

# Welcome Home

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**Parkland Ancaster**  
Ancaster, Ontario



**Parkland**<sup>™</sup>  
LIFESTYLE RESIDENCES  
ANCASTER

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Visit [experienceparkland.com/ancaster](https://experienceparkland.com/ancaster) or call **905-379-9839** to learn more.



Sign up for our monthly newsletter to receive updates on life at Parkland! [experienceparkland.com/sign-up](https://experienceparkland.com/sign-up)

# Our Story

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For more than 35 years, Shannex has been a trusted provider of senior accommodations, services and care in Atlantic Canada. What started as a single location in Cape Breton has grown to include communities across Nova Scotia, New Brunswick and Ontario. To this day, we remain a family-owned company committed to providing exceptional service at every turn.

Each day, our team members are inspired by residents' continued independence and quality of life. At Parkland Ancaster, you can do more of what you love in a place you'll be proud to call home.



# Service Excellence

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From our front desk concierge to our in-house culinary team, recreation coordinators, hospitality and licensed healthcare professionals, the team at Parkland Ancaster is dedicated to *Leading the Way to Better Living* for those who live, visit and work in our community. Attentive, experienced and compassionate team members get to know residents as individuals, understanding their interests and preferences, favourite pastimes, health considerations and future goals. As a result, our team delivers an exceptional resident experience that exceeds expectations at every turn. Read our complete *Philosophy of Service* online at [experienceparkland.com/ourphilosophy](https://experienceparkland.com/ourphilosophy)



# Your Community

Located within one of Canada's most historic communities, Parkland Ancaster offers a personalized blend of freedom and comfort with premium accommodations and exceptional service. With a full continuum of lifestyle options ranging from Independent Lifestyle Apartments to All-Inclusive and Supportive Lifestyles, Parkland residents enjoy peace of mind knowing service and care packages are always available as their needs or preferences change over time. Amenities include multiple dining spaces, pub, wellness centre, spa, multiple fitness studios, swimming pool, theatre and beautifully landscaped outdoor areas to enjoy with neighbours and guests.



## Lifestyle Apartments

Griffin Hall: 161 suites

## All-Inclusive Lifestyle

Webster Hall: 74 suites

## Supportive Lifestyle

Assisted Living | Memory Care | Enriched Care

Tiffany Hall: 143 suites



The first seniors' living organization in Canada to achieve ISO 50001 certification for energy management.

# What's Included?

	Independent Lifestyle		Supportive Lifestyle		
	Lifestyle Apartments	All-Inclusive Lifestyle	Assisted Living	Memory Care	Enriched Care
<b>Utilities &amp; Technology</b>					
Basic Communications Services:	✓	✓	✓	✓	✓
Cable & Local Phone	✓	✓	✓	✓	✓
Secure, In-suite and Common Area Wi-Fi	✓	✓	✓	✓	✓
Heat, Water & Electricity/Hydro	✓	✓	✓	✓	✓
<b>Services</b>					
Concierge Services	✓	✓	✓	✓	✓
Transportation Services	\$	✓	✓	✓	✓
Weekly Housekeeping	\$	✓	✓	✓	✓
Towel & Linen Services	\$	✓	✓	✓	✓
Daily Meals	\$	2	3	3	3
Personal Laundry	\$	\$	✓	✓	✓
<b>Care</b>					
24/7 Health Staff On-site	–	–	✓	✓	✓
24/7 Emergency Response	✓	✓	✓	✓	✓
Medication Administration	\$	\$	✓	✓	✓
Support with Activities of Daily Living	\$	\$	✓	✓	✓
Specialized Memory Care Program	–	–	–	✓	✓
<b>Wellness</b>					
Access to on-site amenities	✓	✓	✓	✓	✓
Harmony Wellness Program	✓	✓	✓	✓	✓
Events (social, recreation)	✓	✓	✓	✓	✓
Gym & fitness classes	✓	✓	✓	✓	✓
<b>Building &amp; Design Features</b>					
Secure Access Building	✓	✓	✓	✓	✓
Outdoor Guest Parking	✓	✓	✓	✓	✓
Indoor Parking	\$	\$	\$	\$	\$
Extra-wide doorways & spacious washrooms with accessible showers	✓	✓	✓	✓	✓
In-suite washer & dryer	✓	✓	–	–	–
Secure neighbourhood	–	–	✓	✓	✓

