

ALAYIDA LIFESTYLES

Your Life, Our Passion

“We love it here; we participate in every social activity, it’s fun!”

- The Moffatts, Alavida Lifestyles Residents

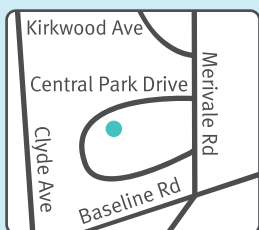


Imagine a carefree, vibrant, active lifestyle in a beautiful, safe, top-quality home surrounded by friends and professional staff who truly care. At Alavida Lifestyles, we listen and adapt to ensure the most incredible lifestyle for our residents. Visit us today to experience the Alavida Life!

Ottawa’s premier retirement & senior communities

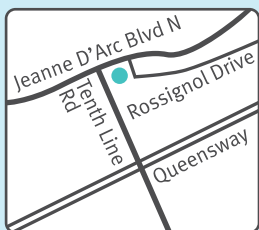
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Would you prefer to be in Ottawa's Central Park, amid parks and the sprawling fields of Ottawa's Experimental Farm? Or, in the heart of Orleans near Petrie Island, Place D'Orleans Shopping Centre and St. Joseph Boulevard? Perhaps you prefer the Prince of Wales region alongside the scenic Rideau Canal and the finest shopping and entertainment. You select the location, we will offer an exceptional lifestyle - visit us today and experience the Alavida Life!



PARK PLACE

110-120 Central Park Drive
Ottawa, ON K2C 4G3
613.727.2773



PROMENADE

110 Rossignol Drive
Orleans, ON K4A 0N2
613.451.1414



RAVINES

626-636 Prado Private
Ottawa, ON K2E 0B3
613.288.7900

We are dedicated to making you feel comfortable, secure, and cared for - we listen and adapt. These are just some of the many amenities you can expect at our Alavida Lifestyles' locations...

- Fine-dining
- Private dining room
- Bistro, games rooms and social lounges
- Wellness centre
- Laundry facilities on every floor or en-suite
- Chapel
- Hair salon
- Library with computer
- Fitness centre
- Unique activities
- Theatre room
- Large patio
- Walking circuit
- Tuck shop
- Salt water pool and hot tub (Ravines)
- Shuttle bus



Seniors' Suites

If a beautiful, top-quality building combined with a social, care-free, vibrant lifestyle sounds best for you, then we welcome you to experience the invigorating Alavida Life.

Retirement Residence

If you, or a loved one, requires assistance, our retirement residences will give you peace of mind. We offer a full package of services including enhanced care (with palliative and 2-person transfer), cognitive care, and a dementia program.

Respite/Short-Term Stays

Whether you are seeking a break, recovering, or looking for a trial stay, find renewal with Alavida Lifestyles and enjoy great food, new friends and incredible experiences.



Why Alavida Lifestyles?

Beautiful, high-quality suites built with distinguished craftsmanship, and outstanding service from staff who truly care - a combination that simply cannot be matched.

The ability to seamlessly transition from independent to assisted living in one place so that you can maintain the lifestyle and friendships that you've made.

Spacious, well-planned layouts that offer excellent, en-suite amenities (such as laundry, high-speed internet, phone, cable and climate control) and the most reliable security and fire-suppression system.

Health-care services such as a dedicated pharmacy, physiotherapy, cognitive care, part-time/in-house doctors, a dementia program, foot-care services, 24-hour registered nursing staff support, and an on-call system.

Personal-care services such as yoga, massage therapy, hair stylists, and fitness centres.

Incredible amenities, activities, events, and friends who are ready to welcome you!

To get the latest information and updates about Alavida Lifestyles, follow us on Facebook:

www.Facebook.com/AlavidaLifestyles