

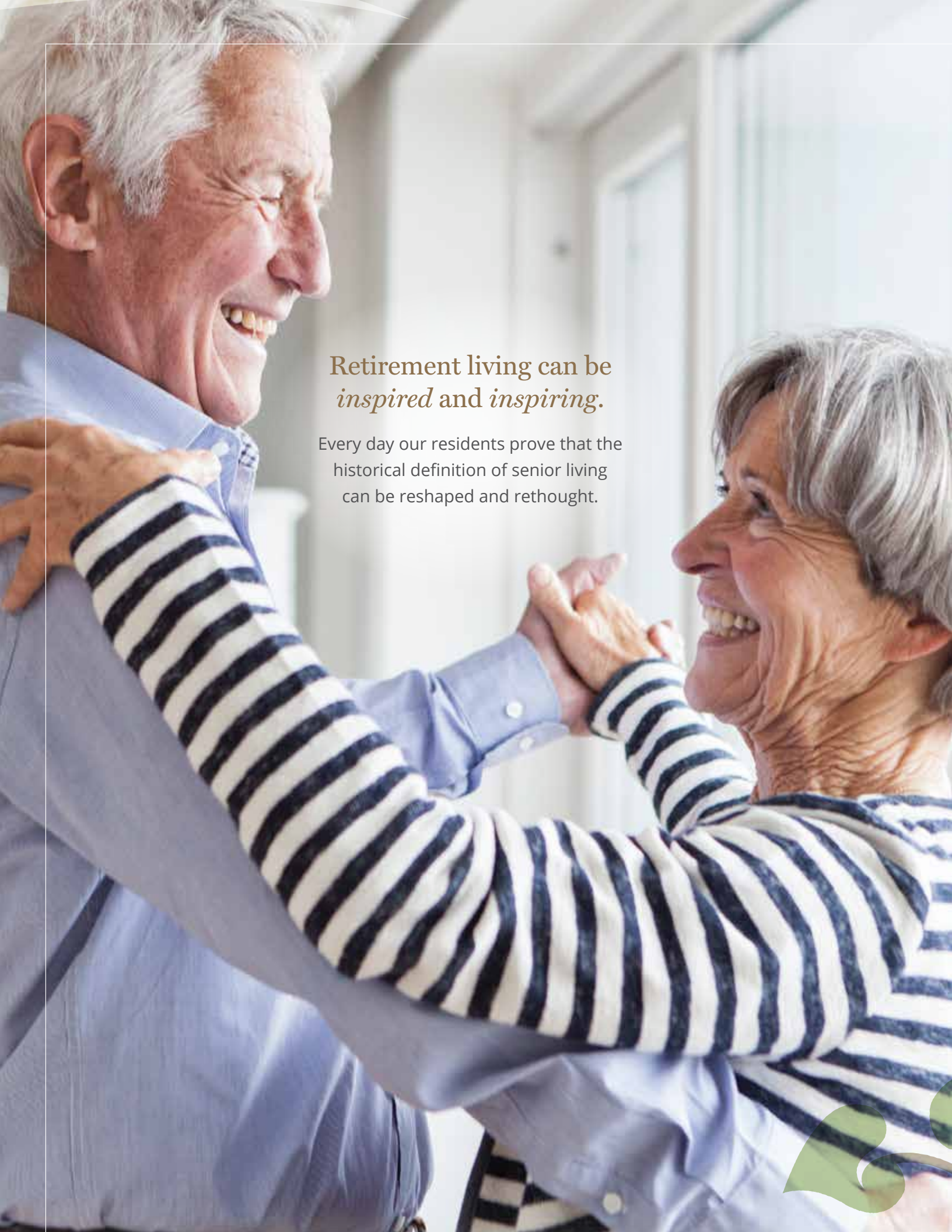


Let's journey *together*

*FOUR ELMS*  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH





Retirement living can be  
*inspired* and *inspiring*.

