

Welcome Home

Parkland Clayton Park
Halifax, Nova Scotia



ParklandTM
RETIREMENT LIVING
CLAYTON PARK

Live your best life.TM
experienceparkland.com/claytonpark



Table of Contents

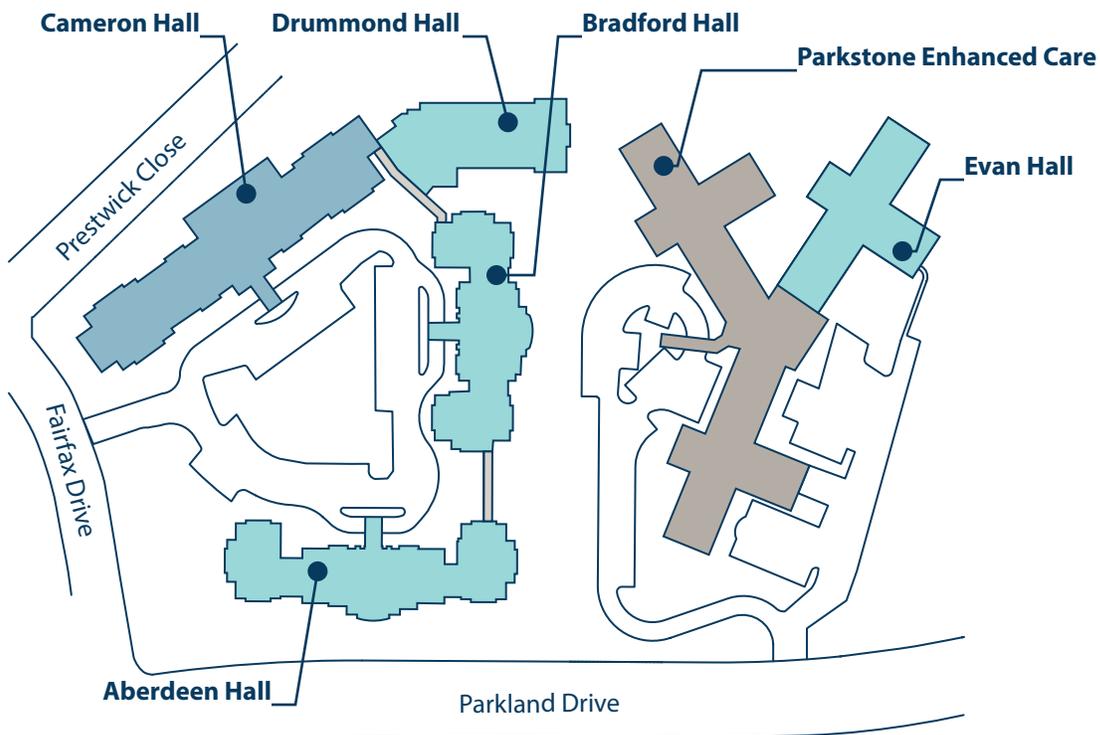
Your Campus	Page 1
Lifestyle Options	Page 2
What's Included?	Page 3
Exclusive Services and Amenities	Page 4
Your Dining Experience	Page 5
Your Health and Wellness	Page 7
Your Community	Page 8

Visit experienceparkland.com/claytonpark
or call 902-457-0234 to book a tour today!

Your Campus

Located in the heart of Clayton Park West, Parkland Clayton Park provides a beautiful place to live near all of the conveniences of Bayers Lake, Halifax and Bedford.

This lovely retirement community offers exceptional services, amenities and activities for you to enjoy. Whatever you want to experience during your retirement years, you are guaranteed to find it at Parkland Clayton Park.



All-Inclusive Lifestyle
Cameron Hall - 105 suites

Supportive Lifestyle

All-Inclusive Plus Lifestyle
Aberdeen Hall - 63 suites

Assisted Living: A Helping Hand
Bradford Hall - 60 suites

Memory Care: True to You
Evan Hall - 28 suites

Enriched Care: Live Life at Ease
Drummond Hall - 36 suites

Lifestyle Options

Parkland Clayton Park 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

[Cameron Hall - 114 Fairfax Drive](#)

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

Live life your way with support and specialized care services. Parkland Clayton Park offers a full continuum of lifestyle options.

1 All-Inclusive Plus Lifestyle

[Aberdeen Hall - 118 Fairfax Drive](#)

All-Inclusive Plus Lifestyle is an ideal option for residents looking to maintain their independence, but who require some support with daily living activities.

2 Assisted Living: A Helping Hand

[Bradford Hall - 116 Fairfax Drive](#)

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.

3 Memory Care: True to You

[Evan Hall - 156 Parkland Drive](#)

Provides full assistance with the activities of daily living for those with Alzheimer's disease or other forms of dementia.

4 Enriched Care: Live Life at Ease

[Drummond Hall - 65 Prestwick Close](#)

Offers full assistance with the activities of daily living by skilled nurses and licensed team members.



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			
		All-Inclusive Plus	Assisted Living	Memory Care	Enriched Care
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	✓	✓	✓	✓	✓
Meals per day	1 café option	3	3	3	3
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	✓	✓	✓
Specialized Memory Care program	✗	✗	✗	✓	✓
24/7 licensed nursing environment	✗	✗	✗	✓	✓

Exclusive Services and Amenities

Building Services

- On-site medical clinic
- WiFi high speed internet
- Weekly housekeeping
- Towel and linen laundry service
- Front desk concierge service
- Courtesy shuttle service
- Washers and dryers located on each floor
- Essential supplies available for purchase on site

Building Amenities

- Elegant dining rooms conveniently located within each residence
- Private dining room available for special occasions
- Comfortable parlours with fireplaces
- Entertainment lounge
- Movie theatre, pool table, fitness centre
- Beauty salon with spa services
- Library with daily newspaper and an extensive selection of books and periodicals
- Card and party rooms
- Underground parking / outdoor parking
- Fully accessible common areas
- Air conditioning in common areas

Outdoor Amenities

- Outdoor recreation and concert areas
- Beautifully landscaped grounds with walking paths
- Flower gardens, fish ponds and gazebo

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



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 you have any dietary restrictions, our culinary team is happy to assist you.

