

Welcome Home

Parkland on the Glen
Mississauga, Ontario



Parkland[™]

LIFESTYLE RESIDENCES

ON THE GLEN

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



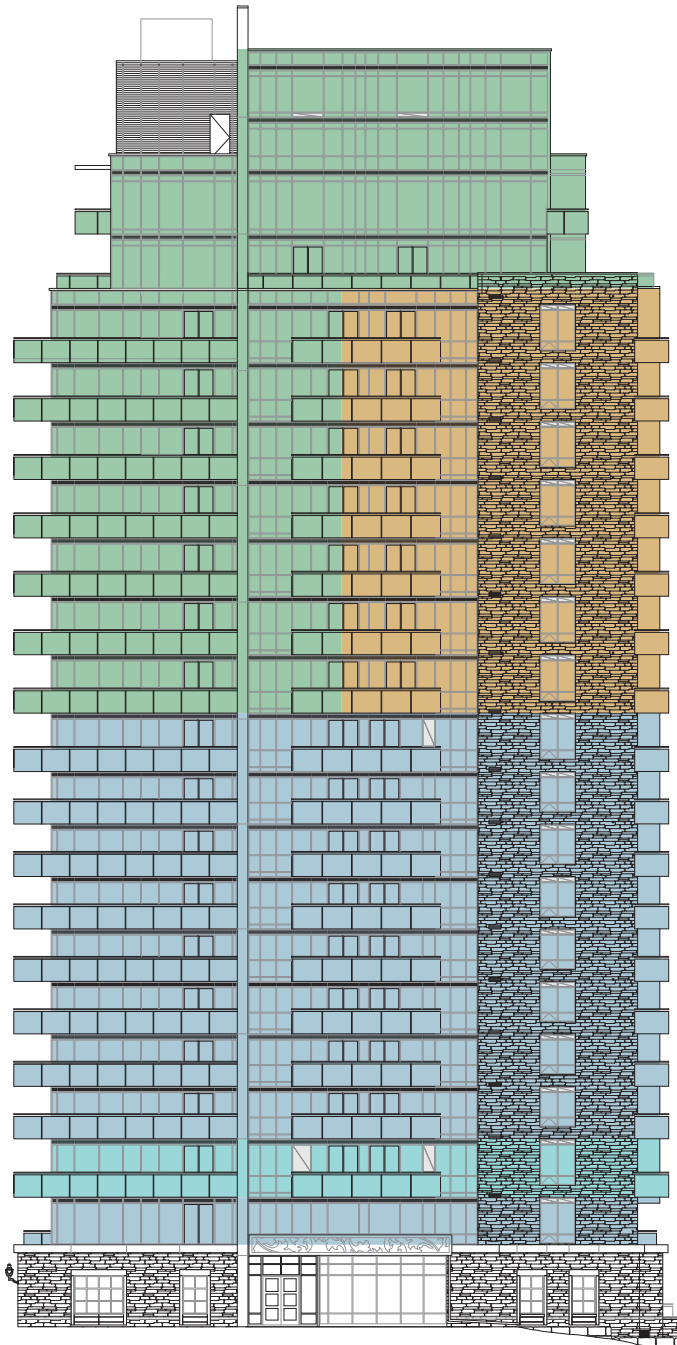
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Visit experienceparkland.com/ontheglen
or call 905-820-8210 to book a tour today!

Your Campus

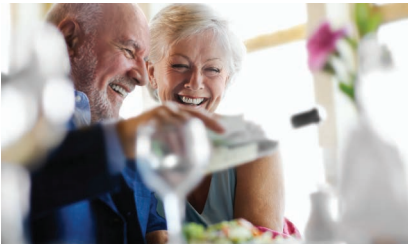
Parkland on the Glen offers exceptional accommodations amid the convenient amenities you have come to expect in the Sawmill Valley area. The 21-story building includes 124 superbly equipped rental suites, including studios, one bedroom, one bedroom with den and two bedroom suites. Parkland on the Glen offers a continuum of Lifestyle Options that includes Lifestyle Apartments, All-Inclusive Lifestyle and Assisted Living to satisfy a variety of needs and preferences.



-  **Condominiums**
Floors 12-21
-  **Lifestyle Apartments**
Floors 12-18
-  **All-Inclusive Lifestyle**
Floors 2-11
-  **Supportive Lifestyle**
Assisted Living: A Helping Hand
Floor 3

Lifestyle Options

Parkland on the Glen 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.



Lifestyle Apartments

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 available.



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.



Supportive Lifestyle

Assisted Living: A Helping Hand

Suites designed to meet the needs of those with mobility challenges.



Short-Term Stays

Parkland offers a variety of short-term stay options, including winter, trial, guest 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
Beautiful private suite	✓	✓	✓
All utilities: heat, hot water, electricity/hydro	✓	✓	✓
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	✓	✓	✓
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	✓	✓	✓

*Local phone and WiFi available for an additional charge.

