



# RETIREMENT RESIDENCES Edmonton Area



Many seniors seeking a supportive and engaging environment look at retirement residences as a housing option. In our region, we have a few housing providers that offer a wide range of choices, from completely independent living to higher levels of care, including memory care.

We've compiled this resource for older adults and their families who would like to learn more about retirement residences in the Edmonton area.



## KEY ADVANTAGES

### **Social Community**

Retirement residences offer more opportunities for seniors to meet and engage with their peers, reducing isolation and promoting socialization through activities, communal meals, and events. Fostering a sense of belonging and community can greatly enhance emotional and spiritual well-being.

### **Independence with Support**

Residents can maintain a level of independence while having access to support when needed, offering a balance between freedom and care, giving both residents and their families added peace of mind.

### **Safety and Security**

Buildings are designed with seniors' safety in mind, with features like 24/7 staff availability, emergency call systems, and secure entries. Accessibility is typically kept in mind - buildings will often feature ramps, wide hallways, elevators, and accessible bathrooms to accommodate folks with some mobility challenges.

### **Maintenance-Free Living**

Residents don't have to worry about home maintenance, yard work, or other household chores, which can relieve stress and reduce physical strain. Many residences include housekeeping in the monthly rent and have an onsite Maintenance Manager.

### **Nutritious Meals**

Most retirement residences provide options for daily meals tailored to seniors' dietary needs, ensuring balanced nutrition. The in-house catering program can vary significantly between properties and there are suites in the Edmonton area that offer full kitchens if your preference is still to do most of your own cooking.

### **Health and Wellness Services**

On-site healthcare support or connections to medical services are often available, including wellness checks, physiotherapy, and access to visiting specialists. For those who might benefit from additional support, many retirement communities offer assistance with activities of daily living, such as bathing, dressing, and medication management.

### **Recreational Activities**

Retirement residences typically offer a variety of activities and programs designed to keep residents mentally and physically active, such as fitness classes, art workshops, and excursions.

## PROPERTIES & SERVICE PROVIDERS

This list comprises the bulk of the retirement residences and service providers in the capital region offering independent and independent supportive living.

### OPTIMA LIVING

- Aster Gardens (Sherwood Park)
- County Cottage (Sherwood Park)
- Everitt Gardens (St. Albert)
- Laurel Heights (SE Edmonton)
- Lewis Estates (West Edmonton)
- McTaggart Place (SW Edmonton)
- Rutherford Heights (SW Edmonton)
- Summerwood (Sherwood Park)
- Wildrose Gardens (West Edmonton)

**W:** <https://optimaliving.ca/>

### CHRISTENSON DEVELOPMENTS

- Bedford Village (Sherwood Park)
- Citadel Village (St. Albert)
- Devonshire Village (West Edmonton)
- Eton Park Estates (Sherwood Park)
- Glastonbury Village (West Edmonton)
- Southwood Courts (SE Edmonton)
- Village at Westmount (West Ed)

*\*Note that a lot of their properties offer life-lease - talk to your Financial Planner to see if this is the best option for you.*

**W:** <https://www.cdlhomes.com/>

### LIFESTYLE OPTIONS

- Leduc (Leduc)
- Riverbend (Southwest Edmonton)
- Shonsee (Northwest Edmonton)
- Terra Losa (West Edmonton)
- Whitemud (South Central)

**W:** <https://lifestyleoptions.ca/>

### CHARTWELL

- Emerald Hills (Sherwood Park)
- Griesbach (North Edmonton)
- Hawthorn (West Edmonton)
- Heritage Valley (SW Edmonton)
- St. Albert (St. Albert)
- Wescott (SW Edmonton)

**W:** <https://chartwell.com/>

### COGIR SENIOR LIVING / VENVI - **W:** <https://www.cogirseniorliving.ca/>

- Glenora Park (Downtown)
- McConachie Gardens (North Edmonton)
- Our Parents' Home (Downtown)
- River Ridge (St. Albert)
- Riverbend (SW Edmonton) - **W:** <https://www.venviliving.com/>

### OTHER

- Canterbury Foundation **W:** <https://canterburyfoundation.com/>
- Garneau Hall (South Central) **W:** <https://garneauhall.com/>
- Harmony at Rutherford (SE Edmonton) **W:** <https://www.harmonyatrutherford.com/>
- Rosedale (Downtown) **W:** <https://rosedaleseniorsliving.com/>
- Touchmark Senior Living **W:** <https://www.touchmark.com/>
- Waterford of Summerlea (West Ed) **W:** <https://thewaterford.ca/>

### SUBSIDIZED HOUSING OPTIONS

Many seniors use the proceeds from the sale of their home to fund their retirement living, but if that's not an option for you, there are resources available.

- Greater Edmonton Foundation - **W:** <https://gef.org/>
- Heartland Housing Foundation - **W:** <https://www.heartlandhousing.ca/>

A more comprehensive list can be found on the SAGE website -

<https://www.mysage.ca/publications/directory>

# ABOUT MICHAEL DRAPER



## REAL ESTATE EXPERTISE FOR SENIORS AND THEIR FAMILIES

As a designated Seniors Real Estate Specialist (SRES®) recognized by the Canadian Real Estate Association®, Michael understands the unique and challenging real estate needs of seniors, and their families.

With his own personal experience with aging parents and in-laws, Michael has made it his mission to support seniors and their families navigate their next steps.

He understands that as we age, and our circumstances change, it might not be as simple as selling a house, there are typically many other factors at play.

Mike has built a team of ethical supporting cast members, and together, they can walk each family through the next steps with kindness and grace.

## WHAT PEOPLE ARE SAYING

“ Mike has assembled an extensive array of industry partners who were invaluable in facilitating every phase of this process. It all came together like magic... Mike was a refreshing standout in his availability and responsiveness to questions or requests for guidance...

Hire this caring, compassionate realtor now if you are looking for someone who has integrity, listens and is never rushed (even on his busiest day), is a breeze to work with and has a calm, positive, reassuring presence. Mike got the job done quickly and for top dollar. If I could give him 100 stars, I would.

- Cheryl Anderson