



**AgeCare**  
HARMONY  
COURT ESTATE

# *Retirement Living*

*for active, independent seniors*





# *Supporting your independence*

At AgeCare Harmony Court Estate, 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 love that I can spend time  
with my friends anytime I  
want to.”*

— Sandy, 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 Harmony Court Estate 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 in the garden, organize a club for local movie-buffs, or bake those world-famous oatmeal cookies with your grandkids, the choice is entirely yours.



## *Amenities that enrich & enhance*

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

### Amenities you can enjoy:

- cozy fireplace lounge
- bright dining rooms
- spacious activity room
- hair salon/barber shop
- library
- billiard room
- fitness centre
- beautifully landscaped courtyards
- walking paths







*Delicious meals, great conversations*  
*& of course, dessert!*

Dining at AgeCare Harmony Court Estate is more than a meal, it's an experience:

- breakfast, lunch and dinner with two options at every meal, plus coffee, tea and dessert
- 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

## Day 1

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

Lunch

Ham & Cheese Sandwich

**OR**

Grilled Hamburger

**WITH**

Italian Wedding  
Soup, Potato Wedges,  
Brownie

Dinner

Beef Cannelloni

**OR**

BBQ Ribs

**WITH**

Salad, Green Beans,  
Whipped Potatoes,  
Strawberry Tart

## Day 2

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

Reuben Sandwich

**OR**

Perogies & Sausage

**WITH**

Beef Barley  
Soup, Potato Salad,  
Apricots

Lemon Chicken

**OR**

Ginger Beef

**WITH**

Soup, Broccoli,  
Fried Rice,  
Cream Puffs

## 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

Grilled Cheese Sandwich

**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

*Refreshments served throughout the day including coffee & tea*



# *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 and plenty of cupboard space
- open concept layout
- spacious four-piece bathroom with large vanity and support bars
- individual controlled thermostat
- 24-hour Lifeline emergency support system
- smoke alarms



Pet-friendly suites available, so you and your companion can stay together







## 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, 1 bedroom or 1 bedroom deluxe floor plans.



Studio  
365 sq. ft.



1 Bedroom &  
1 Bedroom Deluxe  
460-720 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



*“I enjoy it here..between the staff and amenities, it couldn't be better.”*

– Teena, 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 room
- 24-hour emergency response
- cozy lounges and common spaces
- beautiful courtyards and patio
- utilities (heat, electricity, water, phone and cable)

#### Optional services (\$)

Laundrying of personal items plus sheets and towels, hair salon, tenant insurance, guest meals, parking stall

#### Home Care

Fraser Health Authority Home Care available based on assessment, SimpeQ Assisted Living Services







## *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**

7197 Canada Way, Burnaby, BC

604-527-3323 | [harmonycourt@agecare.ca](mailto:harmonycourt@agecare.ca)

[www.agecare.ca/tourharmony](http://www.agecare.ca/tourharmony)