Every day our residents prove that the  
historical definition of senior living  
can be reshaped and rethought.







## Welcome *home*

Four Elms Retirement Residence offers luxury living, exceptional dining, and excellent city views in an active social environment.

Within our beautiful community, residents can enjoy art and exercise classes, live entertainment, and exciting outings. In addition to our Independent Living suites, our newly renovated Assisted Living floor allows our residents to age gracefully in the ideal place for the independence you want with the care that you may need available.

Your wellness, safety, and comfort are our #1 priority.

**Be** *on your own terms*





*One bedroom suite*

## Our Accommodations

Create a living space that is uniquely you. Our suites come in different sizes, so you can pick the one that fits your style best. Relax and read your book or enjoy your favourite beverage in the privacy of your own suite. You will have access to great amenities and programs, as well as a community of people just like you. And if you have a furry family member, they're welcome too!

Our suite features:

- Well-appointed kitchenettes
- Climate control for your suite
- Accessible showers
- 24/7 Emergency response system
- Pet-friendly

## Respite Stays

We offer respite stay services in private, fully furnished suites that include a telephone, television, and a monitored emergency response system. Caregivers and family members can find relief and peace of mind knowing their loved ones are being looked after by professionals in a safe and secure environment that feels like home.

- Weekly housekeeping service
- Weekly laundry service of bed linens and towels
- Window coverings
- Balconies on select suites
- Complimentary laundry facilities



*Library*

## Our Amenities

Living at Four Elms Retirement Residence, you will be energized and inspired—whether you're relaxing in the comfort of your suite, listening to live music, or enjoying a game of cards with friends. Experience our chef's home cooking and invite your family and friends to join you for a meal. Your friends will feel comfortable the moment they enter our lounge/bar and share a cappuccino, glass of wine, beer, or cocktail with you.

Our residence features:

- Main dining room
- Country kitchen
- Activity room
- Outdoor terrace
- Bistro and bar
- Fitness and wellness centre
- Movie theatre
- Transportation for planned excursions
- Café
- Spa and hair salon
- Piano lounge
- Guest suites
- Dedicated assisted living dining room
- Fireplace lounge
- Billiards room
- Personal mailboxes
- Private dining room
- Library
- General store



## Your Well-being

As evolving and varied as they may be, we all want our needs met in a certain way. At Four Elms Retirement Residence, we celebrate that. Though the types of support we offer are different, the level of respect and dignity we display is unwavering.

INSPIRED SENIOR LIVING WITH



### Independent Living

- Two exceptional, chef-inspired meals daily and a continental breakfast
- Access to first-class services and amenities
- Specialized and purpose-built life enrichment and fitness programs
- Transportation for planned excursions
- Personalized wellness programs and clinic
- Access to support services as required
- Resident wellness checks (e.g. unexplained absence at lunch or dinner)
- Weekly housekeeping services including laundering of bed linens and towels
- Emergency response system including pendant
- Professional on-site management
- 24-hour security monitoring service

### Personalized Support

When you or your loved one needs a little extra support, we offer a tailored approach to care with à la carte options designed to complement our Independent Living services.

Personalized support can include:

- Medication administration
- Assistance with light personal care
- 24-hour nursing staff available
- Weekly personal laundry

*Ask a representative for a complete list of our à la carte personalized support service options.*



At Four Elms Retirement Residence, we believe that even those individuals needing some assistance can live purposefully, with spirit, energy, and the confidence to participate fully in community and social events. Changing needs are always met with respect by our trained and specialized individual service providers.

