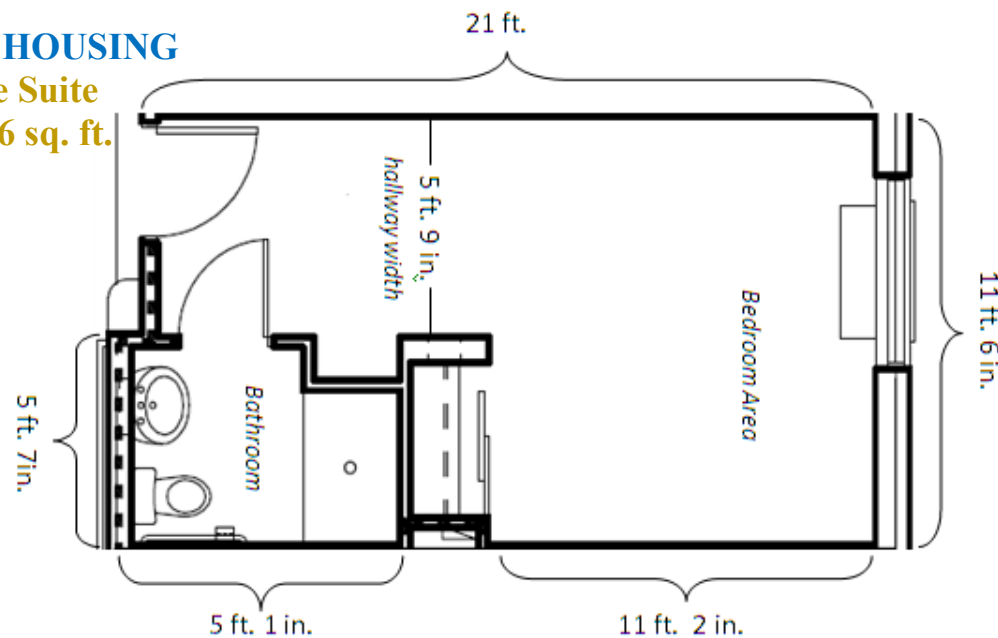


ASSISTED LIVING
One-Bedroom Suite
Approx. 565 sq. ft.

BEDROOM	11 ft. 2 in.	X	11 ft. 10 in.
LIVING ROOM	11 ft. 3 in.	X	12 ft.
BATHROOM	8 ft.	X	5 ft. 6 in.
KITCHENETTE	5 ft.	x	8 ft.

SUPPORTIVE HOUSING

Studio-size Suite
Approx. 256 sq. ft.



RIVERSIDE LIONS SENIORS RESIDENCES INC.



ASSISTED LIVING
RETIREMENT RESIDENCES
&
SUPPORTIVE HOUSING PROGRAM



180 Worthington Avenue
 Winnipeg, Manitoba
 R2M 1S4

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Riverside Lions Seniors Residences and Louis Riel School Division Co-Operative Education Program had the honour of becoming the 2013 & 2014 recipient of the Long Term & Continuing Care Association of Manitoba's Award for Excellence.. This annual award is given to persons/organizations who "go above and beyond the call of duty", having "a positive effect on staff and/or residents/tenants by promoting and enhancing quality care, compassion, and respect for rights and dignity".



Riverside Lions has partnered with various schools and programs within the Louis Riel School Division for over 50 years, supporting youth and seniors educations, projects, partnerships and social action..

ASSISTED LIVING PROGRAM

APPROX. 565 SQ. FT.

