



The Talbot Manor

MY LIFE RETIREMENT CLUB



My place. My story. My life!

It's my life, and I know exactly what I want and what I need. Home comforts, hotel-style service and all the friendship and activities I choose. That's what MyLife Retirement is all about. It's a new perspective on retirement, one that lets me live my way! Where hospitality, health and home come together as hotel-inspired living, with staff who take service to another level. People who care and understand me as an individual. I've always lived my way. My Choices. My Decisions. My Life.

TheTalbotManor.ca

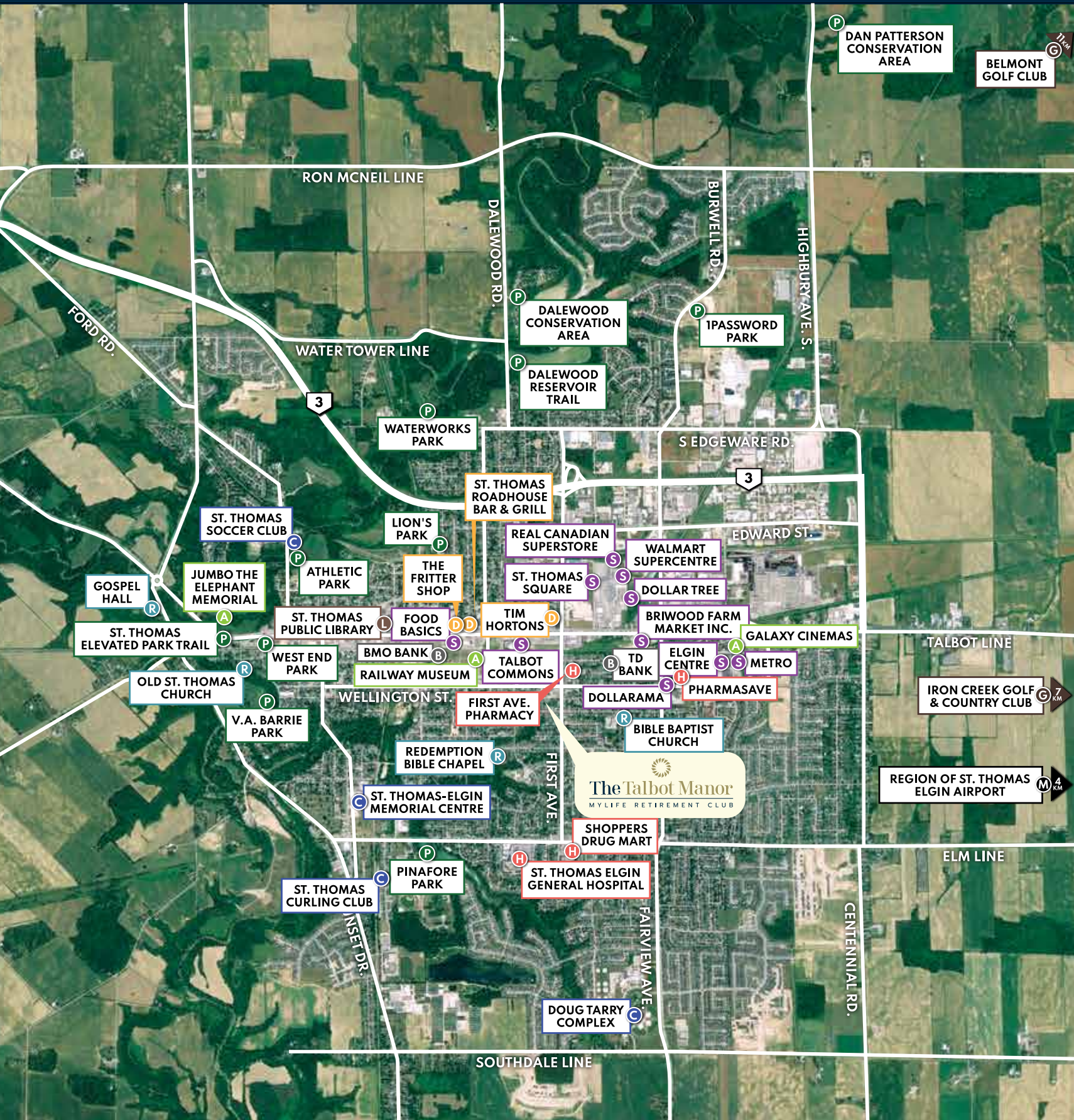




I'm getting more out of every day.

