

Welcome Home

Parkland at the Lakes
Dartmouth, Nova Scotia



Parkland[™]
RETIREMENT LIVING
AT THE LAKES

Live your best life.[™]
experienceparkland.com/atthelakes

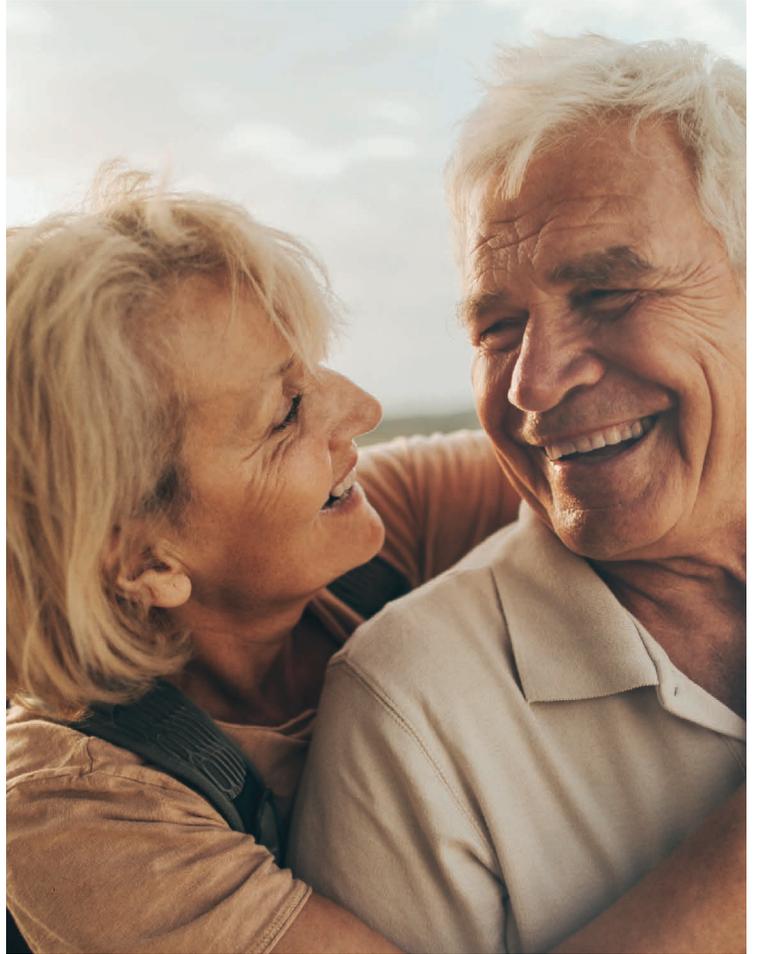


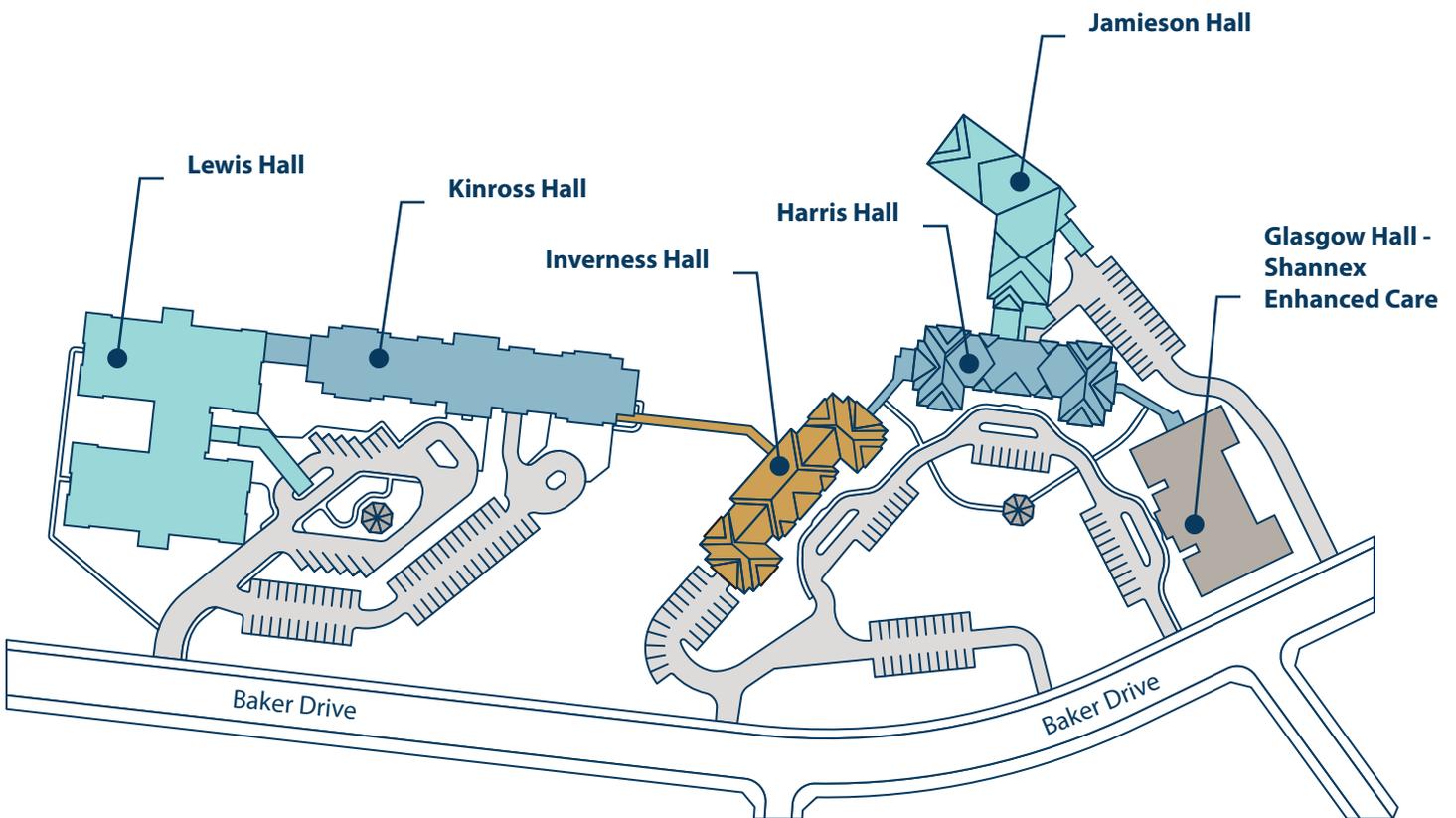
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Visit experienceparkland.com/atthelakes
or call 902-405-7275 to book a tour today!

Your Campus

Set against the lovely backdrop of Dartmouth, Nova Scotia, Parkland at the Lakes offers residents a comfortable place to live in a beautiful community. Parkland at the Lakes provides a full continuum of lifestyle options with 58 Lifestyle Apartments in Inverness Hall, 101 All-Inclusive Lifestyle suites in Harris Hall and 97 All-Inclusive Lifestyle suites in Kinross Hall. In addition, Parkland at the Lakes offers Supportive Lifestyle options, including Assisted Living with 42 suites in Jamieson Hall and 18 in Lewis Hall. Lewis Hall also offers 18 Memory Care suites and 36 Enriched Care suites. Parkland at the Lakes is also home to Glasgow Hall, a 72-bed licensed Nursing Home.



