



Let's journey *together*



**THE LODGE**  
— AT VALLEY RIDGE —

INSPIRED SENIOR LIVING WITH





Retirement living can be  
*inspired* and *inspiring*.

Every day our residents prove that the historical definition of senior living can be reshaped and rethought.





## Welcome *home*

The Lodge at Valley Ridge is the ideal standard for senior living. Drawing inspiration from Alberta's great mountain lodges, where life is relaxed and friendships are easily made, The Lodge is newly renovated with a modern-contemporary décor and style.

For your convenience, everything is included from our outstanding amenities and dining options to our ever-changing schedule of recreational and social events. The Lodge at Valley Ridge Retirement Residence is perfect for an active and entertaining lifestyle.

**Be** *on your own terms*





*One bedroom suite*

# Our Accommodations

Create a living space that is uniquely you. Our suites come in different sizes, so you can pick the one that fits your style best. Relax and read your book or enjoy your favourite beverage in the privacy of your own suite. You will have access to great amenities and programs, as well as a community of people just like you. And if you have a furry family member, they're welcome too!

### Our suite features:

- Well-appointed kitchenettes
- Climate control for your suite
- Accessible showers
- 24/7 Emergency response system
- Pet-friendly
- Weekly housekeeping service

# Respite Stays

We offer respite stay services in private, fully furnished suites that include a telephone, television, and a monitored emergency response system. Caregivers and family members can find relief and peace of mind knowing their loved ones are being looked after by professionals in a safe and secure environment that feels like home.

- Weekly laundry service of bed linens and towels
- Window coverings
- Complimentary laundry facilities
- Full bathtubs and shower suites
- Private balconies



*Library*

## Our Amenities

Living at The Lodge at Valley Ridge, you will be energized and inspired—whether you're relaxing in the comfort of your suite, listening to live music, or enjoying a game of cards with friends. Experience our chef's home cooking and invite your family and friends to join you for a meal. Your friends will feel comfortable the moment they enter our lounge/bar and share a cappuccino, glass of wine, beer, or cocktail with you.

### Our residence features:

- Main dining room with outdoor options
- Bistro and bar
- 24/7 Breakfast Mountain Lounge
- Private dining room
- Fitness and wellness centre
- Hair salon
- Multiple fireplace lounges
- Library
- Activity room
- Outdoor pathways and gardens
- Piano lounge
- Billiards and shuffle board
- Tuck shop
- Worship centre
- Outdoor terrace
- Transportation for planned excursions
- Guest suites
- Personal mailboxes
- Indoor and outdoor assigned parking



## Your Well-being

As evolving and varied as they may be, we all want our needs met in a certain way. At The Lodge at Valley Ridge, we celebrate that.

Though the types of support we offer are different, the level of respect and dignity we display is unwavering.

INSPIRED SENIOR LIVING WITH



### Independent Living

- Three exceptional, chef-inspired meals daily (including a hot breakfast)
- Access to first-class services and amenities
- Specialized and purpose-built life enrichment and fitness programs
- Dedicated transportation for medical appointments
- Transportation for planned excursions
- Personalized wellness programs and clinic
- Access to support services as required
- Resident wellness checks (e.g. unexplained absence at lunch or dinner)
- Weekly housekeeping services including laundering of bed linens and towels
- Emergency response system
- Professional on-site management
- 24-hour security monitoring service
- In-house access to pharmacy services

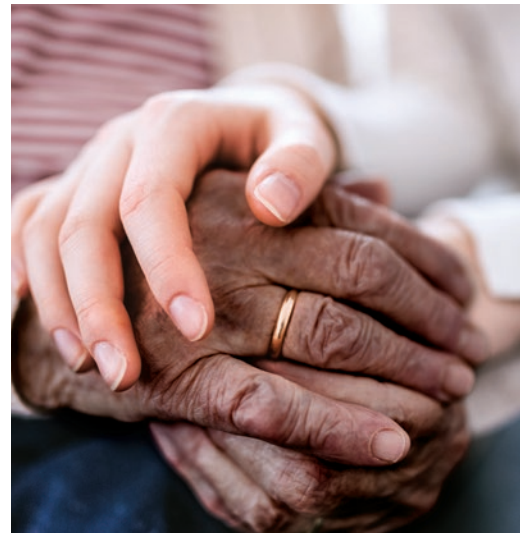
### Personalized Support

When you or your loved one needs a little extra support, we offer a tailored approach to care with à la carte options designed to supplement our full suite of Independent Living services.

#### Personalized support can include:

- Medication administration
- Assistance with light personal care
- 24-hour registered staff available
- Weekly personal laundry

*For a complete list of our personalized care service options, request a copy of our à la carte care services menu.*



At The Lodge at Valley Ridge, we believe that all of our residents should live purposefully, with spirit, energy, and the confidence to participate fully in community and social events. Changing needs are always met with respect by our trained and specialized individual service providers.