RIVERSIDE LIONS SENIORS RESIDENCES INC. OFFERS 27 ONE-BEDROOM ASSISTED LIVING SUITES. EACH SUITE OFFERS A SPACIOUS BATHROOM, A MODIFIED KITCHENETTE WITH MICROWAVE AND APARTMENT SIZE FRIDGE, WINDOW BLINDS, AND A HEATING AND AIRCONDITIONING UNIT. IN COMBINATION WITH THE RENTAL OF THEIR SUITE, EACH TENANT ALSO RECEIVES THE FOLLOWING IN THEIR RENTAL PACKAGE:

- 3 MEALS PER DAY, PLUS SNACKS
- WEEKLY HOUSEKEEPING
- WEEKLY LAUNDERING OF LINENS AND TOWELS
- USE OF WASHER & DRYER
- DAILY GARBAGE COLLECTION
- VICTORIA LIFELINE EMERGENCY CALL PENDANT
- 24 HOUR ON SITE STAFF, SECURITY CHECKS & CALL BUTTON RESPONDERS
- PROPERTY & LIABILITY INSURANCE
- BASIC MTS CABLE
- A VARIETY OF LEISURE ACTIVITIES
- DAILY EXERCISE PROGRAM
- INTERNET LOUNGES WITH TELEVISIONS AND FULL SERVICE KITCHEN

Riverside Lions Food Services Menu - Sample

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
French toast/syrup Breakfast sausage Assorted juice	Continental Breakfast, assorted juice, cold cereal, toast, jams, marmalade	Boiled Egg, Ham, Toast, jams, marmalade	Continental Breakfast, assorted juice, cold cereal, toast, jams, marmalade	Blueberry Pancakes/Syrup, bacon, assorted juice	Continental Breakfast, assorted juice, cold cereal, toast, jams, marmalade	Scrambled Egg, breakfast sausage, toast, jams, marmalade
Cream of cauliflower OR Cranberry Juice	Chicken Borscht OR Cocktail Juice	Vegetable Rice Soup OR Orange Juice	Cream of Broccoli OR Pineapple Juice	Chicken Minestrone OR Apple Juice	White Bean & Bacon Soup OR Apple Juice	Tomatoe Vegetable OR Pineapple Juice
Grilled Ham & Swiss on Rye OR Hamburger/WW Bun	Toasted Denver Sandwich OR Shaved Beef Sandwich	Ham & Cheese/Vegetarian Pizza OR Hot Chicken Caesar Salad/Garlic Toast	Grilled Chicken Burger OR Corned Beef Sandwich on Rye/Pickle	Beef Macaroni & Cheese/WW Roll OR Salmon Salad on Croissant	Sweet & Sour Pork/Steamed Rice OR Turkey Salad Plate	Tuna Melt OR Mini Sub Sandwich
Tossed Salad	Carrot/Celery Sticks	Tossed Salad	Coleslaw	Sliced Tomatoes	Tossed Salad	Broccoli Raisin Salad
Apricots	Blueberry Yogurt OR Diet Blueberry Yogurt	Brownie Square OR Cantaloupe	Pear Half	Ice Cream OR Diet Rhubarb Cake	Sliced Peaches	Tapioca Pudding OR Diet Dessert
Soup or the day OR Mixed Greens	Soup or the day OR Tomato Juice	Soup or the day OR Caesar Salad	Soup or the day OR Mixed Greens	Soup or the day OR Tossed Salad	Soup or the day OR Garden Salad	Soup or the day OR Mixed Greens
Hawaiian Chicken Stir-Fry/Steamed Rice OR Beef Stew/Biscuits	Beef Pot Pie OR Breaded Sole	Chicken Parmesan OR Pork Cutlet	Salisbury Steak/Gravy/Perogies OR Meat Lasagna/Garlic Toast	Lemon Pepper Cod OR Baked Pork Chops	Spaghetti/Meatballs OR Pepper Steak	Open Faced Roast Beef OR Honey Mustard Chicken
Mixed Vegetables	Rice Medley Spinach	Mashed Potato Peas	Glazed Parsnips	Baked Potato Cauliflower	Mashed Potato & Yellow Beans	Home Fries P.E.I. Mix
Banana Pudding OR Diet Dessert	Chocolate Cake OR Fruit Cocktail	Apple Tart OR Diet Vanilla Pudding	Date Square OR Diet Jello	Berry Cheesecake OR Fruit Cocktail	Apple Crisp OR Stewed Apples	Carrot Cake OR Diet Banna Pudding

