



Let's journey *together*

  
**THORNEBRIDGE**  
*gardens*

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*

Welcome to New Westminster's luxurious retirement living at Thornebridge Gardens. Relax, play, dine in style, and enjoy our exceptional amenities and services all designed for a fulfilling lifestyle.

Our dedicated team of professionals inspires active aging and is on hand to provide assisted living support when needed, for a continuum of care when it's time to transition from independent living. We're here for your peace of mind and to ensure each day is your best one yet.

Be *on your own terms*







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
- Window coverings
- Balconies or terraces on select suites
- Complimentary laundry facilities on each floor



*Billiards room*

## Our Amenities

Living at Thornebridge Gardens 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
- Fitness and wellness centre
- Activity room
- Transportation for planned excursions
- Bistro and bar
- Hair salon
- Piano lounge
- Guest suites
- Private dining room
- Fireplace lounge
- Billiards room
- Personal mailboxes
- Country kitchen
- Library
- Tuck shop
- Outdoor terraces



## Your Well-being

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

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### 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
- Access to support services as required
- Resident wellness checks (e.g. unexplained absence at lunch or dinner)
- Weekly housekeeping services
- Emergency response system including pendant
- Professional on-site management
- 24-hour security monitoring service
- In-house access to pharmacy services

### Personalized Support

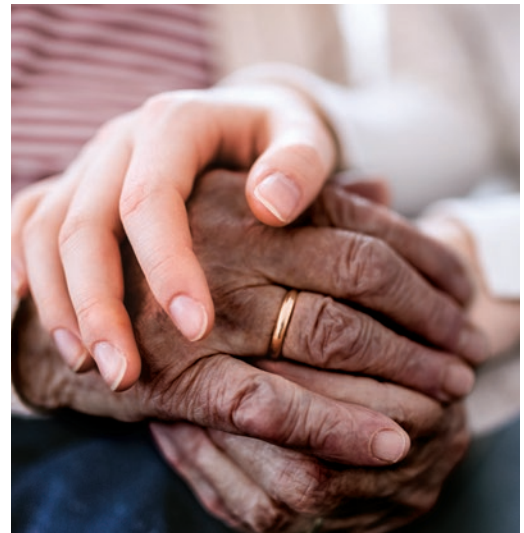
When you or your loved one needs a little extra support, we offer a tailored approach to care with à la carte options designed to supplement our full suite of Independent Living services.

#### Personalized support can include:

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

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





At Thornebridge Gardens Retirement Residence, we believe that all of our residents should 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

- Two exceptional, chef-inspired meals daily and a continental breakfast
- Specialized and purpose-built life enrichment and fitness programs
- Transportation for planned excursions
- Personalized wellness programs
- 24/7 emergency assistance
- Resident wellness checks
- Weekly housekeeping services
- Emergency response system including pendant
- Professional on-site management
- 24-hour security monitoring service
- Secure environment

### Available for an additional fee:

- Medication administration
- Assistance with personal care needs (i.e. dressing, personal hygiene, and continence care)
- Assistance with bathing and showering
- Nursing services including wound care and injections
- Ordering of personal hygiene supplies
- Health counselling, referrals, and liaison with medical practitioners
- Weekly housekeeping (garbage removal, bed making, and light bathroom tidy)
- Weekly personal laundry service

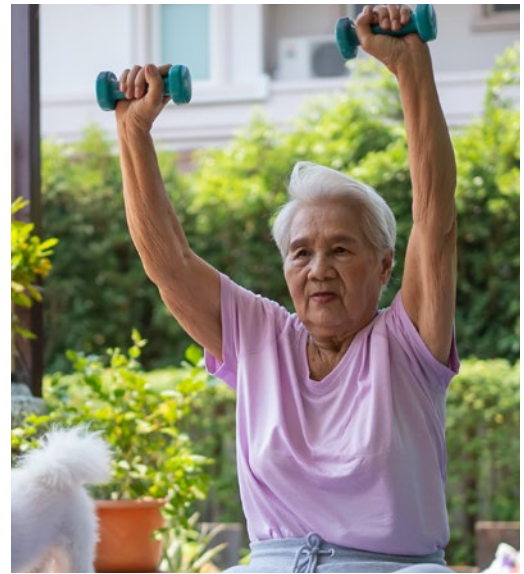
# *A fresh take on dining*

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 Thornebridge Gardens 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 dining themes
- Daily specials and à la carte menu options
- Dietary accommodations
- Licensed bistro, 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 Thornebridge Gardens 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 activities 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 forum

### 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
- 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 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 checkered button-down 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 Thornebridge Gardens 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

