

Welcome Home

Parkland Antigonish
Antigonish Landing, Nova Scotia



Parkland[™]
RETIREMENT LIVING
ANTIGONISH

Live your best life.[™]
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Visit experienceparkland.com/antigonish or call 902-735-8900 to book a tour today!



Your Campus

In partnership with the Sisters of Saint Martha, Parkland Antigonish provides secure, modern and harmonious retirement living accommodations for members of the Sisters of Saint Martha congregation. In addition to suites designated for the congregation, we offer 18 All-Inclusive Plus Lifestyle suites for the greater Antigonish community.

Lifestyle Options



All-Inclusive Plus Lifestyle

All-Inclusive Plus Lifestyle is an ideal option for residents looking to maintain their independence and receive support with daily living activities.



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.

What's Included?

	All-Inclusive Plus 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	✓
Concierge service	✓
2 meals per day	✓
Weekly housekeeping including towel and linen service	✓
Personal laundry	✓
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
- Concierge service
- Chauffeur service
- Monthly events calendar
- Elegant dining room with ever-changing menu
- WiFi high speed internet

Building Amenities

- Heritage Gallery
- Chapel
- Multi-purpose room
- Library
- Salon
- Private dining room
- Piano / TV lounge area
- Fitness centre
- Lobby with reception area
- Community common room
- Games room
- Gardens, paved walking paths

Safety & Security

- Secure community with 24-hour staffing for peace of mind
- 24-hour monitored, interactive personal emergency response system
- Support handrails in elevators and hallways
- Generator for full back-up emergency power
- Smoke-free environment
- Authenticated key fob access for front entry, keyed access for suites
- Well-lit exterior and grounds area
- High-quality tempered air ventilation system
- Wide doorways and hallways
- Walk-in showers with support bars
- Large elevators



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/antigonish to see more events and activities.
You can also check out the current events calendar.

Your Community

The beautiful countryside of Antigonish offers breathtaking views, a spectacular coastline and so much more. The community is alive with endless activities and attractions all year round. In the summer, you can join the celebrations during the traditional Highland Games, take a walk through the renowned Beaver Mountain Provincial Park or enjoy a picnic with friends at Lochaber Lake. There are also plenty of local restaurants, cafés and shops just minutes away.



A Bank: CIBC

D Hospital: St. Martha's Regional Hospital

B Grocery: Sobeys

E Café: Tim Hortons

C Pharmacy: Lawtons

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

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

902-735-8900

153 Highway 337, Antigonish Landing, NS B2G 0G5



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