

# Welcome Home

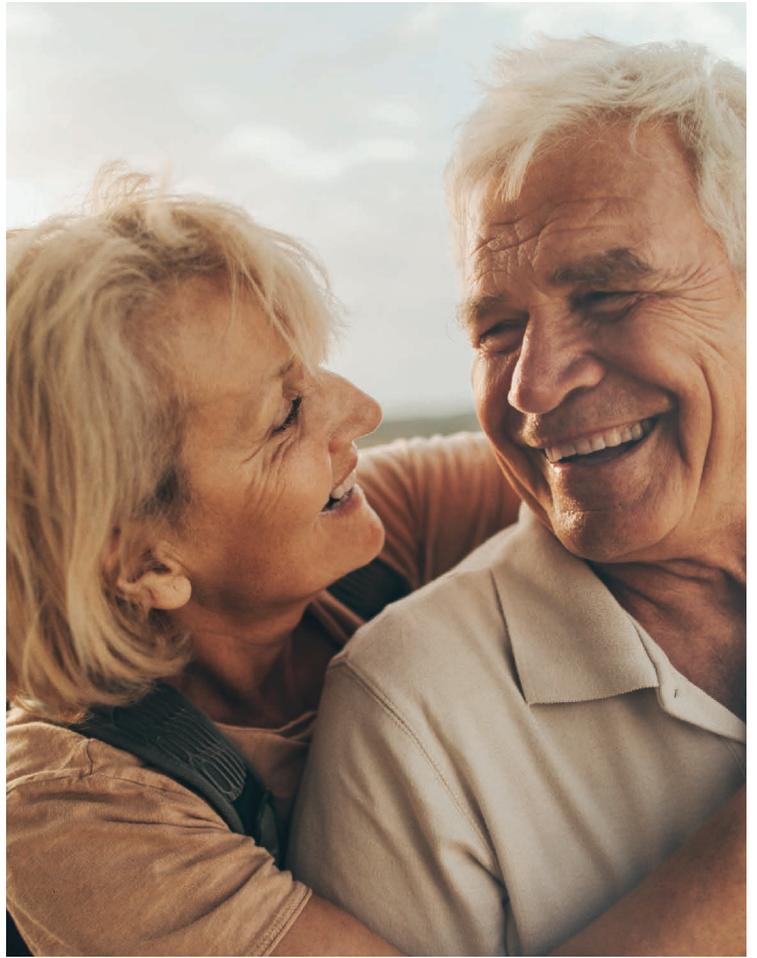
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**Parkland in the Valley**  
Quispamsis, New Brunswick



**Parkland**<sup>™</sup>  
RETIREMENT LIVING  
IN THE VALLEY

**Live your best life.**<sup>™</sup>  
[experienceparkland.com/inthevalley](http://experienceparkland.com/inthevalley)



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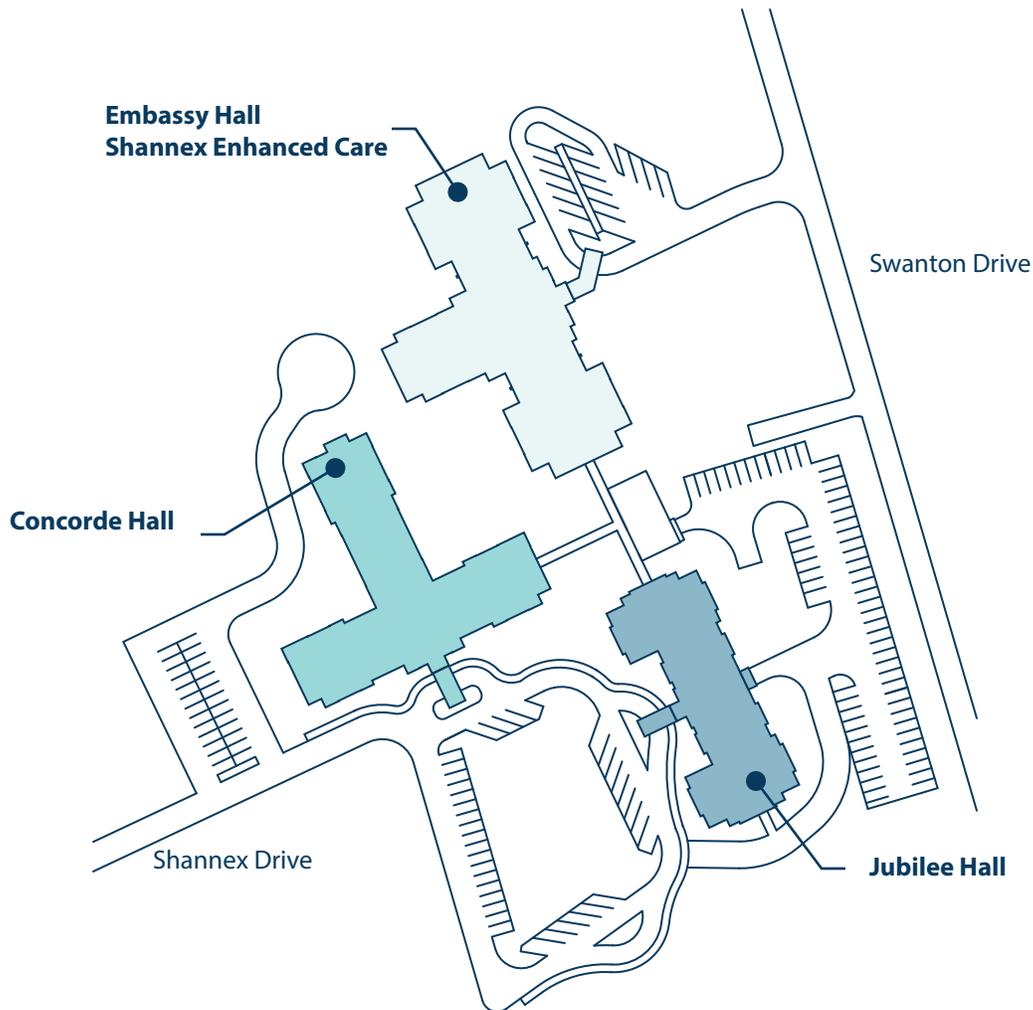
Visit [experienceparkland.com/inthevalley](https://experienceparkland.com/inthevalley)  
or call 506-847-7275 to book a tour today!