## Assisted Living

Includes everything from Independent Living plus the following, if required:\*

- Medication administration
- Assistance with personal care needs (i.e. dressing and personal hygiene)
- Assistance with bathing and showering
- Ordering of personal hygiene supplies
- Health counselling and referrals
- À la carte care service menu available
- In-house access to pharmacy services

\*Some services provided through the Alberta Health Services Home Care Program. Please ask for more information.

*“From the beginning, the staff was very professional and had a heartfelt warmth and kindness for our requirements.”*

*— Resident’s family member*

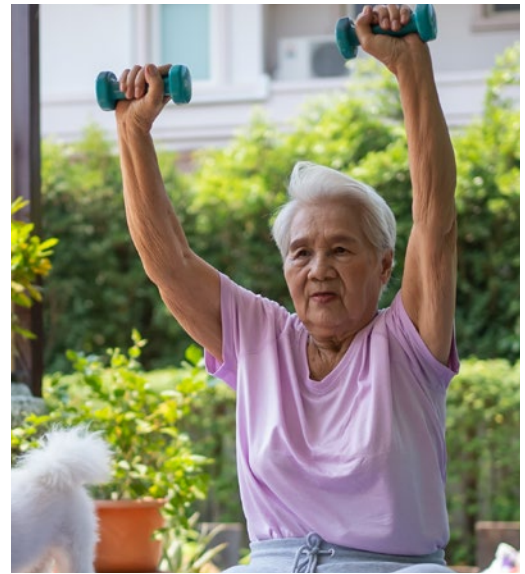
# A fresh take on dining

For most of us, the kitchen is the heart of any home where everyone is welcome, and everyone's tastes and preferences are taken into consideration. We agree that a good meal, formal or informal, is part of creating great memories. At The Lodge at Valley Ridge, our culinary team takes care of everything so you can enjoy your time with friends and family. We are quite literally at your service!

- *Living, Loving, Local* food program
- Three exceptional, chef-inspired meals daily (including a hot breakfast)
- Dining room with open seating
- Monthly themed brunches and dinners
- Daily specials and à la carte menu options
- Dietary accommodations
- Licensed bar, dining room, and multiple patios
- Express lunch
- Private dining rooms for family gatherings
- Healthy choices, including superfoods







Indulge in immersive experiences and a community atmosphere unlike any other.

## Life Enrichment

At The Lodge at Valley Ridge, everything we do is to ensure that you have a great day, every day! That's why we hold monthly meetings to recognize that your opinions and suggestions are valued. Our monthly activities calendar is a great reflection of how we act upon your ideas. Selected by the residents, our engaging activities will inspire you to participate!


- Excursions to museums, galleries, and entertainment venues
- Guest speakers specializing in music, art, health, education, technology, and politics
- Regularly scheduled live entertainment
- On-site visiting vendors offering unique clothing, jewelry, and more so you can shop in the convenience of your home
- Various on-site non-denominational religious services
- Monthly resident council meetings

### Fitness classes include:

- Walk Fit
- Drum Fit
- Go4Life
- Dance classes
- Yoga

### Other purposefully designed programs include:

- Meet Me at the MoMA
- Artfull Enrichment Program
- Java Music Club
- Fit Minds

A photograph of an elderly couple in a domestic setting. The woman, on the left, has short brown hair and is wearing a light-colored t-shirt and matching pants. She is smiling broadly and clapping her hands. The man, on the right, has white hair and is wearing a light purple and white checkered button-down shirt. He is also smiling and clapping. In the foreground, a pair of hands is seen playing a piano. The background shows a doorway and some indoor plants.

*“Our philosophy for better health and well-being is living an inspired life.”*

## It's About You

Attention to individual needs and wellness is a priority at The Lodge at Valley Ridge. We have a monitored emergency response system and are staffed 24 hours a day by a team of individuals dedicated to your comfort and well-being. In addition, your Health & Wellness Manager provides health assessments and co-ordination of other services as needed.



## Safety & Security

The Lodge at Valley Ridge is a place you can call home, and not because it's where you wake up every morning, but because you're surrounded by people who care about your well-being, providing you with peace of mind. We believe that you should feel safe and reassured when living in your new home. Our residence has innovative safety features.

