

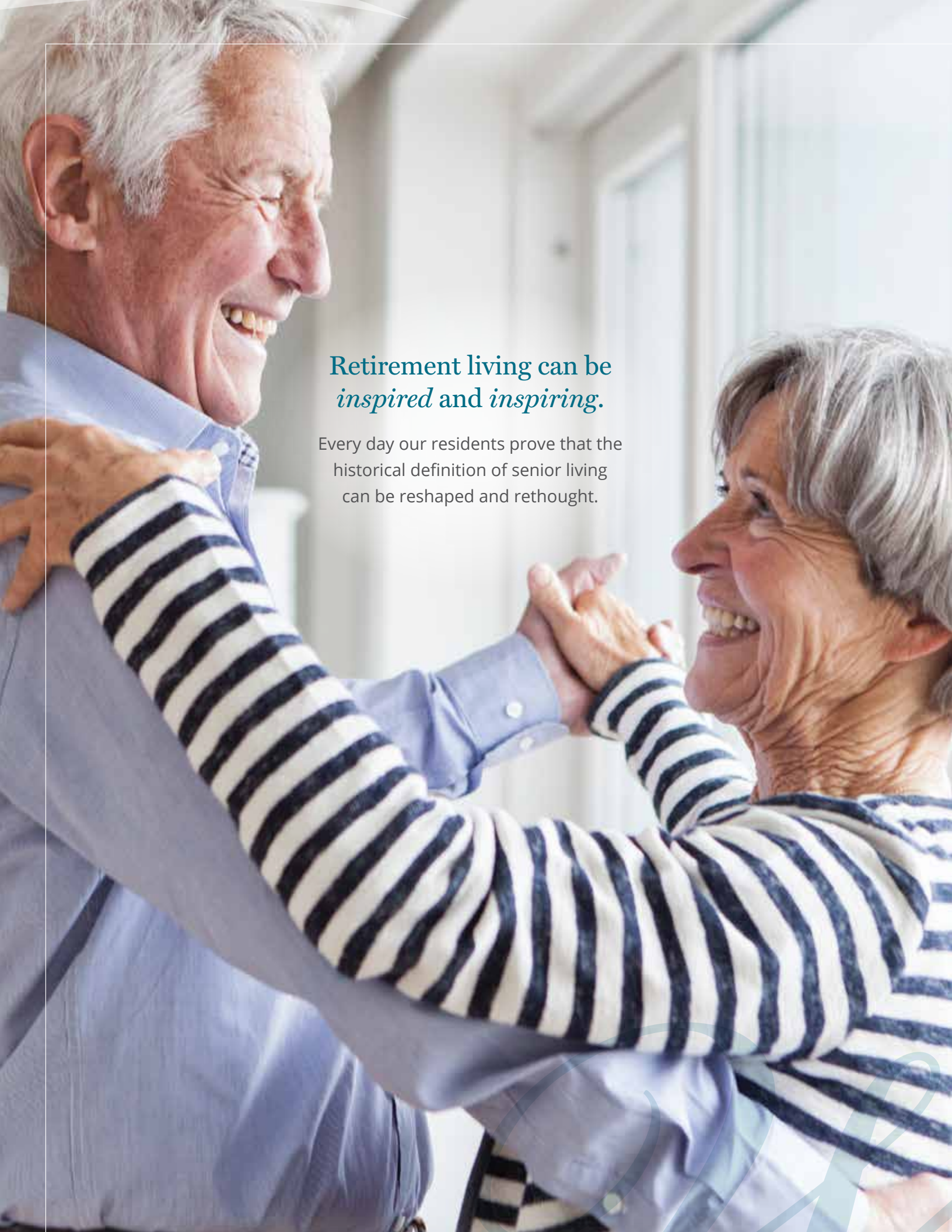


Let's journey *together*

WHITE CLIFFE
TERRACE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH





Retirement living can be
inspired and *inspiring*.

Every day our residents prove that the historical definition of senior living can be reshaped and rethought.



