



Shalem
Society for Senior Citizens Care

Senior Community Living
A place to call home...

ABOUT SHALEM

Caring effectively for older adults is at the heart of Shalem's vision and mission. For 45 years, Shalem has been providing a Christian community for seniors and is committed to ensuring Shalem is a place where older adults feel safe, respected and celebrated and experience comfort, peace and joy through the various seasons of aging.



"Shalem has been a great transition for mom. The staff and residents have always been welcoming and supportive, as she has aged in place."

- Liz, Family of Resident

A Christian Community

At the heart of Shalem is a Christian community where God is at work as we care, share, and celebrate together.

A Caring Community

Finding a new place to call home is often a big and difficult decision. Whether you are making the choice for yourself or on behalf of a loved one, our welcoming staff will help make the transition enjoyable and satisfying.

"You are never too old to set a new goal
or dream a new dream"

C.S. Lewis

LIVING CHOICES

Shalem offers several affordable living options for seniors who want to enjoy an active, independent lifestyle.

The Manor at Shalem - Subsidized Housing

Affordable one-bedroom apartments in The Manor provide low income seniors a quality place to live at rental rates set at 30% of their gross monthly income.

The Court at Shalem - Independent Living

Our one-and-two bedroom Life Lease suites in The Court offer an attractive option for seniors who want to be part of an active retirement community. A Life Lease provides financial stability by preserving your equity. Monthly fees cover maintenance and operational costs.

The Haven at Shalem - Supportive Living

Our spacious studio suites in The Haven provide a supportive living community for seniors who want to enjoy the convenience and provision of daily meals, weekly housekeeping and a personal emergency response system all included in the monthly rent. Rental rates are set by Alberta Health Services.



"Sometimes I wonder what I did before I moved to Shalem."

- Eileen, Resident

PROGRAMS AND SERVICES

Recreation and Wellness

We provide meaningful activities that enhance the social, physical, spiritual, and emotional needs of our residents.

- Exercise classes
- Educational sessions
- Memory support group
- Health & wellness presentations
- Pet therapy visits
- Shuffleboard and pool table
- Day excursions
- Happy hour and pub events
- Monthly birthday celebrations
- Live entertainment & music
- Arts n' crafts
- Community connections
- Volunteer opportunities

Dining at Shalem

We recognize the importance of nutritious and delicious meals. Our Red Seal chef prepares gourmet meals three times a day, catering to the tastes, preferences, and dietary needs of our residents.

- Experienced culinary team & friendly dining staff
- Delicious, healthy and balanced meals
- Varied menu selection
- Specialized diet accommodations
- Gourmet holiday dinners
- Take-out bistro menu

"One of the things I love most about Shalem is the food!"

- Joyce, Resident





Safety and Security

You will experience peace of mind and feel safe at all times. All residents have access to our 24-hour emergency call system, where on-site staff are equipped to promptly deal with emergencies at all hours.

- 24/7 staff presence
- Emergency response system

Healthcare Services

Receiving the necessary healthcare services is important as residents require additional assistance to remain well and stay safe. Shalem partners with Alberta Health and Home Care Services to deliver these services.



"I've found a safe, secure atmosphere in the winter of my life."

- Joanie, Resident



BENEFITS OF COMMUNAL LIVING

Community

While you may choose to live quietly and privately, in community living you can also surround yourself with other people. The activities, events and dining services offered at Shalem are a great opportunity to engage with other residents and make friends.

Staying Active

At Shalem you will have opportunity to participate in the many planned programs and activities that will help you stay mentally and physically active.

Safety and Security

Our on-site staff are equipped to deal with emergencies at all hours of the day and night. Though residents live independently, you will also have peace of mind knowing that someone will always be around to help you if you need assistance or encouragement in any way.

Maintenance Support

Shalem's on-site maintenance support is readily available to take care of things around your suite when something needs attention or repair.

"I love the community here."

- Gary, Resident

AMENITIES AND SERVICES

On-site Amenities and Services

- Dining room with nutritious, chef-prepared meals
- Pastoral care and chapel services
- Recreation and wellness programming
- Fitness room
- Multi-functional atrium
- Outdoor garden and patio spaces
- Bistro/ café
- Games room
- Tuck shop
- On site pharmaceutical consultations
- Multiple libraries and reading areas
- Woodworking workshop
- 24/7 staff presence
- Hair salon
- Foot care

"There's everything you need; drug stores, medical clinics, grocery stores."

- Gloria, Resident



Neighbourhood Amenities

- Shopping, banking, and dining at nearby Richmond Square, West Hills and Signal Hill retail districts.
- Multiple medical/dental offices nearby



Our Mission

To provide a Christian setting that enhances the well-being of seniors.

Our Vision

A caring community to call home.

Our Values

At the heart of Shalem is a Christian community where God is at work and we care, share, and celebrate.

We value:

Respect and acceptance

Justice

Compassion

Stewardship of resources

Community

"There's not one thing I would change...I just love it"

- Mary, Resident

CONTACT

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