# Your Campus

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Parkland in the Valley offers a comfortable home for residents with varied interests, lifestyles and preferences. Jubilee Hall is a 69-suite All-Inclusive Lifestyle Residence for those who want an active lifestyle without the bother of daily chores such as housekeeping, laundry and meal preparation.

Concorde Hall is a 60-suite Assisted Living Residence (Licensed Special Care) ideal for people who prefer to have support with activities of daily living. Additionally, Parkland in the Valley has a 72-bed Licensed Nursing Home, Embassy Hall, connected to the community via pedway.



● **All-Inclusive Lifestyle**  
Jubilee Hall - 69 suites

● **Supportive Lifestyle**

**Assisted Living: A Helping Hand (Licensed Special Care)**  
Concorde Hall - 60 suites

# Lifestyle Options

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Parkland in the Valley offers a 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.



## All-Inclusive Lifestyle

[Jubilee Hall - 19 Shannex Drive](#)

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



## Supportive Lifestyle

### Assisted Living: A Helping Hand (Licensed Special Care)\*

[Concorde Hall - 15 Shannex Drive](#)

Services designed to meet specialized care needs. Assisted Living allows you to enjoy the lifestyle you want, while providing a helping hand to support you in your daily activities.

**\*Subsidies are available with a Department of Social Development assessment.**



## 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?

	All-Inclusive Lifestyle	Supportive Lifestyle
		Assisted Living
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	✓	✓
Weekly housekeeping including towel and linen service	✓	✓
Personal laundry	à-la-carte	✓
Transportation service	✓	✓
Medication administration	✗	✓
Support with activities of daily living	✗	✓
Specialized Memory Care program	✗	✗

# Exclusive Services and Amenities

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## Building Services

- Weekly housekeeping
- Towel and linen laundry service
- Front desk concierge service
- Courtesy shuttle service
- WiFi high speed internet
- Washers and dryers located on each floor
- Postal service on site

## Building Amenities

- Elegant dining with table-side service
- Private dining room available for special occasions
- Comfortable parlours with fireplaces
- Entertainment lounge with large screen T.V.
- Movie theatre, pool table, bowling alley, fitness centre, shuffle board
- Wellness centre and spa, beauty salon
- Library with daily newspaper and an extensive selection of books and periodicals
- Free on-site parking
- Fully accessible common areas

## Outdoor Amenities

- Outdoor recreation areas
- Beautifully landscaped grounds with walking paths and putting green
- Flower gardens and gazebo

## Safety & Security

- Secure community with 24-hour staffing for peace of mind
- 24-hour monitored, interactive personal emergency response system
- State-of-the-art fire alarm and sprinkler system with in-suite smoke detectors
- Support handrails in elevators and hallways
- Generator for full back-up emergency power
- Smoke-free environment



# Your Dining Experience

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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 you have any dietary restrictions, our culinary team is happy to assist you.

