

le  
DISTRICT

# On Vacation, Even at Home.

AN APARTMENT COMPLEX FOR AGES 50 YEARS AND OVER.





# Treat Yourself to a Lavish Lifestyle

Enjoy an active and refined quality of life at this architectural gem close to nature that provides the opportunity to discover the pleasures of life. From apartments without healthcare services in Phase 3 to RPA-certified apartments in Phases 1 and 2, Le District is proud to offer a wide range of services and apartments tailored for seniors ages 50 and over.

DESIGNED FOR A SOCIAL, ACTIVE, AND EASY LIFE.

An innovative concept  
of the continuum of care  
apartments tailored for seniors  
ages 50 and over.





# Apartments

## DESIGN AND FINISHINGS

Discover our bright apartments where life feels good! Everything is well thought out, designed with high-end materials, carefully arranged, and meticulously installed. The use of cutting-edge materials, superior soundproofing, and many windows further enhance the enjoyment of each apartment.

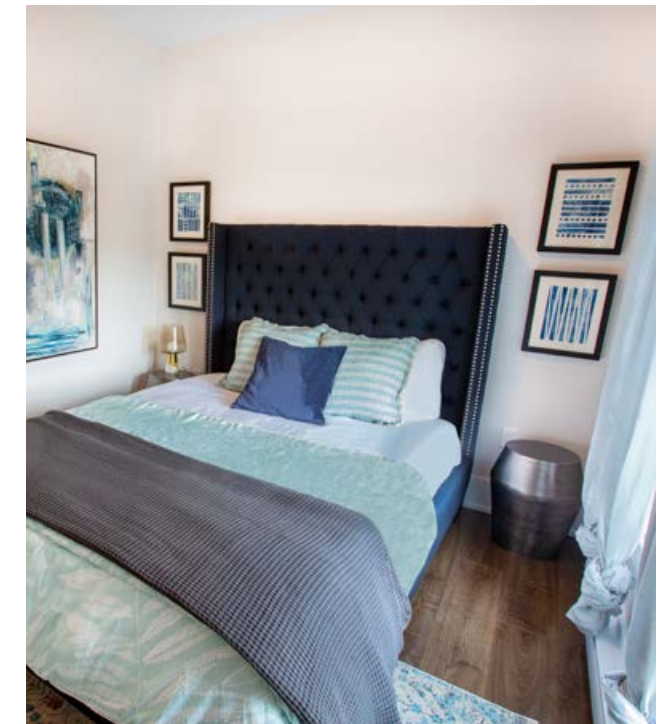
BRIGHT CONDOS WHERE LIFE FEELS GOOD



# High-Quality Materials

All Le District units are modern and neatly finished with top-quality materials. Phase 3 of Le District offers apartments without healthcare services for tenants 50 years and over. In addition, all common areas are accessible for social and active living. With no landlord liability, all tenants can benefit from the included services. The District's Phases 1 and 2 units are RPA-certified for autonomous and semi-autonomous seniors.