Thornebridge Gardens 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



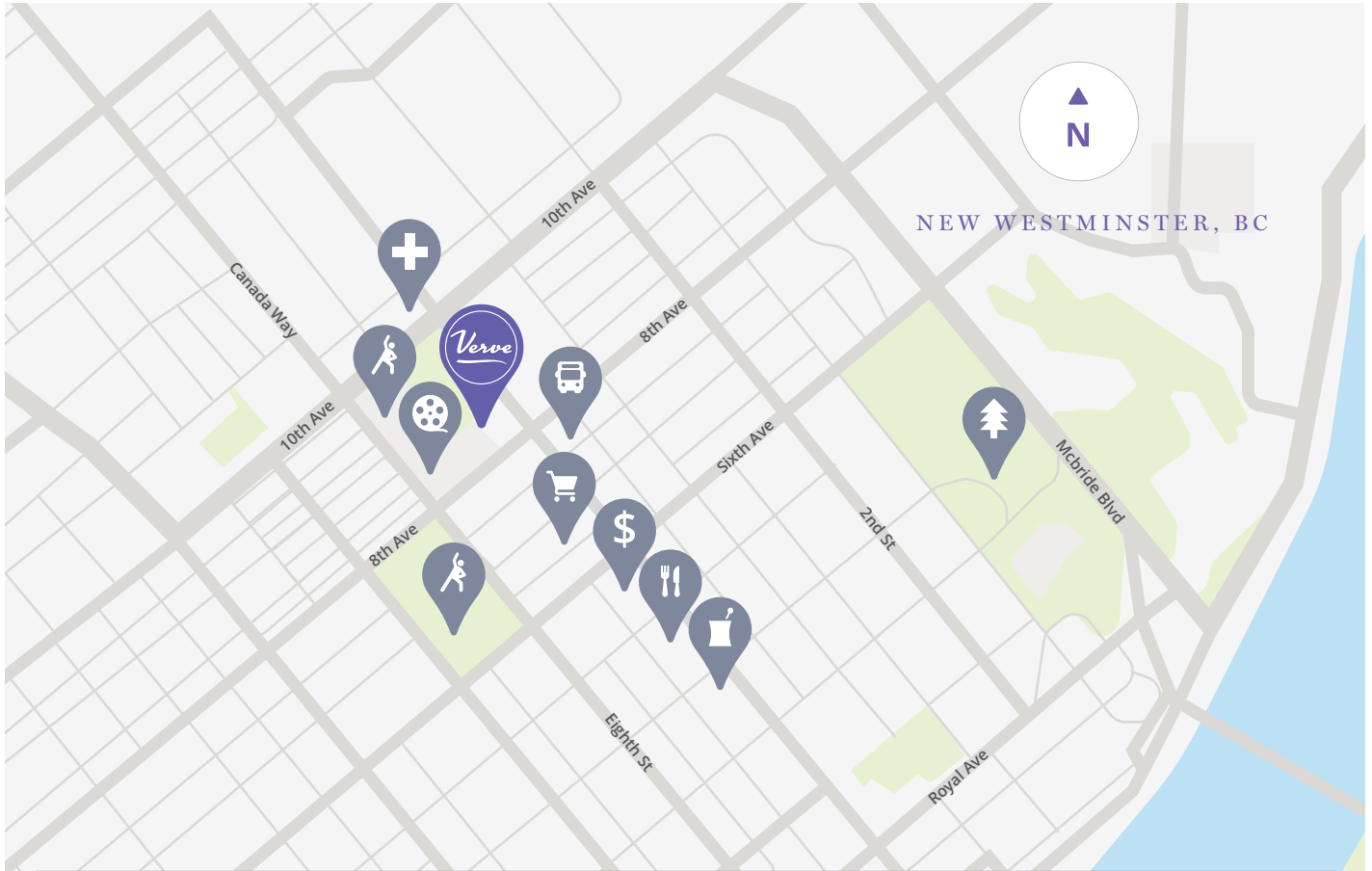
Regular safety equipment checks



Sprinkler system and smoke detectors



In-suite emergency response system



## The Neighbourhood of Thornebridge Gardens Retirement Residence

- |                  |                  |            |                  |
|------------------|------------------|------------|------------------|
| Park             | Grocery          | Restaurant | Community Centre |
| Medical Facility | Public Transport | Pharmacy   | Bank             |

