



Welcome to Brookside!

Casual, Comfortable & Affordable Retirement Living
in Kanata

20 Shirley's Brook Drive | BrooksideLiving.ca

Local Family Owned



Christine Forget

I am so proud that we have created a community that offers a unique experience for the area's seniors. Being a local owner-operator allows us to implement some of the best industry practices as well as call upon eldercare leaders in the community for advice and support as needed.

When it comes to resident care, I believe strongly in compassion vs transaction. Hospitality, value, and resident-centred services are also our core values. This is what we strive for each and every day.

The Brookside Story

Brookside Manor was built in 1994 by a developer who sold it and it became Chartwell Kanata. In early 2023, the residence was purchased by us; a local family with more than 30 years of senior living and renovation experience. Our plan is to create an affordable continuum of care for seniors living in Ottawa's West End without compromising on care, support, service, or hospitality. We've done this by assembling a team of highly experienced senior living professionals and introducing best practices from our many years of experience. As a result, we're creating a unique and genuine community where our residents are treated like family.



BROOKSIDE
SENIOR LIVING KANATA

Philosophy & Core Values

We care like family!

Common feedback we hear from our residents, families, and guests is that we're one big family! It's our goal to make each and every resident and family member feel like a valued part of our community. Brookside is a place where you don't get lost in the shuffle and you can create genuine connections with others. In turn, those relationships are fostered and nurtured.

Meaningful moments

At Brookside, our purpose and goal is to create meaningful moments that impact our residents and families lives each and every day.

Listen and Learn

We believe in a proactive approach where communication is key. Being non-corporate means we can listen, learn and adapt quickly to the changing needs of our residents and families. Our door is always open for you.

Our Team



Brookside is committed to building a community where people want to live and people want to work. Our team strives to create purposeful daily interactions that include fun, fellowship, hospitality, respect, and compassion. We do this by listening, learning, and growing together with care and community as our core values.

How may we serve you? If you have questions or would like more information about Brookside give us a call at 343-204-0589 or email leasing@brooksideliving.ca



Community Features

Building Amenities

- Three Stories with two elevators and five stairwells
- Movie Theatre
- Library Lounge
- Brookside Dining Room & Bevy Bar
- Country Kitchen
- Atrium Piano Lounge
- Arcade / Games Room
- Reflection Room
- Hair Salon
- Brookside Mini Tuck Shop
- Therapeutic Spa
- Outdoor Courtyard with Raised Gardens
- Beautiful Mature Exterior Landscaping with Exterior Courtyard
- Walking Paths Adjacent to the Conservation Area and Pond.
- Complimentary Laundry Rooms on 1st/3rd Floors

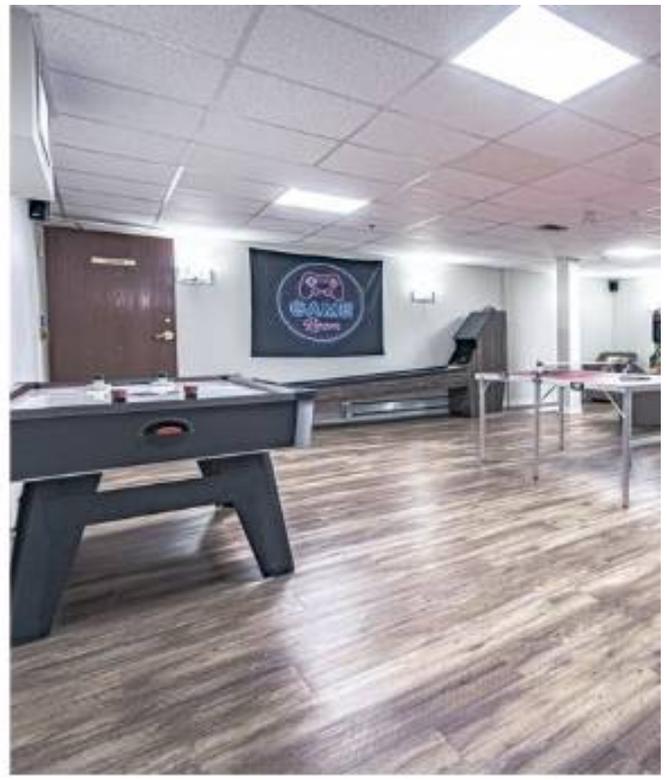
Area Features

- Walking distance to banking, medical clinic, transit and restaurants
- 2-5 min drive to Shopper's Drug Mart, Sobeys, Dollarama.
- Two blocks from St John's Anglican Church
- Conveniently located south of the 417 March Rd exit



Suite Features

At Brookside, our suites are designed to feel like home, where you can relax in the mornings and unwind in the evenings and where you can invite friends and family over to socialize or savor a solitary night in. Many of our suites have features including private bathrooms with walk-in showers, kitchenettes where you can prepare a coffee or tea, and large bright windows for an abundance of light. Our suites are designed to provide you with privacy and convenience, plus include alert systems for 24/7 access to staff in an emergency.



Building Features

At Brookside, we offer a quaint, casual, and comfortable environment with the right amount of amenities, features, and common spaces to enjoy in our smaller and accessible building. We want you to take advantage of all we have available, from finding the perfect book in our library to enjoying the arcade games room with your family and friends. You can watch your favourite team with new friends in our theatre or bake up a storm in our country kitchen. In our outside space, enjoy walking paths, a stunning courtyard, and a quiet mature natural setting.