See sample menu below.

## Appetizers

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### 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

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## 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

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## 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 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.**

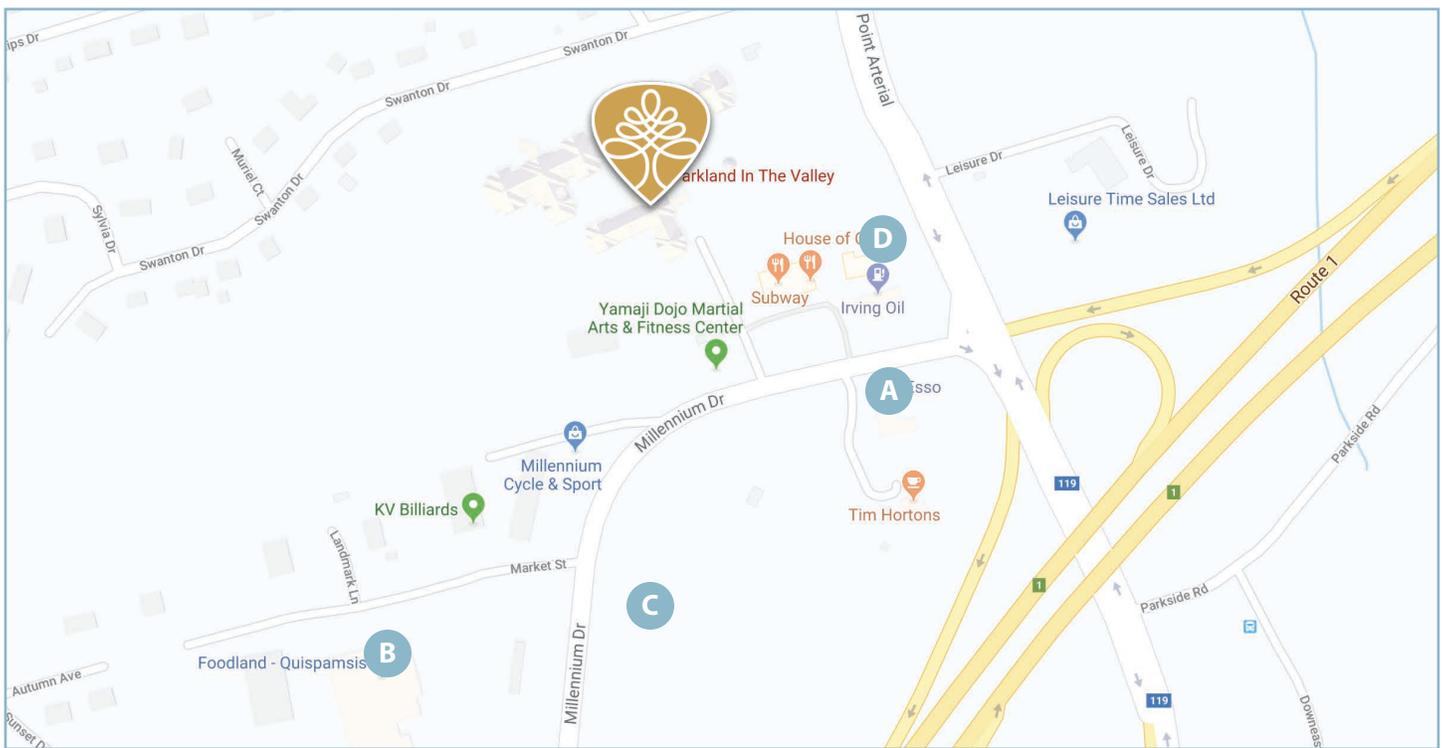
- 10:30 a.m. Cribbage Club
- 11:30 a.m. Lunch in the Café
- 1:00 p.m. Garden Walk
- 2:30 p.m. Brain Game
- 7:30 p.m. Pub Night

Visit [experienceparkland.com/inthevalley](https://experienceparkland.com/inthevalley) to see more events and activities. You can also check out the current events calendar.

# Your Community

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Quispamsis is a growing community in New Brunswick with so much to offer. Head over to the Quispamsis Arts & Culture Park and enjoy a chess game, weekly outdoor movies or live music. Or spend the day at Meenan's Cove Park, where you can relax on the beach, join in on a barbecue or take in a ball game.



**A** Bank: RBC ATM

**C** Pharmacy: Valley Pharmacy

**B** Grocery: Foodland

**D** Café: Second Cup

Want to learn more about making the  
move to Parkland in the Valley?

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

506-847-7275

19 Shannex Drive, Quispamsis, NB E2E 0M4



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