



Let's journey *together*



TRINITY LODGE
RETIREMENT RESIDENCE

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*

Trinity Lodge Retirement Residence combines the elegance and style of a five-star hotel with the security and warmth of compassionate senior care. Elegant surroundings complete with beautifully landscaped gardens and serene fountains complement our newly renovated modern contemporary décor. Our excellent service provides a solid foundation for the independent lifestyle that our residents treasure.

From Independent to Assisted Living, enjoy our exceptional amenities, dining, and trademark “warmth and friendliness”, while secure in knowing that support is available should your needs change.

Be *on your own terms*



TRINITY LODGE
RETIREMENT RESIDENCE



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

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 housekeeping service
- Weekly laundry service of bed linens and towels
- Window coverings
- Complimentary laundry facilities



Games and billiards room

Our Amenities

Living at Trinity Lodge Retirement Residence, 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
- Bistro and bar
- Café
- Private dining room
- Fitness and wellness centre
- Spa
- Hair salon
- Fireplace lounge
- Library
- Activity room
- Games and billiards room
- Tuck shop
- Worship centre
- Outdoor terrace
- Transportation for planned excursions
- Guest suites
- Personal mailboxes



TRINITY LODGE
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Your Well-being

As evolving and varied as they may be, we all want our needs met in a certain way. At Trinity Lodge Retirement Residence, 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
- Transportation for planned excursions
- Dedicated transportation for medical appointments
- 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

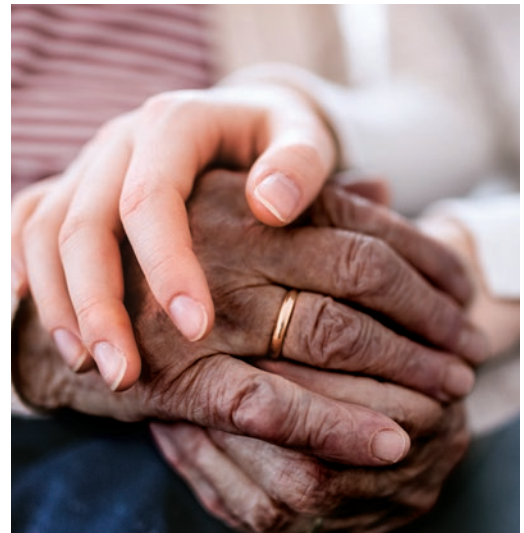
Personalized Support

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

Ask a representative for a complete list of our à la carte personalized support service options.



At Trinity Lodge Retirement Residence, 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, referrals, and liaison with medical practitioners
- À la carte care service menu available

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

— Resident’s family member

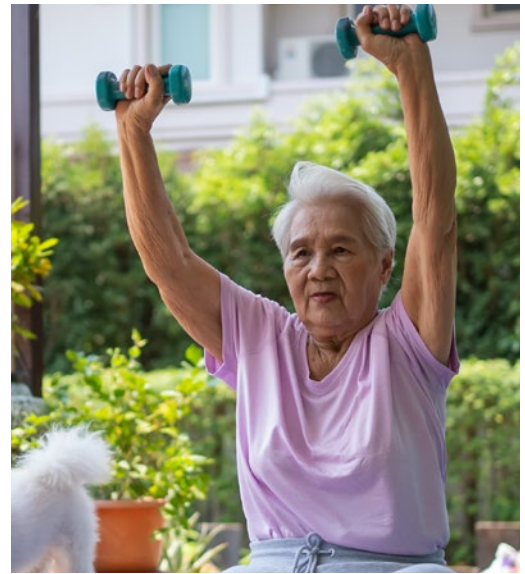
*Some services provided through the Alberta Health Services Home Care Program. Please ask for more information.

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 Trinity Lodge Retirement Residence, 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 and dining room
- Express lunch
- Private dining room for family gatherings
- Healthy choices, including superfoods





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

Life Enrichment

At Trinity Lodge Retirement Residence, 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 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 pants, smiling broadly while clapping her hands. The man, on the right, has white hair and is wearing a light purple and white striped short-sleeved shirt, also smiling and clapping. In the foreground, a pair of hands is seen playing a piano. The background shows a doorway and a bookshelf.

“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 Trinity Lodge Retirement Residence. 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

Trinity Lodge Retirement Residence 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.