Lifestyle Apartments
Inverness Hall - 58 suites

All-Inclusive Lifestyle
Harris Hall - 101 suites
Kinross Hall - 97 suites

Supportive Lifestyle

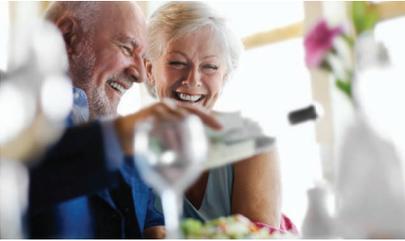
Assisted Living: A Helping Hand
Jamieson Hall - 42 suites
Lewis Hall - 18 suites

Memory Care: True to You
Lewis Hall - 18 suites

Enriched Care: Live Life at Ease
Lewis Hall - 36 suites

Lifestyle Options

Parkland at the Lakes offers a full continuum of lifestyle options. As your needs change, your style of living doesn't have to. You will have peace of mind knowing that additional services and care are available, should you ever need them. Whether you are looking for a premium apartment with access to services and amenities or you require access to supportive care, live life comfortably knowing that additional services, friendly team members and professional care are always nearby.



Lifestyle Apartments

[Inverness Hall, 92 Baker Drive](#)

Lifestyle apartments are the ideal option for mature adults who are looking to downsize on space, but upsize on lifestyle. Access to all campus amenities and activities is included.



All-Inclusive Lifestyle

[Harris Hall, 82 Baker Drive, and Kinross Hall, 122 Baker Drive](#)

Make yourself at home and enjoy all-inclusive services such as housekeeping, chauffeur service and chef-designed meals to give you the freedom to maintain your active, healthy and independent lifestyle.



Supportive Lifestyle

Live life your way with support and specialized care services. Parkland at the Lakes offers three different Supportive Lifestyle options.

1 Assisted Living: A Helping Hand

[Jamieson Hall, 72 Baker Drive, and Lewis Hall, 124 Baker Drive](#)

Suites designed for comfort with the assistance of a care team.

2 Memory Care: True to You

[Lewis Hall, 124 Baker Drive](#)

Provides full assistance with the activities of daily living for those with Alzheimer's disease or other forms of dementia.

3 Enriched Care: Live Life at Ease

[Lewis Hall, 124 Baker Drive](#)

Offers full assistance with daily living activities by skilled nurses and licensed team members.



Short-Term Stays

Parkland offers a variety of short-term stay options, including winter, trial, guest, rehabilitation and respite stays. With furnished and unfurnished suites, short-term stays are a great choice for those not quite ready to leave their home.

What's Included?

	Lifestyle Apartments	All-Inclusive Lifestyle	Supportive Lifestyle		
			Assisted Living	Memory Care	Enriched Care
Beautiful private suite	✓	✓	✓	✓	✓
All utilities: heat, hot water, electricity	✓	✓	✓	✓	✓
All communications services: basic cable, local phone, WiFi	✓	✓	✓	✓	✓
Secure building with team members on site 24/7	✓	✓	✓	✓	✓
24/7 emergency response with pendant included	✓	✓	✓	✓	✓
Full access to campus amenities	✓	✓	✓	✓	✓
Social events calendar	✓	✓	✓	✓	✓
Harmony Wellness program	✓	✓	✓	✓	✓
Concierge service	✓	✓	✓	✓	✓
2-3 meals per day	à-la-carte	✓	✓	✓	✓
Weekly housekeeping including towel and linen service	à-la-carte	✓	✓	✓	✓
Personal laundry	à-la-carte	à-la-carte	✓	✓	✓
Transportation service	à-la-carte	✓	✓	✓	✓
Medication administration	à-la-carte	à-la-carte	✓	✓	✓
Support with activities of daily living	x	x	✓	✓	✓
Specialized Memory Care program	x	x	x	✓	✓
24/7 licensed nursing environment	x	x	x	x	✓

Exclusive Services and Amenities

Building Services

- Weekly housekeeping
- Towel and linen laundry service
- WiFi high speed internet
- Courtesy shuttle service
- Concierge service
- Specialized care services available

Building Amenities

- Doctor's office and wellness clinic
- Heated, indoor AquaFit pool
- Bowling alley
- Spa with hair, manicure and pedicure stations
- Multipurpose room
- Movie theatre equipped with theatre-style seating
- Piano lounge
- Fitness centre
- TV lounge
- Heated underground parking
- High-quality tempered air ventilation system
- Extra-large elevators

