



just like one big family

*comfortable*

home-like feel

**Cobourg  
Retirement Residence**

*good sense of humour*

very nice meals

caretaking

## The Time is **Now**

Am I ready to move to retirement living?

Some of the most common reasons people *consider a move* to a retirement residence is the hassle of home ownership and maintenance, a decline in health, lack of quality meals and engaging friendships.

We offer to take care of these things for you so you can **feel safe, secure and worry free while living with us.**

*Come and see for yourself how we can be your solution. Join us for a tour or a meal with our Director of Community Relations today.*



310 Division Street • Cobourg, Ontario K9A 3R3

**FOR MORE INFORMATION**

**905.372.7732**

[www.cobourgretirement.ca](http://www.cobourgretirement.ca)

For more information on our Select Care program, speak to the Director of Wellness.



MAKING *Every* MOMENT MATTER





## Our Vision

Creating communities where people of all ages can achieve all they can be.

## Our Mission

*We make a difference...*  
pioneering services for individuals in a caring community.

## Our Values

Participation

Excellence

Openness

Performance

Longevity

Efficient use of resources

## Amenities & Services Include:

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- Permanent, short stay, vacation stays or respite programs
- Dining room serving 3 meals daily
- Recreation and activity programs
- Exercise programs
- Snacks available 24 hours/day
- Private dining spaces
- Hair salon
- Exercise and wellness programs
- Furnished suites for guest stays
- Garden areas
- Outdoor parking
- Assistance with weekly bathing
- Medication Administration
- 24 hour support provided by the wellness team
- Weekly laundry

### Additional Services Include:

- Additional care services tailored to your needs
- Physiotherapy services



We welcome the *opportunity* to have you stay with us, and look forward to *spending time* with you.

Call Today

**905.372.7732**