



AgeCare
VALLEYVIEW

Retirement Living

for active, independent seniors



Supporting your independence

At AgeCare Valleyview, 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 like the people and the
friendly atmosphere here.”*

— Janet, 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 Valleyview 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 Valleyview, 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
- spacious activity room
- hair salon/barber shop
- library
- Café Corner
- games room
- reflection room
- community kitchen
- inviting patio with pergola
- beautifully landscaped backyard
- gardening boxes
- walking paths





Delicious meals, great conversations & of course, dessert!

Dining at AgeCare Valleyview 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

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

*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

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

Your Own Home

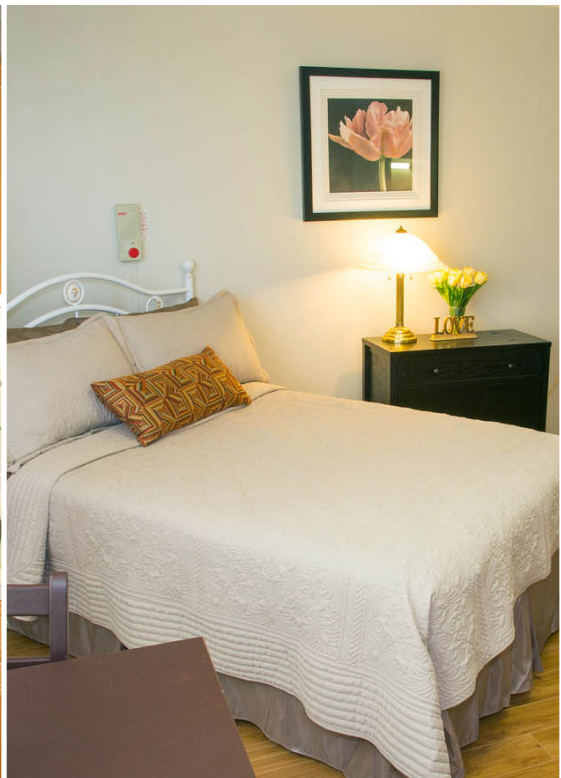
your way

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, 1 bedroom or 1 bedroom plus den floor plans.



Studio
367 sq. ft.



**1 Bedroom &
1 Bedroom Den**
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



“

I enjoy going on outings, playing games and listening to the live bands that come and play.”

— Elin, 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 and patio
- utilities (heat, electricity, water and air conditioning)
- parking stall

Optional services (\$)

Laundrying 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

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