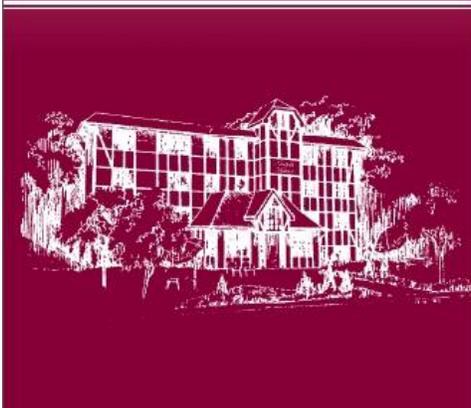


Norfolk Manor Online Brochure

Live Life Your Way



At Norfolk Manor, you have the freedom to make your own choices. Choose from 5 different styles of accommodation, choose your meals, choose how you spend your time. It's all here for you in a warm, supportive environment that will feel like home.

At Norfolk Manor you don't have to worry about cooking, doing your personal laundry, housekeeping or even making your own bed, unless of course it is something you really want to do. We work for you, we will assist as little or as much as you need, enabling you to spend your time on things that you really enjoy, leaving the chores to us.



Visiting with friends, taking in the convenient shopping, watching movies, enjoying your favourite hobby, remaining involved with the community or

just curling up with a good book. Our comfortable and homey tudor-style

atmosphere, decor and furnishings provide the perfect setting for your carefree lifestyle. Family-owned and operated, you'll notice the special touches everywhere. From the comfortable surroundings to the personal attention in the dining room, we work hard to keep you and our other residents content with friendly, caring staff and a strong sense of family and community. Come, take a closer look at Norfolk Manor and you'll find a distinctive home that offers you the care and comforts you need to live your life to the fullest.



Right Where You Want to Be

Located in the heart of downtown Guelph, our retirement community is nestled in a pleasant, mature residential neighborhood, just steps away from the Guelph Public Library. As you cross the street from the Library you'll find shops, café's, restaurants, a tailor, a tannery, a tea shop and more. Passing through St. Georges Square in the center of Downtown is the heart of the financial community with 6 major banks within the block and the square being the transfer point for all major bus routes in the city. Past the square, the Old Quebec Street indoor streetscape offers specialty shops, offices and cafes and leads through to the Sleeman Sports and Entertainment Centre and the River Run Centre for the Performing Arts. Norfolk Manor was built on the original site of the First Congregational Church of Guelph and if you still want to remain an active member of a congregation there are 6 churches all within a couple of blocks.



Wherever you want to go, Norfolk Manor is just around the corner. And we even have a mini-bus that will help you explore other interesting places in Southern Ontario. Any way you look at it, Norfolk Manor has much to offer as you look to reduce your responsibilities and enjoy life supported by as much or as little assistance as you feel you need to help you achieve your desired lifestyle.

Do What You Want To Do

You'll have an opportunity to enjoy social events and activities that will add a little variety to your life, the choice is yours. However, our full-time Life Enrichment Coordinator who organizes everything from holiday celebrations to regular community activities can be rather persuasive. Exercise your body and your mind. Your social calendar can be as full as you want to make it. We encourage you to invite your family and special friends to any event you choose, so they can remain a special part of your life. Our afternoon teas or our



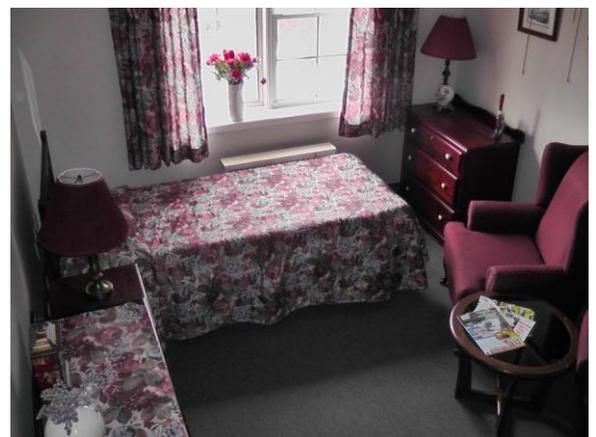
weekly summer barbeques give you the chance to socialize with your neighbours and personal friends. Every day at Norfolk Manor is a day of comfort, friendship and opportunity. Our regular activities include, a daily exercise program, our afternoon



tea, movies, crafts, live musical entertainment, trivia, word games, card games, darts, bingo and socials, church services and visits from local schools, interest groups and the Humane Society. In the summertime our outings increase to include, weekly barbeques and picnics. We even have regular in-house physiotherapy on Monday, Wednesday and Friday mornings. Transportation is conveniently arranged for all our weekly outings, whether it's shopping or sightseeing. Longer excursions have included trips to the Hamilton Botanical Gardens, Museums, Art Galleries such as the AGO and even Niagara Falls. You can even arrange for the Mobility Bus Service to take you to appointments or activities in and around Guelph. You can decide where you want to go. Your life can go as far as you want it to. All you have to do is join in.