# Life at Parkland Ancaster

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Parkland Ancaster offers residents a personalized blend of freedom and comfort. Residents live life to the fullest and enjoy daily social programming, delicious restaurant-style dining prepared by our in-house culinary team and many on-site amenities and services including an indoor heated pool, fitness centre, movie theatre, golf simulator, chauffeur service, spa and salon, beautifully landscaped gardens and more.

Our full continuum of lifestyle options is designed so that residents can access increasing levels of services and support as their needs or preferences change over time. Whether relaxing in the comfort of your beautifully designed private suite or in one of our modern lounges, Parkland is a place where family is always welcome and where neighbours become friends.

## Admissions

Our internally managed standards and commitment to service excellence is consistent across all Parkland communities. Parkland is a member of the Ontario Retirement Communities Association and licensed through the Retirement Homes Regulatory Authority. All future residents require a physician's assessment and in-house health assessment prior to moving in.

## Independent Lifestyle Options

Parkland's Independent Lifestyle Options are the ideal option for independent, active seniors who want to spend more time doing what they love.



### Lifestyle Apartments

Lifestyle Apartments are private, spacious, and beautifully designed for independent, active seniors looking to enjoy a carefree lifestyle with access to amenities and the option to add service packages for chef-prepared meals, housekeeping and more.



### All-Inclusive Lifestyle

Designed for seniors who enjoy the benefits of a carefree lifestyle. Residents enjoy meals, housekeeping and linen service, access to daily wellness programming, and the option to add flexible packages for services and supports as needed.

## Supportive Lifestyle Options

Parkland's Supportive Lifestyle Options are inspired by residents and their continued independence. Residents and family members can take comfort knowing our communities are beautifully designed, professionally staffed and a place where safety is top priority.



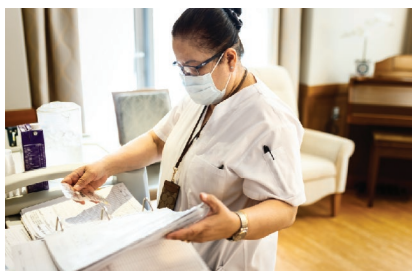
### Assisted Living

Uniquely designed for older adults who require light to moderate assistance. Includes daily meals, housekeeping, laundry, accessible design, wellness programming, medication management and support with activities of daily living.



### Memory Care

Designed to support residents living with Alzheimer's disease or another form of dementia, with a secure neighbourhood, dedicated dining room, colour contrast and textile art features. Includes daily meals, medication administration, full laundry and housekeeping services, and specialized programming such as music and pet therapy. All suites come equipped with a medical bed, dresser and nightstand.



### Enriched Care

Thoughtfully designed option for older adults who require full support with the activities of daily living such as eating, dressing, mobility, and personal care. Residents have access to professional nursing services in a secure, home-like environment. All suites come equipped with ceiling mounted mechanical lift, a medical bed, dresser and nightstand.

## Resident Spotlight

Parkland Ancaster's full continuum of Lifestyle options helps seniors and their loved ones live in the same community while needing different levels of care.



Meet Parkland residents, Gordon and Barbara who moved into a Lifestyle Apartment at our community in Etobicoke, Parkland on Eglinton West. Soon after, they realized Barbara would benefit from more support when her dementia progressed. Choosing a home where they could both live despite needing different levels of care was an essential factor for the couple. Each day, Gordon can go see his wife on the Memory Care floor to help her get ready, take her to get her hair done at the on-site spa or get tea and coffee for her and her friends.

Gordon says their transition has been enjoyable, noting that the team at Parkland has been a great help with the transition.

Parkland's team members are committed to a smooth transition for every resident joining a Parkland community.