I spent many years caring for others. Now, my life is all about me. No more rushing around. I'm taking the time to enjoy my scenic neighbourhood, explore new hobbies, and socialize with friends who share my interests. The community here is wonderful, and the residence itself – beautiful. When they designed The Talbot Manor they thought of everything I could possibly need or want to live comfortably - not just now but in the future. I'm so glad I chose to call this MyLife residence home for the next chapter of my life.

This is my neighbourhood
and I feel at home.



The bank, the health centre, the dentist. Everything is easy to get to. There's a cinema around the corner, and The Talbot Manor is so close to the Elgin Centre. I also enjoy the parks and trails, especially when the kids visit. It never gets boring, that's for sure.

- A** ATTRACTIONS
- B** BANKS
- C** COMMUNITY CENTRES/ARENAS
- D** DINING
- G** GOLF/COUNTRY CLUBS
- H** HOSPITALS/CLINICS/PHARMACIES
- L** LIBRARY
- M** MISCELLANEOUS
- P** PARKS
- R** RELIGIOUS PLACS
- S** SHOPPING

It's not your average retirement home.



When friends come to visit, they sometimes say that I am living in a hotel. There's a welcoming lobby with a TV lounge, a games room, and a private bar. There's also a fitness room, and even a hair salon! I do love getting out and about but honestly, there's so much to do right here that I can easily enjoy the days without even thinking about leaving home.



The value here
is exceptional.



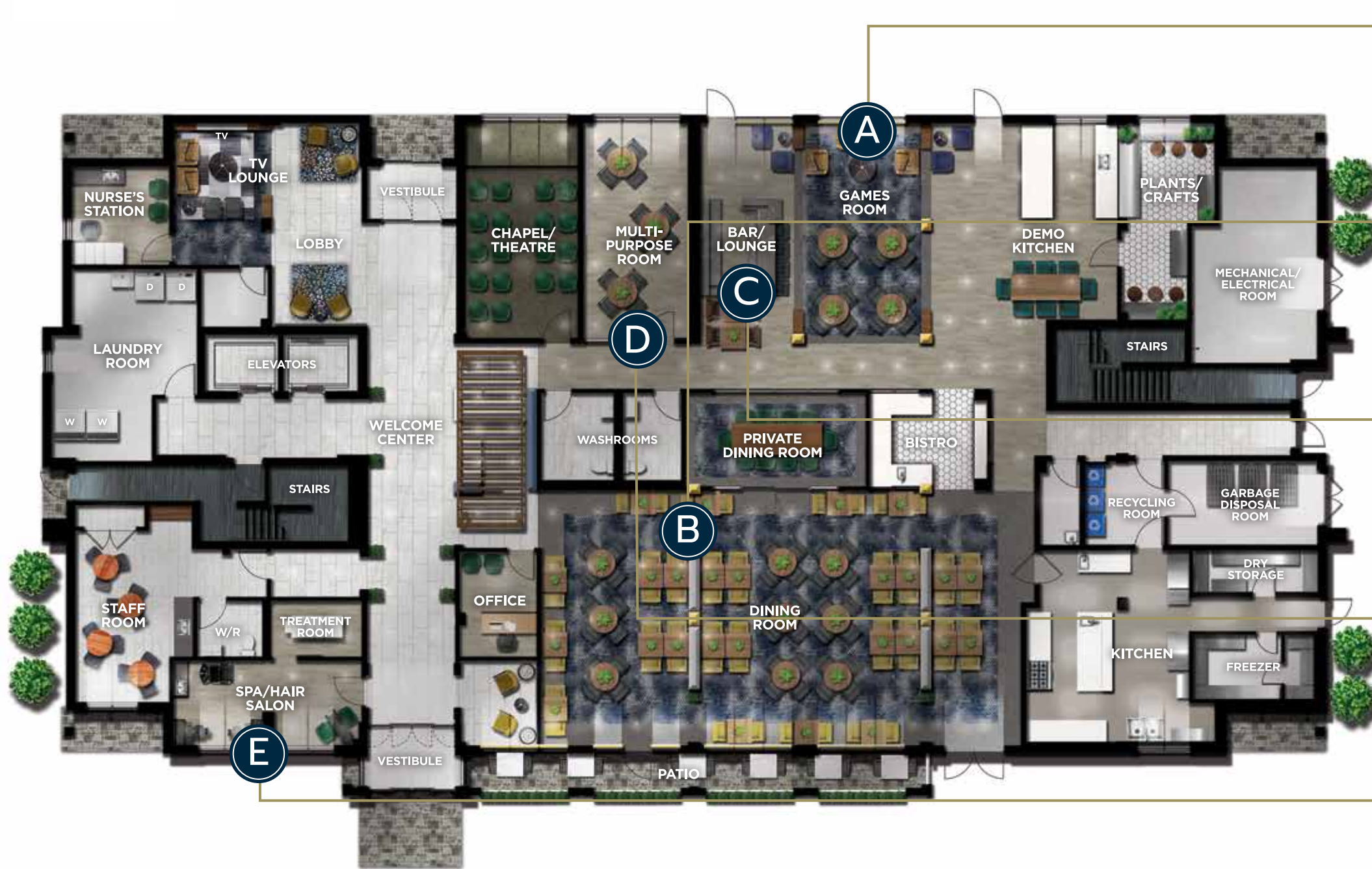
ALL OF THESE SERVICES ARE INCLUDED IN THE FEE:

