

AMICA

WHITE ROCK



WELCOME TO AMICA WHITE ROCK

Imagine living in one of the west coast's sunniest destinations. Here you can walk to the local farmers' market, stroll along sandy beaches, visit the White Rock promenade and so much more. With spectacular mountain and ocean views, there's something for everyone to enjoy at Amica White Rock.

JUST FOR YOU

Welcome to senior living tailored to you. From our graceful interiors to our premium amenities and services, at Amica White Rock you'll find exactly what you're looking for in a senior residence. Our dedicated team is ready to create an exceptional experience that respectfully meets all your personal needs. Feel confident knowing Amica White Rock has been designed to provide you with everything you need today, and in the years to come.

BE INSPIRED

Our wide range of premium amenities and services is designed to meet all your physical, intellectual and social needs.



PREMIUM AMENITIES AND ENRICHING ACTIVITIES

- Library lounge, computer lounge
- Wi-Fi in social spaces
- Arts and crafts kitchen
- Home theatre
- Activities room
- Fitness centre with personalized and group programs
- Rooftop putting green and lounges
- Wine cellar
- Bar
- Rooftop gardening centre with raised planting beds
- Exterior courtyards, walking trail with benches
- Saltwater swimming pool
- Workshop

AMICA WHITE ROCK OFFERS

- Hair salon
- Spa baths
- Concierge
- 24-hour emergency response system with personal pendants, monitored on-site
- Dedicated transportation for scheduled shopping and excursions
- In-suite professional care and support

EXTRAORDINARY CUISINE

Our passion for food can be found in every menu our Red Seal Certified Chef creates. Using the freshest ingredients, our skilled on-site chefs prepare a variety of healthy, balanced, nutritious (and dietician approved) meals to suit every appetite. Everything is served by our attentive staff, ensuring each dining experience is a special one.



CHOOSE WHERE TO DINE IN STYLE

- Three dedicated dining rooms
- Flexible dining – dine when and where you prefer
- Patio with courtyard garden
- All day self-serve bistro with fresh fruit and baked goods always available
- Private dining room available for special occasions
- Invite your family and friends to join you anytime – we'll even cater your event
- Enjoy meals in the dining room, self-serve bistro, on the patio, or in the comfort of your suite

CHEF'S DAILY SPECIALS

À-LA-CARTE MENU
WITH RESIDENTS' FAVOURITES

SPECIAL OCCASION MENUS

UNIQUE DIETARY NEEDS AND
PREFERENCES ACCOMMODATED

MIND.
AND BODY.



DESIGNED FOR YOU

You choose how to spend each day, whether it's relaxing or joining in on activities.

ACTIVITIES & SOCIAL EVENTS

- Walking Club, exercise classes, strength training programs
- Painting, art classes and gardening
- Social events, entertainment, clubs, speakers, movies in our theatre
- Celebrations and special occasions
- Family and friends events
- Volunteering opportunities
- Weekly group outings
- Specialized programs tailored to the unique needs of Memory Care residents delivered by certified staff





YOUR
PERSONALIZED
WELLNESS PLAN



UNIQUELY YOURS

For each resident we develop a Personalized Wellness Plan to help you take advantage of all that Amica has to offer. Together we will build a customized plan based on your social, intellectual, physical, care and support needs to ensure you're always getting the most from life at Amica.



PERSONALIZING YOUR CARE

Our professional care and support staff is available around the clock whenever you need assistance. We tailor our services based on your needs and preferences.

PRIORITIZING YOUR WELLNESS

- Licensed Residential Care
- Registered Nurse leads our Wellness Team
- Licensed Practical Nurse and Wellness Team available 24/7
- Our Nurse will update your Wellness Plan whenever your needs or preferences change
- Flexible care and support options provided in the privacy of your suite and based on your personal routine and preferences
- Personalized pharmacy services available through Amica's selected provider
- On-site Abby Lane Health Centre gives residents easy access to doctors, a dentist, laboratories and more



At Amica White Rock, several local health professionals provide scheduled services on-site:

PHYSICIAN

PHYSIOTHERAPIST

FOOT CARE NURSE

HEARING CLINIC



A young child with curly hair, wearing a pink shirt, is playing chess with an adult. The child is looking down at the chess pieces on the board. The adult's hands are visible, moving a piece. The background is a bright, sunny outdoor setting.

CONTINUE YOUR LIFESTYLE

Our unique approach to discovery helps our certified staff get to know what makes you the extraordinary person you are. You can be assured the lifestyle you enjoy now will continue at Amica White Rock. If your lifestyle needs change, we will adapt to meet them, so you don't have to worry about moving again.