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 paint!

- 10:00 a.m. Fun and Fitness Class
- 11:30 a.m. Coffee with Friends
- 2:00 p.m. Concert
- 4:00 p.m. Library Leisure Time
- 7:00 p.m. Movie Night



Harold enjoys being outside and making new friends.

- 10:30 a.m. Cribbage Club
- 11:30 a.m. Lunch in the Café
- 1:00 p.m. Garden Walk
- 2:30 p.m. Brain Game
- 7:30 p.m. Pub Night

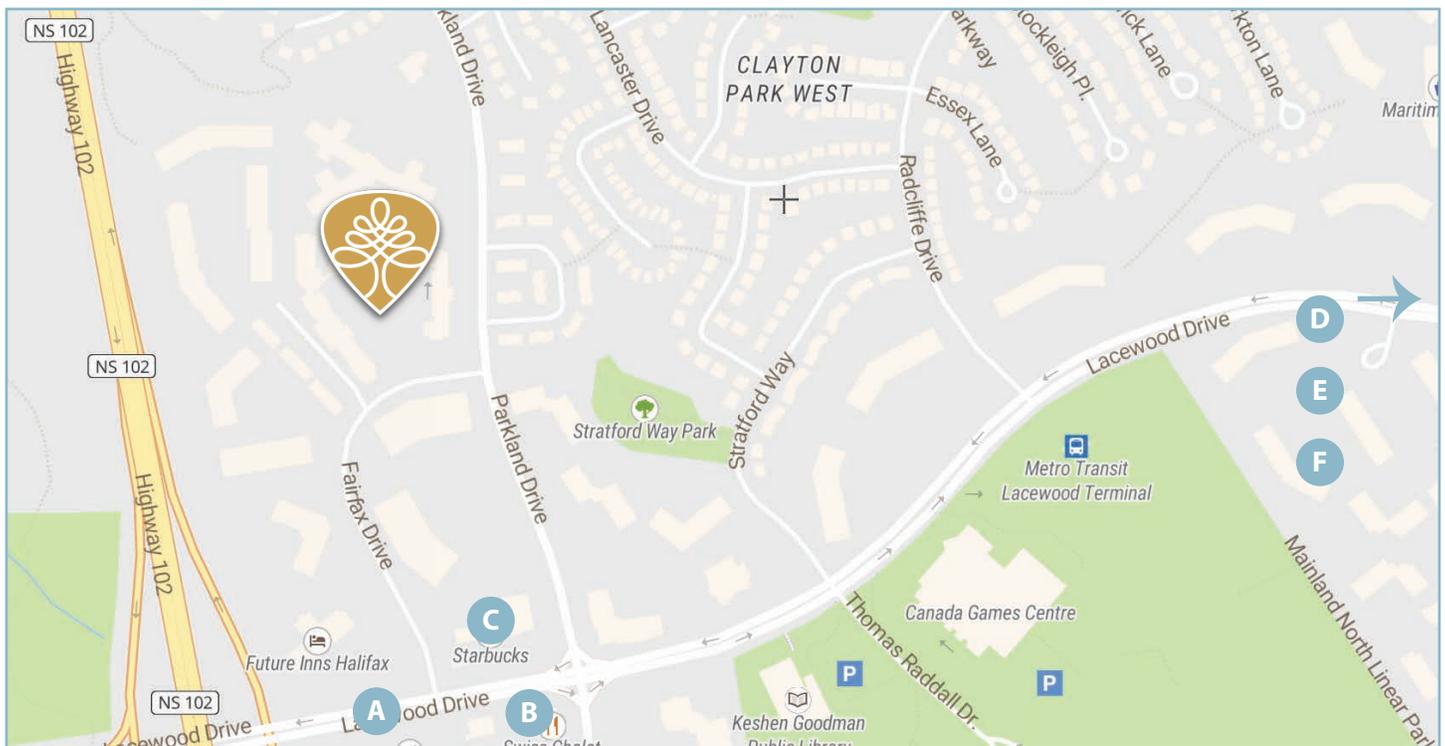
Visit experienceparkland.com/claytonpark to see more events and activities. You can also check out the current events calendar.

Your Community

Centrally located between Bayers Lake, Halifax and Bedford, Parkland Clayton Park is a comfortable place to live in the middle of a growing community.

Enjoy shopping and dining just moments from your doorstep in Bayers Lake. With a wide variety of shopping options, you're guaranteed to find something you like. The same can be said for restaurants in the area – you can enjoy old favourites or try a little something different. There are so many options that whatever you're looking for is sure to be nearby.

You're also just a few minutes from beautiful Belchers Marsh Park, where you can enjoy a nice walk along the trails or relax by the pond and feed the ducks.



- A** Bank: BMO Bank of Montreal
- B** Pharmacy: Lacewood Pharmacy
- C** Café: Starbucks
- D** Grocery: Sobeys (approx. 2 km)
- E** Clinic: Clayton Park Walk-In Clinic (approx. 2 km)
- F** Hospital: QEII Health Sciences Centre (approx. 9 km)

Want to learn more about making the
move to Parkland Clayton Park?

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

902-457-0234

114-118 Fairfax Drive, Halifax, NS B3S 1J3



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