

Right where you want to be



The
Westwood
RETIREMENT LIVING



Live the life you love.

Renowned for its beautiful gardens, friendly atmosphere and enviable view of the Gatineau Hills, plus easy access to Carlingwood Mall, Ottawa Hospital Civic Centre and Sir John A. MacDonald Parkway, The Westwood is perfect for active living nestled in a vibrant community.

You'll feel right at home, just with more services and less responsibilities. Get out and explore the outdoor patios and nearby trails. Treat yourself in our beauty salon, and then join friends in the fireside lounge, movie theatre and games room. That's life at The Westwood.



What's in the neighbourhood?



Bus Stop | 0.1 km



Coffee Shop | 0.5 km



Gas Station | 0.5 km



Grocery Store | 0.4 km



Park | 0.5 km



Pharmacy | 1.5 km



Liquor Shop | 0.8 km



Shopping Mall | 1.0 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
The Westwood.





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.

Our focus is on your health and wellness. That's why LiveWell™ puts you at its core.

Flexible, personalized and comprehensive, it's all about helping you feel your best now – and in the future. 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.

The Westwood supports a full continuum of care and has the services and amenities to meet a wide range of needs. Through daily engagement, families will have trust, confidence and peace of mind in the personalized care that lets you age-in-place.



Living that feels like home.

There's so much to see and do. We're excited to show you how The Westwood can complement your lifestyle.

With a people-centric approach, attention to detail and quality services and amenities, you and your family will find a lot to like.

Choose from spacious and bright studio and 1-bedroom suites, many including kitchenettes, with features and amenities catering to both independent and assisted living residents.

Memory Care studios are designed with comfort and security in mind, and residents have the support of 24-hour nursing care. Pet lover? Furry friends are part of our family too.



What does The Westwood 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 The Westwood.

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

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