- Security door system and cameras in public areas
- Regular fire safety and equipment testing
- Sprinkler system and smoke detectors
- Emergency response system in every suite



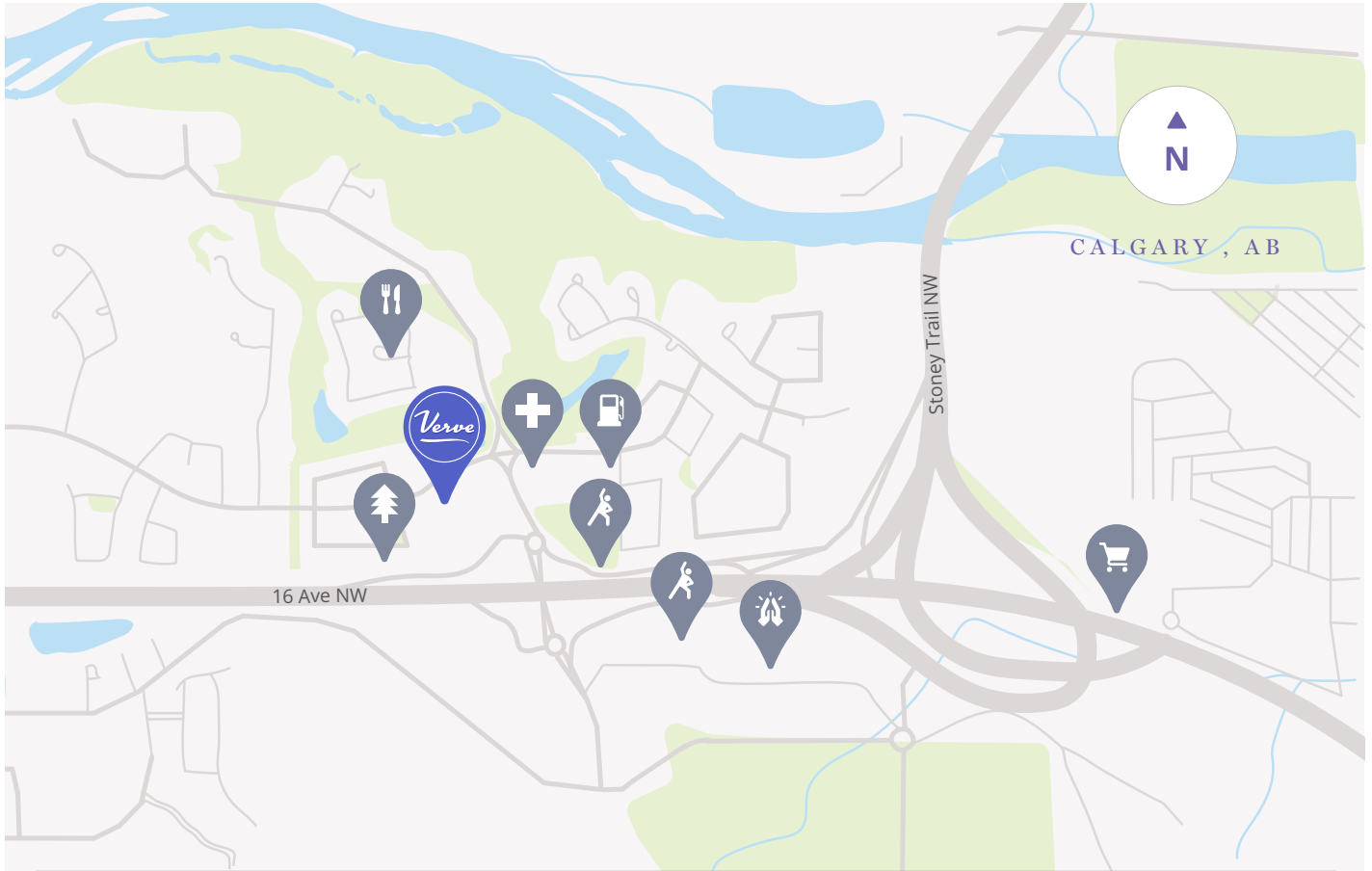
Regular safety  
equipment checks



Sprinkler system and  
smoke detectors



In-suite emergency  
response system



## The Neighbourhood of the Lodge at Valley Ridge Residence



Park



Gas Station



Community Centre



Worship



Medical Facility



Grocery



Restaurant

Map not to scale

*A view of the idyllic grounds of The Lodge at Valley Ridge.*



# The Lodge at Valley Ridge is your gateway to beautiful Calgary

Situated next to the prominent Valley Ridge Golf Club with views of their beautiful fountain, The Lodge at Valley Ridge Retirement Residence is surrounded by numerous paved walking paths and extensive green spaces. This peaceful setting will inspire serenity, while all the conveniences of shopping and medical offices are just a short drive away.



*The Lodge is close to it all — take in a round of golf or immerse yourself in the local attractions.*









We believe retirement living can be *inspired*, and *inspiring*.

Every day our residents redefine aging by experiencing retirement with purpose. An empowered life built on the pillars of mind, body, and spirit is the cornerstone of Verve Senior Living, supported by a professional team with a passion for excellence.

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