

Welcome Home

Parkland Riverview
Riverview, New Brunswick



Parkland[™]
RETIREMENT LIVING

RIVERVIEW

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



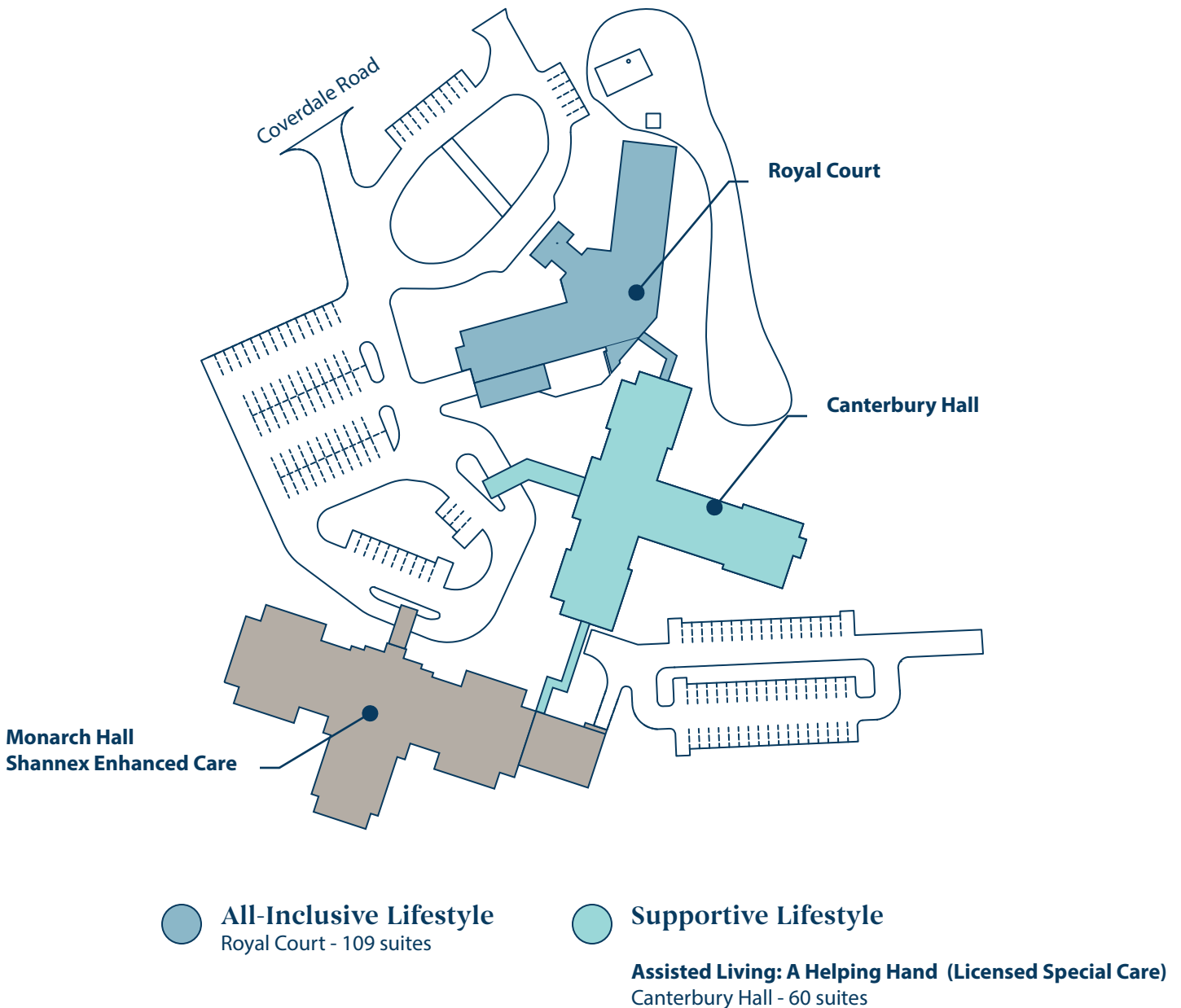
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Visit experienceparkland.com/riverview
or call 506-387-7770 to book a tour today!

Your Campus

Located just next door to Moncton, Parkland Riverview is a retirement living campus that provides all of the lifestyle options and amenities one could want in the middle of a vibrant community. Parkland Riverview offers 109 All-Inclusive Lifestyle suites for residents who are independent, but prefer support with activities such as meal preparation and housekeeping, and 60 Assisted Living (Special Care) suites for residents who require support with daily living activities. Live the life you want in the town you love at Parkland Riverview.



Lifestyle Options

Parkland Riverview 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

Royal Court

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)*

Canterbury Hall

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	✓	✓
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	à-la-carte	✓
Support with activities of daily living	à-la-carte	✓

Exclusive Services and Amenities

Building Services

- Weekly housekeeping
- Towel and linen laundry service
- Front desk concierge service
- Courtesy shuttle service
- Access WiFi high speed internet in common area
- Access to washers and dryers
- Postal service on site

Building Amenities

- Elegant dining with table-side service
- Private dining room available for special occasions
- Licensed lounge, café and dining room
- Comfortable parlours with fireplaces
- Pool table, fitness centre, shuffleboard and chapel with a great view
- Hair salon
- Library with daily newspaper and extensive selection of books and periodicals
- Entertainment lounge with large screen TV and sound system
- Free on-site reserved parking
- Fully accessible common areas

Outdoor Amenities

- Outdoor recreation areas, including a paved walking trail with swings
- Beautiful fish pond with walking bridge and relaxing waterfall next to sunning deck
- Flower gardens, putting green and community pergola with a view of the Petitcodiac 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
- 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 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 sing!

