

Right where you want to be



Cambridge Estates
RETIREMENT LIVING



Live the life you love.

Located near Quidi Vidi and St. John's Harbour, Cambridge Estates offers the amenities you're looking for in a comfortable, secure setting.

Step into this modern residence that features charming spaces and welcomes both residents and visitors into a warm, dependable community.

Receive the royal treatment at the beauty salon and barbershop. Enjoy more quiet time by finding a relaxing nook in our library or fireside lounge.

Your life here includes vibrant social activities, healthy living with a community that takes time to socialize, collaborate and celebrate together.



What's in the neighbourhood?



Bus Stop | 0.3 km



Coffee Shop | 0.5 km



Bank | 0.3 km



Grocery Store | 0.2 km



Park | 0.5 km



Pharmacy | 1.7 km



Library | 2.3 km



Hospital | 3.3 km



Life is great when the food is too.

Made from scratch daily with fresh ingredients, every meal at Cambridge Estates is served the old-fashioned way: with a smile.

Prepared by expert chefs with seasonal, locally-inspired menus, they're perfect for sharing with friends and family. Good food, good conversation: that's the spice of life.

Savour fresh and delicious, chef-made fare in the full-service dining room and bistro.



Active Living is all about choice.

Activities aren't just for fun: they also provide physical, mental and emotional benefits.

That's why our Active Living programs take a holistic approach that focuses on 7 core dimensions for wellness that fuel the body, mind, and soul.

Whether it's a rousing game of cards, a lobby sing along or dance class, they're a great way to engage with the community while staying fit and active.



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.

Choose from many daily active living programs such as exercise classes, crafts, happy hour, and bingo. Plus, there is an on-site doctor two days a week, on-site blood collection and foot care services for residents.

Through daily engagement, families will have trust, confidence and peace of mind in the resident-centred care approach that our long tenured staff provides.



Living that feels like home.

We're excited to show you how Cambridge Estates can be an extension of your lifestyle.

Attention to detail, and commitment to service and convenient amenities are all designed to make you feel right at home.

When it comes to accommodations, you have a variety of choice. Select from spacious and bright studio, 1 and 2-bedroom suites, plus options and features designed for independent living.

We also are a provincially licensed home, and will work closely with the personal care home in-take process, accepting both subsidized and private paying residents.



What does Cambridge Estates cost?

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

These are the joys and conveniences of living at Cambridge Estates.

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

Cambridge Estates
RETIREMENT LIVING

64 Portugal Cove Rd
St. John's
709-576-4663
cogirseniorliving.ca

BY
cogir