# Park Boulevard

Thoughtfully designed to enhance the lives and independence of residents, Park Boulevard resembles a small town that promotes an active, healthy, and carefree lifestyle. With familiar surroundings Park Boulevard is accessible to all residents and is a place for them to gather with neighbours, loved ones and friends. Parkland is a family-owned business whose service excellence is inspired by community pride. Family is important to us. Having accessible spaces for residents to connect with family and friends is so important to resident wellbeing and our buildings have been designed with that in mind. Regardless of age, we never lose our desire to feel connected to our neighbours and friends. Park Boulevard is where community connections are within reach. Located in the Supportive Lifestyle building, residents can grab a coffee at the café or plant their favourite flowers in the indoor greenhouse, visit the fitness studio, attend a movie matinee, or enjoy a live concert. It's a place intended to create a strong, vibrant, and inclusive community.



## Park Boulevard includes:

- Streets and courtyards
- Interior garden and sunroom
- Worship and gathering space
- Café
- Town centre/tuck shop
- Medical clinic

## Benefits of Park Boulevard:

- A secure environment
- A familiar atmosphere
- Inclusive, welcoming space to connect with neighbours or visitors
- Maintaining your routine and independence
- Meaningful activities





# Exclusive Services and Amenities



## Building Services

- Chef-prepared meals
- Housekeeping services
- 24/7 emergency response
- Chauffeur service
- Concierge service
- Outdoor guest parking
- Underground parking and storage (\$)
- Secure, in-suite Wi-Fi
- Cable and telephone
- Pet spa



## Building Amenities

- Multiple restaurants
- Private dining room
- Heated pool
- Full-service spa and salon
- Harmony fitness centre
- Games room with pool table and golf simulator
- Movie theatre
- Great Hall for large events
- Piano bar and lounge
- General Store
- Park Boulevard



## Outdoor Amenities

- Balconies for most Lifestyle Apartments
- Flower gardens, gazebo, mini putting green and beautifully landscaped grounds with walking paths



## Safety and Security

- Secure building with after-hours concierge
- Year-round, resident-controlled heating and cooling in every suite
- State-of-the-art fire alarm and sprinkler system with in-suite smoke detectors
- Generator for full backup emergency power
- Smoke-free environment

# Your Dining Experience

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Dining at Parkland is always a social occasion. Whether sharing a table with neighbours, friends or visiting family, residents enjoy a restaurant-style dining environment that consistently delivers on taste, service, and atmosphere. Each week, our certified culinary team, including an in-house pastry chef, designs a seasonally themed menu inspired by residents and the surrounding community, using local products whenever possible to deliver a variety of quality and nutritious meals—including unique specials served daily.

And while our food is delicious, what sets us apart is our commitment to service excellence and helping every resident feel at home. Our culinary team will get to know you by name and take the time to understand your likes and dislikes, as well as special dietary restrictions and preferences. For special occasions, residents are invited to reserve our private dining room for hosting guests at an event catered by our culinary team.

At Parkland, you can sit where you like and dine with confidence knowing our team delivers choice, selection, flavour, and service with pride.

## Appetizers

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### **Parkland Seafood Chowder**

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

### **Poached Pear & Blue Cheese Salad**

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

### **Potato & Cheddar Perogies**

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

## Desserts

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*Made by in-house pastry chef*

### **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

### **Decadent Chocolate Cake**

Topped with blueberries and fresh cream

## Mains

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### **Ontario Grass-Fed Rack of Lamb**

