

KWAYQUILAM - Kokonee - a little red fish **(COQUITLAM)**

Coquitlam, with a population recorded as 113,498, is strategically located at the geographic centre of the Lower Mainland making the City an attractive place for residents and retailers.

It is fast becoming the Lower Mainland's number one location for lifestyle and business. The open and accessible government is dedicated to providing services that enable 'all members of the community to prosper and grow within a safe and clean environment'.

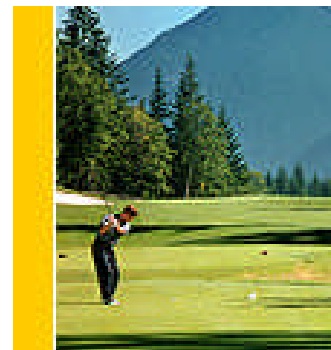
Belvedere Seniors Living is located in the southwest district of Coquitlam, rich in heritage and with a well-established network of public and commercial services and residential neighborhoods close to numerous parks.

This area is characterized by a variety of building styles, from the modern to the historical, graced with the French-Canadian flavour of Maillardville.



The earliest resident's of this area were the Coast Salish with the European settlement beginning in the 1860's.

Coquitlam's heritage stems from its historical roots, with the influence of the First nations people, and early French Canadian settlers.



Coquitlam's Accessibility Awards recognize the importance of addressing social as well as physical barriers to accessibility. In 2002 the award was expanded to include Education, Employment, Accessible and Affordable Housing, Leisure and Recreation, and Volunteering.

Community cultural centers, and retail stores in southwest Coquitlam strive to meet the needs of seniors by designing specialized programs and personalized services.

Coquitlam's Community development plan involves City residents and business in activities that will help improve social, economic, cultural and physical conditions of the community.



There is a lot to see and do in Coquitlam— history, culture, recreation and nature all at your fingertips.

AMMENITIES

FINANCIAL

Banks

Scotiabank: (Maillardville) Proximity to Seniors' Residence 1 km

- Service For The Hearing Impaired

CIBC

Canadian Western Bank

HSBC

RBC Royal Bank

Credit Union: (Maillardville) Proximity to Seniors' Residence 1 km

Westminster Savings

Canada Trust



Austin Heights – 1.2 km



Austin Heights – 1.2 km

TRANSPORTATION

Translink: Bus service proximity to Seniors' Residence 200 meters - <http://www.translink.bc.ca/>

Sky Train: Proximity to Seniors' Residence 1.4 km via bus or HandyDART

- Designated HandyDART drop off

HandiDART - http://www.translink.bc.ca/Transportation_Services/Accessibility/handydart.asp

Taxi: - <http://www.foundlocally.com/vancouver/trans/trans-taxilisting.htm>

Royal City Taxi

Bel-Air Taxi

Coquitlam Taxi Ltd

Greyhound Bus Station - 1 km

CHURCHES/RELIGIOUS SERVICE

Our Lady of Fatima Parish: - one minute walk

Blue Mountain Baptist Church

Our Lady of Lourdes Parish

Church Of The Nazarene

Coquitlam Christ Church Of China

St Laurence Anglican Church

Disciple Methodist Church

Coquitlam Christian Centre

Presbyterian Church In

Canada Reformed Church

United Church Of Canada



**Our Lady of Fatima Parish
one minute walk**

RETAIL

Lougheed Mall: Proximity to Seniors' Residence 1.3 km - www.lougheedmall.com/

- 175 Shops and Services
- Wheelchair accessible
- Wheelchair loans
- Special Events

Lougheed Super Centre: Proximity to Seniors' Residence – 2 km

- Outlet stores
- Restaurants
- Ground level one story buildings

Ikea: Proximity to Seniors' Centre .7 km

Austin Heights: Proximity to Seniors' Residence 1.3km

- Variety of restaurants, medical services, grocery stores, beautician and barber shops banks, opticians

Maillardville Village: Proximity to Seniors' Residence .7 km

- Variety of restaurants, medical services, convenience stores, beautician and barber shops, banks, opticians

COMMERCIAL SERVICES

Barber and Beautician: 1.3 km

Florist: .6 km

Dry Cleaning: .6 km

20% senior's discount

Postal Outlet 1.07 km

SOCIAL/CULTURAL - www.coquitlam.ca/

Library: Proximity to Seniors' Residence 2.8 km

Poirier Branch

- Outreach Services
- Delivery service for shut-in
- Audio books for the Visually impaired
- Large print books
- Personal coordinator available

