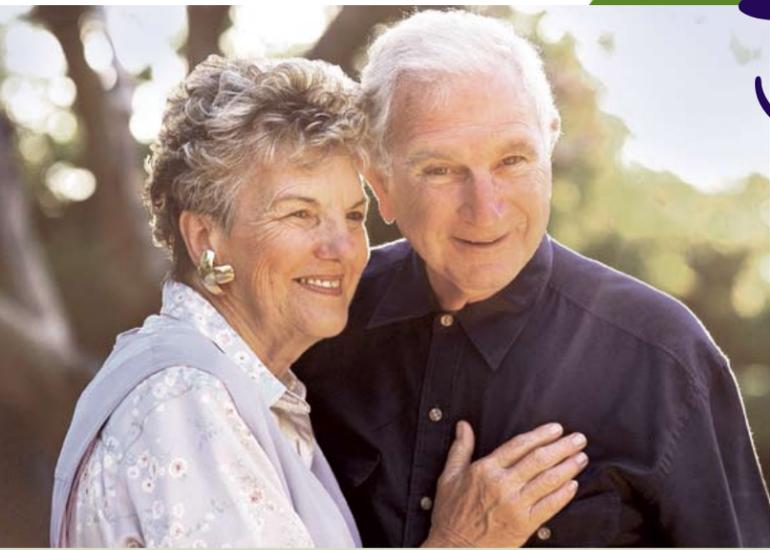


# RETIREMENT

# *Lifestyle*



NOW OPEN TO RAVE REVIEWS



## A LOOK INSIDE

### VIBRANT LOCATION

Close to everything that matters

### SUPERIOR SERVICES

The RLC Difference

### QUALITY FINISHES

Attention to Details

### SENIOR SMART LIVING

Model Suite & Amenities

### RLC COMMITMENT

Family Run, Family First

## SENIORS CONDOS & RENTAL UNITS WITH IMMEDIATE OCCUPANCY!

There's never been a better time to make the move to high quality, affordable retirement living than now.



Tired of maintaining your home or depending on family members to do it for you? Looking for an independent lifestyle, privacy and a real sense of place? There are plenty of smart and sensible options for active seniors today at Palisade Gardens in historic Cobourg. Fully constructed, operational and home to a number of satisfied seniors, Palisade Gardens, is another fine example of Retirement Life Communities' intimate and inclusive retirement residences. Palisade Gardens offers countless ways to re-define retirement liv-

ing with affordable and practical options for owning or renting in today's market. Come and tour the lovely rental suites or luxury condominiums for yourself and see the quality, lifestyle and value that's so attainable! Meet the staff and discover a host of services you can select depending on your needs and budget. Make a smart move - choose a la carte options and programming or let yourself be pampered with a full service package. Palisade Gardens is everything you and your family need for quality senior retirement living.



### YOU AND YOUR FAMILY ARE INVITED TO HIGH TEA

Take the Palisade Gardens tour every Sunday afternoon. Visit our brand new facility and see for yourself the outstanding amenities, rental and condo suites while enjoying afternoon tea and tunes. Call General Manager Micki McLean today and reserve your tea tour!

905.372.1150 x 222 or  
mmclean@palisadegardens.ca



**DOORS OPEN!**

Take the Tour Today!  
Choice Suites Still Available



A PLACE TO CALL

*Home*



**PALISADE**  
GARDENS

IN HISTORIC COBOURG

## CREATING COMMUNITY

Low-rise with high style, Palisade Gardens is an elegant 4 storey retirement residence nestled in the charming historic community of Cobourg. Set on Chapel Street, Palisade Gardens is a tasteful mix of stone, brick and stucco that blends effortlessly with the stately heritage homes and traditional character of this landmark community. Designed around a splendid courtyard, the manicured grounds, outdoor terraces and sitting areas can be enjoyed by all residents and their guests. Plant yourself here... visit our blooming new community today!

MOVE IN NOW AND EXPERIENCE QUALITY RETIREMENT LIVING TODAY!



# Discover Quality Senior's Living!

Retirement Life Communities (RLC) is dedicated to the best in quality retirement living where everyday feels like a vacation! RLC offers comfortable, caring environments with a host of wellness programs, welcoming reception and amenities spaces, delicious food, convenient services and attentive staff. Enjoy your golden years at Palisade Gardens in Cobourg.



