

Welcome Home

Parkland Ajax
Ajax, Ontario



Parkland[™]
LIFESTYLE RESIDENCES

AJAX

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Visit experienceparkland.com/ajax or call 905-424-93369 to learn more.

Our Story

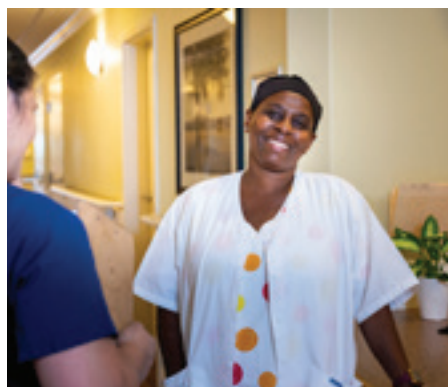
For more than 30 years, Shannex has been a trusted provider of senior accommodations, services and care in Atlantic Canada. What started as a single location in Cape Breton has grown to include more than 45 communities across Nova Scotia, New Brunswick and Ontario. To this day, we remain a family-owned 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 Ajax, you can do more of what you love in a place you'll be proud to call home.



Service Excellence

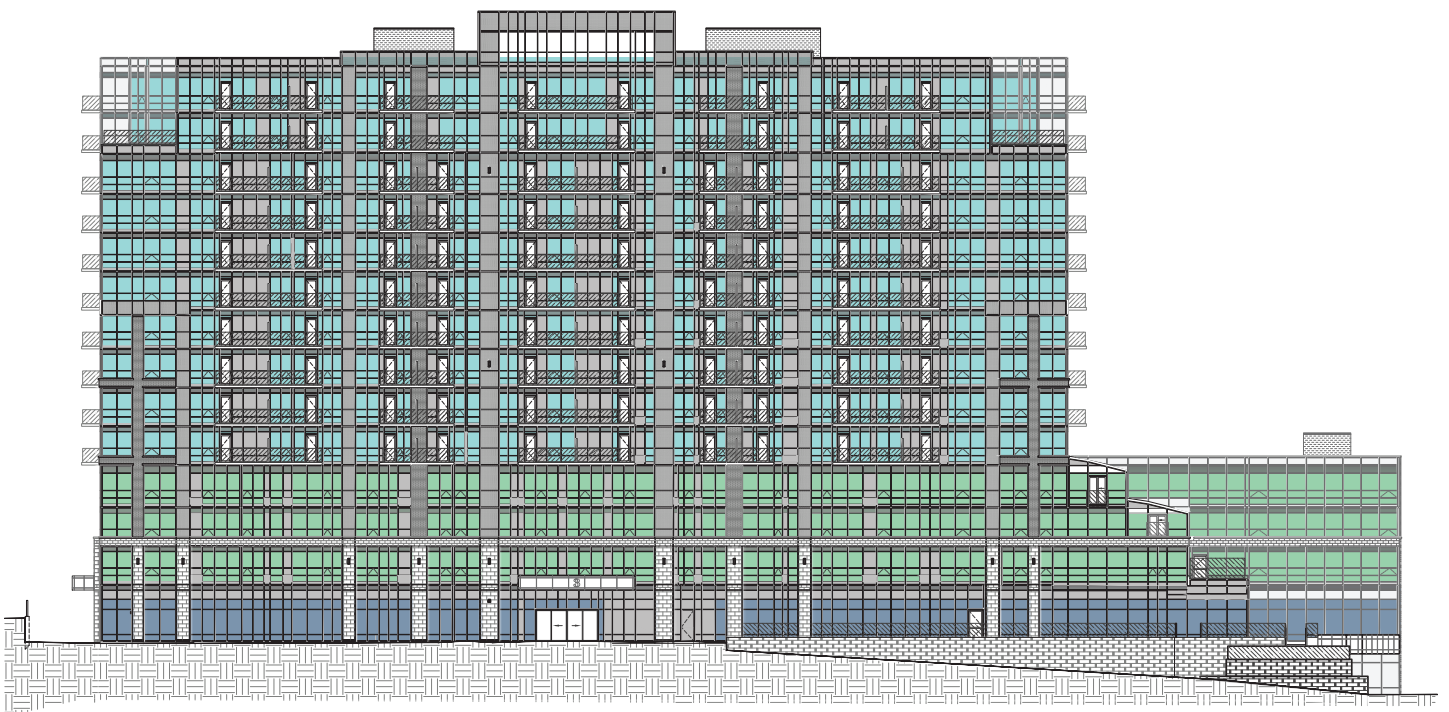
From our front desk concierge to our in-house culinary team, wellness coaches, hospitality and licensed healthcare professionals, the entire team at Parkland Ajax is dedicated to Leading the Way to Better Living for those who live, work and visit our community. Attentive, experienced and compassionate 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 a resident experience that exceeds expectations and offers peace of mind. Read more about our *Philosophy of Service* at experienceparkland.com/en/about-us/our-philosophy-of-service



Your Community

Parkland Ajax is a premium independent lifestyle residence located in the heart of a diverse and vibrant Great Lakes community. Designed for seniors who want to enjoy an active and carefree lifestyle in retirement, residents have access to unparalleled amenities, exceptional dining, and beautifully designed spaces.