## Assisted Living

Includes everything from Independent Living and also includes:

- Three exceptional, chef-inspired meals daily served in a private, family-style dining area
- Weekly personal laundry service
- Daily housekeeping (garbage removal, bed making, and light bathroom tidy)

Available if required:

- Medication administration
- Assistance with personal care needs (i.e. assistance with dressing, personal hygiene, ambulation, and continence care)
- Assistance with bathing and showering
- Ordering of personal hygiene supplies
- Health counselling, referrals, and liaison with medical practitioners

*“From the beginning, the staff was very professional and had a heartfelt warmth and kindness for our requirements.”*

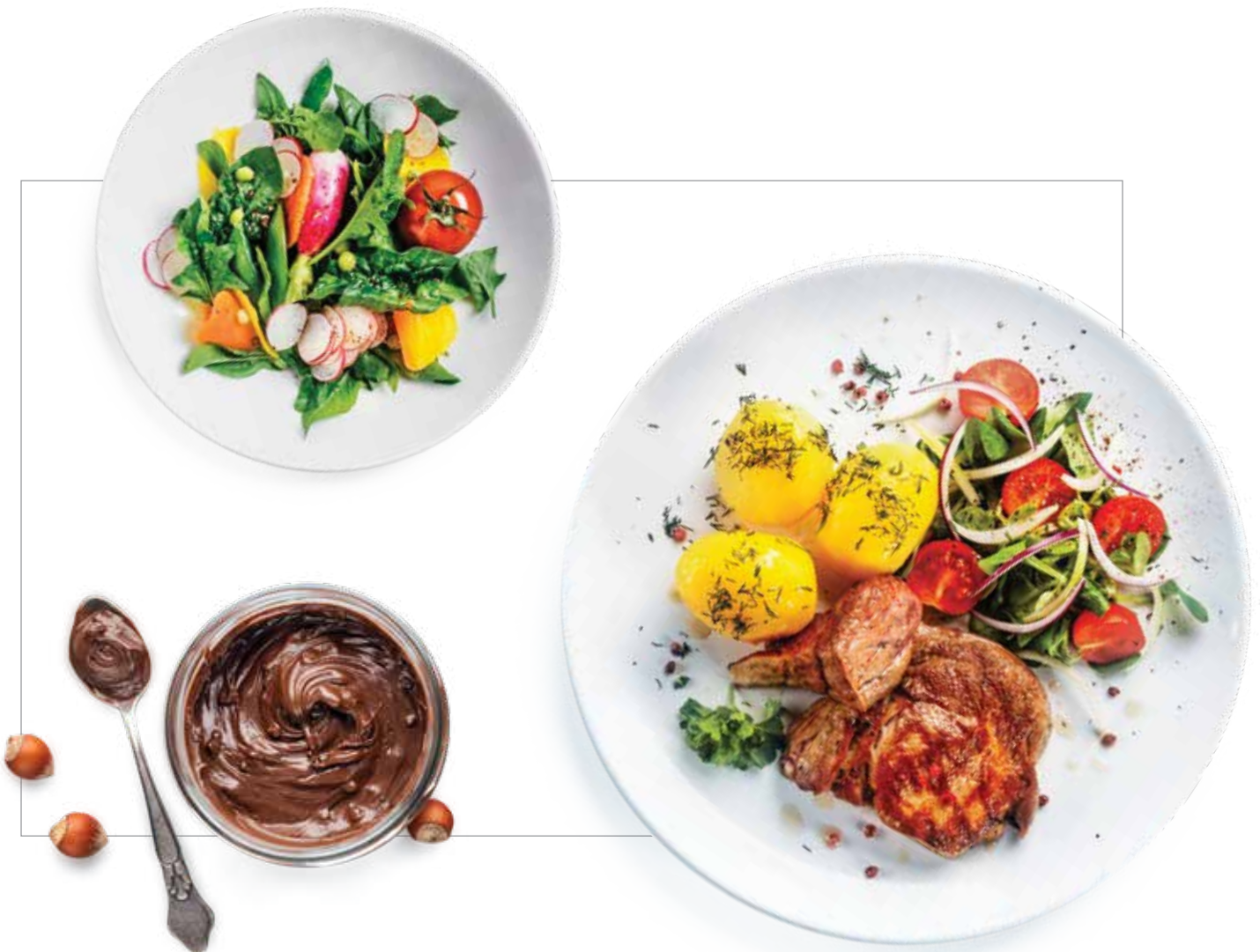
*— Resident’s family member*



# *A fresh take on dining*

For most of us, the kitchen is the heart of any home where everyone is welcome, and everyone's tastes and preferences are taken into consideration. We agree that a good meal, formal or informal, is part of creating great memories. At Four Elms Retirement Residence, our culinary team takes care of everything so you can enjoy your time with friends and family. We are quite literally at your service!

