



ASTER GARDENS

An OPTIMA LIVING Community



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Choose Your Best Life

Home can be so much more. A community of interests comes together in one place. Aster Gardens celebrates you, and equips you to do the things you like with the people you love. Our Independent Living community is focused on engaging seniors and promoting their active lifestyles.

The unique and inventive approach places Aster Gardens into a class of its own. Local engagement, freedom of choice, and comfort informed every design decision in the building. These decisions were made with one thing in mind—or, more specifically, one person: you. Encouraging wellbeing, happiness, and belonging is at the heart of our community—from ground floor to rooftop garden, from root to petals.

Like a garden's tallest flower, Aster Gardens stands out with elegant distinction while keeping in harmony with its surroundings.

People | Place | Community

The namesake of Aster Gardens is the resilient, adaptable, and beautiful aster flower. Like the aster flower, Aster Gardens is a community of resilient and adaptable residents living to their full potential on common soil, surrounded by a flourishing environment they can call home.

Let us welcome you home.

People

A Lifestyle of Choice

Take a moment to envisage your ideal day. What came to mind?

Perhaps it went something like this: waking up on your own schedule, shaking off a good night's sleep, taking breakfast with your closest friends; playing some cards or shuffleboard, displaying your new artwork, and surveying the community from a rooftop garden; meeting with your family, eating at a new restaurant, and retreating to your suite for a relaxing evening after a nightcap at the pub.

Here, you have every freedom to book rounds of golf, have a swim in the pool, make reservations with the Concierge, go for a stroll in the park, or whatever you like to fill your days with.

This is only a small taste of what is available at Aster Gardens. The choice is always yours.

You have the opportunity to enhance your circle of friends, explore your interests, and live a life full of purpose and promise. You can let us worry about cooking, cleaning, healthcare, and everything else. Our easily-accessible heated underground parkade includes a scooter charging station and storage lockers.

So, that leaves you with one question to answer: what do you want to do today?





A Caring Environment

This is where home and community come together. An active and enriched lifestyle means making friends, keeping social engagements, and living life to the fullest. Our residents will feel safe and secure in our building and out, keeping active with all of the amenities Aster Gardens and the Sherwood Park community have to offer.

What do you like to do? Work on your short game on a putting green? Expand your mind in the library? Express yourself with art? Keep fit at the gym? Play with your pets? At Aster Gardens, it's easy to pursue your existing interests and branch out into others, living a varied and adventurous lifestyle among good friends. And the fun does not stop at our walls: whenever you'd like to venture out, the world is waiting for you.

No matter your interests, you'll find that the people of Aster Gardens—residents and staff alike—will welcome you with open arms and smiling faces.

Place

The Warm Embrace of Home

How would you describe home? Smiling faces, tasteful décor, the enchanting aromas of fresh food, safety and security? You'll find all of these at Aster Gardens.

Our team is inspired by the many ways people—people like you—have made others feel comfortable. We want our residents to experience the same welcome they've been extending to others for so many years.

Surrounded by friends, family, and the care partners who keep your wellbeing at the forefront of their thoughts, you'll always feel like you belong. Because Aster Gardens was *designed with you in mind*.

Just like the aster flower, all of our residents have individual beauty, but together they make a magnificent aster garden.





Sophisticated and Satisfying Cuisine

Have a first-class meal in any of seven dining areas: the main and private dining rooms, atrium, bistro, lounge, pub, or rooftop patio. Intimate dining with family and friends is always on the menu.

Every day, partake of five-star dishes prepared by our very own Red Seal Chefs. The Red Seal program is the standard-bearer for culinary excellence, and their certified chefs epitomize gastronomic creativity, quality, and excellence. Every recipe they prepare will be in keeping with your discerning palate: even if you have allergies or dietary restrictions.

The Concierge stands ready to book a table for you at any restaurant. You decide, they plan. For dining in, all suites include kitchenettes. Residents have full control over what, when, and where they eat.



Community

Explore, Engage, Excel

There are two communities to engage with: the one within the walls of our residence, and the one without. Through all of the activities and amenities available to you, making friends and hosting your family will be a natural part of life.