## CUSTOMIZED SERVICES

Various levels of service packages are available at Palisade Gardens. Housekeeping, laundry, bathing, daily care, and medication monitoring are just a few of the value added services that make your golden years a carefree experience. Ask about our flexible pricing and our immediate occupancy "specials".

## PEACE-OF-MIND MEDICAL CARE

Nursing care and your medical records are always updated in case of emergency. Medication monitoring, emergency response needs, appointments and diet are all supervised for your confidence and peace-of-mind. Cobourg's new state-of-the-art hospital is just minutes away.

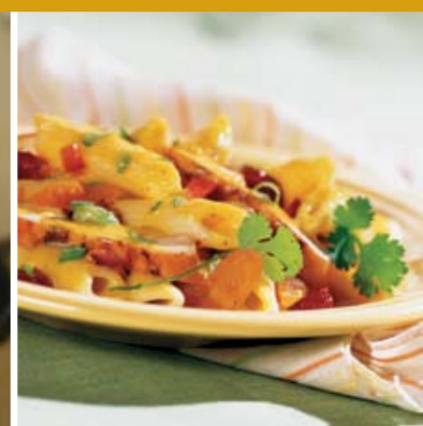
## CATERING TO YOUR NEEDS

Meet Executive Chef Stephen Phillips and his culinary staff as they prepare delicious and nutritious meals always with your palette and personal needs in mind. Variety, heart healthy and sugar free meals are all customized to your dietary needs. Enjoy a casual and relaxed environment amongst friends.

## HEALTH & WELLNESS

RLC's on-premise medical services and facilities offer everything you are looking for. Take a class. Enjoy a fitness regime. Need physiotherapy or a specialized treatment? No problem. Massage therapy, dietitian, podiatrist, 24/7 nursing station and even spa services such as hairdresser, facial, and manicure are all conveniently on-site.

VISIT OUR FACILITIES AND SEE FOR YOURSELF WHAT WE HAVE TO OFFER!