- *Living, Loving, Local* food program
- Continental breakfast
- Dining room with open seating
- Monthly brunches
- Daily specials and à la carte menu options
- Dietary accommodations
- Licensed bar, dining room, and patio
- Express lunch
- Private dining room for family gatherings
- Healthy choices, including superfoods







Indulge in immersive experiences and a community atmosphere unlike any other.

## Life Enrichment

At Four Elms Retirement Residence, everything we do is to ensure that you have a great day, every day! That's why we hold monthly meetings to recognize that your opinions and suggestions are valued. Our monthly calendar is a great reflection of how we act upon your ideas. Selected by the residents, our engaging activities will inspire you to participate!

- Excursions to museums, galleries, and entertainment venues
- Guest speakers specializing in music, art, health, education, technology, and politics
- Regularly scheduled live entertainment
- On-site vendors offering unique clothing, jewelry, and more so you can shop in the convenience of your home
- Various on-site non-denominational religious services
- Monthly resident council meetings

Fitness classes include:

- Walk Fit
- Drum Fit
- Go4Life
- Dance classes
- Yoga

Other purposefully designed programs include:

- Meet Me at the MoMA
- Artfull Enrichment Program
- Java Music Club
- Java Memory Club
- Fit Minds

An elderly couple is shown in a domestic setting. The woman, on the left, has short brown hair and is wearing a light-colored t-shirt and matching pants. She is smiling broadly and clapping her hands. The man, on the right, has white hair and is wearing a light purple and white striped short-sleeved shirt. He is also smiling and clapping. In the foreground, a pair of hands is seen playing a piano. The background is slightly blurred, showing a doorway and some furniture.

*“Our philosophy for better health and well-being is living an inspired life.”*

## It's About You

Attention to individual needs and wellness is a priority at Four Elms Retirement Residence. We have a monitored emergency response system and are staffed 24 hours a day by a team of individuals dedicated to your comfort and well-being. In addition, your Health & Wellness Manager provides health assessments and co-ordination of other services as needed.



## Safety & Security

Four Elms Retirement Residence is a place you can call home, and not because it's where you wake up every morning, but because you're surrounded by people who care about your well-being, providing you with peace of mind. We believe that you should feel safe and reassured when living in your new home. Our residence has innovative safety features.

- 24/7 emergency response pendant
- Security door system and cameras in public areas
- Regular fire safety and equipment testing
- Sprinkler system and smoke detectors
- Emergency response system in every suite