If you should feel like taking a neighbourhood stroll with your dog, seeing a play, or going on a family excursion, the world is your oyster. With its seamless integration into the neighbourhood, the sight of happy and healthy seniors coming and going will not be an unusual one.

Our Concierge can book tee times, tables, tickets, and more. At Aster Gardens, we remove the barriers between you and your best life. The community is closer to you than ever before. How you engage with it is up to you.



A Healthy Body, A Steady Mind

We give meticulous consideration to the care available to our residents, enabling all to live with peace of mind. Our residences, our amenities, and even our care models were designed with you in mind. In the health-conscious world we live in, no corners can be cut.

There are three levels of care for you to choose from. Let's explore them.

- **Independent Living:** Our residents are encouraged to take advantage of the amenities and live their lives however they choose.
- **Assisted Living:** Our caregiving team offers care that works for residents, providing assistance from the privacy of their suites.
- **Memory Care:** Our North Star Memory Care Neighbourhoods have no hallways, plenty of natural light, access to the outdoors, and are fully participatory.



Our on-site doctors, nurses, pharmacists, and caregivers are experts in their fields, but share one vital aspect between them: a strong commitment to you. Whichever of our three care packages you choose, you can rest assured that our caregiving experts are always working to keep you healthy, thriving, and ready to take on another active day.

We work individually with every resident to ensure that they receive the level of care and support that they require to be truly safe and comfortable. If our residents' needs change, we'll change to meet them. Your voice will be heard, your needs met, your desires catered to, and your dignity always upheld.



Fill Every Day With Enjoyment

Who you spend time with, what activities you take part in, when and where you take your meals: it's all up to you. We want to give you the tools to live your best life.

Besides the robust dining options, so many amenities are available to choose from. Each one makes every day a little more dynamic, full, and enriching.

Stay Active

- Rooftop putting green
- Planting garden
- Walking paths
- Gym
- Swimming pool with jets

Be Creative

- Games room
- Art studio
- Performance space
- Library

Relax and Rejuvenate

- Spa with in-house massage therapist
- Salon with pedicure chairs and hairdresser

No matter your particular interests, Aster Gardens has an amenity and service to suit you. If there's something in the community you would like to do, you only have to let us know. We'll get you there.



Suites

The Comforts of Home

Thoughtfully-assembled two bedroom, one bedroom, and studio suites are available to choose from, each with modern touches and conveniences. Whichever you choose, it will be your room in a 100,000 square-foot home. In many suites, you can enjoy the crisp Alberta air from your own terrace or balcony or switch on your air conditioning. You'll never have to worry about cooking, cleaning, or shovelling snow: it's all included.

- Kitchenette
- Optional air conditioning
- Individual climate control
- Window coverings
- Custom closets



Two Bedroom (800 – 860 sq. ft.)

Independent Living

Assisted Living

Memory Care



One Bedroom (500 – 540 sq. ft.)

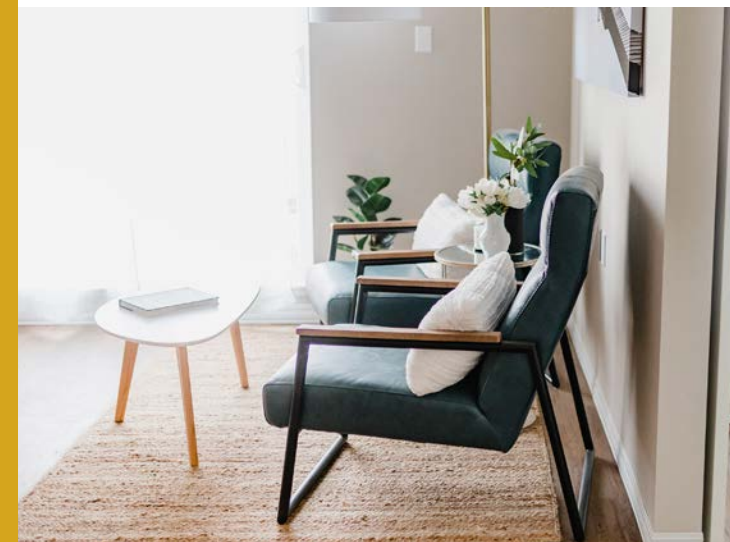
✓ Independent Living ✓ Assisted Living ☐ Memory Care



Safe and Sound

The concrete construction of Aster Gardens is quiet and safe. All hallways are less than 50 metres long, so there are no lengthy walks. Each suite is equipped with design considerations that are both safety conscious and aesthetically appealing. With you in mind, every suite and bathroom features an innovative anti-fall design. Our state-of-the-art security and resident monitoring systems will ensure everyone can sleep soundly. Contact-free interactions will be easy too, especially with the keyless-entry doors.