1



2



3



4



5

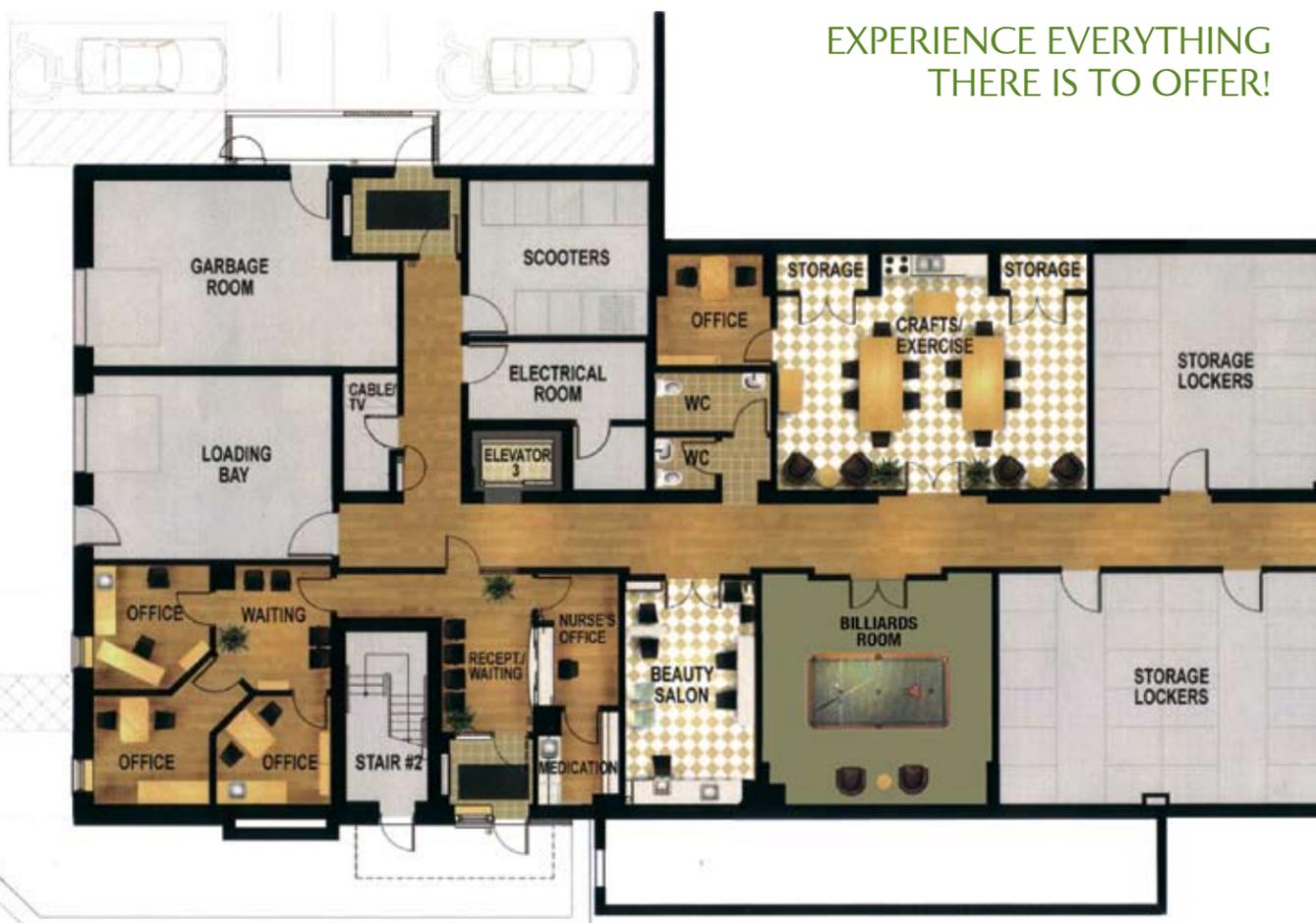
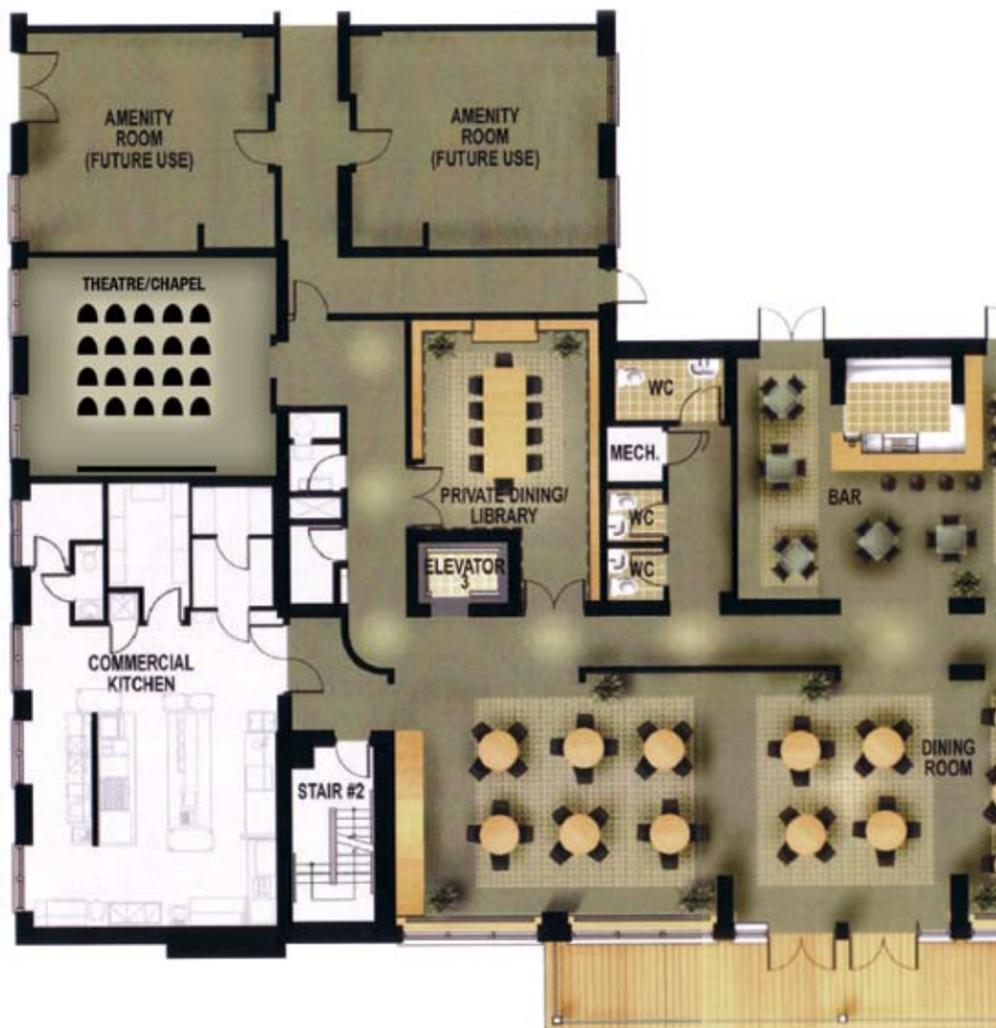


