's all about helping you feel your best now – and in the future. That's why our LiveWell™ plan puts you at the core. Talk to us about your health goals and see how a customized plan can work for you. Best of all, you only pay for the services included in the plan.

Receive personalized care and support with à la carte services available through our LiveWell™ Plan. Should your needs change, our 24/7 on-site nurses are here to help and support you.



# Living that feels like home.

With a people-centric approach, attention to detail and high-quality services and amenities you and your family will find a lot to like at Westney Gardens. It's your new home to help you live your best life every day.

Choose from spacious and bright studio, 1 or 2-bedroom suites, with most featuring full kitchens, laundry, window coverings, private balconies and high ceilings.

Select from optional services and amenities including daily housekeeping, linen and towel services, and more. Furnish your space in your own, personal style. Trial stays are available including respite and guest stays. Pet lover? Furry friends are welcome too.





# What does Westney Gardens cost?

Well, imagine your rent or mortgage, meals, phone, heat, internet, cleaning and social activities bundled together. Now imagine culinary delights, movie nights, specials events catered to your interests, and friends all under the same roof.

These are the joys and conveniences of living at Westney Gardens.

**Call us today to check availability and the latest rates. We can't wait to welcome you.**

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