Place Des Arts: - www.placedesarts.ca/

Proximity to Seniors' Residence 1.1 km

- Specifically designed Alzheimer program
- Designs programs for specific target groups as requested
- Wide variety of Art and Music programs designed especially for Seniors
- Wheelchair accessible



Austin Heights – 1.2 km



Library –Delivery Service



Place Des Arts

Dogwood Pavilion: - www.coquitlam.ca/

Proximity to Seniors' Residence 2.3 km

- Seniors' Community Centre
- Free or low cost programs
- Clubs, bus trips, cards and games, computer lessons educational talks and programs, fitness, sports and dance, food services, special events, support services volunteer opportunities.
- Drop-in and registered programs
- Coffee House



**Dogwood Pavilion – 2.3 km
Senior's Community Centre**

Centennial Activity Centre: Proximity to Seniors' Residence 1.2 km

- Drop-in and Registered Programs for Seniors
- Health and wellness, Performing Arts, Sports, General interest programs

Place Maillardville: Proximity to Seniors' Residence .86 km

- Social and Recreational Activities for seniors.
- Dance lessons
- Yoga
- French lessons



**Place Maillardville - .86 km
Community Centre**

Theatre, Famous Players: Proximity to Seniors' Residence 1.6 km -

www.mytelus.com/movies/theatres.do?prov=BC

- Handicap and hearing accessible
- 20 screens

Live Theatre: New Westminster

- Burr Theatre
- Massey Theatre
- Vagabond
 - * all theatres are wheelchair accessible

RECREATION - www.coquitlam.ca/

Coquitlam Sports Centre: Proximity to Seniors' Residence 2.5 km



Swimming: Senior Rates

Chimo Pool 2.5 km

Rochester Outdoor Pool 1.4 km

Coquitlam Sport Centre 2.2 km

Golfing: Proximity to Seniors' Residence 1.7 km

Eaglequest Golf Centre and Driving Range

Vancouver Golf Club



Public Skating: - www.coquitlam.ca/

Coquitlam Sports Centre

- Senior Rates

Royal Canadian Legion: Proximity to Seniors' Residence

1.2 km

Bowling: Proximity to Seniors' Residence .93

Maillardville Bowling Lanes

Vancouver Golf Club

PARKS

Mackin: Proximity to Seniors' Residence 1.2 km

Blue Mountain Park: Proximity to Seniors' Residence

1.5km



Blue Mountain Park - 1.2 km

HEALTH SERVICE and HOSPITALS - <http://www.fraserhealth.ca/HealthInfo/HospitalServices/HospitalDirectory.htm>

Hospitals

Royal Columbia Hospital: Proximity to Seniors' Residence 2.6km

Eagle Ridge Hospital

Health Services - www.fraserhealth.ca/

Fraser Health Authority

Pharmacies: Proximity to Seniors' Residence .93 km

Maillardville Pharmacy

Pharmasave

London Drugs Lougheed Mall

Canada Safeway

Bio-Medical Lab

Austin Heights: Proximity to Seniors' Residence 1.3 km

Dentist: Proximity to Seniors' Residence .89 km



Physician: Proximity to Seniors' Residence 1.3 km

**Family Physicians
Austin Heights – 1.3 km**

RESTAURANTS

Over 100 Restaurants are located in close proximity to the Seniors' Residence at:

Maillardville
Lougheed Mall
Lougheed Highway and United Blvd.
North Road

SPECIAL ATTRACTIONS

Heritage Square & Mackin House Museum: Proximity to Seniors' Residence 1.2 km

- Historical Sites, gardens and an outdoor amphitheatre, Fraser Mills Station, walking tour

Great Canadian Casino: Proximity to Seniors' Residence 3.9 km

LOCAL EVENTS and FUN THINGS TO DO: -

www.findfamilyfun.com/

Festival Du Bois, Blue Mountain Park Coquitlam –
March

Port Moody Festival of Arts, Port Moody – April

Festival Coquitlam, Comp Lake Park Coquitlam – May

Golden Spike Days, Port Moody – June

Faces of the World Arts and Cultural Festival – July

Treefest – September

West Coast Chocolate Festival, Port Moody – October

Remembrance Day Celebration – November

