



Freedom, Security & Peace of Mind

Welcome to The Journey Club at Westman Village —
Calgary's Finest Seniors' Residence



WESTMAN
VILLAGE

on MAHOGANY LAKE

Reward Yourself

When you picture a great place to retire, you picture The Journey Club at Westman Village. Conveniently located in the award-winning community of Mahogany, The Journey Club Seniors' Residence provides first-class services and amenities for independent living, à la carte healthcare services and memory care.

SOMETHING FOR EVERYONE

The heart of Westman Village is the Village Centre – a place to gather, connect and get energized. Featuring 40,000 square feet of amenities, The Village Centre offers concierge services and features 2 salt water pools, hot tub, library, indoor garden, indoor walking track, gym, movie theatre, wine cellar and so much more! Boutique shopping and dining options are right outside your door.

ACTIVE & ENGAGED LIVING

Our Inspired Living activities programming combined with our amenities keeps residents engaged and living an active lifestyle of their choice.

PEACE OF MIND INCLUDED

The Journey Club Seniors' Residence is an age in place community that offers an integrated model of Independent Living and à la carte healthcare services, as well as secure Memory Care for our residents living with Alzheimer's and dementia, with the world-renowned Butterfly Memory Care Program. Residents have access to 24-hour on-site nursing care. The integrated model allows individuals to stay in their home, as they age-in-place and receive the services they require as their needs change.

thejourneyclub.ca

Let's *Talk*

This is a big decision and we're here to help you with the process. We'd love to learn what's important to you as you choose a new home and community.



Hospitality from the heart



We want our residents to be confident that their needs are being met, which is why we are proud to offer a wide array of inclusive and à la carte hospitality services*.

PERSONALIZED SERVICES:

- Personal trainer
- Aesthetics, massage, salon
- IT support
- Companion services
- Dietician/Nutritionist
- Instructors: cooking, swimming
- Personalized shopper

CONCIERGE SERVICES:

- Dry cleaning
- Pet care
- Plant watering
- Additional housekeeping (daily, weekly, monthly)
- Laundry (daily, weekly, monthly)
- Companion services and other "while you were away" services
- Grocery re-stock
- "Steward" services: theatre/opera/concert tickets, arranging flowers, birthday cakes, and more
- Tuck shop: toiletries, sundry items
- Community partnerships: discounted products/ services at various retailers
- Party and events planning
- Recreation and engagement support

*Ask your leasing representative about pricing.
Subject to change without notice.



Hospitality from the heart



INCLUDED SERVICES:

- 3 daily meals in The Journey Club Dining Room[†]
- 24-hour emergency response with Lifeline pendant^{††}
- All utilities, basic cable, phone line and internet
- Inspired Living Program and Village Centre access
- Exclusive driving service^{†††}
- Biweekly housekeeping and laundry services

[†] All meals for one individual (hot breakfast, lunch and dinner) in the 2nd floor Journey Club Dining Room. Second meal plan option can be purchased.

^{††} Second pendant can be purchased.

^{†††} First 10 km free.

* Price subject to change without notice. See your leasing representative for current pricing. E&OE.

TRANSPORTATION:

- Exclusive driving service: appointments, grocery store, pharmacy, errands (companion accompaniment optional)*
- Complimentary bus service for group outings and events
- Airport transport*

FINE DINING:

- Alvin's Jazz Club: A throwback to the quintessential New York City dining experience of the 1930's & 40's, with a modern approach. Cocktails are our specialty – build your own Martini, enjoy expertly curated wines and spirits and specialty cocktails.
- Special events: monthly vibrant brunches, special occasions, private catering



