



# *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.

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“I’m so much happier since moving here. I love the food, feel safer and can maintain my independence.”

— Johanna, Resident



*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.

## Day 1

Breakfast

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

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Lunch

Ham & Cheese Sandwich

**OR**

Grilled Hamburger

**WITH**

Italian Wedding  
Soup, Potato Wedges,  
Brownie

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Dinner

Beef Cannelloni

**OR**

BBQ Ribs

**WITH**

Salad, Green Beans,  
Whipped Potatoes,  
Strawberry Tart

## Day 2

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

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Reuben Sandwich

**OR**

Perogies & Sausage

**WITH**

Beef Barley  
Soup, Potato Salad,  
Apricots

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Lemon Chicken

**OR**

Ginger Beef

**WITH**

Soup, Broccoli,  
Fried Rice,  
Cream Puffs

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

## Day 3

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

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Beef Dip Sandwich

**OR**

Fish & Chips

**WITH**

Split Pea & Ham  
Soup, Cole Slaw,  
Butterscotch Pudding

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Pork & Grilled Veggies

**OR**

Honey Garlic Shrimp

**WITH**

Salad, Asparagus, Basmati  
Rice,  
Peaches

## Day 4

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

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Grilled Cheese Sandwich

**OR**

Egg Salad Sandwich

**WITH**

Chicken Noodle  
Soup, Broccoli Salad,  
Chocolate Mousse

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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.



**Studio**  
380 sq. ft.



**1 Bedroom**  
550 sq. ft.

# *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



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*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.



# AgeCare

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](mailto:columbia@agecare.ca)