



Summit Heights

Retirement Residence™





IN THE CENTER OF IT ALL!

LOCAL AMENITIES INCLUDE:

- Shops and Restaurants
- Community Green Spaces
- Valley Park Community Centre
- Juravinski Hospital

Welcome to Summit Heights, located on Rymal Road East in the Summit Park area of Hamilton Mountain. Featuring a mix of lifestyle options ranging from independent condo style apartments to nursing supported care suites, this luxury community has been created to ensure that our residents maintain ongoing quality of life throughout the years. With a person-centered philosophy identifying each resident's unique attributes, values and history, it is our goal to maximize individualized levels of services and programs as part of the Age-in-Place living at this beautiful neighbourhood.

The designers of Summit Heights have crafted an ultra-modern Independent Living space designed to exceed expectations on a daily basis. Living in a community that is safe, familiar and comfortable is important to everyone. As part of the All Seniors Care family, where caring is our number one concern, just ask and we'll be happy to ensure that all needs or requests are supported to the highest possible standard.

*Architectural Renderings for
Illustration Purposes Only.

**ENJOY
AGE-IN-PLACE
LIVING**

- Independent Living
- Assisted Living
- Secure Memory Care Living

Specialized Amenities

FOR YOUR COMFORT

- Variety of Spacious Suites with
 - Kitchenettes
 - Floor and Window Coverings
 - Individual Climate Controls
 - Spacious of Balcony or Terraces

FOR YOUR PEACE OF MIND

- 24 Hour On Site Staff
- Secure Building
- Safety Features in each Suite:
 - Emergency Call Systems
 - Sprinkler Systems and Smoke Detectors
 - Wheelchair Accessibility
 - Bathroom Grab Rails

FOR YOUR DINING PLEASURE

- Elegant, Beautifully Appointed Dining Room
- Private Dining Room for Family Gatherings
- Delicious and healthy meals prepared daily by our in-house Red Seal Certified Chef & Culinary team, including:
 - Full Salad Bar
 - Restaurant Style Service for Breakfast, Lunch and Dinner

FOR YOUR ENJOYMENT

- Main Floor Bistro Coffee Lounge
- Movie Theatre
- Tranquil Library with Internet Lounge
- Peaceful, Non-Denominational Chapel
- Paved Walking Paths
- Pet Friendly

FOR YOUR INDEPENDENCE

- Shuttle Bus and Private Car for Scheduled Outings and Medical Appointments
- Weekly Housekeeping Service
- Linen and Towel Service
- Laundry Facilities on each Floor
- Dry Cleaning Pick Up/Delivery
- Tuck Shop
- Hair Salon with On-Site Esthetician
- Private Mail Boxes

FOR YOUR HEALTHY LIFESTYLE

- Full-time Director of Health & Wellness
- Wellness Centre with Fitness Room
- Aquatic Centre
- Billiards/Games Room
- Multi-Purpose Hobby and Crafts Room
- Social, Cultural and Recreational Programs
- Scheduled Group Outings

* some details are subject to change



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Health and Wellness Programs

Residents and their families can expect enhanced independence, greater peace of mind, and higher quality of life throughout the years at this beautiful community. Whether you join a daily exercise class, participate in hobby group or enjoy an afternoon of entertainment our Health and Wellness Team are always available to challenge, inspire and entertain even the most discerning and active seniors.

- Regularly Scheduled Outings
- Aquatic and Fitness Centre
- Games and Billiards Room

Supported by QOLA

At All Seniors Care Living Centres we believe that everyone is unique with an individual background and life story. We all have personal experiences that have helped shape us physically, emotionally and spiritually. Through the advanced Quality Of Life Approach (QOLA) assessment process we gather an in-depth evaluation of each resident's individual needs. We learn about your favourite activities, spiritual needs, dietary restrictions and health concerns. This comprehensive approach ensures our staff are fully prepared to provide the care and services required to help residents thrive and enjoy living in our beautiful residences throughout the years.

Activity Programs

SAMPLE DAILY SCHEDULE

9:00 AM	Daily Neurobic puzzles
9:15 AM	Aquafit
10:30 AM	Painting Class
11:00 AM	Pet visits with Puppies
1:15 PM	Bridge - Level 1
1:30 PM	Movie of the Day - Cinema
1:30 PM	Shopping Centre Bus Trip
1:30 PM	Skip-Bo
3:00 PM	Latin Dance Class
4:00 PM	Classic Red Triple Berry Sangrias -Cocktail Hour
6:15 PM	Card Games
6:30 PM	Bingo Night
7:30 PM	Golden Girls Marathon with Popcorn





Dining Room

Quality service and warm ambience make dining a pleasure in our full service dining room. Our culinary team carefully plan our menus to help ensure you enjoy delicious, nutritiously balanced meals every day. Whether enjoying your meal in our fine dining room or using the tray service in your suite your dining experience is our top priority. Family and friends are always welcome to join you in the private dining room. All of the above are hallmarks of our commitment to providing excellence in gracious living.