- Three fresh meals per day, with entrée options
- Weekly housekeeping and laundry service
- Events and activities for the residents and our St. Thomas community
- Heat, hydro, and water
- Personal Safety Response System monitored by staff 24/7
- Recovery Respite Care Program

AND THE AMENITIES HERE ARE SECOND-TO-NONE:

- Private dining room
- Community room
- Licensed bar/lounge
- Hair and nail salon
- Chapel
- TV lounge
- Plant and craft room
- Outdoor patios

There's something to do here every hour, every day.



- A GAMES ROOM**
A hand of cards, board games, or a round of charades - it all happens in the games room! We also host lots of great events for residents, as well as the general public, so come mingle.
- B DINING ROOM**
Three delicious meals are served in our elegant dining room each day, with snacks available in between. Or book our private room for a family gathering!
- C BAR & LOUNGE**
Expecting company? Catch up with friends and family over a glass of wine or a cup of coffee and a treat at our licensed bar and lounge.
- D MULTI-PURPOSE ROOM**
Up for a game? Our multi-purpose room is the perfect place for a few hands of cards, a board game with friends, or even getting crafty!
- E SPA/HAIR SALON**
Pamper yourself without leaving The Talbot. Visit our on-site salon for a cut and colour, wash and blow dry or mani-pedi.

Comfortable and beautiful. It's perfect for me.

I thought about choosing a suite with a kitchenette, but honestly, I am more than happy to enjoy someone else cooking for me. So I chose a studio with a beautiful design and comfortable layout. There is more than enough room for me, and every suite comes with its own private balcony to enjoy the fresh air. It feels like home to me!