Vibrant community living

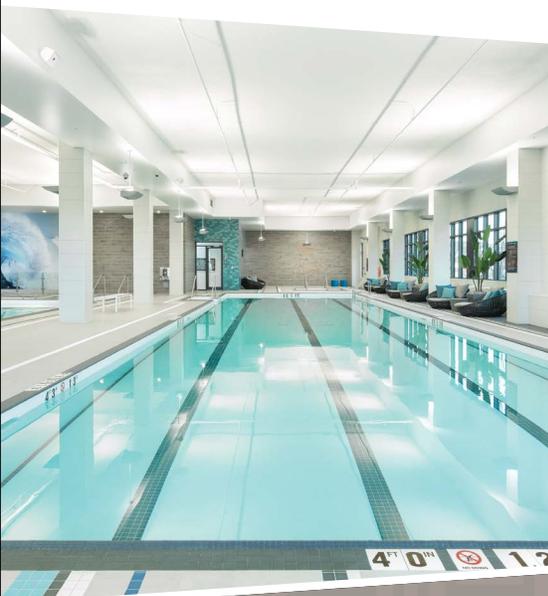


At The Journey Club, our goal is to elevate the traditional retirement living model through the philosophy of living well. Active participation in programs that promote lifelong learning, physical activity, creativity, and social engagement enrich our resident's lives – and that's why we developed our immersive and engaging Inspired Living Program.

THE HEART OF THE COMMUNITY

The first of its kind in Calgary, our Village Centre offers three floors of top of the line recreation, services and entertainment, including:

- Gym
- Yoga & spin studio
- 2 indoor saltwater pools
- Movie theatre
- Wine cellar & tasting room
- Billiard room
- Indoor Walking Track
- Woodworking studio
- Arts & crafts studio
- On Mahogany Lake, with 22 km of walking paths
- So much more



Inspired living programming



ACTIVE, HEALTHY & HAPPY

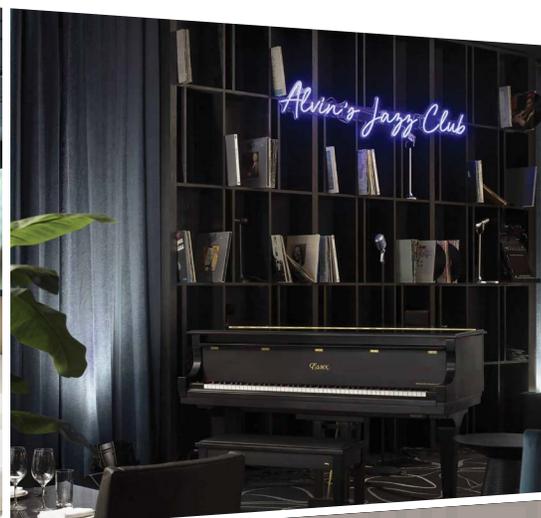
The Journey Club's Inspired Living program offers endless opportunities for staying active and engaged. Experience everything from yoga to strength training to dance classes at the Village Centre. Enjoy the culinary arts through a cooking class or enjoy having a chef cook for you in our amazing Demo Kitchen. Explore your creative side in an art class in the Studio or meet your neighbours in the theatre, where you can have a beverage and watch the big game!

LIFELONG LEARNING

Keep learning and growing with The Journey Club. Inspired Living offers amazing classes for every interest. Our speakers, instructors and facilitators are some of the most knowledgeable people in their fields, and eager to share their passion with you. Try water colour painting, tai chi, yoga or zumba. Organized outings and day trips include Lunch Box Theatre, The Calgary Opera and Theatre Calgary, Glenbow Museum, the Farmers Market and trips to the mountains. Join us on Wednesdays for Wellness Wednesday health seminars.

CHOICE

The Journey Club is all about you. That's why our Inspired Living program focuses on what you're interested in. Our Journey Club programming is responsive and 100% demand driven. This means that our residents tell us what activities, seminars and events they want, and we develop programs to meet their needs and preferences.



Live your best life



Designed to offer a fulfilling experience for all retirement lifestyles from Independent Living with à la carte care options and memory care, our number one priority is help you live the highest quality of life.

SENIORS' RESIDENCES DESIGNED FOR YOU

The Journey Club has pioneered a revolutionary new approach to Aging in Place right in the comfort of your suite; should your medical needs change, our team of medical professionals will come to you to provide

à la carte personal care and other services in the comfort of your home. As well, we offer secure Memory Care for individuals living with Alzheimer's and dementia who require additional support and care.