The Parkland Ajax residence is home to 69 Supportive Lifestyle suites on floors two to four, and 154 Lifestyle Apartment suites located on floors five to 15.



Amenity and Activity Spaces

Level 1



Supportive Lifestyle

Levels 2-4: 69 suites



Lifestyle Apartments

Levels 5-15: 154 suites

Life at Parkland Ajax

At Parkland Ajax, residents live life to the fullest and can often be found taking part in daily social programming, dining with delicious meals prepared by our in-house culinary team or enjoying the many on-site amenities and services including the indoor, heated pool, fitness centre, movie theatre, golf simulator, chauffeur service, spa and salon, beautifully landscaped terrace and more. 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.

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.



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.



Supportive Lifestyle

Uniquely designed so residents can access increasing levels of support as their needs and preferences change over time. Includes meals, housekeeping, laundry, assistance with activities of daily living, accessible design, medication management and wellness programming.

Retirement living at Parkland costs less than you think

Compare your costs at experienceparkland.com/getting-started/cost-calculator



What's Included?

| | Independent Lifestyle | Supportive Lifestyle | | |
|---|-----------------------|----------------------|-------------|---------------|
| | Lifestyle Apartments | Assisted Living | Memory Care | Enriched Care |
| 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 | ✓ | ✓ | ✓ |
| Transportation service | à-la-carte | ✓ | ✓ | ✓ |
| Personal laundry | à-la-carte | ✓ | ✓ | ✓ |
| Medication administration | à-la-carte | ✓ | ✓ | ✓ |
| Support with activities of daily living | ✗ | ✓ | ✓ | ✓ |
| Specialized Memory Care program | ✗ | ✗ | ✓ | ✓ |
| 24/7 care staff on floor | ✗ | ✗ | ✓ | ✓ |

*Fee for pendant applies to residents living in Lifestyle Apartments.

Exclusive Services and Amenities



Building Services

- Chef-prepared meals
- Housekeeping services
- Professional team members on site 24 hours per day
- Concierge Service
- Chauffeur Service
- Underground parking and storage (\$)
- Valet parking (\$)
- Wi-Fi high speed internet (\$)
- Cable and telephone
- Pets welcome!



Building Amenities

- Heated pool
- Full-service spa and salon
- Harmony fitness centre
- Movie theatre
- Private dining room
- Piano bar & lounge
- Games room with pool table and golf simulator
- Great Hall
- Tuck shop



Outdoor Amenities

- Private balconies for Lifestyle Apartments
- Views of Lake Ontario
- Beautifully landscaped terrace



Safety & Security

- Secure building access with after-hours concierge
- Year-round heating and cooling in every suite through a unilux four-pipe vertical fan coil hydronic system
- State-of-the-art fire alarm and sprinkler system with in-suite smoke detectors
- Generator for full back-up emergency power
- Smoke-free environment
- Five elevators

Your Dining Experience

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

Appetizers

Parkland Seafood Chowder

Creamy seafood chowder with maritime seafood medley

Garden Salad (V) (GF)

Mixed greens, tomatoes, carrots, radish, cucumbers and zesty dressing

Phyllo-Wrapped Brie

With fig jam

Desserts

Ice Cream (GF and LF options available)

Vanilla, chocolate, strawberry, mango, orange gelato, frozen yogurt

Pudding

Chocolate, vanilla, butterscotch

Some Other Options

Assorted Cookies, Tarts or Scones, Lemon Cheesecake, Coconut Cream Pie, Bumbleberry Pie, Apple Pie, Fresh fruit

GF = Gluten free | LF = Lactose free

Mains

Oven Roasted Pork Loin (GF)

Served with fennel orange sauce, daily vegetables and your choice of side

Baked Herb and Parmesan Crusted Chicken

Served with marinara sauce, daily vegetables and your choice of side

Pan-Seared Salmon (GF)

Served with warm tomato basil salsa, daily vegetables and your choice of side



Your Health and Wellness

At Parkland Ajax, 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 Ajax, 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

- 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 spends a great amount of his time outdoors or catching up with 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

The Parkland Promise™

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/en/about-us/parkland-promise/



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 30 days' 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/about-us/parkland-promise

**A resident must stay at Parkland Ajax 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 or contact your Lifestyle Consultant.*

Notes