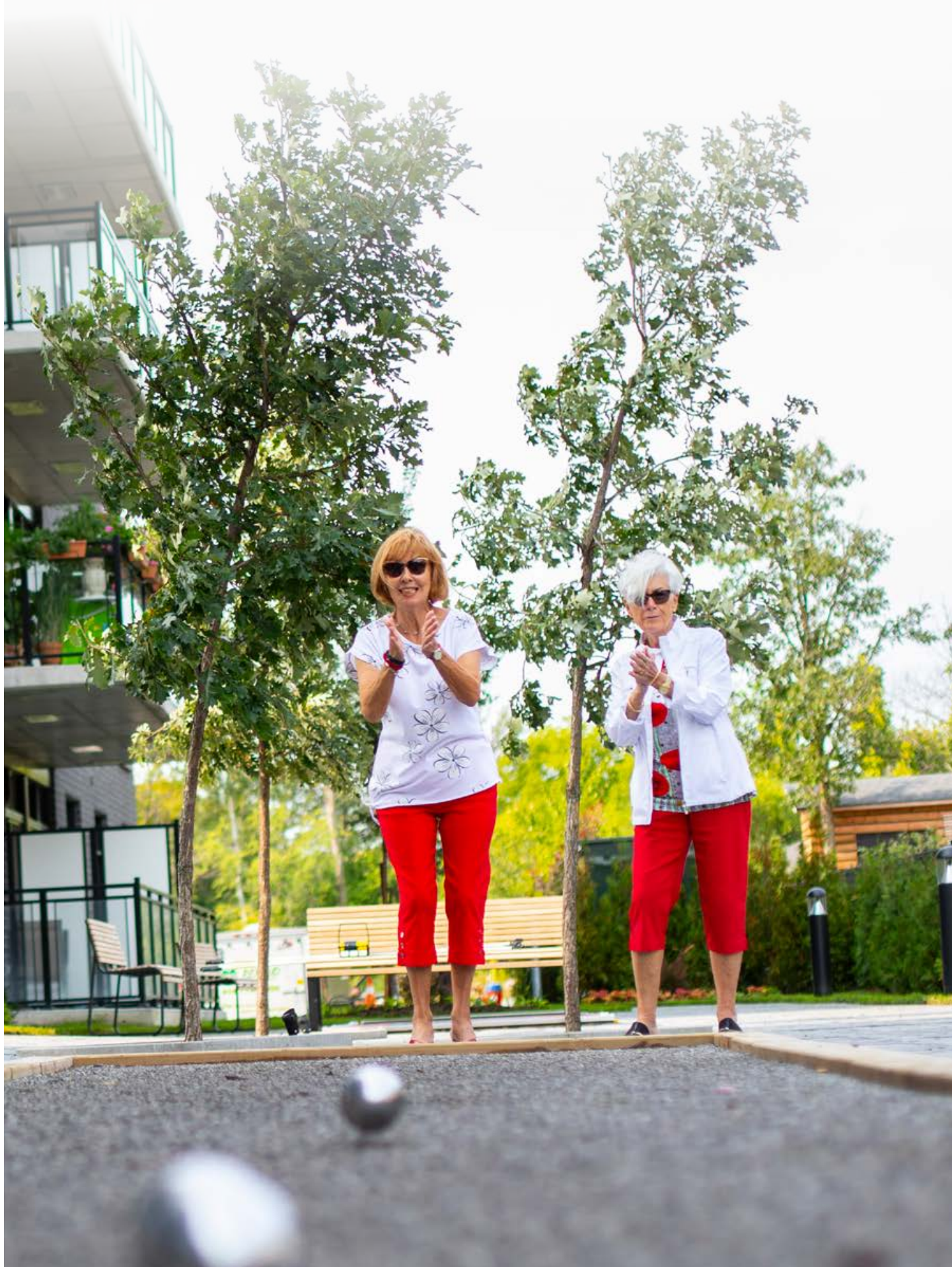
A GREAT OPPORTUNITY TO LIVE IN A MODERN ALL-INCLUSIVE APARTMENT





## Social Living

Le District's approach favours a vibrant lifestyle and amenities that allow greater freedom. Whatever your lifestyle, enjoy your favourite leisure pastimes and a happy, worry-free social life.



## A Variety of Cultural and Social Activities

Our most popular social activities include monthly events such as dinner dances and happy hours with a musician. Residents have also set up activities involving handiwork talents, such as the knitting club. For those who enjoy writing, the Editorial Board publishes the quarterly Info-District for all residents to keep up to date on events and activities at Le District.







## A Lively Complex For All Lifestyles

Le District is often compared to a resort with quality services and well-supervised events. Residents are very active and create committees to organize events or activities that interest them.





## Active Living

Sports, recreation, and the outdoors at the Le District complex are a big part of daily life for residents who want to stay fit and entertained.

A HEALTHY MIND IN A HEALTHY BODY



## Enjoying Every Moment of Life

Keeping fit helps prevent cardiovascular disease and bone loss and prolongs your autonomy. A wide range of physical activities is available indoors or outdoors at Le District.