Riverside Lions Food Services Menu - Sample

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Boiled egg, bacon, toasts, jams, marmalade, assorted juice	Continental Breakfast, assorted juice, cold cereal, toast, jams, marmalade	French toast/syrup Breakfast sausage Assorted juice	Continental Breakfast, assorted juice, cold cereal, toast, jams, marmalade	Scrambled egg, grilled ham, toast, jams, marmalade, assorted juice	Continental Breakfast, assorted juice, cold cereal, toast, jams, marmalade	Cheese omelet, toast, jams, marmalade, assorted juice
Cream of Broccoli Soup OR V-8 Cocktail juice	Tomato Vegetable Soup OR Cranberry juice	Lentil Soup OR Blended Juice	Beet Borscht OR Pineapple Juice	Beef Noodle Soup OR Orange Juice	Chicken Rice Soup OR Apple Juice	Bean & Bacon Soup OR V-8 Juice
Chicken Vegetable Stir-Fry/Steamed Rice OR Mini Sub Sandwich	Three Cheese Omelet/Savory Diced Potato OR Shaved Beef Sandwich	Vegetarian Lasagna/Garlic Toast OR Turkey Salad Sandwich	Monte Cristo Sandwich on Rye OR Crab Salad on Croissant	Salmon Burger/Tossed Salad OR Cottage Cheese Fricassee/Muffin	Fried Egg & Cheddar on English Muffin OR Cranberry Turkey on Focaccia Bread	Cheeseburger/Potato Salad OR Tuna Salad Plate
Tossed Salad	Tossed Salad	Tossed Salad	Stewed Tomatoes		Broccoli Salad	Coleslaw
Banna pudding OR Diet Dessert	Carrot Raisin Salad	Sliced Peaches	Banana Loaf OR Diet Banana Loaf	Pineapple Cake OR Diet Dessert	Broccoli Salad	Tapioca Pudding OR Diet Dessert
Soup or the day OR Tossed Salad	Soup or the day OR Mixed Greens	Soup or the day OR Greek Salad	Soup or the day OR Caesar Salad	Soup or the day OR Green Salad	Soup or the day OR Mixed Greens	Soup or the day OR Garden Salad
Spinach Stuffed Cod Tail OR BBQ Pork Ribs	Chicken Pot Pie OR Swiss Steak	Teriyaki Beef Strp/ Fried Rice OR Pork cutlet/ mushroom sauce/ O'Brien Potatoes	Chicken Parmesan OR Glazed Baked Ham	Battered Haddock OR Breaded Veal Cutlet	Beef Stew/Biscuits OR Honey Garlic Chicken	Roast Turkey/ Dressing/Gravy OR Meatloaf/Gravy
Oven Browned Potatoes & French Style Green Beans	Mashed Potato & Peas & Carrots	Cauliflower	Parsiled Potato & Broccoli	Rice Pilaf & Wax Beans	Mashed Potato & California Mix	Mashed Potatoe & Brussel Sprouts/ Carrots
Strawberry Rhubarb Pie OR Diet Stewed Rhubarb	Date Square OR Sliced Watermelon	Angel Food Cake OR Pear Half	Coconut Cream Pie OR Diet Jello/ Cookie	Chocolate Cake OR Fruit Cocktail	Lemon Loaf OR Diet Dessert	Strawberry Sundae OR Fresh Fruit Cup

SUPPORTIVE HOUSING PROGRAM

APPROX. 256 SQ. FT.