Welcome *home*

A reflection of the community it's been a part of for more than 20 years, White Cliffe Terrace Retirement Residence offers inspired senior living in a warm, comfortable and friendly atmosphere. With a tranquil outdoor courtyard featuring mature trees and perennials, exceptional dining, along with enriching activities and amenities designed for both Independent and Assisted Living, our dedicated team of professionals ensure wellness and comfort are infused into your every day.

Be *on your own terms*

WHITE CLIFFE
TERRACE
RETIREMENT RESIDENCE



One bedroom suite

Our Accommodations

Create a living space that is uniquely you. Our suites come in different sizes, so you can pick the one that fits your style best. Relax and read your book or enjoy your favourite beverage in the privacy of your own suite. You will have access to great amenities and programs, as well as a community of people just like you. And if you have a furry family member, they're welcome too!

Our suite features:

- Well-appointed kitchenettes
- Climate control for your suite
- Accessible showers
- 24/7 Emergency response system
- Pet-friendly

Respite Stays

We offer respite stay services in private, fully furnished suites that include a telephone, television, and a monitored emergency response system. Caregivers and family members can find relief and peace of mind knowing their loved ones are being looked after by professionals in a safe and secure environment that feels like home.

- Weekly housekeeping service
- Weekly laundry service of bed linens and towels
- Window coverings
- Complimentary laundry facilities
- Non-slip bathroom flooring



Dining room

Our Amenities

Living at White Cliffe Terrace Retirement Residence, you will be energized and inspired—whether you're relaxing in the comfort of your suite, listening to live music, or enjoying a game of cards with friends. Experience our chef's home cooking and invite your family and friends to join you for a meal. Your friends will feel comfortable the moment they enter our lounge/bar and share a cappuccino, glass of wine, beer, or cocktail with you.

Our residence features:

- Main dining room
- Hair salon
- Billiards room
- Transportation for planned excursions
- Bistro and bar
- Library
- General store
- Guest suites
- Dedicated assisted living dining room
- Activity room
- Worship centre
- Personal mailboxes
- Fitness and wellness centre
- Movie theatre
- Outdoor terrace

Your Well-being

As evolving and varied as they may be, we all want our needs met in a certain way. At White Cliffe Terrace Retirement Residence, we celebrate that. Though the types of care we offer are different, the level of respect and dignity we display is unwavering.

INSPIRED SENIOR LIVING WITH



Independent Living

- Two exceptional, chef-inspired meals daily and a continental breakfast
- Access to first-class services and amenities
- Specialized and purpose-built life enrichment and fitness programs
- Transportation for planned excursions
- Personalized wellness programs and clinic
- Access to support services as required
- Resident wellness checks (e.g. unexplained absence at lunch or dinner)
- Weekly housekeeping services including laundering of bed linens and towels
- Emergency response system including pendant
- Professional on-site management
- 24-hour security monitoring service

Personalized Support

When you or your loved one needs a little extra support, we offer a tailored approach to care with à la carte options designed to complement our Independent Living services.

Personalized support can include:

- Medication administration
- Assistance with light personal care
- 24-hour nursing staff available
- Weekly personal laundry

Ask a representative for a complete list of our à la carte personalized support service options.



At White Cliffe Terrace Retirement Residence, we believe that even those individuals needing some assistance can live purposefully, with spirit, energy, and the confidence to participate fully in community and social events. Changing needs are always met with respect by our trained and specialized individual service providers.

Assisted Living

Includes everything from Independent Living and also includes:

- Three exceptional, chef-inspired meals daily served in a private, family-style dining area
- Weekly personal laundry service
- Daily housekeeping (garbage removal, bed making, and light bathroom tidy)

Available if required:

- Medication administration
- Assistance with personal care needs (i.e. assistance with dressing, personal hygiene, ambulation, and continence care)
- Assistance with bathing and showering
- Ordering of personal hygiene supplies
- Health counselling, referrals, and liaison with medical practitioners

