

AMICA

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WHITBY



## WELCOME TO AMICA WHITBY

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Located just north of downtown Whitby, our residence puts you in the heart of one of Durham Region's fastest growing towns. Stroll the lakeside paths by nearby Whitby Harbour, or explore the landscape at Heber Down Conservation Area. There's so much to see and do at Amica Whitby.

## JUST FOR YOU

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Welcome to senior living tailored to you. From our graceful interiors to our premium amenities and services, at Amica Whitby 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 Whitby has been designed to provide you with everything you need today, and in the years to come.



## BE INSPIRED

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



## PREMIUM AMENITIES AND ENRICHING ACTIVITIES

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- Library lounge, computer lounge
- Wi-Fi in social spaces
- Arts and crafts kitchen
- Home theatre
- Pub with billiards
- Activities room
- Fitness centre with personalized and group programs
- Gardener's greenhouse
- Saltwater swimming pool

## AMICA WHITBY OFFERS

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- Hair salon and spa
- 24-hour concierge
- 24-hour emergency response system with personal pendants
- Dedicated transportation for shopping and excursions
- Corner store
- 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

- Flexible dining – dine when and where you prefer
- Dedicated dining rooms & lounges for Independent Living and Assisted Living
- 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

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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







YOUR  
PERSONALIZED  
WELLNESS PLAN

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UNIQUELY YOURS

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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

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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

- 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



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

VISITING PHYSICIAN

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PHYSIOTHERAPIST

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PODIATRIST

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AUDIOLOGIST





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

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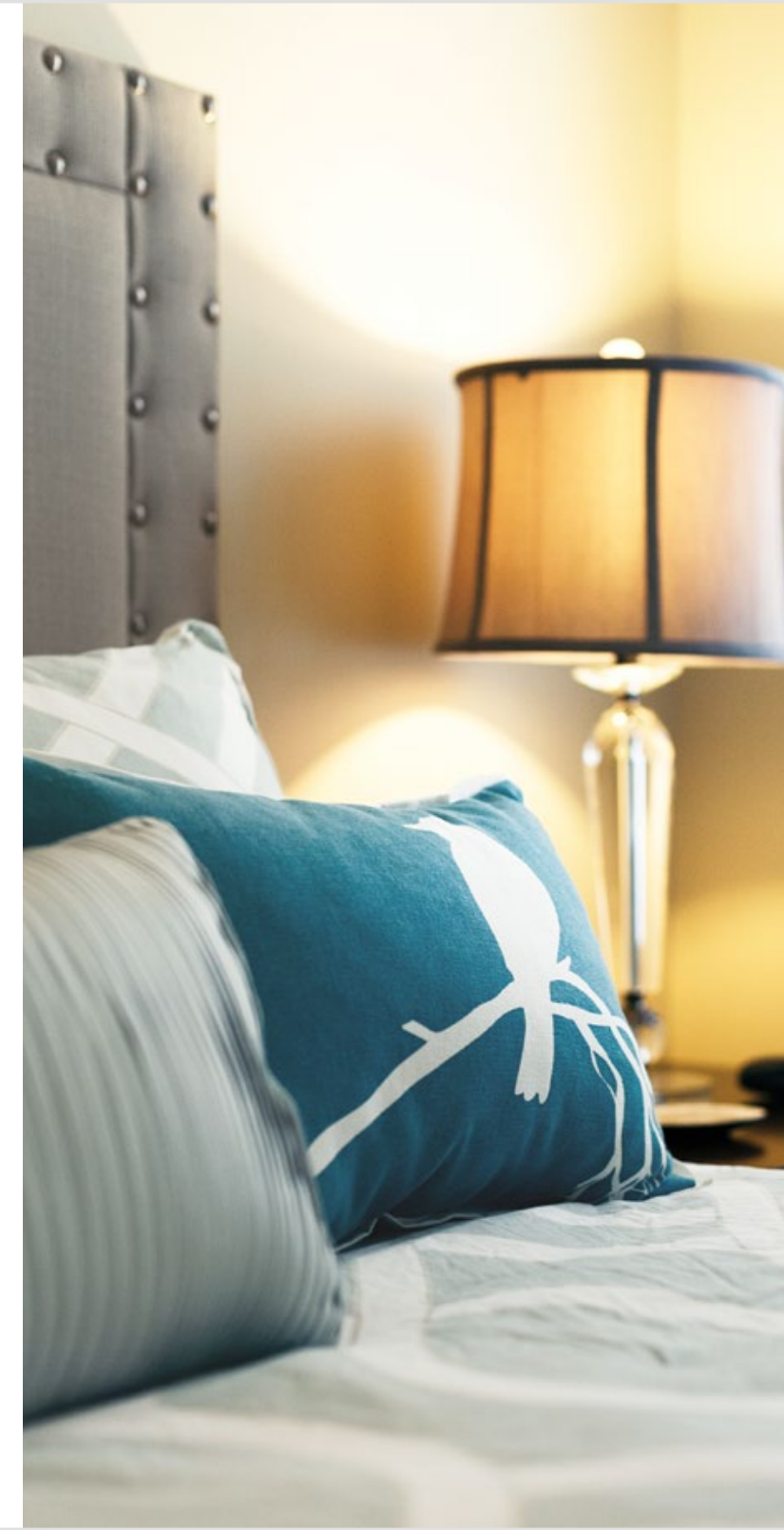
Our unique approach to discovery helps our certified staff get to know what makes you the extraordinary person you are. You can be assured the lifestyle you enjoy now will continue at Amica Whitby. If your lifestyle needs change, we will adapt to meet them, so you don't have to worry about moving again.

### INDEPENDENT LIVING

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.

### ASSISTED LIVING

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



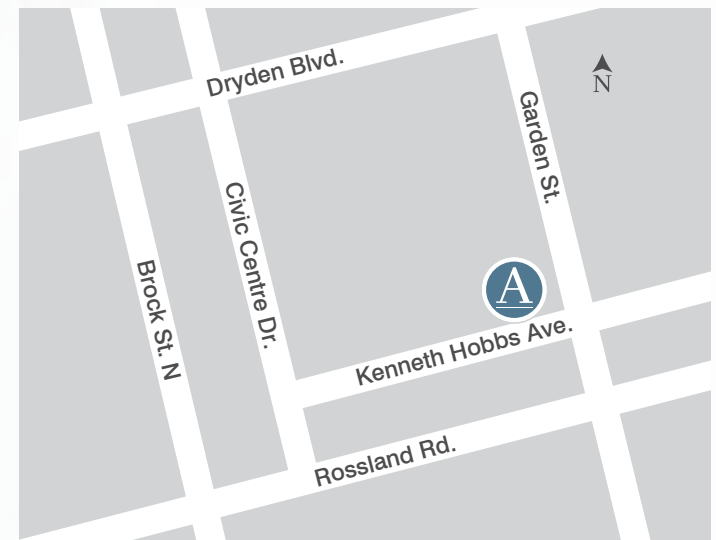




## TRIAL STAY

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Interested in discovering if Amica Whitby 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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