6

# Amenities Design

Palisade Gardens has full-service amenity spaces. Residents and their guests can enjoy the very best in life.

Main Floor



EXPERIENCE EVERYTHING THERE IS TO OFFER!

## DISCOVER THE LUXURIOUS FEATURES & FINISHES

- 1. Designed with you in mind - Wide open spaces such as generous, well-lit hallways, low pile carpet, easy handrails, large suite numbers and viewing scope/peep hole make for confident coming and going
- 2. Exercise your brain and body – chess, scrabble, puzzles, keep mind and body fully alive!

- 3. The fire side lounge is a great open concept room with furniture placement to encourage conversation and camaraderie
- 4. Gather around for a friendly challenge of Bridge
- 5. A quiet refuge for reading and relaxing – choose a book from the lending library or join the book club
- 6. Keeping up appearances is easy with on-site barber and hair salon

# Designed For You!

Spaces that are an extension of your home.  
 Lifestyle amenities that nurture the mind, body and soul.



Palisade Gardens has two floors of exceptional amenities. The main floor features a welcoming lobby and piano lounge, card room, meeting rooms, library, dining facility, theatre/chapel and access to a spacious serene landscaped courtyard.

The lower level features RLC's on-premise medical service area and facilities for your wellness and relaxation. The nursing station and treatment rooms are located here. Every convenience from exercise, laundry, lockers, scooter and bicycle storage, underground garage, beauty and barber shop services are close at hand. Take a break and play a game of billiards.



## Lower Level



7



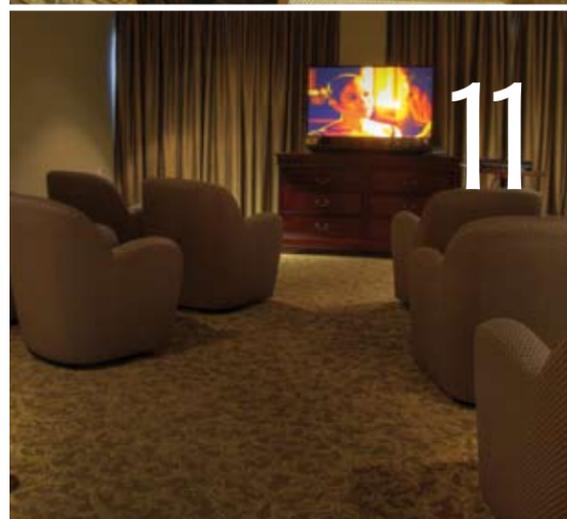
8



9



10



11



12

7. Executive Chef Stephen Phillips prepares delicious and nutritious meals

8. Spend time with friends and family, enjoy a competitive game of billiards

9. Experience the benefits of socializing and music in the piano lounge - relax and sing along

10. Meeting family and friends is a pleasure in warm and welcoming lounge areas

11. Movie Night In – enjoy an old favourite or special event in the theatre room

12. Elegant and comfortable, both the indoor and alfresco dining areas offer tasty and nutritious meals as well as the company of good friends