Marinated, slow roasted and served with a light mint reduction

### **Free-Range Chicken**

With savory goat cheese and cranberry stuffing

### **Veal Scaloppini**

Breaded and pan-seared until golden brown, finished with sun-dried tomato sauce

### **Fire-Roasted Black**

### **Angus Tenderloin**

Topped with caramelized onions and Dijon cognac sauce

### **Pork Wellington**

Pork tenderloin wrapped in prosciutto and puff pastry topped with port reduction

### **Panko-Crusted Haddock**

Grilled and served with citrus butter

### **Seafood Risotto**

Tender risotto simmered with fresh scallops, tiger shrimp, mussels and lobster

# Your Health and Wellness

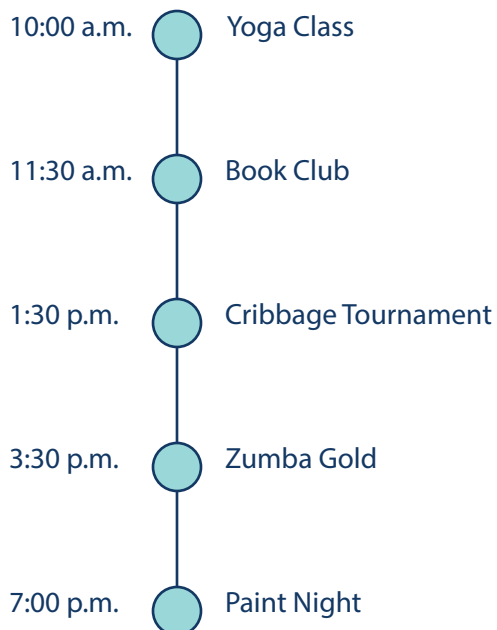
At Parkland Ancaster, wellness plays an important part in resident quality of life. Our signature Harmony Wellness Program supports six dimensions of wellness: emotional, intellectual, physical, social, spiritual and vocational.

Every new resident is invited to meet with Parkland's Wellness Coach who creates a monthly calendar of on-and-off campus activities that reflect the community, season, special occasions and resident interests. Events are led by team members, external partners and residents who bring a wealth of talent as experienced artists, golfers, musicians and writers.

At Parkland, you'll have the time to do more of what you love. Here are two sample calendars featuring our valued residents.



**Debbie is a health enthusiast and is learning to paint**



**Harold spends a great amount of his time outdoors or catching up with friends**



# The Parkland Promise™

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The Parkland Promise™ provides peace of mind knowing every detail has been considered to ensure your continued satisfaction and quality of life. This is your home and our team is proud to work where you live. Our lifestyle options, amenities, programs and services combine to make Parkland a place where you can live your best life.



## Residents First

Resident feedback constantly guides and inspires our team. From the design of our communities to the menus, services and programs, Parkland's team works to ensure our offerings reflect resident preferences. Team members are committed to being compassionate, honest, professional and safe while delivering exceptional service at every turn. Learn more about our *Philosophy of Service* at [experienceparkland.com/ourphilosophy](https://experienceparkland.com/ourphilosophy)



## Money Back Guarantee\*

Resident wellbeing, happiness and quality of life is at the centre of all we do. From your first visit to the day you sign a lease, our team works to understand your lifestyle, needs and preferences. We are so confident in our process to help you get settled, familiar and connected with life at Parkland that we offer a 30-day Money Back Guarantee. Residents who are less than satisfied will receive one month's suite rental in full.



## One Monthly Bill

To help you spend more time doing what you love and less time managing multiple utility providers, Parkland offers a single monthly bill outlining your selected lifestyle option costs (heat, hot water, electricity, local phone, basic cable and common area Wi-Fi are included), plus a detailed account of any additional services you purchase.



## No Long-Term Contracts

Our team understands the challenges of long-term contracts, especially year-long leases for seniors who may be faced with an unexpected need to relocate. At Parkland, your peace of mind is our first priority, which is why we only require a calendar months' notice when you choose to leave our community.



## Priority Access

At Parkland, our Continuum of Service is designed so you can access increasing levels of support as your needs change over time. When you or a loved one needs to access a lifestyle option with more services or care, you can rest easy knowing Parkland residents have priority access—regardless of the size of the wait list from the external community.



View the Parkland Promise at  
[experienceparkland.com/promise](https://experienceparkland.com/promise)

*\*A resident must stay at Parkland Ancaster for at least 90 days in order to qualify for the Money-Back Guarantee (does not apply to Short Term Stay, Memory Care and Enriched Care). While monthly rents are HST exempt, HST charges may apply to select a-la-carte services. For full details and exceptions, please visit [experienceparkland.com/promise](https://experienceparkland.com/promise) or contact your Lifestyle Consultant.*