Map not to scale

*A view of the idyllic grounds of Thornebridge Gardens Retirement Residence.*





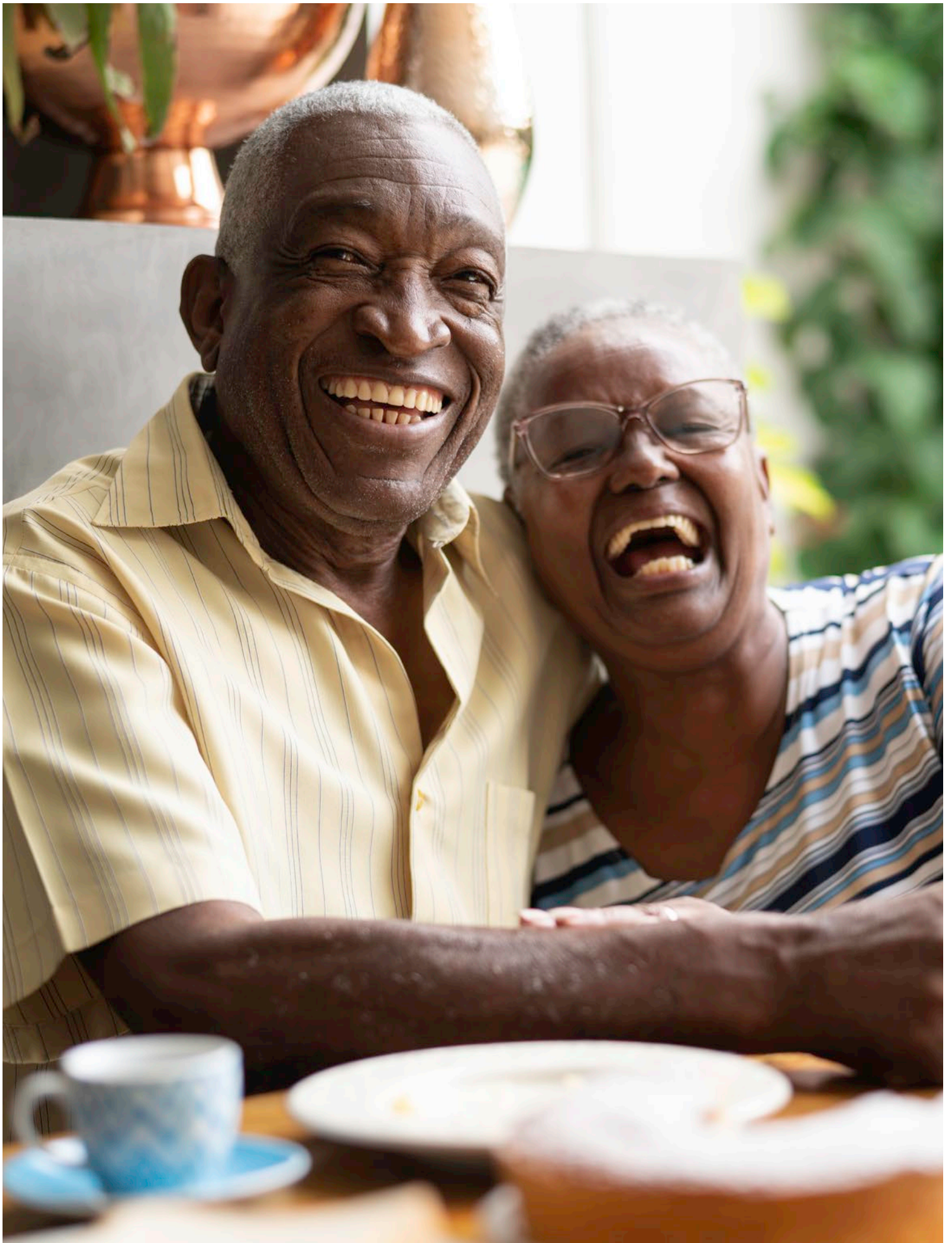
# Modern convenience meets heritage charm in New Westminster

New Westminster proudly claims the title of the first incorporated city founded (1860) in the province. Surrounded by heritage charm, it also boasts all of the modern conveniences close by: Boutique shops, restaurants, and essential services. Enjoy a stroll through the serenity of Queen's Park Heritage neighbourhood, parks and recreations centers, all just steps away from the centrally located Thornebridge Gardens Retirement Residence.



*New Westminster has it all – heritage charm and modern convenience.*











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.

Thornebridge Gardens Retirement Residence  
649 Eighth Avenue  
New Westminster, BC V3M 2R2

T: (604) 524-6100  
E: [info@thornebridgegardensretirement.com](mailto:info@thornebridgegardensretirement.com)

[ThornebridgeGardensRetirement.com](http://ThornebridgeGardensRetirement.com)