

# A Warm Welcome Awaits You!

## A message from our Executive Director

“ My team and I wish to welcome you to Aberdeen Gardens. Centrally located, the residents of Aberdeen Gardens are able to enjoy all that Hamilton has to offer. We invite you to come and see us in person! I am proud to be leading a team driven by doing the very best for our residents – it is what truly makes Aberdeen Gardens the Retirement Home of choice in Hamilton. ”

Carolina Chisholm, Executive Director

Located in beautiful west-end Hamilton, Aberdeen Gardens has been a fixture in this community for over 70 years. Some remember this site as the Zimmerknit Factory, some shopped here when it was the site of the local Dominion Grocery Store, and in 2000 Aberdeen Gardens welcomed its first resident.

Now it's the familiar faces, the friendly faces that you see when you walk in the door.

This building is home to people - it feels cozy, it feels comfortable. Living here gives you the opportunity to have coffee with an old friend every day of the week.

Aberdeen Gardens is full of life – from the beautiful cafe with all day coffee, tea and goodies to enjoy to the well-appointed lounge areas, with cozy spots for visiting. Updates to the Dining Room and outdoor living space has increased the amenity space for everyone's enjoyment

When you live at Aberdeen Gardens, you can enjoy an Independent Lifestyle with the support you desire to enhance your quality of life. We offer security and peace of mind at great, affordable rates. Take a tour today and see why Aberdeen Gardens is a wonderful life choice!

 **Aberdeen Gardens**  
Retirement Residence



You know you're home at Aberdeen Gardens

330 Dundurn Street South, Hamilton, ON L8P 4L6 | call to book a tour today | 905-529-3163



# Offering Care and Support 24 hours a Day

Aberdeen Gardens offers round the clock wellness and care services to enhance the security and comfort of our residents. Our committed team of professionals is at your service and led by our Director of Care. Our team assists residents to meet their health and personal needs with dignity and respect, and can be called on whenever you need assistance.

Should a situation arise in which you are requiring more care, we are able to design a Personal Care Plan for short-term or longer term needs. Extra services are available for a small fee.

**Our greater community offers additional services, which are available to you.\***

- In-house Lab services
- Foot Care
- Physiotherapy
- Hair Salon

*\*subject to the fees determined by the service provide*

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## Relax, and let us look after the chores!

Weekly housekeeping and linen laundry service are an integral part of our service and included in the monthly fee. Our friendly and caring Housekeeping team can free your time up to do the things you enjoy.

- Comfortable climate control is available year round with individual controls in all suites.
- Call on our friendly staff when you need them – emergency response is included.
- Additional housekeeping and laundry services including daily maid service, are available for a fee.
- Maintenance services are available for you.
- Tray service is complimentary during illness, and available for a charge at other times.

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# Savour Nutritious Home-Cooked Meals.

With meals prepared fresh every day, you'll enjoy a variety that caters to every taste, served right to your table.

“You will never have to eat alone, you can dine with your friends everyday.”

We know that meals are an important part of everyone's well-being. Residents of Aberdeen Gardens enjoy three nourishing, well-balanced meals daily. Our chefs prepare many fresh and tasty selections daily, ensuring that there is a varied menu with several options at each meal. All of our meal planning is based around the Canada Food Guidelines for health and wellness.

Taking fresh local produce into account, you can find a menu that offers hearty soups, fresh crisp salads and luscious treats! Homemade cookies, baked goods and fresh fruit can be found in our café, where you can sit and enjoy a tea or coffee with family and friends.

Aberdeen Gardens ensures a comfortable and social dining room for meals, and guests are always welcomed! Our culinary team will work with you to ensure that food allergies and special diets are accommodated wherever possible.



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# Be Involved... join in for fitness and fellowship!

Aberdeen Gardens is committed to designing a recreation calendar that reflects the various interests and needs of our residents. To enhance your personal wellness, let our Physio Instructor design a gentle fitness program just for you, to help you improve your physical health and build your muscles.