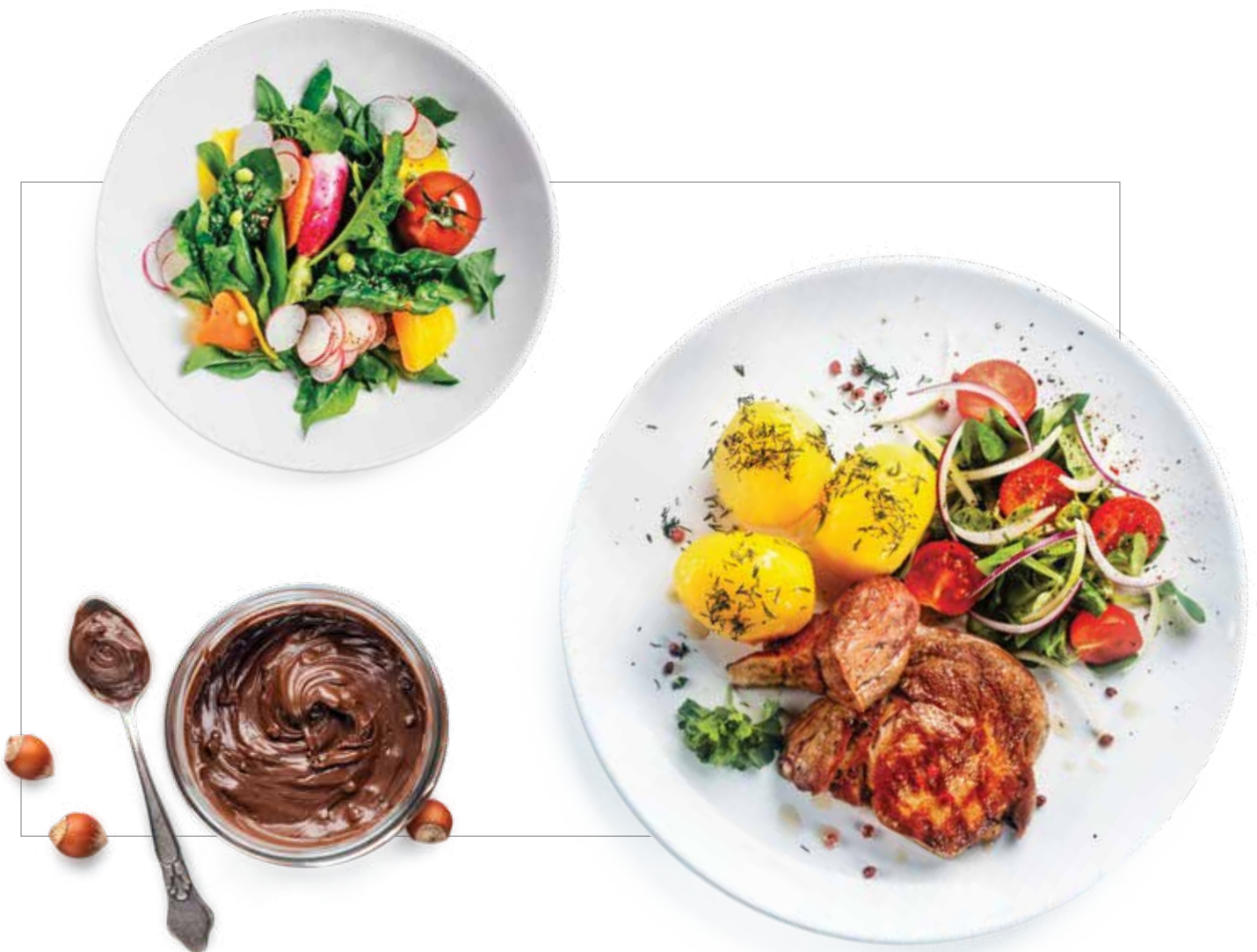
“From the beginning, the staff was very professional and had a heartfelt warmth and kindness for our requirements.”