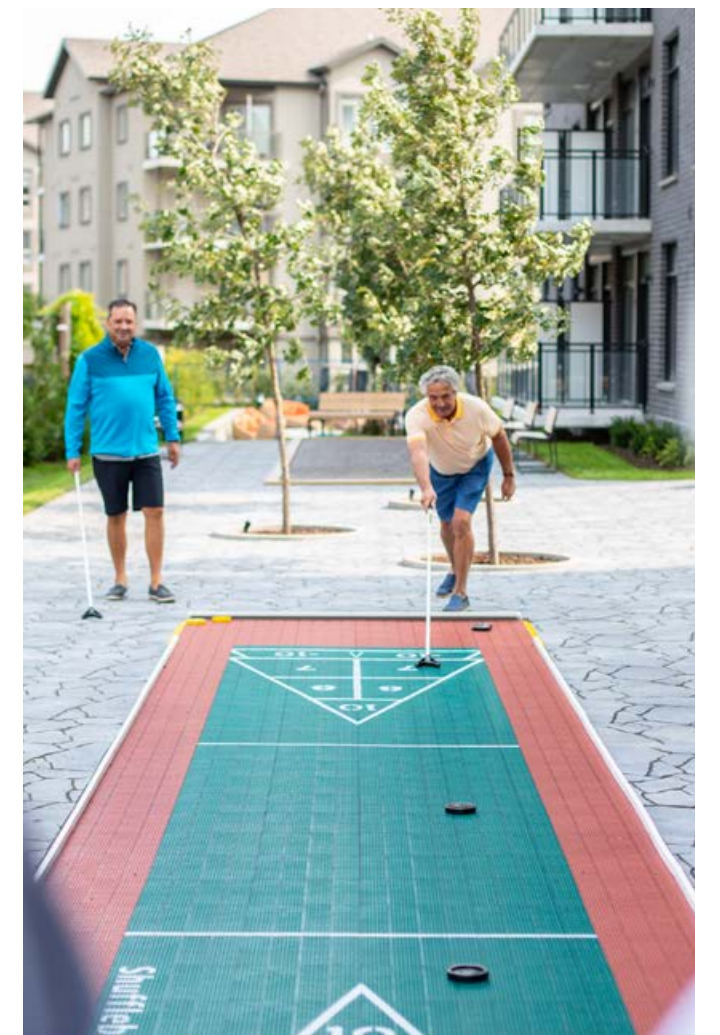
- OUTDOOR POOL AND SAUNA
- FITNESS ROOM
- PERSONAL TRAINER
- NEARBY GOLF COURSE
- INDOOR POOL
- YOGA, DANCE, AND AQUAFITNESS
- BICYCLE PATH
- VIRTUAL GOLF ROOM



## Physical and Entertaining Activities

There are plenty of sports activities and social gatherings that meet the needs of our residents. A trainer offers Yoga, Zumba, stretching, chair Tabata, and other exercises to improve endurance, cardio, and stability. In addition, a bicycle path, walking trails, and several golf courses are nearby for the outdoor enthusiast.

Physical activity is vital for good health, well-being, and quality of life. All group fitness classes are free. However, private sessions with personal trainers and nutritionists are available on-site at an additional cost.







## Table Pleasures

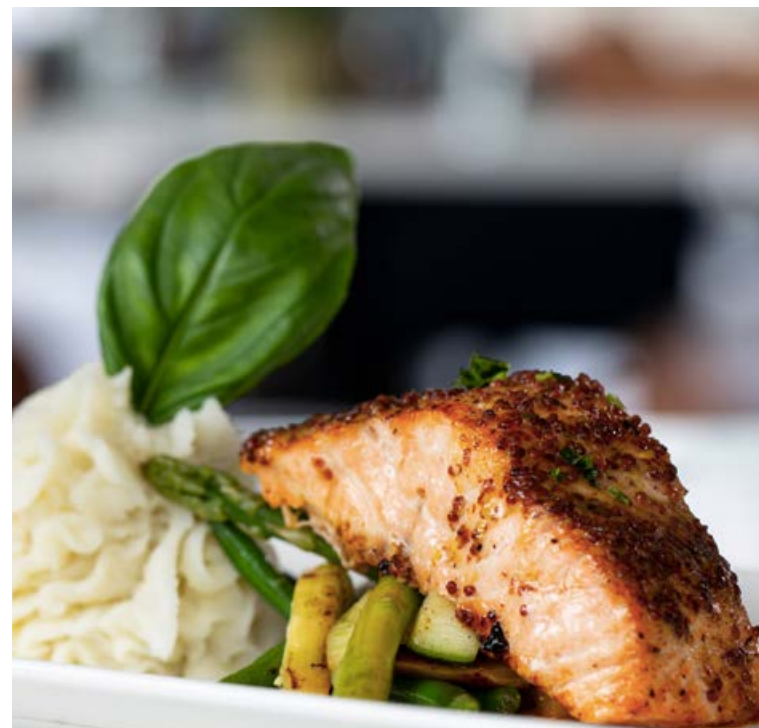
Enjoy succulent contemporary cuisine with authentic local flavours. Le District's ultramodern Le Bistro offers an *à la carte* menu and offers reservations for events such as happy hours, birthday parties, or meetings. Le Bistro's menus are changed four times yearly to reflect seasonal flavours for impeccable freshness. In addition, two main courses are replaced every week.

ALWAYS NEW FLAVOURS TO DISCOVER



## Savour Every Moment of Life

The ultramodern Le Bistro is the central hub of action in Le District. This modern, fine restaurant is open to all residents and the public. Many events are held at Phase 3 Le Bistro; however, Le District has several leisure and entertainment areas reserved for residents.





# The Essentials

Life has never been easier with all the essential amenities and services in the heart of Le District.