Culinary Services

We believe meals are about more than simply delivering fuel to your body. They're about bringing people together and creating community through shared experiences involving conversation, laughter, and food so good you can't wait to see what's new on the menu! Meals at Brookside are about more than a dining program; they're about you. We utilise fresh, seasonal and local produce and offer a variety of healthy options, traditional favourites and home made desserts.



Sample Menu

Our culinary team is always working hard to create menus with a variety of options and offerings to suit all tastes. We are known for our daily homecooked soups and desserts which accompany our three-course lunch and dinner service. Below is a sample of a daily menu.

Breakfast

- Eggs any style with bacon, hashbrowns and toast
- Smoked salmon and cream cheese bagel
- Greek yogurt parfait with granola and mixed berries
- Hot and cold cereals
- Orange juice or cranberry juice
- Coffee or tea service

Lunch

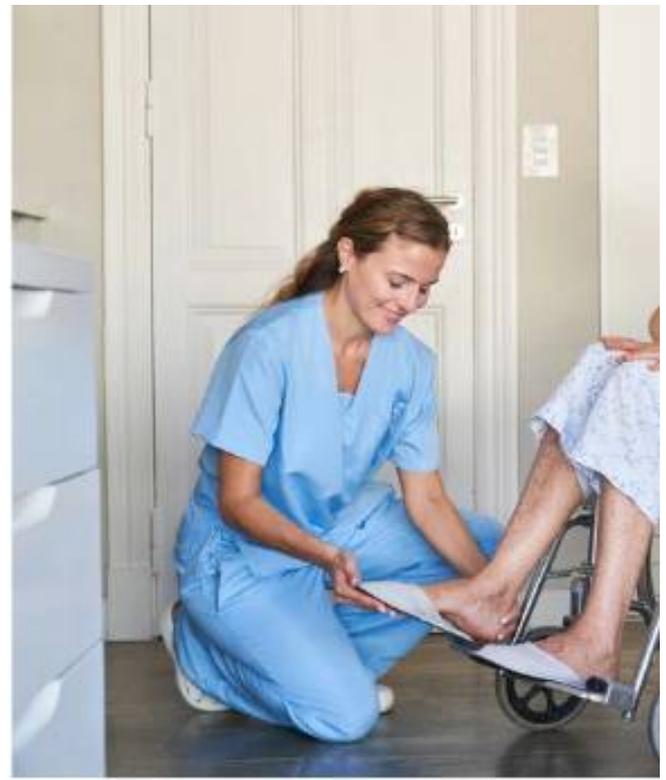
- Fresh baked multigrain croissant filled with grilled chicken and cranberry salad served with sweet potato crisps
- Mixed greens salad with pears, blue cheese, and candied walnuts.

Afternoon Tea Service

- Assorted finger sandwiches (Cucumber, Egg Salad, Smoked Turkey)
- Freshly baked scones with lemon cream and strawberry jam
- Mini fruit tartlets
- Earl Grey or Sweet Southern Lemon Tea

Dinner

- Braised beef pot roast with red wine and rosemary reduction
- Roasted garlic and fresh herb mashed Yukon gold potatoes
- Roasted brussel sprouts with balsamic glaze
- Caesar salad with shaved parmesan and homemade croutons
- Dinner rolls with herb butter



Your Health & Wellness

At Brookside, we don't believe independent living and assisted living are mutually exclusive. We've designed our assisted living program to allow our residents to remain as independent as they can while ensuring safety and comfort.

Our staff provides a compassionate and intuitive approach to caring. We build meaningful relationships with residents; those that create trust and collaboration between staff, residents, and families.



We are very proud to offer residents care in their suites as they need, as well as a dedicated assisted living floor for those needing a little more oversight and support.

Inclusions with your rent at Brookside Senior Living

- Three full meals a day including all snacks and beverages
- Weekly housekeeping and weekly laundry of linens and towels
- Utilities of gas, hydro and electricity
- 24/7 access to our nursing department in case of accident, illness or emergency including individual emergency wearable pendant.
- All social programming, events and activities

Independent Living

- A broad selection of floorplans on our main level and third floor
- Centralized medication administration and management

Assisted Living

When it comes to assisted living we recognize that no one person is the same. We will create a customized plan of care based on your unique and individual needs/preferences. We take into account your preferred routines and habits to allow you to remain as independent as possible. Inclusions may include some of the following services based on your unique criteria:

- Centralized or in suite medication administration and management
- Weekly personal laundry
- Additional light housekeeping throughout the week
- Assistance with transfers and ambulation
- Escorting or portering to meals and activities
- Cues, redirects, set up and encouragement
- Toileting assistance including full continence support
- Supported bathing, dressing, grooming, and personal hygiene



A Brookside Social Life

At Brookside we want to know you. We want to know about you and what you like; what you did in life and what your goals and wants are now. We want to be part of creating meaningful moments for you, every day. We want to learn about our residents' interests and create opportunities to foster them no matter their ability. We also believe that you're never too old to have fun and try new things. We offer a full activity calendar, every day and we love to laugh! Theme days, costume parties, seasonal activities, brain games, guest lectures, music programming that truly offer something for everyone. We also offer daily fitness and exercise classes as well as regular Happy Hours and outside visitors.

