

Welcome Home

Parkland on the River
Miramichi, New Brunswick



ParklandTM
RETIREMENT LIVING
ON THE RIVER

Live your best life.TM
experienceparkland.com/ontheriver

Table of Contents

| | | |
|---|-------|---------------|
| Your Campus | _____ | Page 1 |
| Lifestyle Options | _____ | Page 1 |
| What's Included? | _____ | Page 1 |
| Exclusive Services and Amenities | _____ | Page 2 |
| Your Dining Experience | _____ | Page 3 |
| Your Health and Wellness | _____ | Page 4 |
| Your Community | _____ | Page 5 |

Visit experienceparkland.com/ontheriver or call 506-778-7275 to book a tour today!



Your Campus

Parkland on the River offers 53 beautiful, well-equipped suites situated in a community designed for aging well. All-Inclusive Lifestyle is the perfect option for independent seniors who would like the convenience of meals, housekeeping and other services, so you have more time to do the things you enjoy most. The campus also includes Bridgeview Hall, an 81-bed licensed nursing home connected to Parkland by a pedway.

Lifestyle Options

What's Included?



All-Inclusive Lifestyle

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.



Short-Term Stays

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

| | All-Inclusive Lifestyle |
|---|-------------------------|
| 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 | ✓ |
| 2 meals per day | ✓ |
| Weekly housekeeping including towel and linen service | ✓ |
| Personal laundry | à-la-carte |
| Transportation service | ✓ |
| Medication administration | à-la-carte |
| Support with activities of daily living | à-la-carte |

Exclusive Services and Amenities

Building Services

- On-site dining
- Weekly housekeeping
- Laundry service
- Shuttle service
- Monthly wellness and recreation events calendar
- WiFi high speed internet
- Free on-site parking

Building Amenities

- Riverside Dining Room with ever-changing menu
- Beaubear Private Dining Room
- King George Pub and Lounge with pool table and outdoor terrace
- Salon in Bridgeview Hall
- Centennial Library and Lounge
- Harmony Fitness Centre
- Beaverbrook Games Room with golf simulator

Outdoor Amenities

- Outdoor recreation areas
- Beautifully landscaped grounds with walking paths
- Flower gardens and gazebo
- Terrace overlooking the Miramichi River

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
- In-suite climate control
- Air conditioning
- Two large elevators
- 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

Potato & Cheddar Perogies

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

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

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

Tiramisu

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



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. ● Yoga Class
- 11:30 a.m. ● Book Club
- 1:30 p.m. ● Cribbage Tournament
- 3:30 p.m. ● Zumba Gold
- 7:00 p.m. ● Paint Night



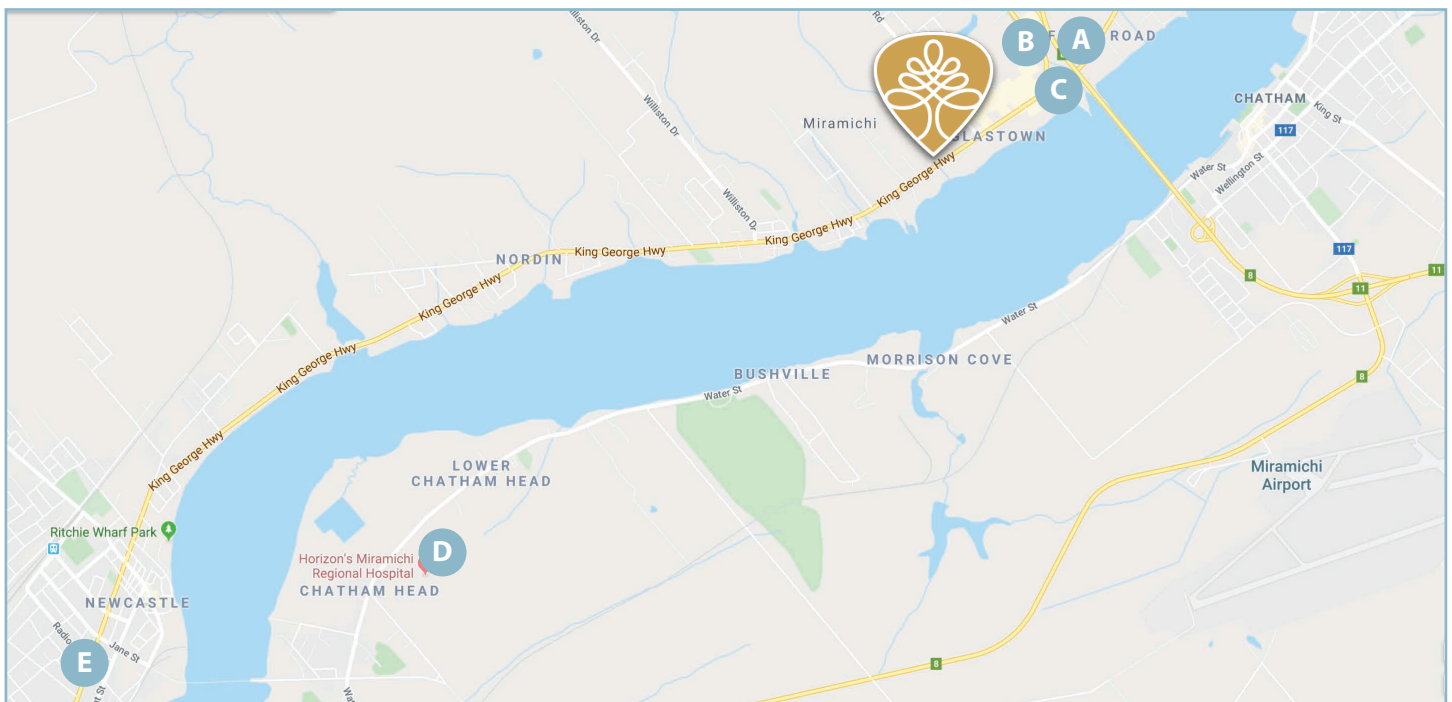
Harold enjoys being outside and making new friends.

- 10:30 a.m. ● Walking Club
- 11:30 a.m. ● Gardening Club
- 1:00 p.m. ● Trivia Contest
- 2:30 p.m. ● Tai Chi Class
- 7:30 p.m. ● Movie Night

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

Your Community

The landscape of Miramichi provides plenty to do all year round. Enjoy a riverboat tour in the summer, take a stroll through French Fort Cove or attend a dance at one of the many local community centres. Take on a friend in a round of golf at the Miramichi Golf & Country Club or spend a day shopping in the Chatham or Newcastle Business Districts, Northumberland Plaza or the Chatham shopping centre. The quaint community of Miramichi offers something for everyone and plenty of opportunities to be active and well.



A Bank: CIBC

D Hospital: Horizon's Miramichi Regional Hospital

B Grocery: Sobeys

E Café: Tim Hortons

C Pharmacy: Shoppers Drug Mart

Want to learn more about making the
move to Parkland on the River?

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

506-778-7275

2386 King George Highway, Miramichi, NB E1V 0K3



Parkland[™]

RETIREMENT LIVING

ON THE RIVER

experienceparkland.com/ontheriver