— Resident’s family member

A fresh take on dining

For most of us, the kitchen is the heart of any home where everyone is welcome, and everyone's tastes and preferences are taken into consideration. We agree that a good meal, formal or informal, is part of creating great memories. At White Cliffe Terrace Retirement Residence, our culinary team takes care of everything so you can enjoy your time with friends and family. We are quite literally at your service!

- *Living, Loving, Local* food program
- Continental breakfast
- Dining room with open seating
- Monthly brunches
- Daily specials and à la carte menu options
- Dietary accommodations
- Licensed bar, dining room, and patio
- Express lunch
- Healthy choices, including superfoods





Indulge in immersive experiences and a community atmosphere unlike any other.

Life Enrichment

At White Cliffe Terrace Retirement Residence, everything we do is to ensure that you have a great day, every day! That's why we hold monthly meetings to recognize that your opinions and suggestions are valued. Our monthly calendar is a great reflection of how we act upon your ideas. Selected by the residents, our engaging activities will inspire you to participate!

- Excursions to museums, galleries, and entertainment venues
- Guest speakers specializing in music, art, health, education, technology, and politics
- Regularly scheduled live entertainment
- On-site vendors offering unique clothing, jewelry, and more so you can shop in the convenience of your home
- Various on-site non-denominational religious services
- Monthly resident council meetings

Fitness classes include:

- Walk Fit
- Drum Fit
- Go4Life
- Dance classes
- Yoga

Other purposefully designed programs include:

- Meet Me at the MoMA
- Artfull Enrichment Program
- Java Music Club
- Java Memory Club
- Fit Minds

An elderly couple is shown in a domestic setting. The woman, on the left, has short brown hair and is wearing a light-colored t-shirt and matching pants. She is smiling broadly and clapping her hands. The man, on the right, has white hair and is wearing a light purple and white striped short-sleeved shirt. He is also smiling and clapping. In the foreground, a pair of hands is seen playing a piano. The background is slightly blurred, showing a doorway and some furniture. The overall mood is joyful and celebratory.

“Our philosophy for better health and well-being is living an inspired life.”

It's About You

Attention to individual needs and wellness is a priority at White Cliffe Terrace Retirement Residence. We have a monitored emergency response system and are staffed 24 hours a day by a team of individuals dedicated to your comfort and well-being. In addition, your Health & Wellness Manager provides health assessments and co-ordination of other services as needed.



Safety & Security

White Cliffe Terrace Retirement Residence is a place you can call home, and not because it's where you wake up every morning, but because you're surrounded by people who care about your well-being, providing you with peace of mind. We believe that you should feel safe and reassured when living in your new home. Our residence has innovative safety features.

- 24/7 emergency response pendant
- Security door system and cameras in public areas
- Regular fire safety and equipment testing
- Sprinkler system and smoke detectors
- Emergency response system in every suite