You may maintain your health and enjoy independence longer with the exercise programs we offer, and there is no additional charge to you to take advantage of these specialized services. Enjoy group exercises in the morning and the equipped Fitness Centre throughout the day.

With several choices of activities daily including: excellent entertainment, outings, crafts and group activities, our residents have lots of programs to stimulate and entertain. That's why we say: Enjoy your retirement at Aberdeen Gardens...where friendly smiles are a way of life!

#### Here is a sample of some of our activities:

- Fitness Classes
- Entertainment
- Arts and Crafts
- Bingo
- Carpet Bowling
- Xbox Bowling
- Fit Minds
- Monthly Birthday Parties
- Card Games
- Karaoke
- Social Teas



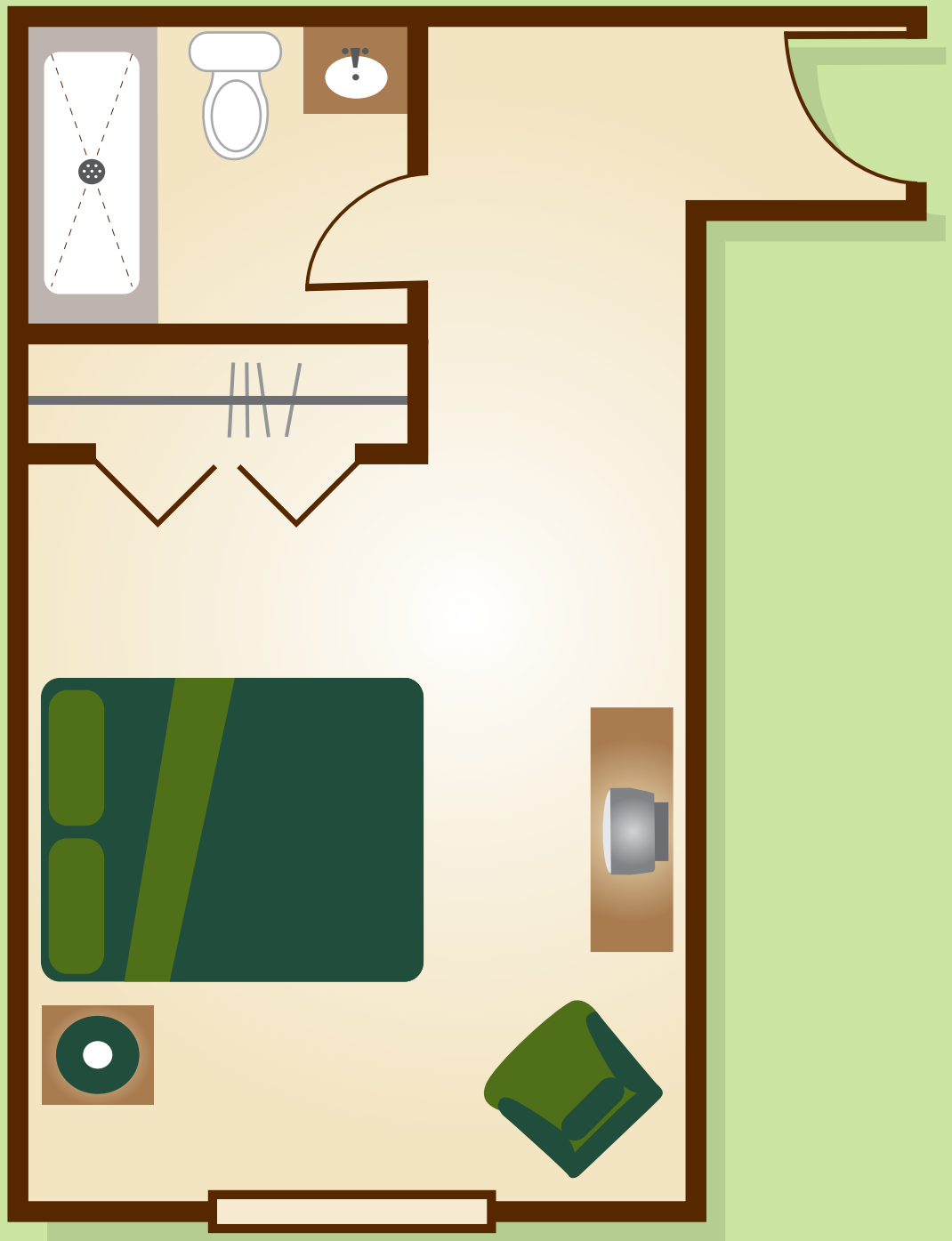
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# Dahlia