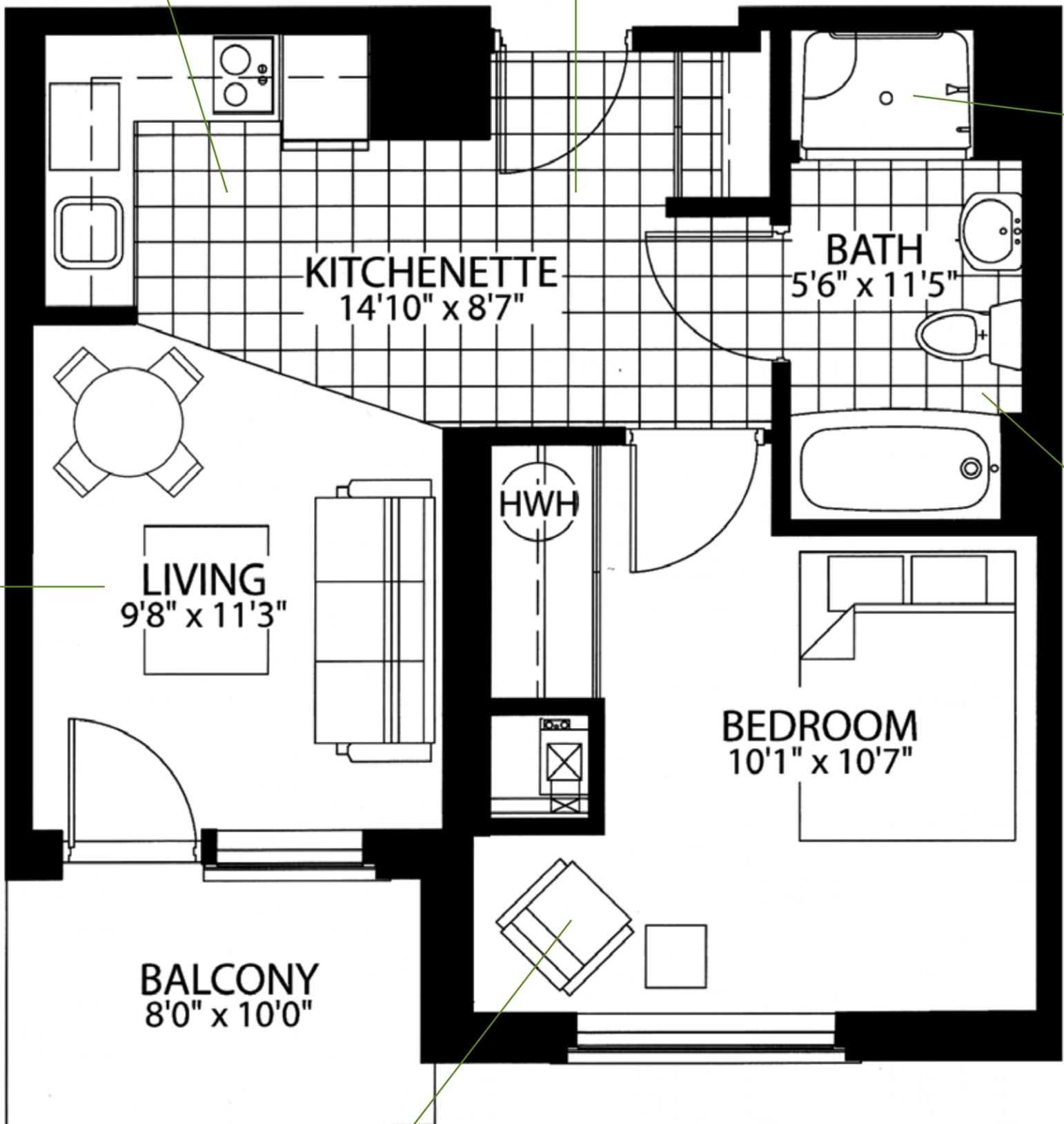
Smart & Efficient Kitchen

Open Circulation

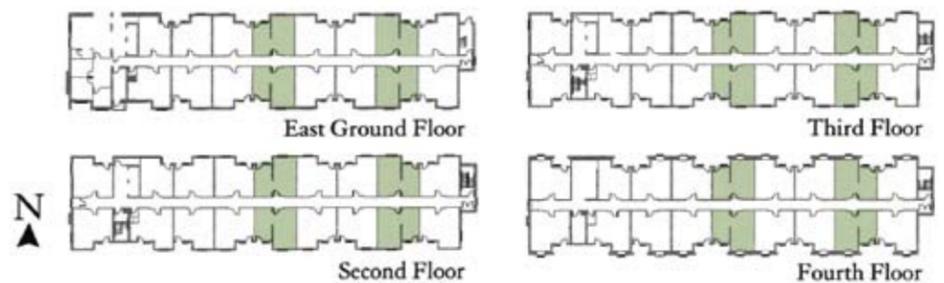
Shower with Seat & Grips

Lovely Sitting Room

Spacious & Safe Bath



Sitting Area



## Built-in “Senior Smart” Safety Features

Did you know that so many accidents and injuries to seniors in their own homes could be avoided? Many seniors try to retrofit their homes or worse, just make do with ineffective, inappropriate hardware, fixtures or plumbing.