- Elegant, central dining room
- Delicious, balanced, home cooked meals
- Private dining room for family gatherings
- Monthly tasting events featuring different regional cuisine

Healthy Dining



BREAKFAST
EGGS BENEDICT

Breakfast

Get your morning started right with a healthy, hearty breakfast in our beautiful dining room. Breakfast selections include your choice of Eggs, Bacon, Sausages, Fresh Fruit with Yogurt and variety of Toasts and Jams.



LUNCH
STEAK SANDWICH

Lunch

Made from scratch using fresh ingredients, your mid-day meal is served up with a smile in our dining room. Perfect whether you only have time for a quick lunch break or want to relax and enjoy a more leisurely meal with friends. Soups change every day and are a great way to start your meal followed by your choice of daily menus offering great flavour and variety including our special A La Carte menu.



DINNER
LOBSTER

Dinner

Every evening is special when enjoying dinner service in our lovely dining room. The menu changes every day and with the selection of featured entrees or A La Carte specials, choosing may be difficult but your satisfaction will be there.



DESSERT
CREME BRULÉE

Desserts

Our Desserts are delicious, healthy, often a little decadent and change every day. Ice cream is always an option.



Suite Selection

At Summit Heights we offer all the services you need to make your life more carefree and independent. Choose from a variety of beautifully designed one or two bedroom suites. Each suite is complete with a four-piece bathroom, air conditioning, heating and a kitchenette. These elegant and comfortable suites are equipped with the latest safety features designed to meet the needs of seniors.

- Variety of Spacious and accessible suites including
 - 1 bedroom
 - 1 bedroom plus den
 - 2 bedroom
- Beautiful Terraces
- Sprinkler System and Smoke Detectors in Each Suite
- Easy-To-Use Emergency Call Systems in Each Room

Monthly Inclusive Rates

When making the decision to move to an independent residence, it is important to understand which services are included in your monthly rate. When you compare the cost of living in your house or apartment to the inclusive cost at Summit Heights, it's easy to see why living here saves time, money and effort.

1 Bedroom Suites

2 Bedroom Suites

2nd person in any suite

	WHAT I CURRENTLY PAY	MY COST AT SUMMIT HEIGHTS
Mortgage and Rent		<i>Included</i>
Property Taxes		<i>Included</i>
House Insurance		<i>Included**</i>
Utilities (Gas, water, electricity)		<i>Included</i>
Building Repairs & Maintenance		<i>Included</i>
Lawn & Garden Maintenance		<i>Included</i>
Security		<i>Included</i>
Laundry		<i>Included</i>
Housekeeping		<i>Included</i>
Entertainment (Recreational and social activities)		<i>Included</i>
Gym Pass		<i>Included</i>
Transportation		<i>Included</i>
Groceries / Meals (Breakfast, Lunch, and Dinner)		<i>Included</i>
Total Monthly Cost	\$	\$

*All rates include the use of amenities, services, breakfast, lunch, and dinner daily. May be subject to change.