Live your best life



THE JOURNEY CLUB AT WESTMAN VILLAGE OFFERS

STUDIO

333 sq. ft. - 475 sq. ft.

1 BEDROOM

696 sq. ft. - 727 sq. ft.

1 BEDROOM + DEN

814 sq. ft. - 869 sq. ft.

2 BEDROOM

1044 sq. ft. - 1140 sq. ft.

INCLUDED SERVICES:

- 3 Executive chef prepared daily meals in The Journey Club Dining Room[†]
- 24-hour emergency response with Lifeline pendant with fall detection^{††}
- 24-hour onsite nursing
- All utilities, basic cable, phone line and internet
- Inspired Living Program and Village Centre access
- Exclusive driving service^{†††}
- Biweekly housekeeping and laundry services

HOME FEATURES:

- In-suite laundry – washer/dryer included
- Heated underground parking available
- Quartz countertops
- Luxury vinyl plank flooring
- Stainless steel kitchen appliances
- Tiled showers with grab bars
- Large balconies^{**}
- Air Conditioning
- Expertly designed homes

Independent Living with Flexible Care | Butterfly Model of Memory Care 

[†]All meals for one individual (hot breakfast, lunch and dinner) in the 2nd floor Journey Club Dining Room. Second meal plan option can be purchased.

^{††} Available for a fee. ^{†††} First 10 km free. ^{**} Balconies on selected suites.

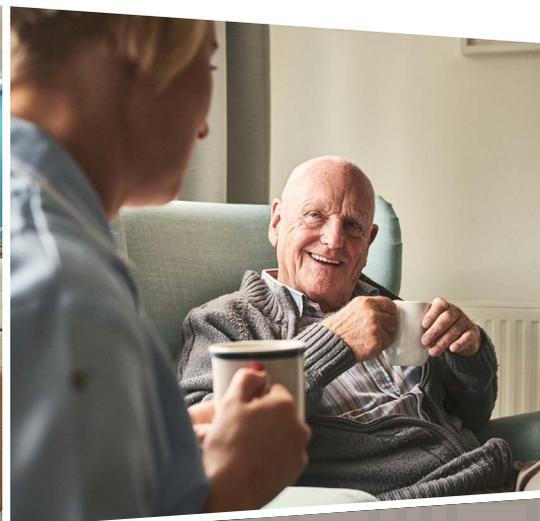


Butterfly Memory Care



 We offer the Butterfly Program as our specialized memory care model. A world-renowned program unlike any other, dedicated to improving the lives of people living with dementia.

- Upon arrival people see, hear and feel immediately that it is a feelings based home
- We offer a higher staff to resident ratio than publicly funded memory care programs
- Nurses are available on-site 24 hours a day, 7 days a week
- All staff are recruited and appraised on their values, attitudes and emotional intelligence
- Feelings based communication by staff can be seen with love and comfort visibly happening when needed – with staff at times sitting and just being with residents
- Engagement Coordinators are dedicated to providing regular memory care programming on days, evenings and weekends
- The home is bright, open and welcoming, there's always a space to interact or relax
- The home is decorated with the “stuff of life” to engage the mind, body and spirit
- Residents can choose from a wide variety of meal options and choose when to dine
- Real small-scale domestic living exists i.e. maximum lounge sizes of 10-11 people
- Each person is involved in, assessed and receives a personal care plan that supports their holistic personal care
- Detailed life stories –books, memory boxes etc. are being used on a daily basis, for people living and working in the home to reach and connect with one another
- Our program undergoes rigorous quality audits for care, programming and accommodations at regular intervals during the year.





THE
JOURNEY
CLUB

THE JOURNEY CLUB:

176 Mahogany Centre SE
Calgary, AB

**JOURNEY CLUB LEASING
HOURS OF OPERATION**

Monday – Friday:

9:00 am – 5:00 pm

Saturday, Sunday & Holidays:

By Appointment Only

Direct Line: 403.313.5382



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