- 10:00 a.m. ● Fitness Class
- 11:30 a.m. ● Lunch with friends
- 2:00 p.m. ● Live music event
- 4:00 p.m. ● Library Leisure Time
- 7:00 p.m. ● Movie Night



Harold enjoys being outside and making new friends.

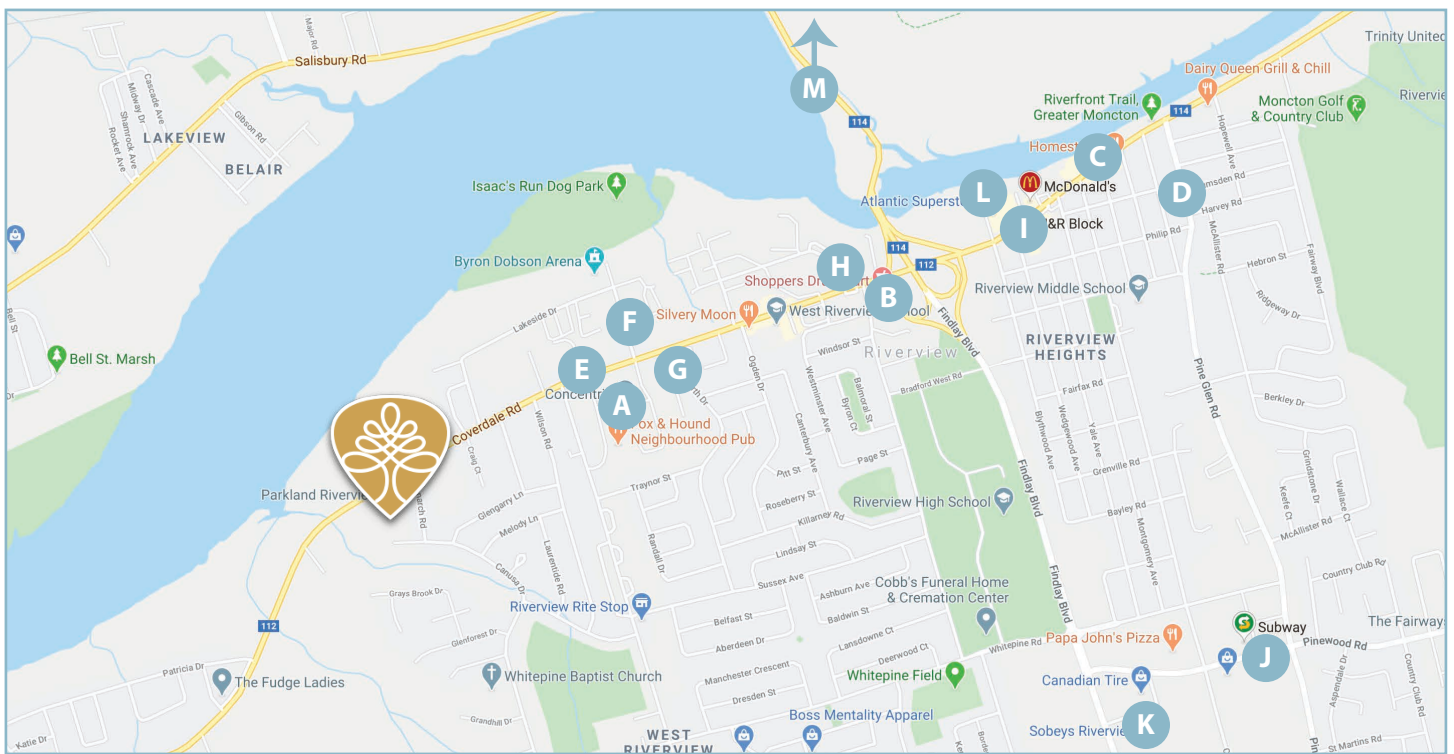
- 9:00 a.m. ● Coffee with friends
- 10:00 a.m. ● Fitness Class
- 1:30 p.m. ● Walk on Conrad's Trail
- 2:30 p.m. ● Brain Game
- 7:30 p.m. ● Game Night

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

Your Community

Filled with parks, trails and activity centres, there is no end to the things you can do in Riverview. Enjoy the numerous annual festivals, including the Winter Festival, Maple Festival, Harvest Festival and more. Spend a day exploring local art galleries, consignment shops, bakeries, bookstores and so much more.

Feel like taking a day trip? Head down to the Bay of Fundy where you can experience the highest tides in the world. Or, go whale watching and view the most spectacular creatures that Atlantic Canada has to offer in their natural habitat.



Banks: **A** CIBC

B TD

C BMO

D RBC

Cafés: **E** Tim Hortons

F Nico's Bakery Café

G Damascus Coffee

Pharmacies: **H** Shoppers Drug Mart

I Jean Coutu

J Guardian Riverview

Groceries: **K** Sobeys

L Superstore

Hospital: **M** Horizon's Moncton Hospital | 8.5 km

M Centre hospitalier universitaire
Dr-Georges-L.-Dumont | 7.5 km

Want to learn more about making the
move to Parkland Riverview?

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

506-387-7770

822 Coverdale Rd, Riverview, NB E1B 4V5



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