Outdoor Amenities

- Beautifully landscaped gardens and gazebo
- Outdoor patio
- Personal gardens with raised garden beds

Safety & Security

- 24-hour monitored, interactive personal emergency response system
- Support handrails in elevators and hallways
- Secure community with 24-hour staff and security cameras providing peace of mind
- State-of-the-art fire alarm and sprinkler system with in-suite smoke detectors
- All campus buildings connected by pedways with controlled access
- Generator for full back-up emergency power
- Smoke-free environment



Your Dining Experience

Enjoy our chef's culinary creations in an environment that delivers on taste and atmosphere. In addition to the weekly menu, there is always a daily special. And if what you're looking for isn't on the menu today, our chef is happy to make a dish suited to your taste.

See sample menu below.

Appetizers

Parkland Seafood Chowder

Digby scallops, grilled shrimp, Nova Scotia haddock simmered in a savoury potato cream sauce

Poached Pear & Blue Cheese Salad

Poached pear, salad greens, crumbled blue cheese, toasted walnuts and mandarin oranges all lightly tossed in a citrus vinaigrette

Potato & Cheddar Perogies

Pan-fried and served with house-made sauerkraut and fresh sour cream

Caramelized Onion & Brie Tart

Savoury tart baked until golden brown and finished with a wild blueberry compote

Beer-Braised PEI Mussels

Malpeque Bay mussels braised with leeks and local lager, served with a side of lemon butter



Mains

Pan-Seared Sea Scallops

Tender scallops lightly seared and served with lemon dill risotto

Grilled Rosemary Balsamic Flat Iron Steak

Marinated tender and juicy steak grilled to perfection and finished with a balsamic reduction

Chicken Marsala

Pan-seared then simmered in a rich wine and cremini mushroom sauce, served with parsley buttered angel hair pasta

Braised Lamb Shank

Slowly simmered with tomatoes, wine and root vegetables and served with freshly whipped potatoes

Vegetable Curry

Tender seasonal vegetables gently simmered in a mild curry sauce and served with warmed naan bread

Desserts

Lemon Curd Torte

Finished with stewed raspberries and fresh cream

Orange Ginger Donuts

Bite-sized donuts made to order and served with caramel dipping sauce

Tiramisu

Layers of fresh mascarpone custard with rum and coffee-soaked ladyfingers finished with whipped cream

A selection of alcoholic beverages available for a fee in Lifestyle Apartments and All-Inclusive Lifestyle.



Your Health and Wellness

At Parkland, we understand that wellness plays a significant role in helping residents live their best lives. While living at Parkland, you can engage in customized activities and programs designed to stimulate your mind, body and soul.

Parkland's social calendars include a combination of on-campus and off-campus activities led by residents, external partners and wellness coaches. Calendars are updated monthly to reflect the season, trends and resident interests. Here are two examples of what a day at Parkland might look like.



Debbie loves to stay healthy and is learning how to paint!

- 10:00 a.m. Fun and Fitness Class
- 11:30 a.m. Coffee with Friends
- 2:00 p.m. Concert
- 4:00 p.m. Library Leisure Time
- 7:00 p.m. Movie Night



Harold enjoys being outside and making new friends.