RIVERSIDE LIONS SENIORS RESIDENCES INC. OFFERS 48 STUDIO-SIZED SUPPORTIVE HOUSING SUITES. OUR ENVIRONMENT & DÉCOR HAS BEEN DESIGNED SPECIFICALLY FOR PERSONS LIVING WITH DEMENTIA, INCLUDING COLOUR SELECTIONS AND 22% MORE LIGHTING. EACH SUITE OFFERS A WALK-IN SHOWER, WINDOW COVERINGS, AND A HEATING AND AIRCONDITIONING UNIT. IN COMBINATION WITH THE RENTAL OF THEIR SUITE, EACH TENANT ALSO RECEIVES THE FOLLOWING SERVICES IN THEIR RENTAL PACKAGE:

- 3 MEALS PER DAY, PLUS SNACKS
- WEEKLY HOUSEKEEPING & LAUNDRY
- DAILY GARBAGE COLLECTION
- PROPERTY & LIABILITY INSURANCE
- BASIC MTS CABLE
- A VARIETY OF LEISURE ACTIVITIES & DAILY EXERCISE PROGRAM
- FUNDS RECEIVED FROM THE WINNIPEG REGIONAL HEALTH AUTHORITY (WRHA) ENABLE RIVERSIDE LIONS TO EMPLOY SUPPORTIVE HOUSING COMPANION STAFF MEMBERS ON A 24-HOUR BASIS, PROVIDING RESIDENTS WITH ACCESS TO SUPPORT & SUPERVISION WITH ACTIVITIES OF DAILY LIVING.
- ACCESSIBLE STAFF WHO ARE COMMITTED TO EXCELLENCE AND TO CARING



SOCIAL LEISURE ACTIVITIES

Riverside Lions Seniors Residences Inc. is very proud of our leisure and social activity programming.

“Often bustling with activity, a bright, spacious, and inviting Lounge & Activity Room is located on each floor.”

We offer a fitness program, an internet lounge, speakers bureau, coffee & tea chat groups, regular visits by local pets and pet lovers, a resident choir, card games, skittles, bingo, an intergenerational program partnership with Louis Riel School Division, a resident advisory group, and monthly craft and baking groups, music and dance celebrations, and bus outings to areas of interests and leisure.

OTHER SERVICES:

- HAIR SALON
- GIFT STORE
- LIBRARY
- FITNESS EQUIPMENT
- POOL TABLE
- SHUFFLE BOARD
- COFFEE SHOP
- SPECIAL EVENTS CATERING
- REGULAR OUTINGS (RESTAURANTS, PARKS, SHOPPING, CASINO, TOURING, ETC.)
- PARKING (\$40.00 PER MONTH)

