



**Nautical Lands Group of Companies, an award-winning Canadian developer devoted to seniors residential housing, launches the newest Wellings Adult Lifestyle Community in Calgary, Alberta.**

**NLG, the creator and developer of the Wellings Communities announces the new release of Wellings of Calgary.**

*CARP, ONTARIO:* The WELLINGS brand is synonymous with design and development of seniors' communities in Ontario. Embracing an ageless mindset for adults over 55, the Wellings represents Flexibility by Design, and Freedom Living by Choice. "We believe there is a direct correlation between happiness and the living spaces you call home. Wellings' vision has always been about creating spaces that evoke a positive change in people over time. We see people transform right before our eyes. Connections happen organically as the communities grow and Carefreedom Living is embraced once the burden of maintenance and responsibility to care for a home is removed. "Wellings represents affordable luxury living, with a focus on rightsizing your life in a fun community that's connected and comfortable. We are living proof an ageless mindset exists in all of us! It's this mind shift that leads our residents to fully enjoy this new beginning by creating their own perception of retirement: one they define for themselves, on their own terms." Our residents are too young to live in a retirement home with care, and don't want to pay for services they don't need. The Wellings concept provides complete independence, with a leasing only model, in a maintenance-free community with no additional property or activity fees.



Calgary will be first project outside Ontario.

260,000 square feet, two residential towers, 275 apartments and common gathering spaces over two floors.

### ***CONSTRUCTED IN TWO STAGES:***

Phase One includes Residential Tower 1, two floors of gathering space, underground parking and landscaping. Phase Two: Residential Tower 2

### ***FEATURES INCLUDE:***

**NOURISH:** the Wellings fine dining space. This is where you “fuel the soul”, break bread with your neighbours and connect. There will be complete freedom to choose what and when you eat. The apartments have full kitchens, but we know our residents will love the home cooking done on-site. Located in the Atrium.

**CRAVINGS:** A good food market & bistro, where residents and guests will gather for coffee, sit with their iPads or a good book surrounded by windows and plenty of good conversation.

**VIBRATIONS:** Pub space. This is where the fun stuff happens. It’s a gathering place for sports on the big screen, or maybe some live music, billiards or card games. Casual comfort food will be offered, and we expect this will become the spot for lively activities.

**RECHARGE:** Fitness Centre. Get ready to move your body and live well. Yoga, barre fitness, Wiggles and Jiggles fitness, free weights, bikes and treadmills: all in a bright and inviting space. Scheduled classes and plenty of room to move. Good muscle tone, positive mind and a place to move are all keys to living well as we age.

**RADIANCE:** Hair Salon and Spa. Whether it’s a quick trim, full colour treatment or a mani-pedi, Radiance will cater to all our residents, men and women alike.

**GOODTIMES:** A connected space where games, Wi-Fi and an informal reading area will be located. A spot to relax, do a puzzle, play games with neighbours and pull up a chair to enjoy a good read.

**WELL + GOOD:** A wellness program that will focus on your health and wellness from the inside out. Look for tips on eating well and enjoying a healthy lifestyle that includes fun and laughter.

**ATRIUM:** A breather space for the enjoyment of the Community. Pool games, informal theatre, cozy furniture, fireplace and a piano anyone can cozy up to and play. Enjoy food for the soul in Nourish & let the good times roll in Vibrations; both located in the Atrium.

***ADDITIONAL POPULAR AMENITIES INCLUDE:***

- 24-hour concierge and basic IT support
- Monthly \$450 food and beverage credit
- Flexible dining and take-away options
- Underground parking and storage: includes storage units, bike storage and electric car charging stations.
- On site mail and package delivery
- On-site maintenance manager

***FOOD AND BEVERAGE:*** Under the guidance of NLG VP of Food Experience, Chef Robert Mills, we are committed to preparing meals we would want to come home for ourselves. We offer a la carte dining and takeaway options

***SITE ADDRESS:*** 185 NA'A Drive SW, Calgary, AB

***LEASING CENTRE:***

Address and opening to be determined.

***DESIGN INQUIRIES:*** Peter Gregor, VP Planning and Design - PG@nlgc.com

***MARKETING:*** Natalie Tommy, VP Marketing - Ntommy@nlgc.com

***PROJECT MANAGER AND CONSTRUCTOR:*** Laurin & Company General Contractor, Dennis Laurin, President & CEO - dennis.laurin@laurin.ca

***LEASING INQUIRIES:*** Life@wellingsofcalgary.com

Registration is now open.

For additional community details please visit the website:

<https://wellingsofcalgary.com>



2962 Carp Road, Carp, ON, K0A-1L0 • 613-831-9039 • NLGC.com