- 24/7 emergency response pendant (available)
- Security cameras on property
- Regular fire safety and equipment testing
- Sprinkler system and smoke detectors
- Emergency response system in every suite



Emergency response pendant



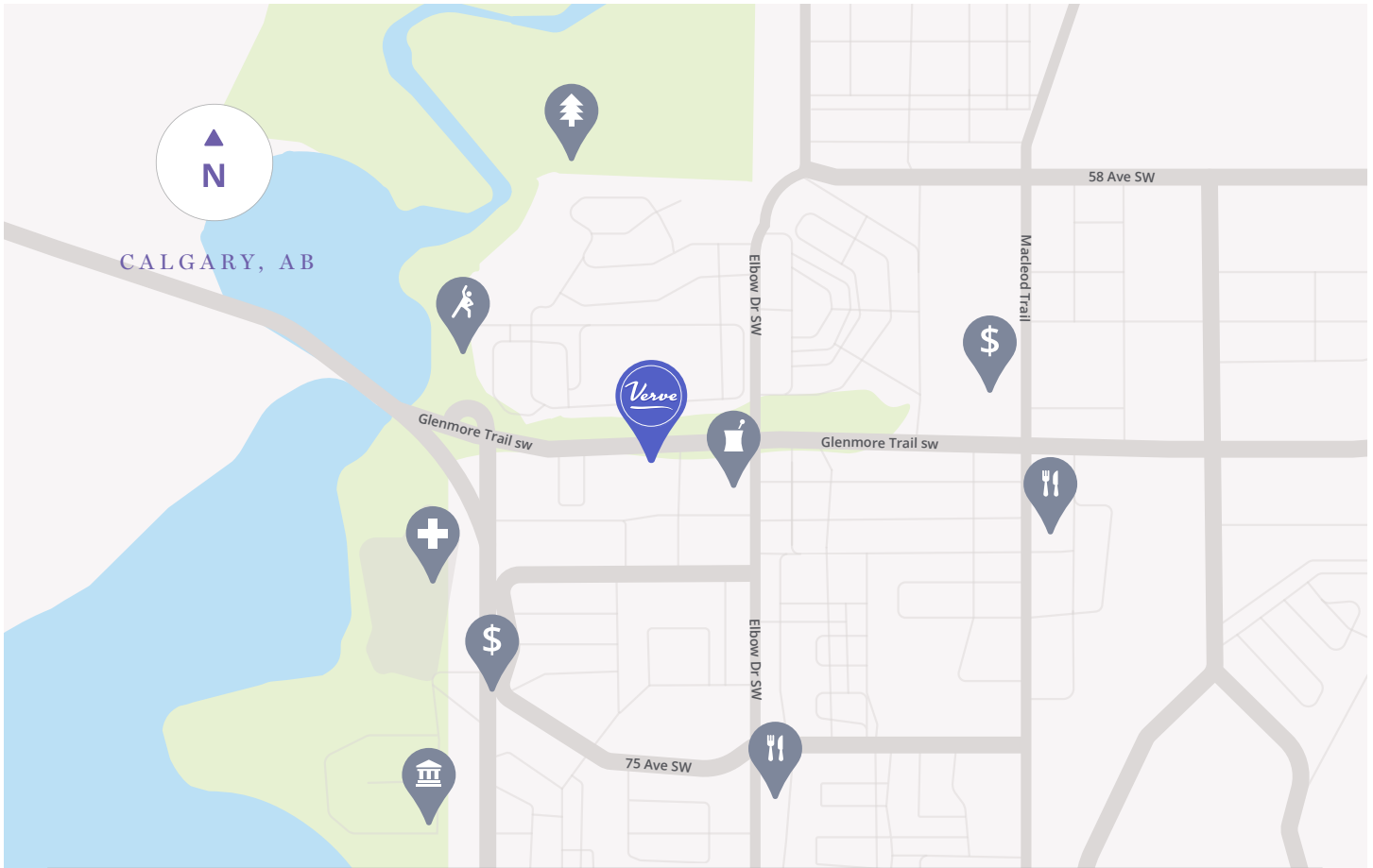
Regular safety equipment checks



Sprinkler system and smoke detectors



In-suite emergency response system



The Neighbourhood of Trinity Lodge Retirement Residence



Park



Pharmacy



Restaurant



Bank



Community Centre



Medical Facility



Museum

Map not to scale

A view of the idyllic grounds of Trinity Lodge Retirement Residence.



Beautiful Calgary offers it all, so you can live your retirement *inspired*

Located in a park-like setting in the heart of southwest Calgary, Trinity Lodge residents enjoy proximity to Chinook and Mayfair Shopping Centres, community services, hospitals, labs, public transportation, churches, a synagogue, and other cultural venues. Just off Glenmore Trail and Elbow Drive, Trinity Lodge is also easily accessible from all corners of the city.



Trinity Lodge is close to it all in Calgary — take in the beautiful scenery 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.

Trinity Lodge Retirement Residence
1111 Glenmore Trail S.W.
Calgary, AB T2V 4C9

T: (403) 253-7576
E: info@trinitylodgeretirement.com

TrinityLodgeRetirement.com