



**AgeCare**  
MIDNAPORE

# *Retirement Living*

*for active, independent seniors*





# *Supporting your independence*

At AgeCare Midnapore 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.

## *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







“I would recommend it to anyone”

– Eileen, 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 Midnapore 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 Midnapore 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 room
- hair salon/barber shop
- library
- beautifully landscaped courtyard
- gardening boxes
- patio with pergola
- walking paths







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

Dining at AgeCare Midnapore Estate 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

Each morning you have your choice of al la carte breakfast items, which may include:

Waffles, Pancakes, French Toast, Hot and Cold Cereals, Bacon, Sausage, Eggs Any Style, Toast, Fresh Fruit, Yogurt, and Juice

Lunch

**Day 1**

Reuben Sandwich *OR*  
Perogies and Sausage *OR*  
Grilled Hamburger

*Served with:*

Beef Barley Soup, Potato Salad  
Brownie

---

Beef Cannelloni *OR*  
Honey Garlic Shrimp *OR*  
BBQ Ribs

*Served with:*

Salad, Green Beans, Whipped Potatoes  
Strawberry Tart

Dinner

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

“

*I really love the food, there's such a variety, especially the soups and salads.”*

– Margaret, Resident

**Day 2**

Beef Dip Sandwich *OR*  
Fish and Chips *OR*  
Egg Salad Sandwich

*Served with:*

Split Pea Ham Soup, Cole Slaw,  
Butterscotch Pudding

---

Lemon Chicken *OR*  
Ginger Beef *OR*  
Ravioli

*Served with:*

Soup of the Day, Broccoli, Fried Rice,  
Cream Puffs



# *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, stove, microwave and plenty of cupboard space
- open concept layout
- spacious four-piece bathroom with large vanity and support bars
- individual air conditioner and thermostat
- 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, 1 bedroom, 1 bedroom deluxe or 2 bedroom floor plans.



**1 Bedroom  
Deluxe**  
652 sq. ft.



**2 Bedroom**  
842-889 sq. ft.



**Studio**  
404 sq. ft.



**1 Bedroom**  
573 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*

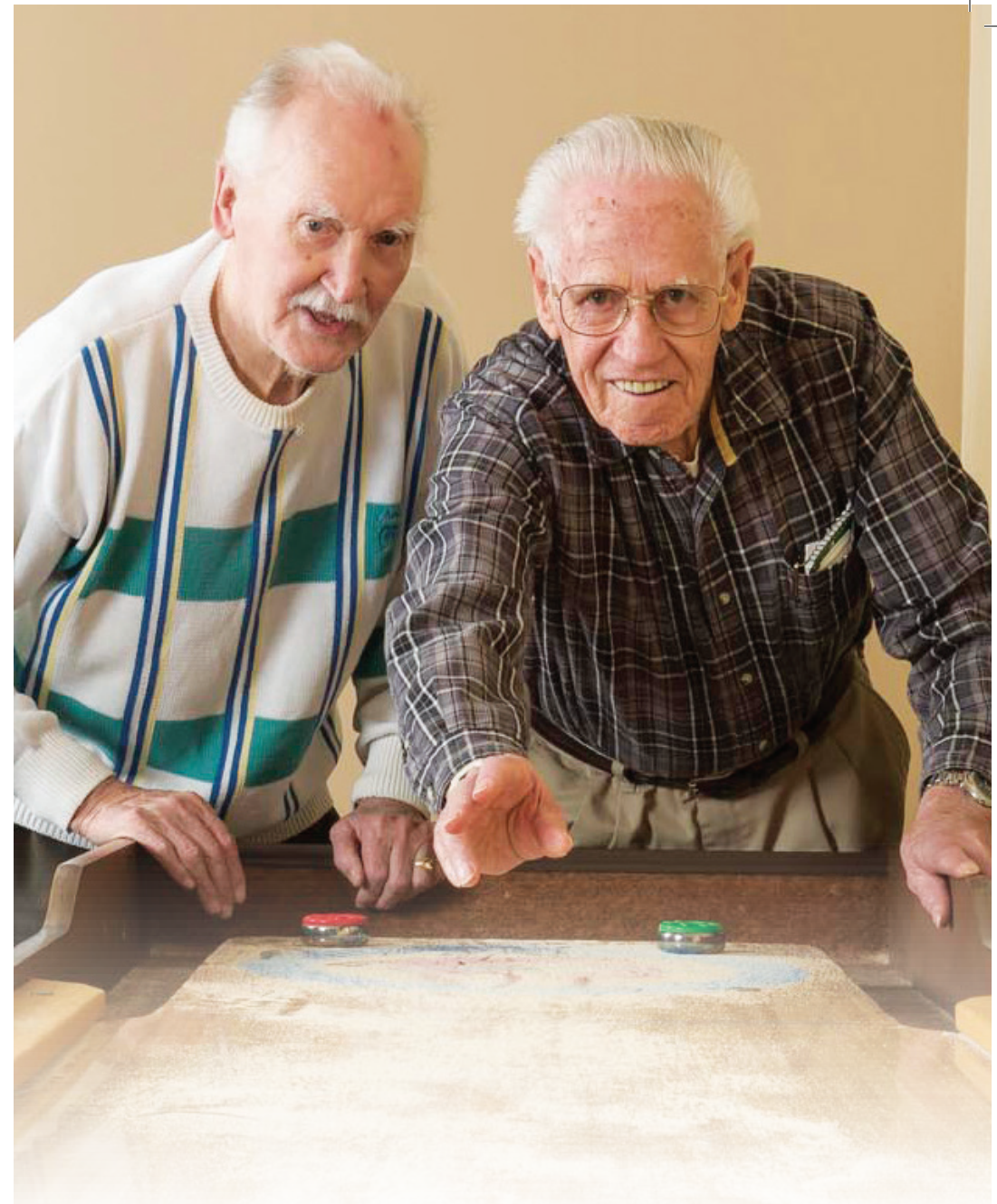
Cognitive programs designed to support and maintain memory and brain function.

### *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 love the courtyard, I spend a lot of time out there.”*

– Gordon, 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 garden courtyard and patio
- utilities (heat, electricity, water and air conditioning)
- cable and telephone
- parking stall (if needed)

#### Optional services (\$)

Hair salon, tenant insurance, guest meals,  
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**

500 Midpark Way SE Calgary, AB  
403-873-2828 | [midnapore@agecare.ca](mailto:midnapore@agecare.ca)