** Tenant insurance package for contents is required by all tenants.

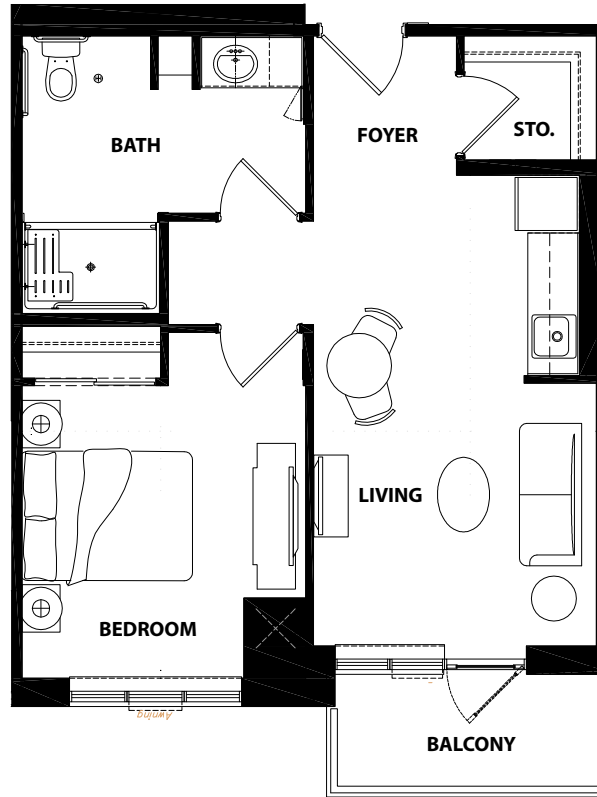


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Our Suites

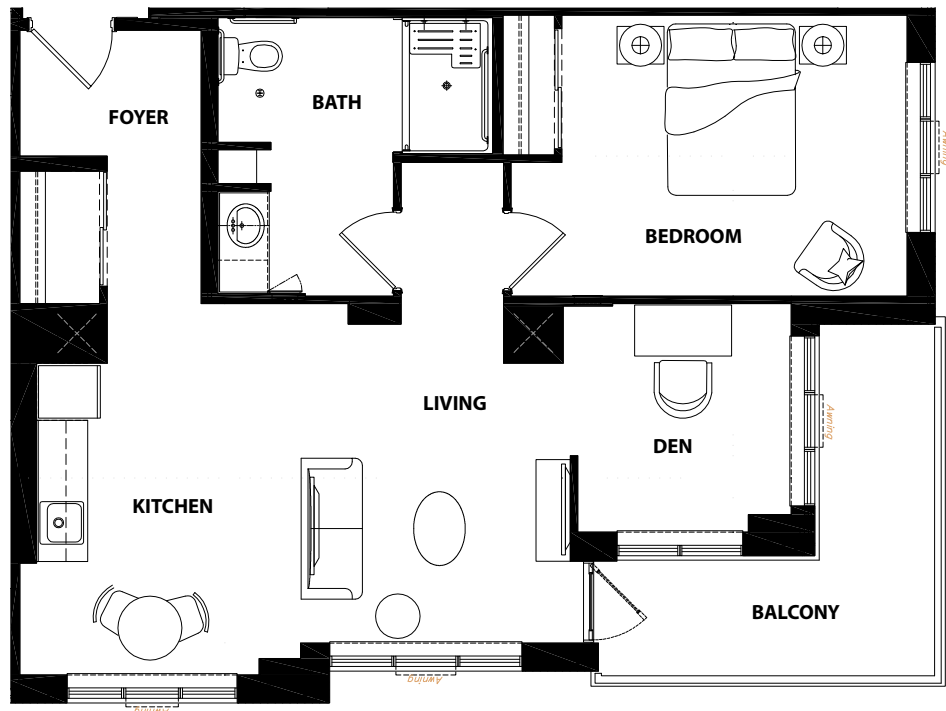
ONE BEDROOM

680 sq. ft. – 782 sq. ft.
plus terrace



ONE BEDROOM WITH DEN

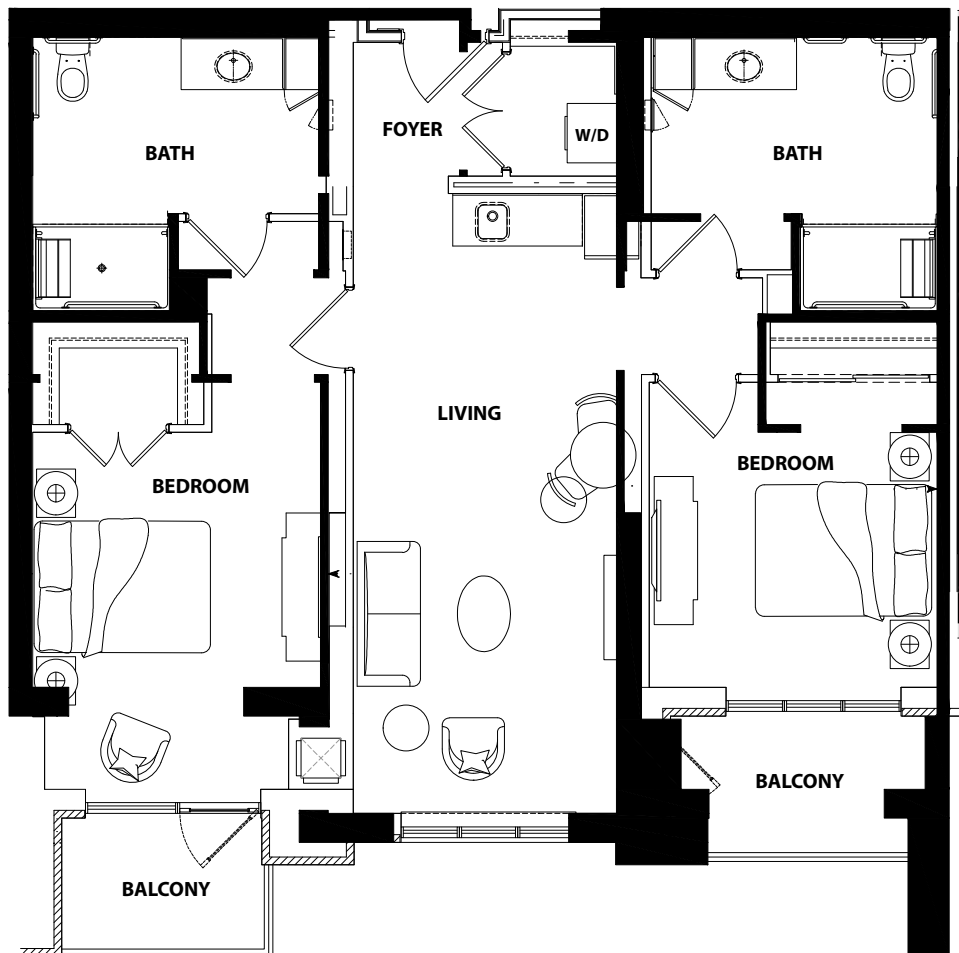
