

Assisted Living Services.

Smiles and hugs included.

For Community Members who require some extra care, Waterside's Assisted Living services can be provided in any suite in our Community, which means an optimal combination of spacious suites, privacy and assistance when you need it without having to move! Our dedicated Wellness Team can *Make Today Great!* with these services tailored just for you 24/7.

Waterside's Assisted Living Package includes:

- Medication Administration
- Assistance with Showering
- Personal Laundry
- Up to 60 minutes of personalized care

Waterside's Medication Administration Program includes:

- Administration of all prescribed and over-the counter oral medications
- Hearing aids services (insertion/removal/battery changes)
- Glucometer testing
- Blood pressure and vitals monitoring
- Monthly B12 (or other) injections
- Eye and ear drop administration

Additional Available Wellness Services:

- Assistance with Morning & Evening Care
- Respite care/Post op
- Coumadin Therapy Monitoring/INR Testing
- Night checks
- Assistance with Compression Stockings
- Morning or evening personal care
- Assistance with Medical Devices (CPAP/ BIPAP, Sling, Splint, Back Brace, Prosthesis)
- Cueing to meals and or activities
- Catheter bag drainage
- Oxygen Management
- Personal laundry
- Escorting Services to Meals and or Activities
- Homemaking and housekeeping services
- One person transfers
- Home and Community Support services welcome!
- Assistance with oxygen



Amazing Amenities.

Make the most of every day.

Explore an interest, get pampered, or just sit back and enjoy the welcoming environment. At Waterside, your hardest choice will be what to do first. What makes you smile? Reading the morning paper in a café with a fresh croissant and gourmet coffee? Taking a swim in your heated indoor pool on a cold and snowy day? Having a drink with friends in the pub? Maybe it's an invigorating exercise class or stimulating lecture. You'll find all these and many more reasons to smile at Waterside.

Dining

Savour three gourmet meals a day in our dining room whenever you please with *Anytime Dining*, and enjoy fresh snacks in *Perks! Café*. Choose a fine wine, have an afternoon tea and entertain family and friends around our harvest table.

Serenity Spa

Get pampered while addressing your health and wellness needs. Look and feel fabulous after a visit to our salon, *Waves*.

Fitness Programs

A variety of programs are available to nurture your body, mind and soul. Take a dip in the heated indoor saltwater pool and classes to improve your cardio, flexibility, balance and strength in our *VIVAfit Studio*.

Entertainment & Activities

There is always a way to keep busy at Waterside, from recreational to educational. Enjoy a movie with friends in the *V!VAplex*, challenge opponents with a game of pool or darts, enjoy a pint or cocktail in *Paddles! Pub*. Relax with a good book in our library or surf the web on one of our computer stations. Connect to complimentary wifi in our main lobby before boarding the Waterside bus for your next adventure.

Victory Garden

There's nothing like escaping to nature for a relaxing afternoon. Ease through the day at our Victory Garden filled with lush plant and vegetable life, all in raised planters for easier, ache-free gardening. If you have a green thumb, feel free to tend to your own plants.



River Level.



- ① Wellness Spa
- ② Waves Salon
- ③ Wellness Centre and Doctor's Office
- ④ Library/Brain Gym
- ⑤ Lounge
- ⑥ V!VAplex Theatre
- ⑦ V!VAcraft Kitchen
- ⑧ V!VAFit Studio
- ⑨ Indoor Saltwater Pool
- ⑩ Outdoor Patios

Terrace Level.



- ① The Shores Dining Room
- ② Paddles! Pub
- ③ Outdoor Patio
- ④ Main Lobby
- ⑤ Perks! Café