

LE KING DAVID

Thank you for considering Le King David as your best choice for future residence. Le King David offers a fresh opportunity for our residents to live life to its fullest in a vibrant and friendly assisted living environment. Each of our residents enjoy the desired degree of independence, complemented with a measure of personalized care. All residents are encouraged to participate in social and recreational programs that enhance quality of life while promoting an active and healthy lifestyle. Our premises are well appointed, modern and comfortable; easily adapting to all the comforts of home . . . and so much more.

Our Core Values

Dedication To provide a warm, caring and supportive environment; to do the best that we can to facilitate the day to day lives of all residents and to accommodate their needs.

Professionalism and Quality of Service Each staff member receives ongoing training to provide an uncompromised degree of professional service and quality of care.

Independence and Choice We accommodate the most discerning residents by providing a constantly evolving array of social, educational and recreational programs all within a safe and attentive independent living environment.

Compassion and Understanding Our residents are considered as part of Le King David family and are treated with courtesy and compassion regardless of the degree of attention or care that each requires.



Honesty and Integrity Each resident deserves the utmost in consideration and should expect nothing less than absolute honesty and uncompromised integrity from management and staff.

Dignity and Respect We understand that each resident is unique in character and disposition. Regardless of the circumstances, residents are treated with dignity and respect according to the highest quality of life and peace of mind.

Traditional Values Le King David embraces traditional values regardless of the degree of observance maintained by each resident. The tradition of Le King David is to celebrate life whether through holiday observance, festival celebrations or monthly group birthday parties and we encourage our residents to celebrate the moment with cheer.

Discretion We customize services to meet the needs of each individual. Le King David staff is specifically trained to provide services in a timely, discreet and professional manner.

Privacy What you share with us is maintained within secure protocols and is never shared with others without prior consent. We respect the privacy concerns of our residents and their families and we do whatever possible to protect your trust.

LIFE AT LE KING DAVID

We encourage our residents to remain vibrant by participating in a variety of activities designed to boost the spirit, enhance the body and challenge the mind. A good balance of dynamic programs combined with proper nutrition contributes to a healthy lifestyle for all Le King David residents.

Activities and Programs

Cognitive Programs challenge brain fitness and memory

- Discussion groups – Current events and traditional topics
- Computer lessons, games and brain fitness activities
- Lecture series
- Trivia challenge
- Bridge classes
- Bingo
- Board games
- Monthly mobile fashion boutique (on premises shopping experience for residents, families and friends)

Fitness Programs improve functional ability, strength, flexibility and circulation and overall vitality

- Low-impact aerobics exercises
- Strength training with light weights and bands
- Flexibility and balance classes
- Dancing
- Wii® (bowling and golf simulator)
- Walking club
- Wellness and nutrition education
- Tai chi, yoga and meditation



Creative Programs stimulate personal creativity encouraging individual enrichment through musical, cultural and spiritual elements

- Music programs
- Art classes
- Reading groups
- Culinary arts
- Intergenerational programs
- Gardening club
- Religious and Sabbath services



AMENITIES AND SERVICES

Enjoy the finest quality of services, amenities and activities; all part of our commitment to enhancing your independence, providing peace of mind and ensuring quality of life at this renowned residence.



Amenities and Services

- Sprinklers, heat and smoke sensors in each apartment and common areas
- Complete fire safety conformed building
- 24 hour front security desk
- Security cameras on each floor and in all common areas
- Modern 1 bedroom units and studio apartments
- Large balconies with patio door
- Emergency call buttons in each unit and common areas
- Fully equipped bathrooms with grab bars
- Personal mail delivery at front desk
- Inviting living room with beautiful fireplace
- Library
- Large TV and projection room with Nintendo Wii®
- Computer and media room with internet
- Large patio with landscaped garden and BBQ - summer months
- Daily chambermaid service - beds made daily
- Weekly housekeeping with linen service - comprehensive cleaning
- Weekly personal laundry service
- Utilities included - electricity and heat
- Indoor resident parking available
- Synagogue and services
- Short term and trial stays available

Activities and Programs

- A full calendar of activities and events.
- Life enrichment programs
- Organized recreation and leisure programs
- Daily fitness classes
- Art classes
- Games

Social Events

- Monthly group birthday parties
- Weekly live music with guest entertainers
- Chapel with daily and weekly Sabbath services
- Special holiday services and celebrations - families welcome
- Weekly movie nights
- Nightly social activities



HEALTH FACILITIES AND SERVICES

Our residents' health is our highest priority. We are accessible to each resident to assess, comfort and perform nursing functions as required. To accommodate our residents, we monitor blood pressure and blood sugar levels, perform blood draws, dispense medication and book external appointments. Our premises include a modern and well equipped infirmary with a doctor and professional nursing staff. Nurses liaise with health professionals and work closely with the Le King David doctor for non-urgent medical issues. Medications are monitored and dispensed at required intervals through our on-site pharmacy. Le King David is undoubtedly the best choice in providing care for the wellness of its residents.

Health Services

- Weekly doctor visit
- Modern fully-equipped infirmary
- Nurses on duty with extended hours every day
- Medications monitored and administered by qualified professional nursing staff
- Blood pressure and blood sugar monitoring
- In-house pharmacy
- Personal support attendants on-duty 24 hours a day
- Nursing assessments
- Dietary assessments
- Restorative exercise program

Personal Care Services — on premises

- Manicure
- Pedicure
- Foot care services
- Hair salon services (men and women)
- Massage therapy and physiotherapy



DINING



Three hearty meals are prepared fresh daily by the Le King David on-site chef, ensuring freshness and flavour. All meals are prepared in the traditional style from only the best choice ingredients and served in ample portions in our elegant restaurant-style dining room. Our meals are perfectly balanced by a qualified dietician to be deliciously appetizing, wholesome and healthy.



Menus are planned on a weekly rotation to ensure that nutritional balance is a part of our residents' daily dining experience. Our aim is to satisfy the most discriminating palate with delectable options for every appetite. The finest, flavourful ingredients are presented with a focus on health and well-being. Kashrut is strictly observed under the auspices of the MK. Our professionally trained culinary staff combines high quality meals and first class service to ensure a positive dining experience each and every day. We ensure each resident's specific dietary and medical needs are accommodated.

Residents also enjoy refreshments and afternoon tea daily.

Invited family members are always welcome to enjoy a meal in our beautifully appointed dining room. We accommodate family seating when residents entertain invited guests.

The dining experience at Le King David reflects our commitment to excellence. We take pleasure, every day, in serving our residents a constant variety of delectable and satisfying meals. There is nothing like home cooking at **Le King David... You're home!**