Emergency response pendant



Regular safety equipment checks

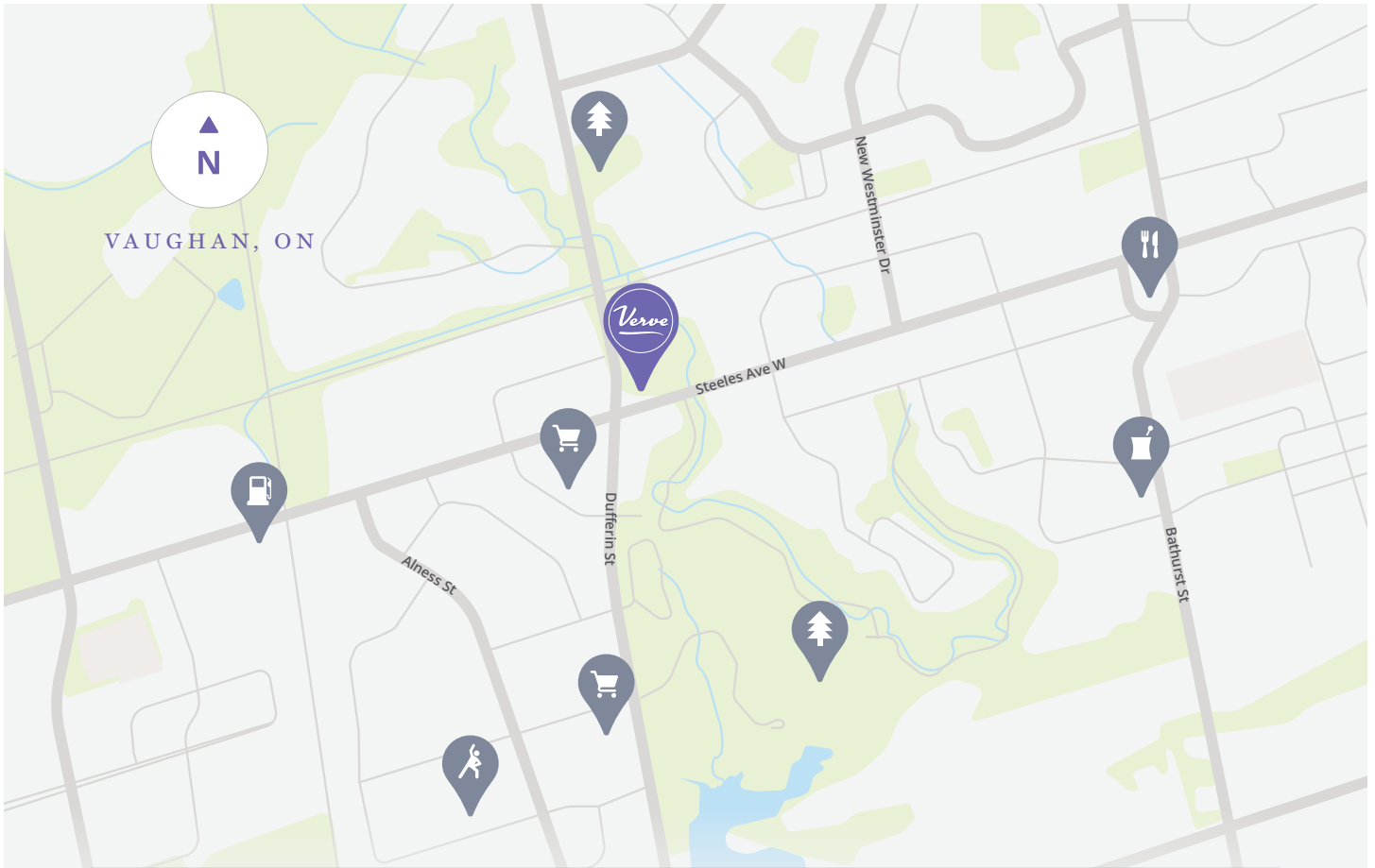


Sprinkler system and smoke detectors



In-suite emergency response system





## The Neighbourhood of Four Elms Retirement Residence



Park



Grocery



Restaurant



Gas Station



Pharmacy



Community Centre

Map not to scale

*A view of the idyllic grounds of Four Elms Retirement Residence.*



# The fullness of life is within reach in Thornhill

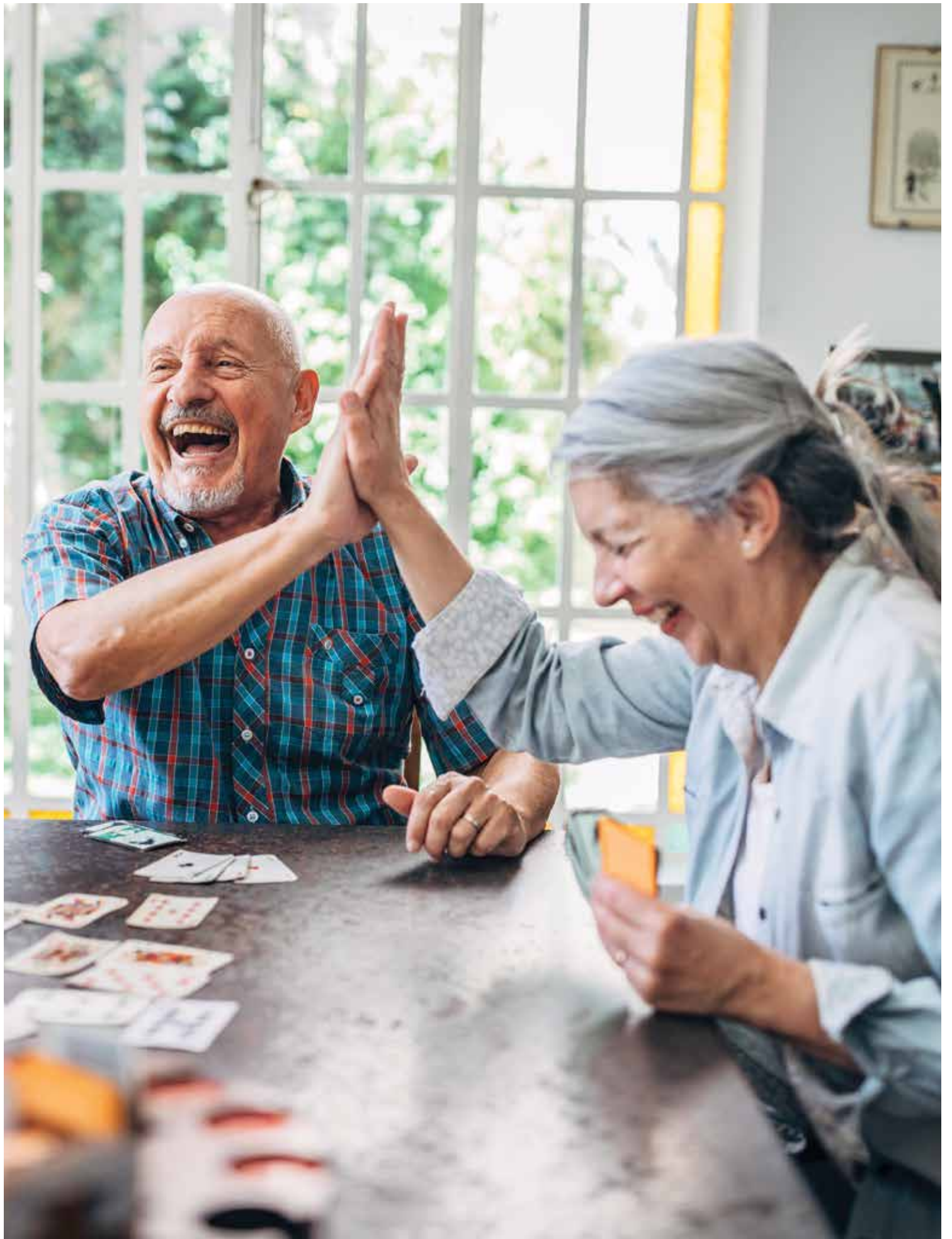
Everything you could possibly need is within your reach in the suburban town of Thornhill. For those who enjoy fresh air and taking walks outdoors, there are beautiful, lush parks and green spaces, all within a 10-minute walk from Four Elms Retirement Residence.

Thornhill's combination of entertainment, shopping, banks, dining, public transit, and leisure activities makes this charming town in the York Region the ideal place for inspired senior living.



*Live an inspired retirement in Thornhill with shops, lush parks, and so much more.*











We believe retirement living can be *inspired* and *inspiring*.

Every day our residents redefine aging by experiencing retirement with purpose. An empowered life built on the pillars of mind, body, and spirit is the cornerstone of Verve Senior Living, supported by a professional team with a passion for excellence.

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