Riverside Lions Seniors Residences - Activity Calendar - **Sample**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>July 1 – CANADA DAY</p>	<p>9:00 Morning Stroll 1 10:30 Exercise/Game 1:00 Courtyard 2:00 Canada Day Coffee Party & Movie – 4th fl 6:30 Bingo</p>	<p>9:00 Morning Stroll 2 10:30 Exercise/Game 1:00 Manicures 2:00 Games&Smoothies in the Courtyard 7:00 Karaoke with Nora</p>	<p>9:00 Morning Stroll 3 10:30 Exercise/Game 1:00 Courtyard 2:00 Board/Card Games with Youth 6:30 Bingo</p>	<p>9:00 Morning Stroll 4 10:30 Exercise/Game 11:30BBQ Party-Courtyard 1:00 Word Search 2:00 Hymn Sing with Liza & Peter 7:00 Card Game</p>	<p>9:00 Morning Stroll 5 10:30 Exercise/Game 12:00 Outing to Lockport 7:00 Movie Night</p>	<p>10:00 Exercise / 6 Walking 2:00 Courtyard/Game 7:00 Bingo</p>	
<p>10:00 Exercise / 7 Walking 2:00 Movie & Popcorn Manicures & Hand Massage 7:00 Lawrence Welk Show</p>	<p>9:00 Morning Stroll 8 10:30 Exercise/Game 1:00 Courtyard & Marlene Street Kids 2:00 Ice Cream Party Bob Fleury Entertains Courtyard 6:30 Bingo</p>	<p>9:00 Morning Stroll 9 10:30 Exercise/Game 1:00 Manicures 2:00 Crafts with Daphne 7:00 Movie</p>	<p>9:00 Morning Stroll 10 10:30 Exercise/Game 1:00 Courtyard 2:00 Shuffle Board, Carpet Bowling & Pool 6:30 Bingo</p>	<p>9:00 Morning Stroll 11 10:30 Exercise/Game 1:00 Baking with Youth 2:00 Sing Song with Phyllis 7:00 Card Game</p>	<p>9:00 Morning Stroll 12 10:30 Exercise/Game 1:00 Courtyard 2:00 Bingo – 4th fl 7:00 Movie Night</p>	<p>10:00 Exercise/ 13 Walking 2:00 Courtyard/Game 7:00 Bingo</p>	
<p>10:00 Exercise/ 14 Walking 2:00 Movie & Popcorn Manicures & Hand Massage 7:00 Lawrence Welk Show TV Lounge</p>	<p>9:00 Morning Stroll 15 10:30 Exercise/Game 1:00 Outing to the ZOO with Riverside Youth Program 6:30 Bingo</p>	<p>9:00 Morning Stroll 16 10:30 Exercise/Game 1:00 Manicures 2:00 Sing Along with Sydney 7:00 Karaoke with Nora</p>	<p>9:00 Morning Stroll 17 10:30 Exercise/Game 1:00 Courtyard 2:00 Hawaiian Party with Fire & Ice Wear (Wear Your Costume) 6:30 Bingo</p>	<p>9:00 Morning Stroll 18 10:30 Exercise/Game 11:30BBQ Party-Courtyard 1:00 Baby Lucas and sister Devin Come to Visit 2:00 Sing Song with Phyllis 7:00 Card Game</p>	<p>9:00 Morning Stroll 19 10:30 Exercise/Game 1:00 Courtyard 2:00 Bingo – 5th fl 7:00 Movie Night</p>	<p>10:00 Exercise/ 20 Walking 2:00 Courtyard/Game 7:00 Bingo</p>	
<p>10:00 Exercise / 21 Walking 2:00 Movie & Popcorn Manicures & Hand Massage 7:00 Lawrence Welk Show TV Lounge</p>	<p>9:00 Morning Stroll 22 10:30 Exercise/Game 1:00 Shuffle Board 2:00 Sing Along with Sydney 6:30 Bingo</p>	<p>9:00 Morning Stroll 23 10:30 Exercise/Game 1:00 Manicures 2:00 Stay Cool Party in the Courtyard/Games 7:00 Movie</p>	<p>9:00 Morning Stroll 24 10:30 Exercise/Game 1:00 Games Alora & Cora 2:00 Shuffle Board, Carpet Bowling & Pool 6:30 Bingo</p>	<p>9:00 Morning Stroll 25 10:30 Exercise/Game 1:00 Baking with Youth 2:00 Board/Card Games 4:30 Family/Residents BBQ Party – Prairie Songbirds Entertains 7:00 Card Game</p>	<p>9:00 Morning Stroll 26 10:30 Exercise/Game 1:00 Courtyard 2:00 Bingo – 4th fl 7:00 Movie Night</p>	<p>10:00 Exercise/ 27 Walking 2:00 Courtyard/Game 7:00 Bingo</p>	
<p>10:00 Exercise/ 28 Walking 2:00 Movie & Popcorn Manicures & Hand Massage 7:00 Lawrence Welk Show</p>	<p>9:00 Morning Stroll 29 10:30 Exercise/Game 1:00 Courtyard & Marlene Street Kids 2:00 Shuffle Board, Carpet Bowling & Pool 6:30 Bingo</p>	<p>9:00 Morning Stroll 30 10:30 Exercise/Game 1:00 Board/Card Games 2:00 SH/AL Birthday Party with The Sunshine Band 7:00 Karaoke with Nora</p>	<p>9:00 Morning Stroll 31 10:30 Exercise/Game 1:00 Courtyard 1:00 Pajama Party and Movie with Riverside Youth and Children 6:30 Bingo</p>	<p>RIVERSIDE LIONS ACTIVITY CALENDAR</p> <p>JULY</p>			