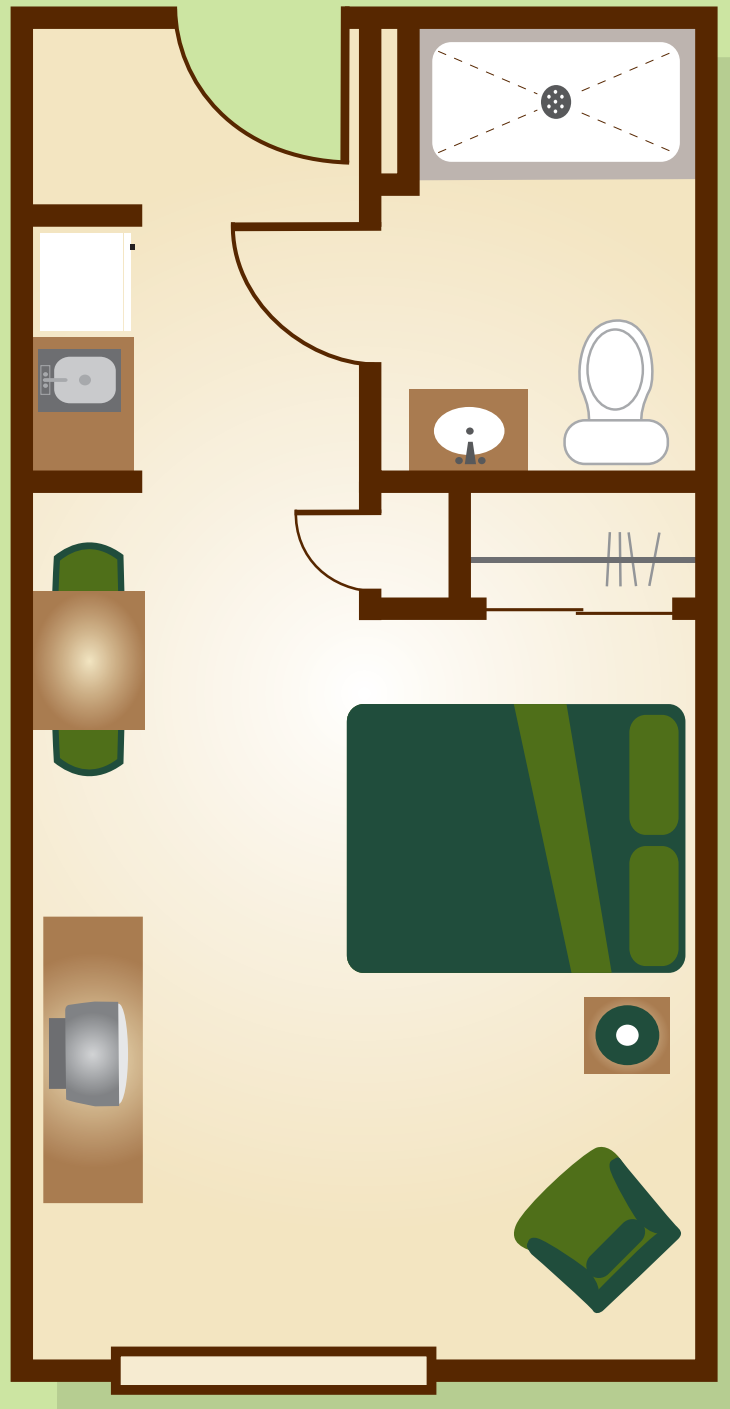
## Studio

400 square feet

*\*Actual suite size and layout may vary.  
Furniture not included.*

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[www.aberdeengardens.com](http://www.aberdeengardens.com)