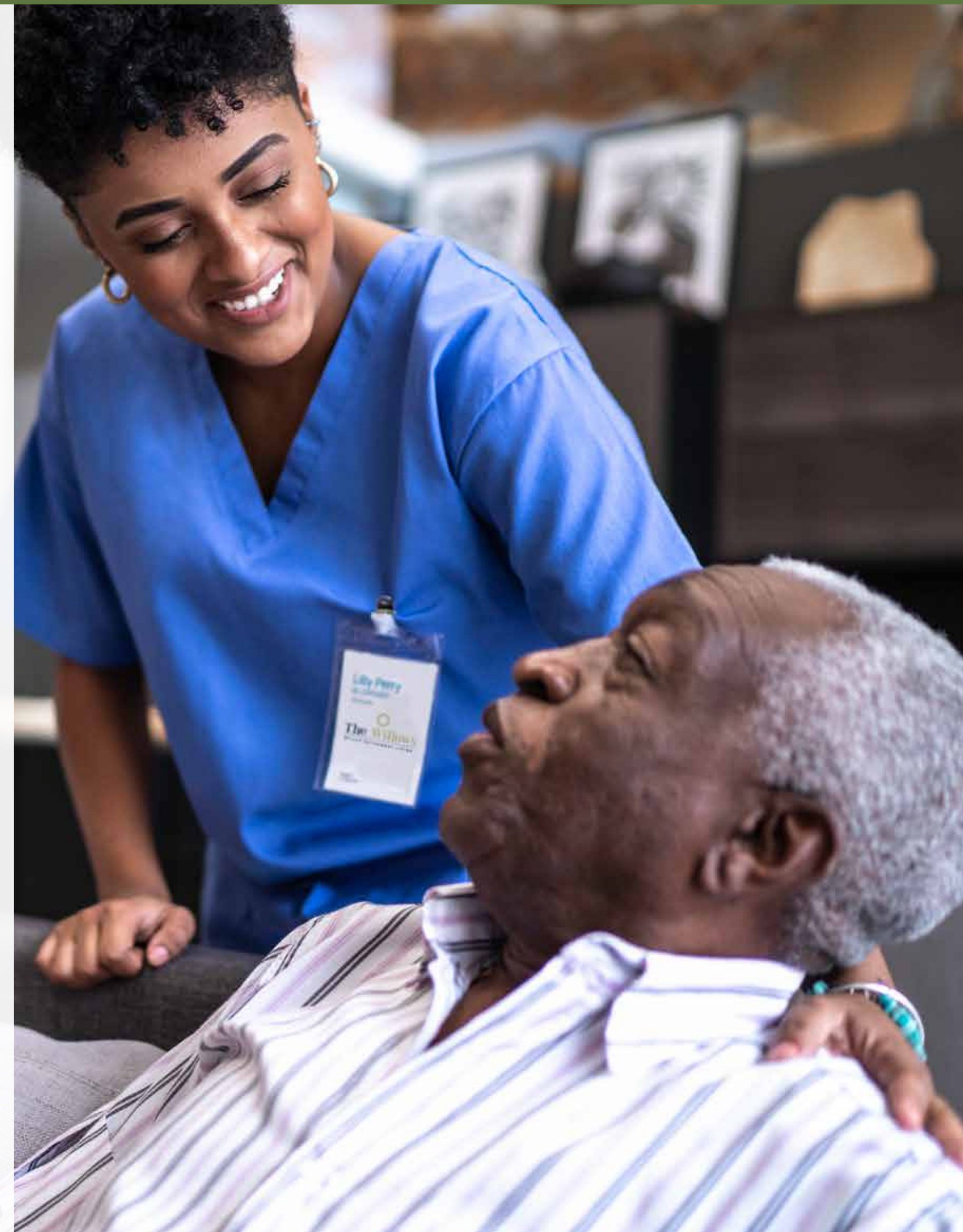


If I ever need extra care, I can get it without leaving home.

The Talbot Manor has its own Recovery Respite Care Program with a nursing team that works around the clock, so emergency response is never an issue. It's extremely comforting to know that if I should ever find myself needing extra support, there are professionals who can help me. And if I ever need surgery down the road, I'll be able to rest and recuperate right here at The Talbot Manor.

The value of respite care

- A warm and caring team of experienced professionals
- Registered nurses on call 24/7
- Wireless personal pendant to support emergency response
- Personal laundry done for you weekly
- Assistance with bathing
- Room service available for all meals



A new perspective on retirement



My Life
RETIREMENT LIVING

OUR MISSION

To bring together our deep knowledge of hospitality and health to establish MyLife Retirement as Canada's premier purveyor of retirement lifestyles with a deeply instilled commitment to personal service and care.

OUR VISION

To be recognized as one of Canada's leading retirement living providers with a notably superior level of hospitality and respect for the individuality of our Residents.

OUR VALUES

- Our ethics are central to our culture
- Making a positive difference connects us to our community

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The Talbot Manor
292 Wellington Street,
St. Thomas, ON N5R 2S9

226-210-3435

TheTalbotManor.ca