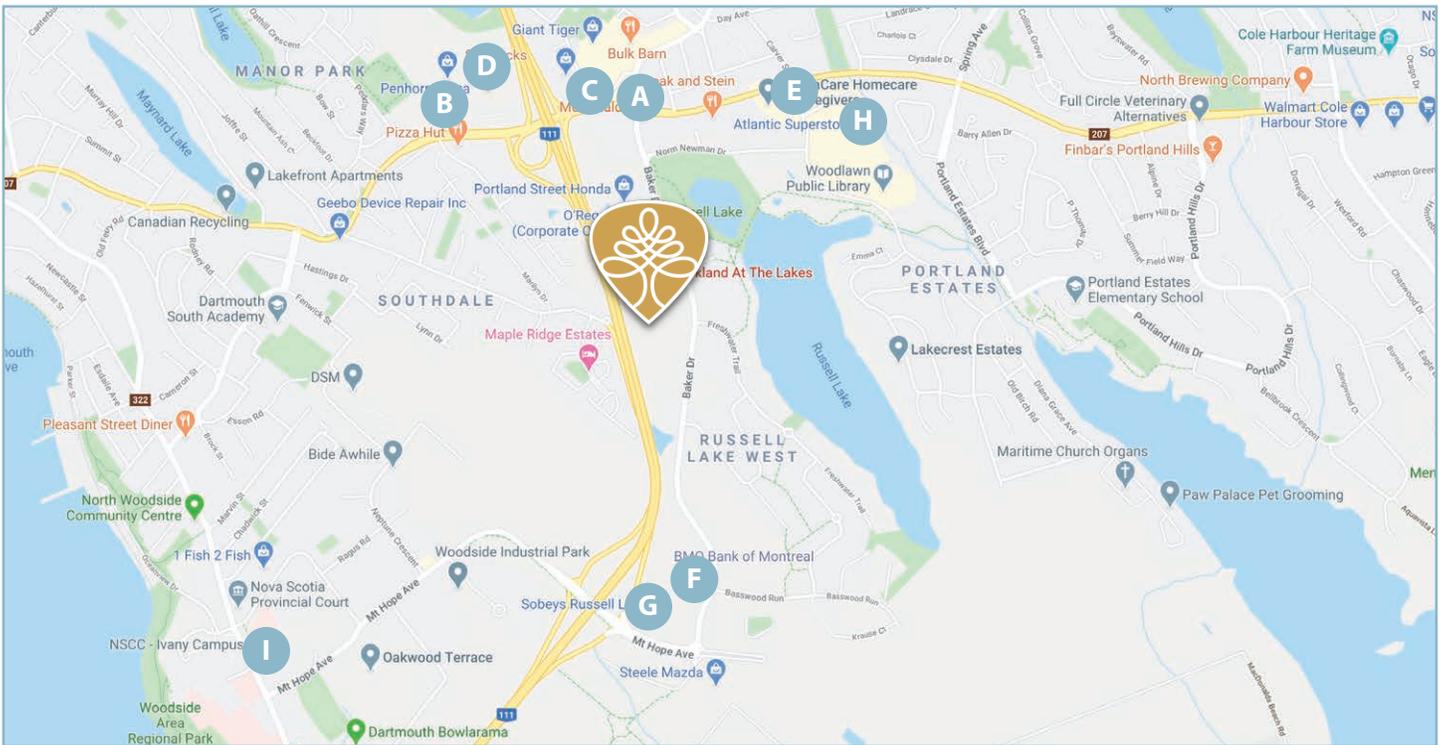
- 10:30 a.m. Cribbage Club
- 11:30 a.m. Lunch in the Café
- 1:00 p.m. Garden Walk
- 2:30 p.m. Brain Game
- 7:30 p.m. Pub Night

Visit experienceparkland.com/atthelakes to see more events and activities. You can also check out the current events calendar.

Your Community

Tucked into the heart of The City of Lakes, Parkland at the Lakes is located close to all the conveniences Dartmouth has to offer, including shopping, restaurants, groceries and entertainment.

Dartmouth is a city of hidden treasures with beautiful walking trails, lakes and parks that create a lovely backdrop to this growing city. On any given day you can relax on the Parkland campus, take a short trip to Sullivan's Pond to feed the ducks, pop over to Dartmouth Crossing or Mic Mac Mall for some shopping or head down to the waterfront and take a short ferry ride into Halifax.



Banks: **A** RBC

B BMO

C TD

Café: **D** Starbucks

Pharmacies: **E** Shoppers Drug Mart

F Lawtons

Groceries: **G** Sobeys

H Superstore

Hospital: **I** Dartmouth General

Want to learn more about making the
move to Parkland at the Lakes?

Contact our Lifestyle Consultant today to arrange
a **FREE lunch & tour**

902-404-4161 or 902-407-0778

72-124 Baker Drive, Dartmouth, NS B2W 0C8



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