Live In Comfort and Style

Norfolk Manor offers a variety of suites to choose from at various prices to match your budget. With broad loomed floors, 3 uniquely decorated lounges, a library, a games room, a Bar in Manor Hall and over 300 pictures, plates and wall hangings Norfolk Manor's atmosphere is comfortable and friendly. Just like home. Of course, if you prefer, we welcome you to furnish your suite with your own furnishings and personal items to create your home. You choose.



These bright, spacious rooms include convenient access to tub and shower with hand-held shower units, grab bars and shower stools for your safety. Two-way call system linked directly to the nurse's station for added "peace of mind".

You also have access to our SPA room for that added bit of luxury.

Best of all we have daily housekeeping, laundry and a towel and linen service to make living easy. For those "late risers", a Tray Service is arranged for a continental breakfast delivered right to your room.

If you need it, we'll put you in touch with professional help for your personal, financial, spiritual or emotional needs. We can co-ordinate extra care services to come into Norfolk Manor, should you ever need it. Other specialists will be coordinated as you require them. Our resident attendants, volunteers and 24-hour nursing coverage will assist with your health needs and those little details in your life that make living easier.

We have a house doctor and nurse practitioner, on-call pharmacist, an in-house beauty salon and our very own **Old Fashioned Pop Corn....made fresh every morning.**



Safe & Secure



Your safety is our first priority. If stairs are a problem, we have an elevator providing easy access to every floor. Controlled building entry with video surveillance, screens unwanted intruders. The emergency nurse call bell system monitored by our nursing staff 24/7, exit door alarms, emergency lighting, smoke and heat detectors, along with handrails in hallways and stairwells provide additional security in this all brick structure. You'll feel safe within the

walls of Norfolk Manor, a helping hand is always near.

Surround Yourself with the Best

Norfolk Manor offers the beauty and grace of a classic era. Each floor features a distinctive lounge for quiet times. There's the understated elegance of the Victoria Lounge, the proud heritage of the Canadiana Lounge and the games room feel of the Wellington Lounge. Each air-conditioned, exquisitely decorated lounge, has comfortable couches and a colour t.v. It's the perfect place to entertain friends or meet new ones. The crown jewel of our main



floor is the Manor Hall, with its richly appointed decor, 50-inch flat screen TV with surround sound and air conditioned comfort. Here's where it all happens. From Friday afternoon Happy Hour to our Christmas Celebrations, this warm, homey, gathering place welcomes everyone for all the good times. The Florida Rose Room, just off Manor Hall, provides a summer

atmosphere year-round with its tropical plants, bamboo furnishings and windows everywhere giving lots of light. This room houses our Library, filled with classic literature and the current magazines for your reading pleasure and doubles as a Family Party Room.



Home Cooked Meals Prepared by Our Chef and Served in Good Taste

Our air-conditioned, elegant dining hall serves up a healthy selection of home cooked meals, expertly planned and prepared in our own kitchen. You'll savour a full buffet breakfast with all the trimmings and a buffet lunch, complete with salad bar and our "always open" fruit, snack and beverage counter. Evening dining offers full service to your table and



includes a choice of entree, dinner wine from our Wine Cellar and a variety of delicious desserts. All enjoyed in a casual environment and an atmosphere of good fellowship. Continue your socializing after supper at the Bar in Manor Hall enjoying an alcoholic beverage, from your private stock, are served upon request.



Make Yourself at Home



At Norfolk Manor, you'll find a cozy, warm atmosphere that will make you feel right at home. You'll have everything you need, right at your fingertips, without a care in the world. You'll be surrounded by friendly, caring people who want you to enjoy your life, however you choose to live it.

Family-Owned & Operated Since 1980



Founders
Jack & Patricia Ing
Established 1980

WE ARE AT YOUR SERVICE

(left-right) Tammy Engelage (Dietary Manager), Rozina Kassam R.N. (D.O.C.)
Lisa (Ing) Hipgrave (Assist. Director), Dawn Keating (Activity Coordinator)
David M. Ing (Managing Director) david@norfolkmanor.ca

