

Retirement Living

for active, independent seniors



Supporting your independence

At AgeCare Columbia, we believe you're entitled to live as independently as possible.

That's why we offer quality and professional services designed to help you maintain your independence, and lead a rich, rewarding life.

What's inside?

- 4 Vibrant Seniors Community
- 6 Amenities
- 8 Dining
- 10 Sample Menu
- 12 Suites
- 14 Floor Plans
- 16 Activities
- 18 What's Included?
- 20 The Big Picture
- 22 Mission, Vision, Values & Guiding Principles





Vibrant

Seniors Community

Imagine... living in your own home, part of a community designed specifically for your needs and comforts, with endless choices and opportunities.

Residents of AgeCare Columbia have done just that, trading in their to-do lists for some well deserved fun and freedom.

So, whether you want to relax over coffee with friends on the patio, organize a club for local movie-buffs, or connect with your grandkids while doing some crafts, the choice is entirely yours.

Amenities that

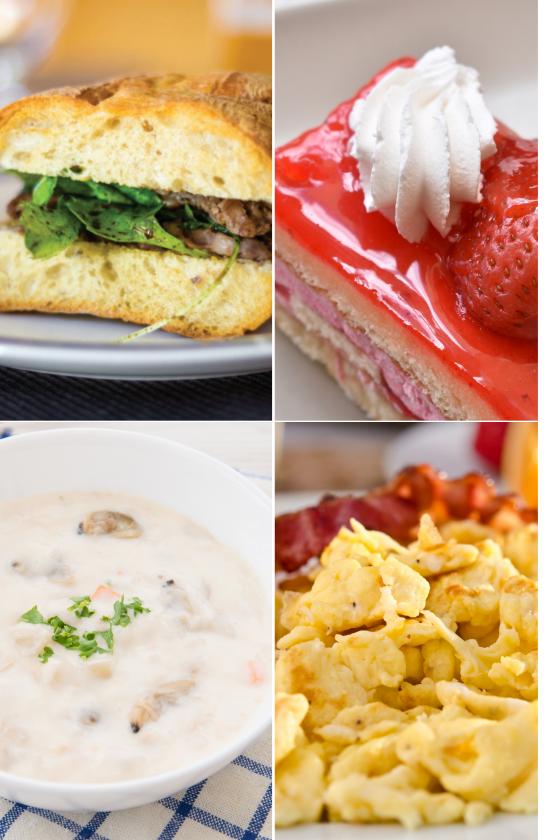
enrich & enhance

At AgeCare Columbia, you're conveniently close to the amenities you want and need – in fact, they're right down the hall.

Amenities you can enjoy:

- cozy lounges
- bright dining room
- hair salon/barber shop
- library
- games room
- exercise room
- beautifully landscaped backyard with gazebo
- gardening boxes





Delicious meals, great conversations

& of course, dessert!

Dining at AgeCare Columbia is more than a meal, it's an experience:

- breakfast, lunch and dinner with two options at every meal, plus coffee, tea and snacks
- home-style recipes you know and love
- room for your family or friends to join
- no meal planning, dishes or clean-up

Resident-Driven Menu

Our Executive Red Seal Chefs and Dietitians plan menus with quality, flavour, and fresh ingredients. We offer a new seasonal menu in the spring and fall, and menu items rotate every 4-weeks, so you can enjoy a balance of new and old favourites. Plus, we regularly request feedback to enhance your dining experience.

Breakfast

Lunch

Dinner

Day 1

Fresh Juice,
Pear Slices,
Oatmeal/Cereal,
Scrambled Eggs, Toast

Ham & Cheese Sandwich

OR

Grilled Hamburger *WITH*

Italian Wedding
Soup, Potato Wedges,
Brownie

Beef Cannelloni

OR
BBQ Ribs
WITH
Salad, Green Beans,
Whipped Potatoes,
Strawberry Tart

Day 2

Fresh Juice,
Cantaloupe,
Oatmeal/Cereal,
Pancakes, Toast

OR
Perogies & Sausage
WITH
Beef Barley
Soup, Potato Salad,
Apricots

Reuben Sandwich

Cream Puffs

Refreshments served throughout the day include: coffee, tea, fresh fruit & baked goods.