## Daisy

### Studio

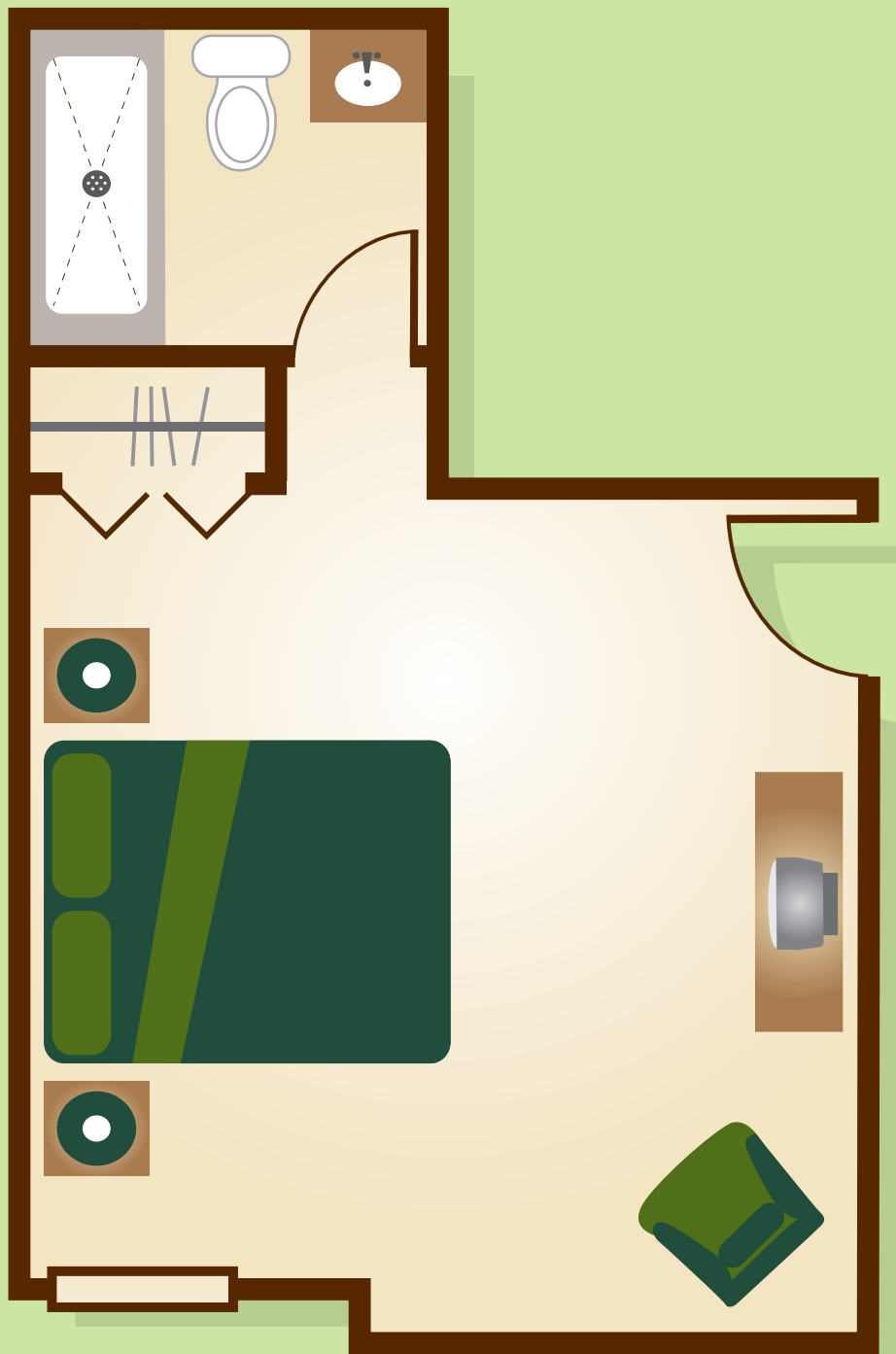
400 square feet

*\*Actual suite size and layout may vary.  
Furniture not included.*

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## Gardenia

### Deluxe Studio

375 square feet

