



THE WESBROOKE

SENIORS LIVING COMMUNITY

Our Home is Your Home

The Wesbrooke

The Wesbrooke is a landmark seniors retirement community that is BC owned and operated by Allegro Properties and League Assets Corp. who have partnered to form Wesbrooke Retirement Ltd. Partnership. With over 50 years of experience in the seniors industry, the Allegro Properties team will operate The Wesbrooke with a commitment to putting people first, and have set high standards of service and caring in order to provide a relaxing, stress free and enjoyable living experience for our residents.

Our Home Is Your Home

In every aspect of our business, The Wesbrooke is guided by our values. We reflect our spirit to serve, not only to residents and families, but also to our community. At The Wesbrooke we are dedicated to serve in every way we can.



Our Spirit

Our spirit to serve our residents is proven in our friendly hands on approach. From the front desk to our management we make it our business to be actively aware of the quality of our services. Our careful attention to detail has allowed us to be creative and innovative in our approach to meeting your needs. We take pride in knowing that you can be assured of the finest hospitality experience while living at The Wesbrooke.

Our spirit to serve our staff and residents is shaped by the conviction that people are our most important asset.

Our spirit to serve our community is a natural product of being a real part of our community. It is "The Wesbrooke Way" to support programs and initiatives in order to make our community a better place.

Imagine your new home, a place in which every moment is characterized by inspired comfort and warm, discreet service. A place where we know you by name. Where we remember the details that please you. Where our biggest goal is to make life easier.

The Wesbrooke Retirement Living Experience

Introducing The Wesbrooke Retirement Living Experience, a getaway from the everyday. You will have everything you need, everything you want and everything you are looking for, delivered with The Wesbrooke touch.



Rise Refreshed

Ease into your day. There's no need to rush. Enjoy a freshly prepared light breakfast in our Continental Cafe, when you are ready to start the day.



Focus On Yourself Today

Your everyday can wait. Bring balance back to your life and enjoy your favourite activities.



Explore Local Discovery

Experience new destinations. Uncover local life and taste a new way of living.



Friendships

Take some time to make new friends or just to reconnect and enjoy others' company.



Community Outings

For those who have the misconception that retirement living is like being confined, The Wesbrooke plan outings throughout the year; to museums, shopping, casinos, dinner and shows, to name a few.



Come On... Participate!

Our many activities and programs will stimulate you and keep you active. As part of your rent, we will also include a free membership in the Pitt Meadows Seniors Association. Use of our new Pitt Meadows Seniors Centre is complimentary and signifies your importance to us.



Food For Your Body & Soul

At The Wesbrooke, the quality of the food is designed to feed a healthy, active appetite for living. Whether it's a nutritious home cooked meal in our elegant Empress Dining Room, a casual summer barbeque on our outside patio, a light, healthy snack in our Continental Cafe, or a specially prepared dinner for your guests in our Private Dining Room, it never fails to satisfy.



Movie Nights & Entertaining

Whether it's a Clark Gable classic from the Golden Age or a big budget modern flick, everyone can enjoy a night at the movies. And after the credits roll, pop into the Cafe and discuss the film over a cup of tea.



It's All About Wellness... The Natural Way!

Our philosophy and programs represent The Wesbrooke's commitment to honour the whole person on their journey to well being and to support the ways in which the mind, body and spirit can contribute to well being. Our ongoing Core Health programs compliment our integrated whole person approach to health and well being.

In Balance

A gentle introduction to Yoga, inviting you to listen to your body and pace yourself accordingly. Gain a greater understanding of how you can improve your immunity and assist your body in its natural ability to strengthen.

Inner Wisdom

Meditation classes - The focus will be on calming the busy mind, reacting less, developing acceptance and connecting with your intuitive wisdom.

In Harmony

Relaxation with music and imagery, take extraordinary care of yourself. Stop the world with TLC and deep relaxation. Soothe your mind, body and spirit in a caring atmosphere through breathing techniques, restful live music and healing imagery.

In Vigorate

Come and experience the benefits of incorporating exercise and movement into your life. Improve energy, emotional resilience, cardio-vascular endurance and muscle strength in a fun and dynamic group setting.

Add a healthy measure of social interaction, spiritual opportunity and a balanced healthy diet and the journey to well being at The Wesbrooke will be filled with personal opportunity to reach your own level of Wellness.... The Natural Way!

"At the heart of The Wesbrooke are your passions...and our desire to make them real."

Pat & Celeste De Luca
Allegro Properties Inc



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