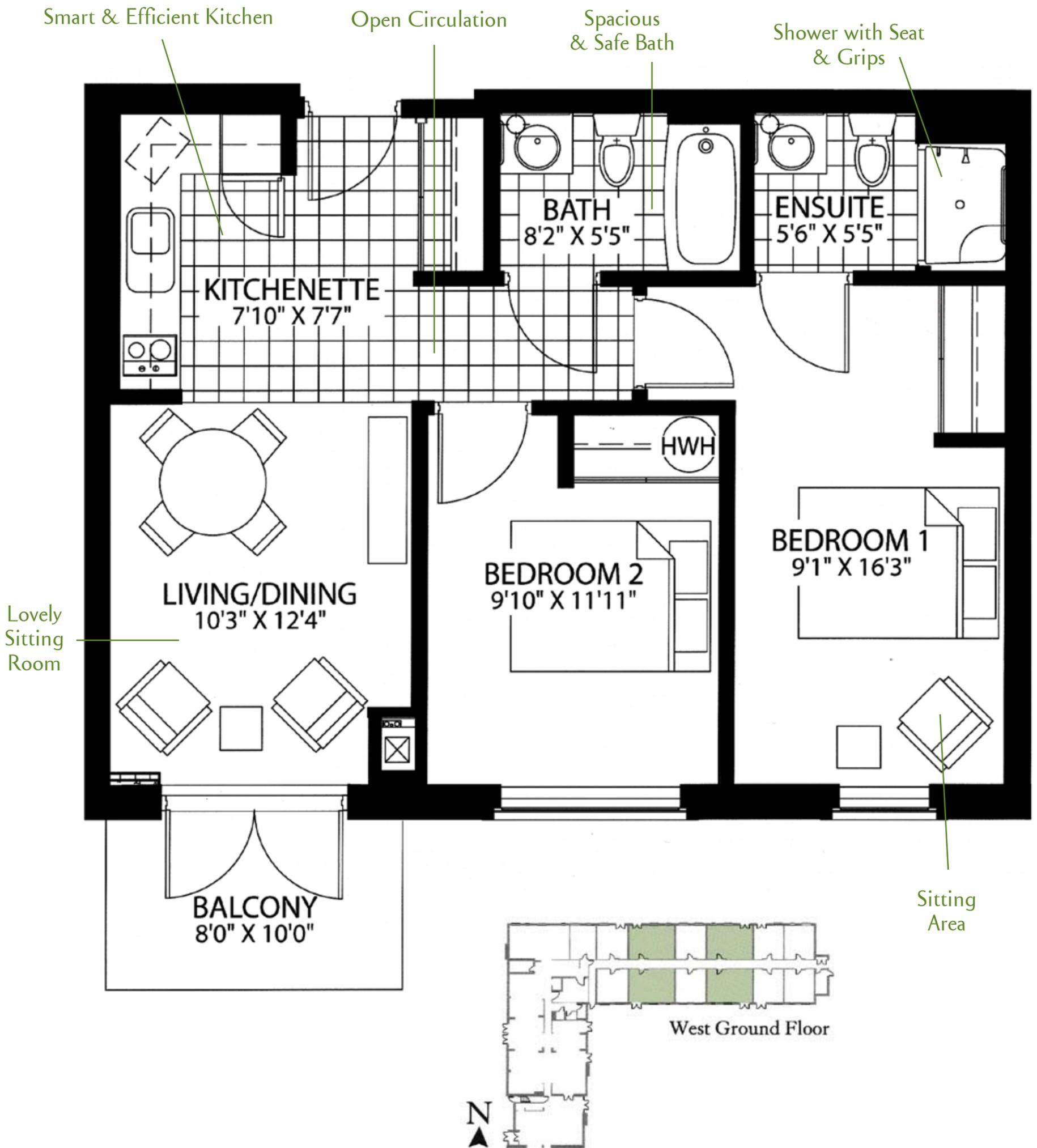
At RLC, we design our suites and amenities to suit the ever-changing lifestyle needs of seniors so they can comfortably age-in-place. Here are a few of the safety and security features that enable seniors to continue to live an active and independent life in their own home. These RLC “Senior Smart” 30 plus features all contribute to an easy and independent lifestyle that proud seniors want to maintain!