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Furniture not included.*

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## Iris

### One Bedroom

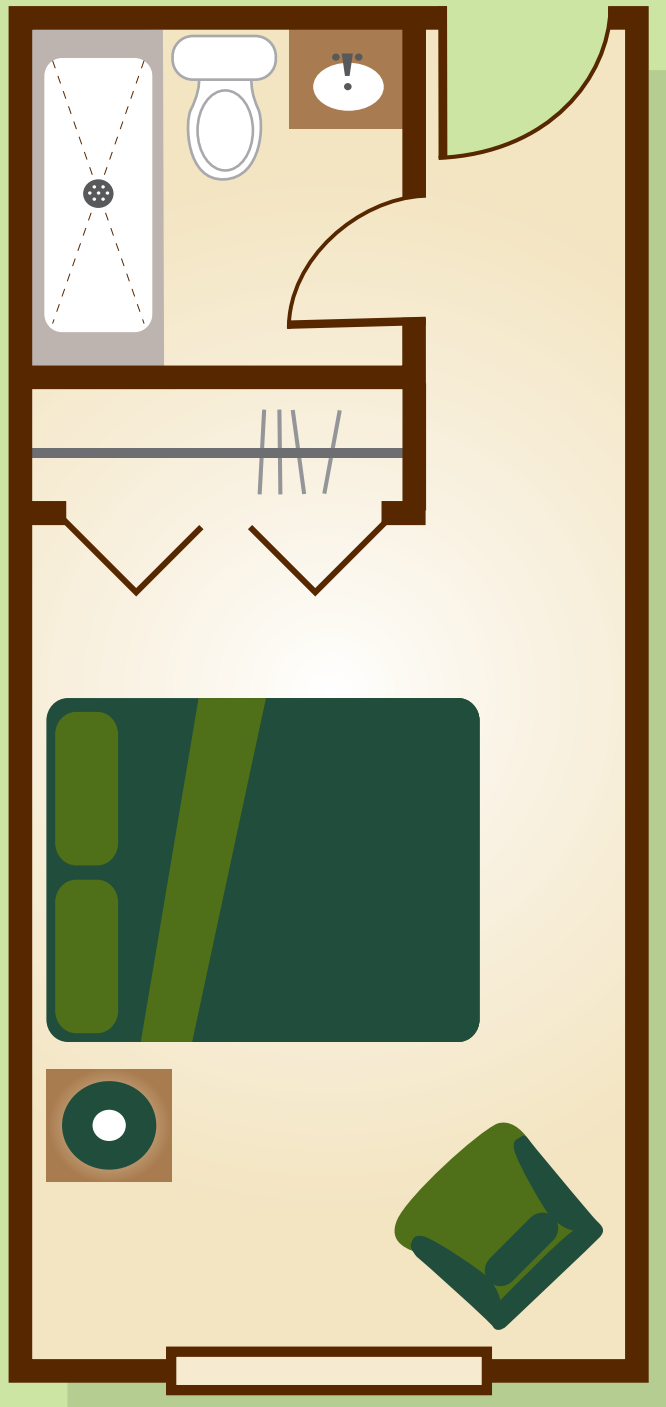
650 square feet

*\*Actual suite size and layout may vary.  
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## Marigold