- Sound-dampening building materials
- Short hallways
- Keyless-entry doors
- Dual-access bathrooms
- No-step showers
- Raised electrical sockets
- Security system
- Resident monitoring system



Memory Care

Our North Star Memory Care Neighbourhoods have no hallways, plenty of natural light, monitored access to the outdoors, and are fully participatory. With 24/7 supervision, all residents of this Neighbourhood will live in constant safety, security, and care. Regularly-scheduled activities will stimulate the mind and slow the progression of mental concerns. The design of the suites in this wing is calming and safe, and everything the residents need is at their fingertips.

- No hallways
- Natural light
- 24/7 monitoring
- Brain-stimulating activities
- Calming design
- Air conditioning in every suite



Studio (350 sq. ft.)

✓ Independent Living

✓ Assisted Living

✓ Memory Care



Floor Plans

Every floor at Aster Gardens is convenient, accessible, and full of amenities.

From our fully-equipped ground floor to the rooftop patio, you'll feel welcome everywhere you go.

Have a swim on the ground floor pool, grab a bite in the second and third floor bistro or lounge, or have a drink in the fourth floor pub. No matter where you go, you'll find open spaces, natural light, and the smiling faces of your friends. Welcome home!

- Underground** Heated parkade, scooter charging/parking stalls
- Main Floor** Lobby, Mainstreet grill, main floor pool, fitness room, pharmacy and wellness
- 2nd Floor** Private dining room, lounge
- 3rd Floor** Secured Memory Care, art room
- 4th Floor** Lounge, Arrow Pub, putting green, rooftop patio, pergola, raised garden boxes
- 5th Floor** Library
- 6th Floor** Games room



Floors 1-3 (slight variations)



Floors 4-6 (slight variations)



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Next Steps

Contact Us

We know you'll feel like you belong at Aster Gardens. Let's discuss the next steps for your situation.

Call 780.902.7837

Email astergardens@optimaliving.ca

Let us welcome you home.

Book a Tour

We'll show off our amenities, offer you a warm meal, introduce you to some of your neighbours, and take you into your future home, where it will be easy to imagine moving in. And don't worry, there's absolutely no obligation or pressure. Whatever you decide to do, we're just happy you stopped by to say hello.

Reserve Your Suite

You have the opportunity to live a full, meaningful, and active life. We have thoughtfully-assembled studio, one bedroom, and two bedroom suites to choose from. All you have to do is tell us what your needs are, and we will help you pick a suite that will fit you and your desired lifestyle. Call us at the number above to reserve yours today.



Optima Living

Let Us Welcome You Home

At Optima Living, your health and safety are of the utmost importance to us. We intentionally think through every facet of day-to-day life in order to ensure that our residents, in all of our many residences across Western Canada, feel safe and keep healthy. Health is not a destination, it's a journey that you walk every day. It's a style of living that we must strive for constantly. And at Optima Living, we embody healthy, active, independent, and safe lifestyles in everything we do.

Optima Living is a thought leader in seniors' quality of life, underpinned by partnerships with University of Alberta and University of Manitoba. Our team continues to innovate and improve their forward-thinking approach to safety and meaningful living.

Our approach to health and safety is three-pronged: reliable protection, high quality of life, and risk mitigation planning are our specialties. These manifest in the details of each of our residences. Keyless-entry locks, diligent cleaning regimens, and the incorporation of small and intimate gathering spaces—which easily allow for sufficient physical distance—are only some of them. We strive for high-quality, healthy, and safe lives for each and every resident that places their trust in us.





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