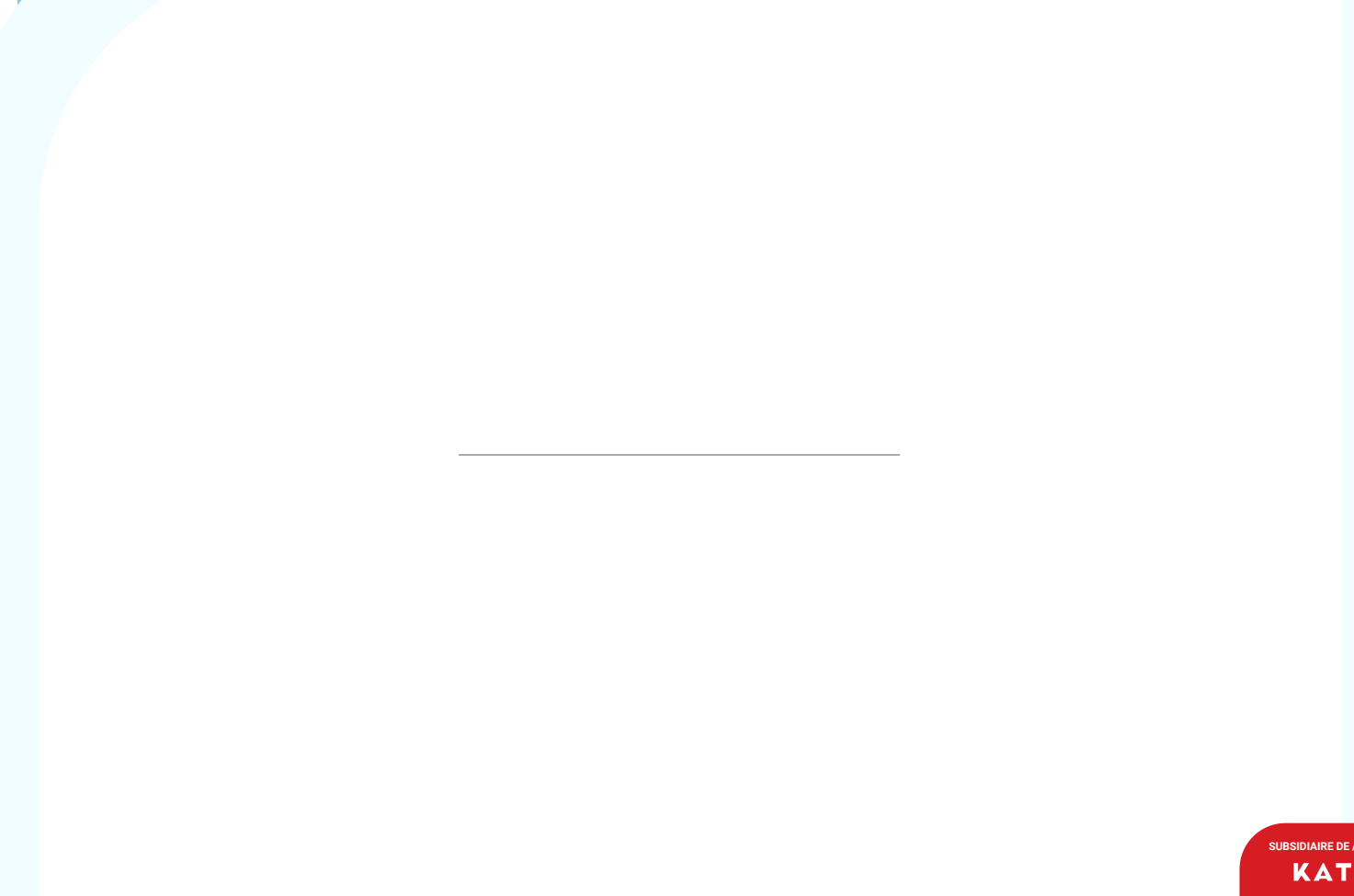
- BEAUTY SPA
- HAIR SALON
- PHARMACY
- DOG GROOMING SALON
- CAR WASH
- SHUTTLE SERVICE



# Easy Living

Le District is located in Aylmer, Gatineau, in the heart of nature, yet only minutes from Ottawa's downtown. Alone or with friends, residents can enjoy the many areas designed to allow them to enjoy the pleasures of community living. Also, the Le District complex offers residents many services, thus reducing the need to commute.

**EVERYTHING AT YOUR FINGERTIPS FOR A HASSLE-FREE LIFE**





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DISTRICT

# An Architectural Gem Close to Nature.

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