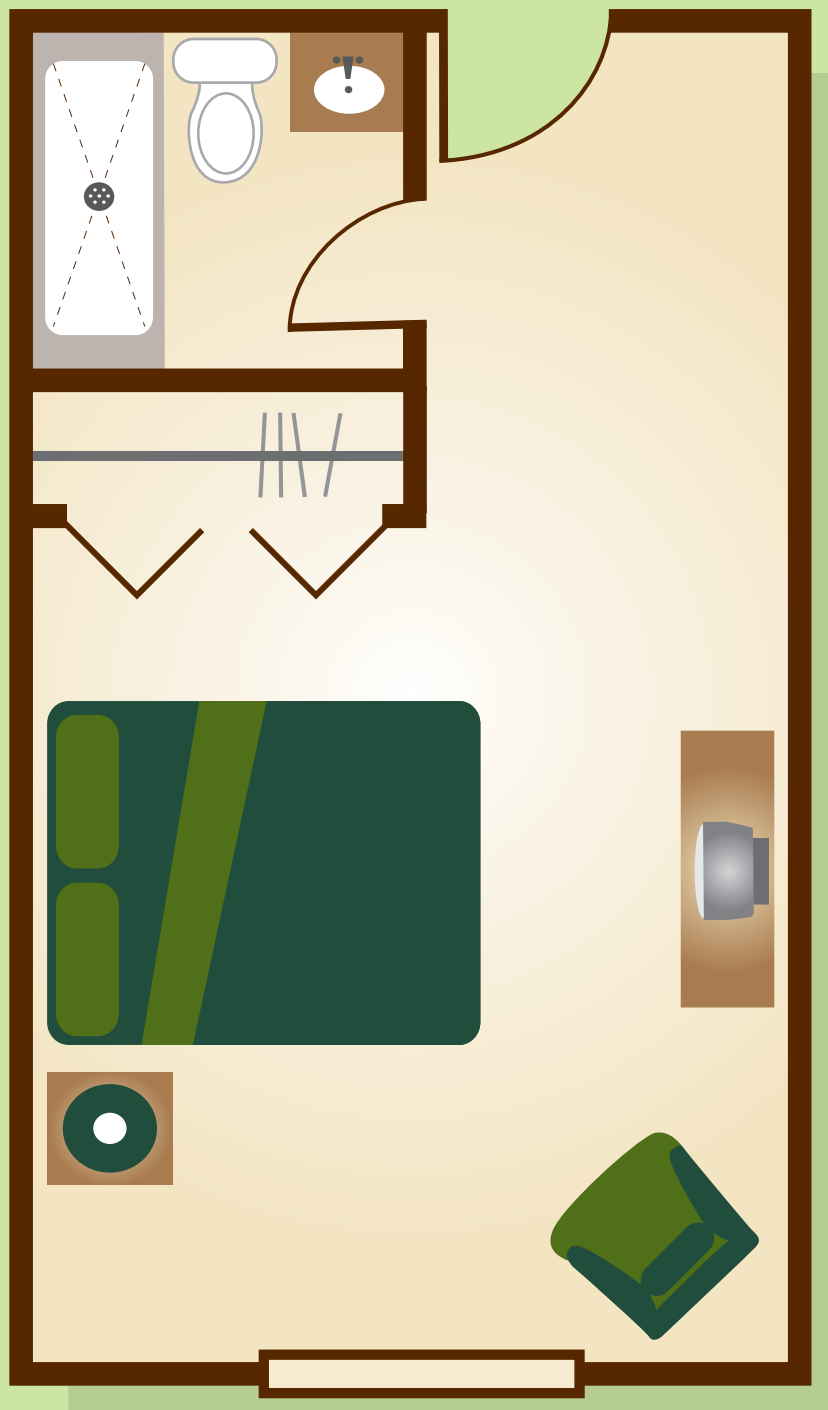
### Junior Studio

245 square feet

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Furniture not included.*

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## Rose

### Studio

275 square feet

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