Exclusive Services and Amenities

Building Services

- Registered physiotherapist and massage therapist
- Visiting chiropodist
- Hair salon
- Housekeeping services
- Towel and linen laundry service
- Valet parking and concierge service
- Courtesy chauffeur service
- Complimentary laundry facilities
- Postal delivery service
- WiFi high speed internet

Building Amenities

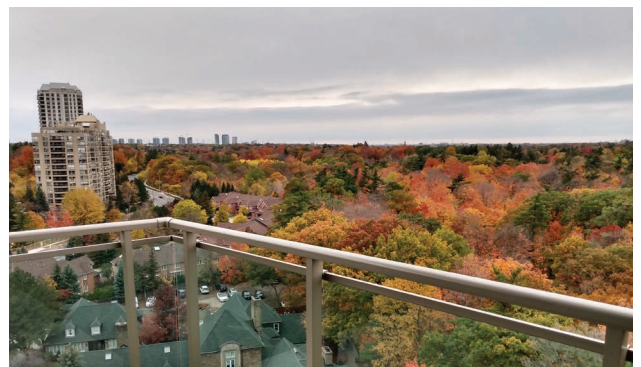
- Elegant dining with table-side service
- Private dining room available for special occasions
- Wellness Spa with hair salon, massage rooms and fitness centre
- Entertainment centre and movie theatre
- Games room with pool table, lounge and bistro
- Library and internet café
- Crafts and activities studio
- Party room with fully equipped kitchen
- Three levels of underground parking for residents, family and friends

Outdoor Amenities

- Outdoor terrace
- Panoramic views of the Sawmill Valley
- Beautifully landscaped grounds with walking paths
- Putting green and lily pond

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 with-in suite smoke and carbon dioxide detectors
- Support handrails in elevators and spacious hallways
- 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 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

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



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-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 is a health enthusiast and is learning to paint.



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

- 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

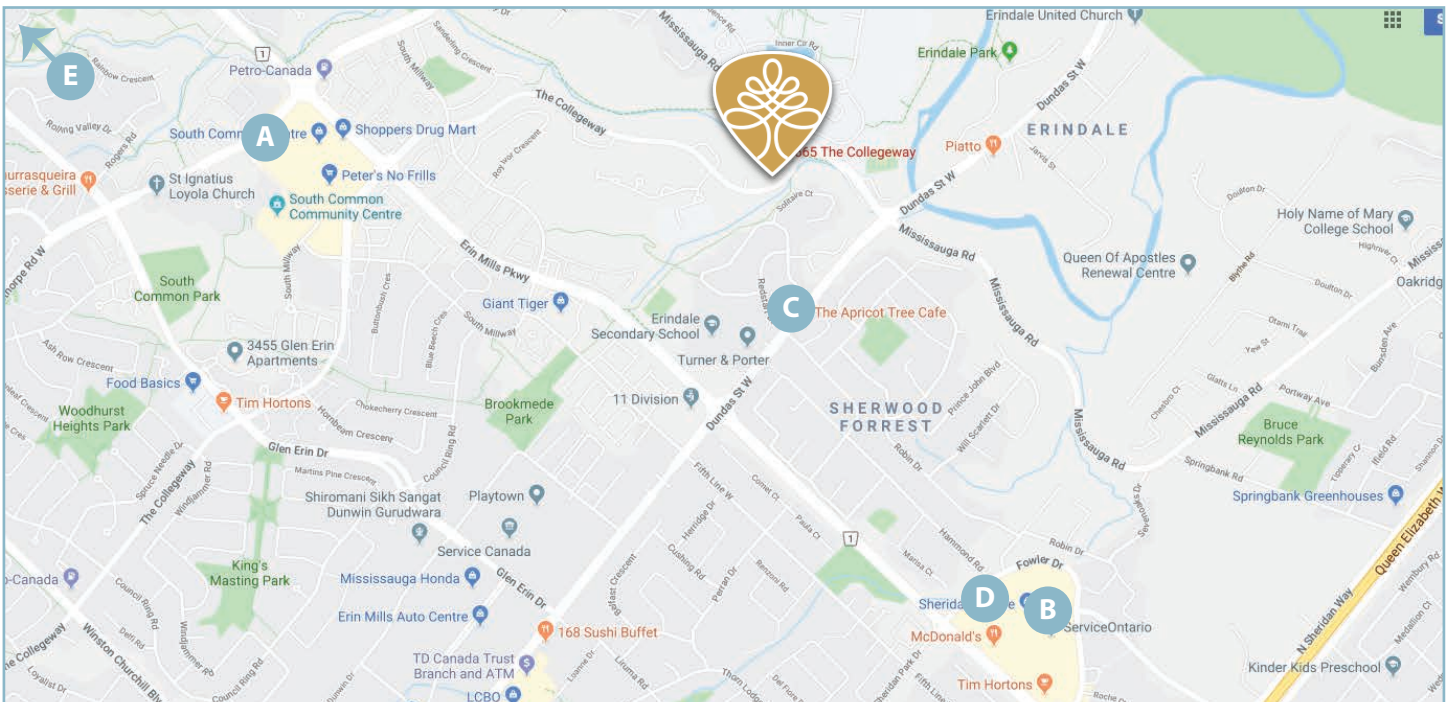
- 10:30 a.m. ● Walking Club
- 11:30 a.m. ● Gardening Club
- 1:00 p.m. ● Trivia Contest
- 2:30 p.m. ● Tai Chi Class
- 7:30 p.m. ● Movie Night

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

Your Community

Situated on the grounds of the historic Glen Erin Inn and surrounded by the beauty and wonder of the Sawmill Creek Valley, Parkland on the Glen offers spectacular panoramic views all year round. Exceptional service paired with a variety of amenities that will meet your every need, Parkland has everything you could ever want in a retirement community.

Enjoy shopping at the South Common Centre, Sheridan Mall, and Erin Mills Town Centre just moments from your doorstep. With so many options, you're sure to find something you like. The same can be said for the shops and fine dining restaurants on Streetville's Main Street and in the Sherwood Forest and Lorne Park communities. You can enjoy old favourites or try something new; the options are endless. You don't have to go far to enjoy yourself.



A Bank: TD

D Grocery: Metro

B Pharmacy: Shoppers Drug Mart

E Hospital: Credit Valley Hospital

C Café: The Apricot Tree Café

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

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

905-820-8210

1665 The Collegeway, Mississauga, ON L5L 0A9



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