930 sq. ft. – 968 sq. ft.
plus terrace



Architectural Renderings for
Illustration Purposes only.

Suite square footage
shown does not include
terrace area.

TWO BEDROOM 1170 sq. ft. to 1235 sq. ft.
plus terrace

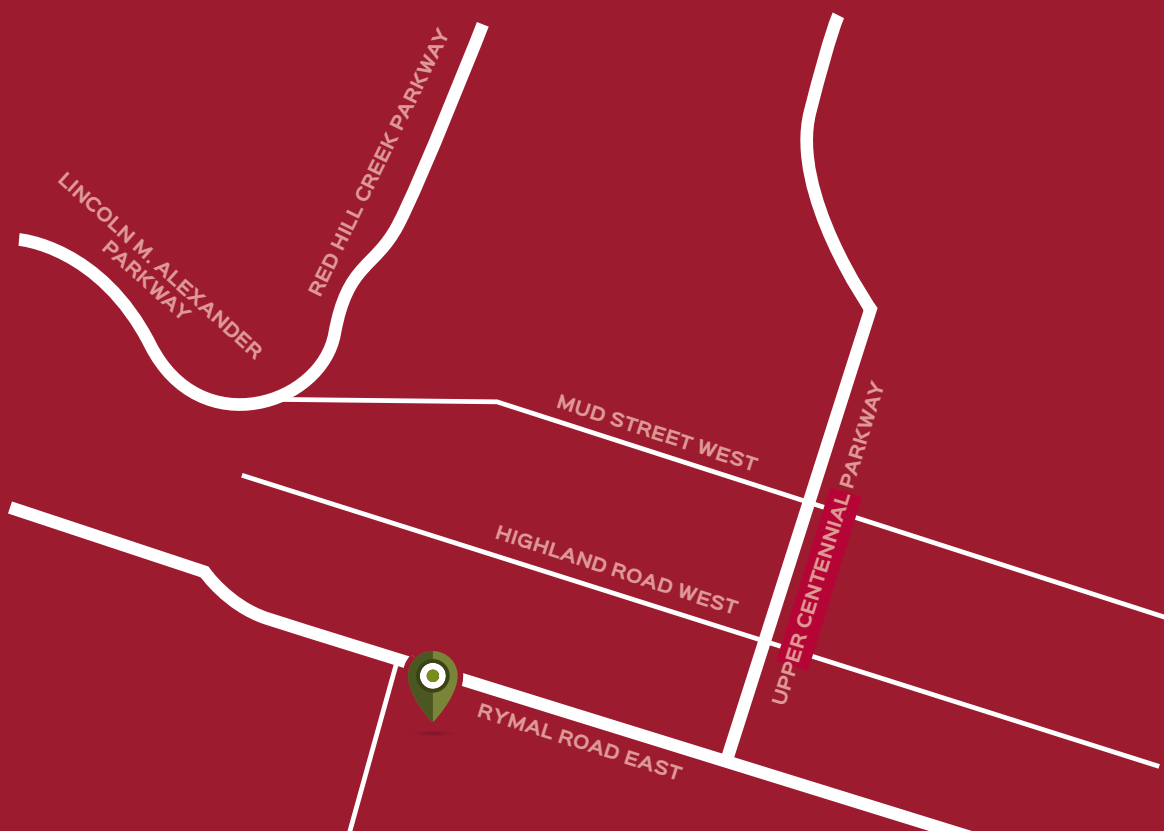




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