



THE MEADOWS

RETIREMENT RESIDENCE



WINNIPEG'S EXCLUSIVE ASSISTED-LIVING RESIDENCE



themeadowswinnipeg.ca

YOU ARE UNIQUE. SO ARE WE.

The Meadows offers a tailored retirement experience of freedom, security, and peace of mind. Nourish your body, mind, and soul while we take care of your cooking, cleaning, laundry, maintenance, security, and wellness. Sharpen your mind with activities, classes, or curl up with a good book in the library. Enrich your soul with yoga, meditation, or gardening. Stay active with our fitness room or the nearby walking trails. Savour gourmet food or delight in coffee and pastries.

COMMUNITY

Engage with *The Meadows* community in our games room, theatre, dining room, or Sky Lounge. Enjoy classes, activities, concerts, and events with new friends or catch up on the latest news in our lounge areas, balconies, or our rooftop patio. Meet for coffee and pastries at the Prairie Café & Bistro. Fill your day with new experiences.

Spend quality time with loved ones in your own spacious suite or enjoy an extended visit while they stay in our hospitality suite. Host family dinners or celebrate special occasions at the Sky Lounge. Experience the vibrant neighborhood and its many shops, services, and restaurants, or join the Sage Creek Residents' Association for even more involvement. Explore over 9km of walking/biking trails that wind through the prairie landscape.

INDEPENDENCE

Remain independent by choosing the supports and amenities you need. Prepare an intimate dinner in your own modern kitchen, enjoy a gourmet dinner in our dining room, or dine anywhere with a grab-and-go meal. Do your laundry in-suite, or benefit from our laundry and dry-cleaning services. Weekly in-suite cleaning, daily garbage/recycling pick up, and our on-site maintenance team offer continued independence while you enjoy your retirement.

HEALTH AND WELLNESS

Maintain your health with our on-site walk-in medical clinic, prescription drop-off services, and in-house podiatry services. Use our overnight health aids when and if you need them. Relax at our on-site hair and beauty salon or our spa, where a soothing massage can be provided to boost your mood and reduce anxiety. Benefit from a workout in our fitness room or indulge in a relaxing yoga session.

Our compassionate staff are here to help you live your best life.





THE MEADOWS

Join *The Meadows* family and enjoy the fulfillment of community with all these options:

- ✓ well-equipped games room
- ✓ theatre room with surround sound and comfortable loungers
- ✓ tailored daily activities and programs such as yoga, art, concerts, classes, and gardening
- ✓ educational presentations on health and aging
- ✓ a library replete with a wide variety of books
- ✓ the Prairie Café & Bistro offering hot beverages and pastries
- ✓ a cozy dining room serving gourmet, locally sourced food
- ✓ a top-notch fitness room
- ✓ indoor lounge areas, outdoor patios, and a roof deck
- ✓ abundant garden boxes for resident use

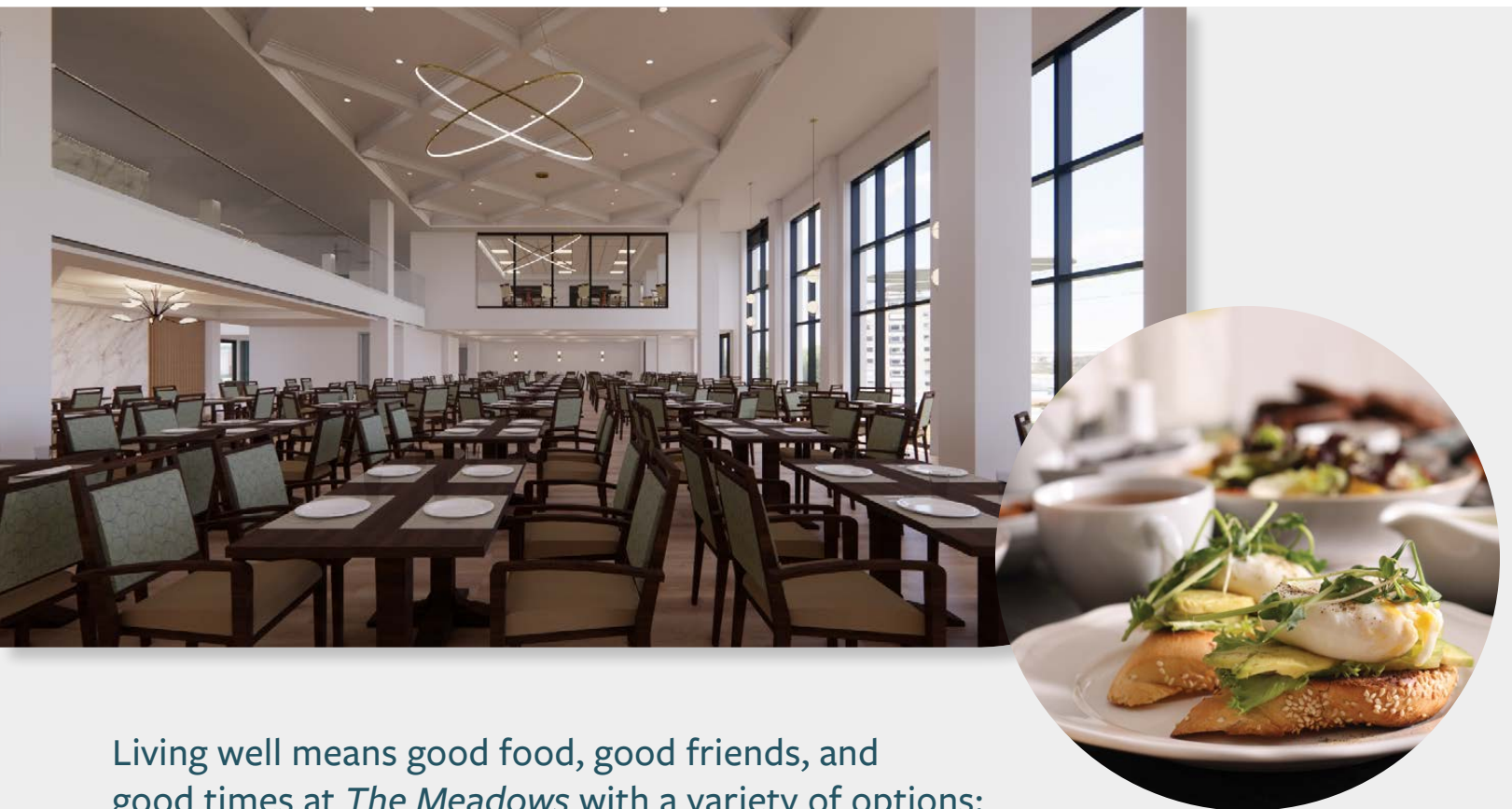
Let *The Meadows* take care of chores and maintenance:

- ✓ 24-hour security 7 days a week
- ✓ on-call maintenance team
- ✓ weekly in-suite cleaning
- ✓ daily garbage and recycling pick up
- ✓ daily check-in options*
- ✓ laundry assistance and dry cleaning*
- ✓ storage lockers for your belongings
- ✓ all utilities (water, heat, electricity) included
- ✓ heated underground parking
- ✓ underground carwash

*Fee-for-service may apply

Remain independent at *The Meadows* with these welcoming, high-quality features in all our one- and two-bedroom suites:

- ✔ modern kitchen with quartz countertops
- ✔ stainless-steel appliances
- ✔ bright, spacious layouts with peaceful color palettes
- ✔ oversized windows in all rooms to let natural light in
- ✔ private balcony
- ✔ luxury vinyl-plank flooring throughout
- ✔ in-suite laundry
- ✔ individually controlled heat and air conditioning
- ✔ comfort-height toilets
- ✔ shower grab bars
- ✔ easy-step tubs
- ✔ concrete building design



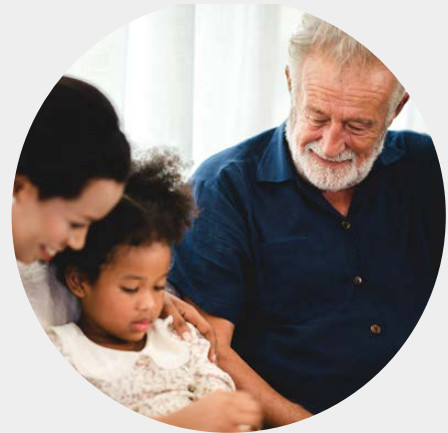
Living well means good food, good friends, and good times at *The Meadows* with a variety of options:

- ✔ nutritious gourmet food served daily in our charming dining room courtesy of our executive chef
- ✔ grab-and-go meal options available
- ✔ hot beverages and pastries at the Prairie Café & Bistro
- ✔ private dining in the Sky Lounge for visiting with loved ones or special occasions
- ✔ your own private, modern in-suite kitchen
- ✔ a games room and a theatre to make any day an event



Live healthier and happier with all the services *The Meadows* offers:

- ✓ hospitality suites for extended visits with loved ones
- ✓ an on-site walk-in medical clinic
- ✓ prescription drop-off services from nearby pharmacies
- ✓ overnight healthcare aids*
- ✓ on-site hair and beauty salon*
- ✓ on-site spa*
- ✓ massage treatments*
- ✓ in-house podiatry services*



*Fee-for-service may apply



And there's so much more to enjoy when you explore the vibrant Sage Creek neighborhood:

- ✓ grocery store
- ✓ liquor store
- ✓ shops
- ✓ salon
- ✓ restaurants
- ✓ coffee shops
- ✓ pharmacy
- ✓ medical center
- ✓ dental center
- ✓ eye-care center
- ✓ insurance services
- ✓ banks
- ✓ gas station
- ✓ walking trails and parks



Want to be even more involved in the Sage Creek community? Join the Sage Creek Residents' Association and help organize community events such as the Community Garage Sale, Christmas Decorating Contest, and the Canada Day Celebration.







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65 Des Hivernants Boulevard North
Winnipeg, Manitoba

EMAIL: info@themeadowswpg.ca
PHONE: 204-560-1112



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