Emergency response pendant



Regular safety equipment checks



Sprinkler system and smoke detectors



In-suite emergency response system



The Neighbourhood of White Cliffe Terrace Retirement Residence



Park



Gas



Restaurant



Bank



Shopping



Pharmacy



Medical Facility



Grocery

Map not to scale

A view of the idyllic grounds of White Cliffe Terrace Retirement Residence



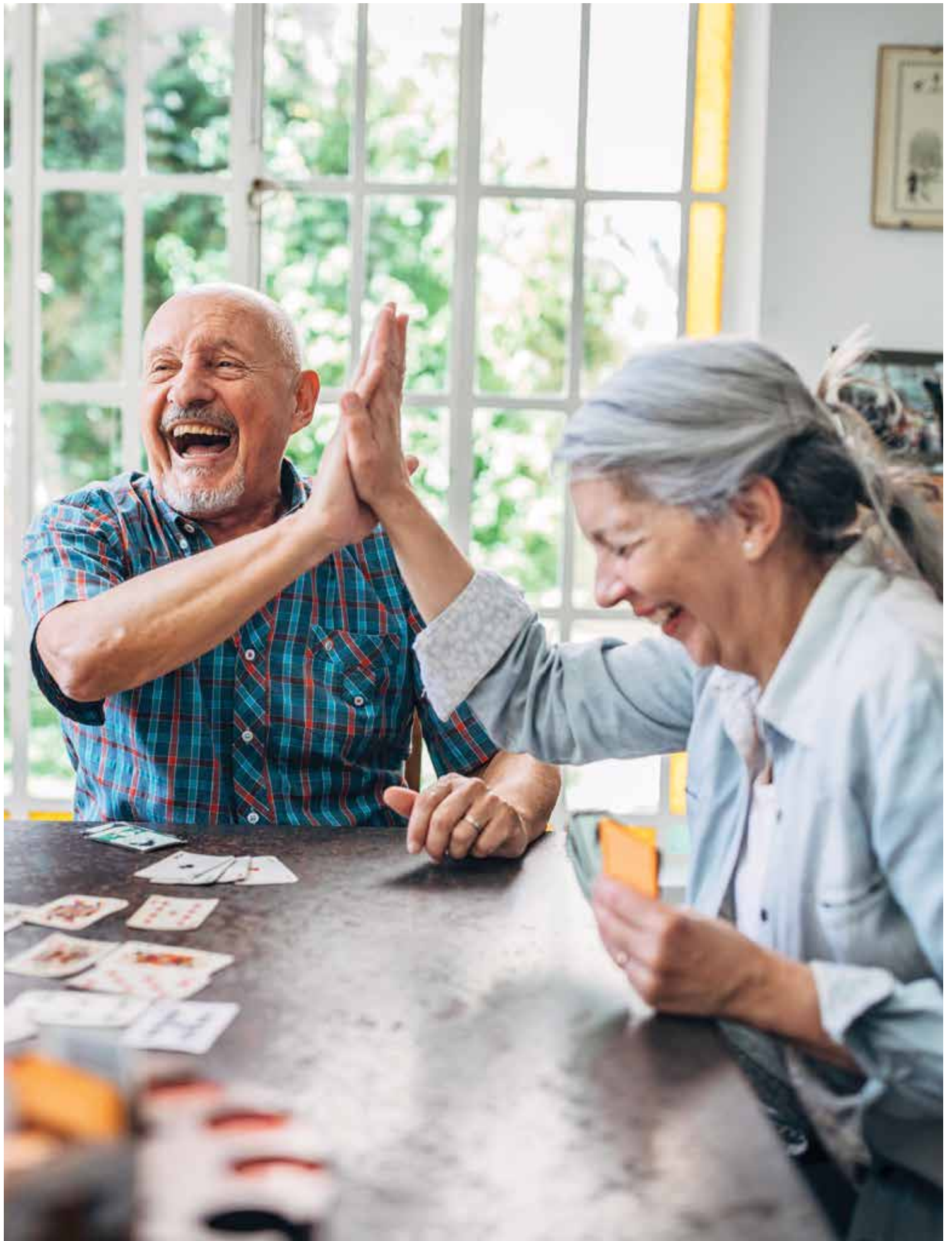
A one-of-a-kind place where you can escape the everyday, every day

Situated in the heart of Courtice, White Cliffe Terrace Retirement Residence is located next to the Courtice Urgent Care and Medical Centre allowing our residents and family easy access to their doctors and other healthcare providers just a walk away.

With its blend of farmland, charming neighbourhoods, shopping districts, banks, restaurants and parks, Courtice is the ideal place for inspired senior living, and all within an easy commute of the GTA via the nearby 401.



Quaint Courtice has beautiful beaches, golf and is accessible to the nearby 401 and world-class attractions





We believe retirement living can be *inspired*, and *inspiring*.

Every day our residents redefine aging by experiencing retirement with purpose. An empowered life built on the pillars of mind, body, and spirit is the cornerstone of Verve Senior Living, supported by a professional team with a passion for excellence.

White Cliffe Terrace Retirement Residence
1460 Durham Regional Hwy 2
Courtice, ON L1E 3C4

T: (905) 579-0800
E: info@whitecliffeterracesretirement.com

WhiteCliffeTerracesRetirement.com