

# THE PALISADES

RETIREMENT RESIDENCE

## Independent Living



## Seniors' Apartments at The Palisades

Come and discover a worry-free, independent lifestyle in our apartments designed for people sixty-five years and older.

Our community provides safety, comfort and privacy in a beautiful setting near the banks of the South Saskatchewan river.

Many options available, from studio to two-bedroom apartments.

## Independent Living. Affordable Options.

### STUDIO

from \$1,180/mo.

### 1-BEDROOM SUITE

from \$1,400/mo.

### 2-BEDROOM

from \$2,525/mo.

- Full In-Suite Kitchens
- Common Areas for Socializing
- Activities (e.g., Birthday Parties, Bingo, In-Motion Exercises)
- Salon
- Emergency Response System
- Plug-in Parking
- Chaplain
- Live-in Caretaker/Maintenance
- Heat, Water and Electrical
- Basic Cable



# The following services are included in your monthly rent:

## SALON

Our in-house salon provides hair and nail services for a charge. Residents are welcome to make appointments four days a week, with the convenience of not having to leave the building.

## CHAPLAIN

The Chaplain leads regular interdenominational services every Wednesday and is available for hospital and home visits.

## EMERGENCY RESPONSE SYSTEM

We can connect with your existing medical alert system or you can opt-in to our in-house system, LifeAid, which is attached to transponders throughout the building. When residents activate the alert button, staff are alerted during regular office hours (9:00am - 5:00pm), and emergency services are called to respond.

## ACTIVITIES

In addition to regularly scheduled weekly and monthly activities, The Palisades staff often organize outings, excursions and seasonal events. Some of our activities include travel by video, sing songs, crafter's corner, bridge games, and book club.

## HEAT, WATER AND ELECTRICAL

Knowing your heat, water and electrical are always included in your rent will bring peace-of-mind, especially as temperatures drop.

## IN-SUITE KITCHENS

Our full-sized kitchens include all the amenities of home, including fridge, stove, sink and dining area.

## COMMON AREAS FOR SOCIALIZING

Our spacious communal spaces offer opportunities to socialize and play games with neighbours and friends.



Here at The Palisades, we take the well-being of our residents very seriously. We believe that happy staff make for happy residents. We are committed to treating our staff with fairness and respect, and to creating a positive and affirming work environment. In return, our staff are committed to doing their jobs well, in order to provide the best possible service to our residents. Our team is made up of professional and compassionate individuals who genuinely care about people.

It is our privilege and pleasure to serve you.



**Jayce Ollenberger**

Housing Manager

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