Palisades luxury rentals also offer private, independent living spaces for those looking for an affordable monthly rental package. Beautiful studio, one bedroom and two bedroom suites with smart kitchens, safe bathrooms and comfortable sitting rooms are very appealing. Resort-style amenities are

available to renters – enjoyment of the facilities – lounges, library, games room, billiards, theatre, exercise areas can be had by you and your family. Discover the difference that high quality service and competitive pricing in an intimate low-rise seniors community can make.

TWO BEDROOM PLAN

THE WISTERIA 753 sq.ft.



VISITOR SECURITY CONSOLE



SECURITY CAMERAS



SHOWERS WITH SEATS & GRIP BARS



EMERGENCY RESPONSE



EASY GRIP HANDLES

# Character, Culture and Community in

# Cobourg

## What the City Has to Offer!

Cobourg continues to be the retirement community of choice for many active seniors. The refined character of its people, the quality of its heritage buildings, the cultural calendar and its proximity to the bustling waterfront are all features that draw people to Cobourg. At Palisade Garden's you are surrounded by Cobourg's best amenities.

Why not stroll around the neighbourhood and admire the historic character of the many heritage homes and buildings. "Downtown" is just streets away with the fine shoppes, services and cafés and bistros. The town hall and gallery, library and theatre provide a vast array of ever-changing cultural pursuits. Cobourg's waterfront is burgeoning with new developments, interests and a number of festivals for your enjoyment. Our community shuttle will take groups on a number of local outings. Find out more from our programme director.



## What Our Residents Are Saying!



**Audrey Nelson**  
"I am very content living here at Palisade Gardens. We have many pleasant residents and a tremendous staff."



**Bella & Alex Henderson**  
"Living at Palisade Gardens is very nice and comfortable. The staff are exceptional and go above and beyond to assist me and my husband."



**Salvatore Morana**  
"Palisade Gardens is a very pleasant hospitable environment. Residents are very kind and sociable. The staff is very welcoming and accommodating. The food is superb."

## Retirement Life Communities Our Family Commitment

For over 20 years and two generations - Retirement Life Communities, a family-run company, has been building quality residences and quality relationships with active seniors in choice communities across Canada. Our family designs one-of-a-kind seniors residences that respect the unique communities in which we build. RLC's hands-on involvement in all aspects - from the design, interiors, programming, and even day-to-day management, results in a compassionate and comfortable new home environment for seniors to age in place confidently. Your well being and peace-of-mind is our ultimate goal.



**RENTAL OPPORTUNITIES STILL AVAILABLE.  
CALL US FOR INFORMATION ON OUR PACKAGES!**

240 Chapel St. Cobourg ON K9A 0E3  
Tel: 1-905-372-1150  
[www.palisadegardens.ca](http://www.palisadegardens.ca)

HOURS: WE ARE OPEN FOR TOURS MONDAY TO SATURDAY 9AM - 4PM. SUNDAY BY APPOINTMENT ONLY.

All renderings are artist's concept. Prices, materials and specifications are subject to change without notice. E.&O.E.



**RETIREMENT LIFE**  
COMMUNITIES