LIVE INDEPENDENTLY

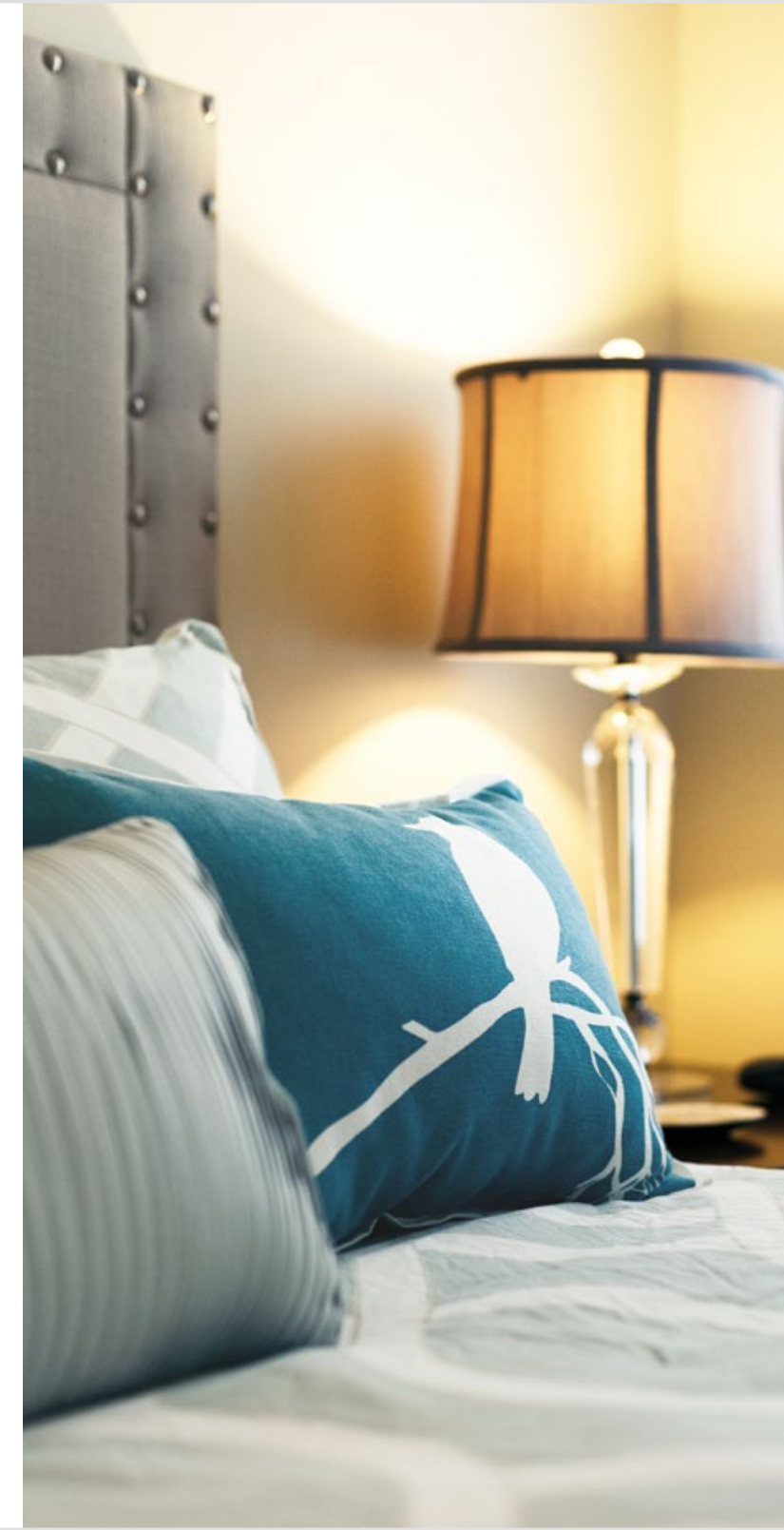
Enjoy Independent Living, secure in the knowledge you will always have the support and care you need, whenever you need it. Our premium amenities and wide range of life enriching activities are available to all residents. It's up to you how much or how little to participate. Just know as your needs evolve, so too does our care.

LIVE WITH ASSISTANCE

Should you need additional support with daily living, our Licensed Residential Care suites have a wellness team on the same floor to give you added peace of mind.

MEMORY CARE

For residents living with Alzheimer's or other forms of dementia, full support from certified experts is available in our dedicated Licensed Residential Memory Care suites.





TRIAL STAY

Interested in discovering if Amica White Rock is right for you? We offer short stays for you to experience firsthand what life here is like. We also offer respite stays if you find yourself in need of some extra care and support.



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