



INDEPENDENT LIVING



Defining Excellence in Seniors' Living

► INDEPENDENT LIVING

► PRIVATE ASSISTED LIVING

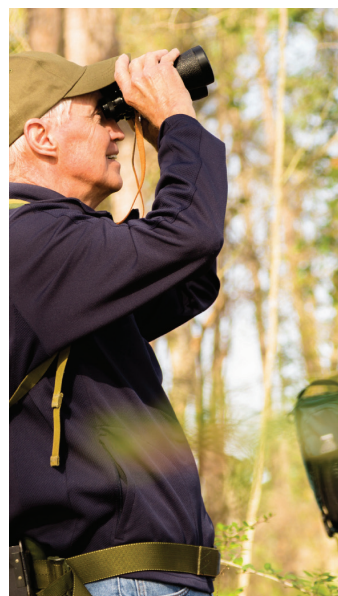
► MEMORY CARE



THE SINGLE GREATEST THING TO HAPPEN *to retirement and adult living.*

Our Inspired Living Program embraces the philosophy of living well through active participation in programs that promote lifelong learning, physical activity, creativity and social engagement. We are challenging traditional Retirement Living models by developing relationships, opening conversations and thinking outside the box when working with a diverse group of adults.

Programs may include dinner club, movie nights, walking club, book signings, golf lessons, wine tastings with a sommelier and so much more—all facilitated by experts in their field.



INSPIRED LIVING

Programming

Vibrant & Active

The Journey Club's Inspired Living program offers endless opportunities for the active older adult. Come and experience everything from yoga to strength training to dance classes at the Village Centre. Enjoy the culinary arts through a cooking class or enjoy having a chef cook for you in our amazing Demo Kitchen. Explore your creative side in an art class in the Studio or meet your neighbours in the theatre, where you can have a beverage and watch the big game!

Headquarters Fine Dining

Our gourmet meals are prepared fresh using the finest ingredients. Gather with friends to enjoy a meal or a relaxing atmosphere of tapas and wine after a day at the golf simulator or out on the links! Experience the exceptional flavours for yourself by joining us for a complimentary meal.

Living Well

Our Inspired Living Program embraces the philosophy of living well through active participation that promotes lifelong learning, physical activity, creativity and social engagement. By developing relationships, opening conversations and thinking outside the box, we rise above traditional adult living models.



Lifelong Learning

Keep learning and growing with The Journey Club. Inspired Living offers amazing classes for every interest. Our speakers, instructors and facilitators are some of the most knowledgeable people in their fields, and they're eager to share their passion with you. Try a wine pairing workshop with a sommelier, a horticulture seminar or even kayaking lessons. The Journey Club also offers monthly inspiration on a variety of wellness topics including nutrition, brain health and groundbreaking medical research.

Choice

The Journey Club is all about you. That's why our Inspired Living program focuses on what you're interested in. Our Journey Club programming is responsive and 100% demand driven. This means that our residents tell us what activities, seminars and events they want, and we develop programs to meet their needs and preferences.



If you have any questions,
IT WOULD BE OUR PLEASURE TO SCHEDULE A PRIVATE
APPOINTMENT WITH YOU AND YOUR FAMILY TO HELP
YOU NAVIGATE THROUGH THESE OPTIONS.

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