Day 3

Fresh Juice,
Watermelon,
Oatmeal/Cereal,
Bacon & Eggs, Toast

Beef Dip Sandwich

OR

Fish & Chips

WITH

Split Pea & Ham

Soup, Cole Slaw,

Butterscotch Pudding

Pork & Grilled Veggies

OR

Honey Garlic Shrimp

WITH

Salad, Asparagus, Basmati

Rice,

Peaches

Day 4

Fresh Juice,
Mandarin Oranges,
Oatmeal/Cereal,
Banana Muffin, Toast

OR
Egg Salad Sandwich
WITH
Chicken Noodle
Soup, Broccoli Salad,
Chocolate Mousse

Garlic Pork

OR

Cheese Ravioli

WITH

Salad, Brussel Sprouts,

Roasted Potatoes,

Maple Ice Cream

Your Own Home

your way

They're called independent living suites for a reason; your new home is designed to give you freedom and complete control.

Suite features:

- large windows for natural light
- kitchenette with a fridge, microwave and plenty of cupboard space
- open concept layout
- vinyl plank flooring
- spacious four-piece bathroom with large vanity and support bars
- individual air conditioner and thermostat
- emergency call bell
- fire alarms and sprinklers







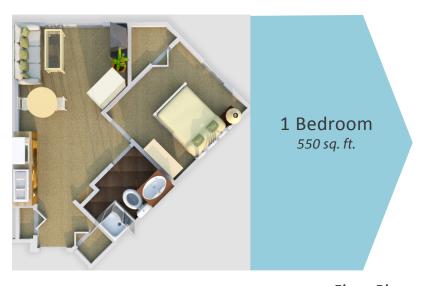


Floor Plans

With an array of sizes and styles, you're sure to find something to suit your unique needs.

Choose from our spacious studio or 1 bedroom floor plans.





Activities for your

mind, body & spirit

With our programming, you can participate in a variety of meaningful activities while enjoying life at your own pace – from calm and relaxing, to active and energetic.

Mind

Cognitive programs designed to support and maintain memory and brain function.

Body

Fitness and wellness programs for vitality, endurance, strength, flexibility, and circulation.

Spirit

Stimulating, creative engagement in musical, cultural, spiritual, and life-enriching events



My health has improved since moving here, and I feel secure and safe. I was lacking that on my own."

Joe, Resident

Everything you need

for one affordable rate

What's included?

- your own private suite
- 3 delicious meals a day plus refreshments
- weekly housecleaning
- · daily activities for the mind, body and spirit
- maintenance inside and out
- community laundry rooms
- cozy lounges and common spaces
- beautiful backyard garden and patio
- utilities (heat, electricity, water and air conditioning)
- parking stall

Optional services (\$)

Laundering of personal items plus sheets and towels, hair salon, tenant insurance, guest meals, cable, phone, 2nd parking stall

Home Care

Alberta Health Services home care available based on assessment





The BIG Picture

The founders of AgeCare, Dr. Hasmukh Patel and Dr. Kabir Jivraj, were the first in Alberta to introduce the "aging-in-community" model, enabling individuals, couples, families, and friends to remain together in the same community as their needs change.

The concept is simple – we offer quality and professional services that make your life rich and fulfilling, with a range of housing options, in a vibrant community that feels like a home, not a hospital.

Today, we're a leader in innovative care and services for seniors, with options for every lifestyle.





Making A Difference ... Every Day

OUR MISSION

What We Do

Provide the best quality of life experience for our residents with the support of families

OUR VISION

Why We Exist

To be the premier Communities of Care and Wellness

OUR VALUES & GUIDING PRINCIPLES

How We Conduct Ourselves

TRUST

Act with integrity and fairness

RESPECT

Treat everyone with dignity, kindness and compassion

QUALITY

Relentlessly pursue excellence in care and service

TEAMWORK

Uplift each other with positive energy and support

OUR PILLARS

How We Succeed

RESIDENTS & SERVICES

Provide services and nurture relationships that achieve resident and family satisfaction, positive outcomes and promote quality of life.

EMPLOYEES & PARTNERS

Promote a respectful, healthy and safe environment that supports quality improvement and customer service.

FINANCE & RESOURCE MANAGEMENT

Effectively manage finances to ensure responsible and sustainable use of our resources in service delivery.



Discover All-Inclusive Retirement Living

785 Columbia Blvd. W, Lethbridge, AB 403-320-9363 | columbia@agecare.ca