

Welcome Home

Parkland Fredericton
Fredericton, New Brunswick



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RETIREMENT LIVING

FREDERICTON

Live your best life.[™]
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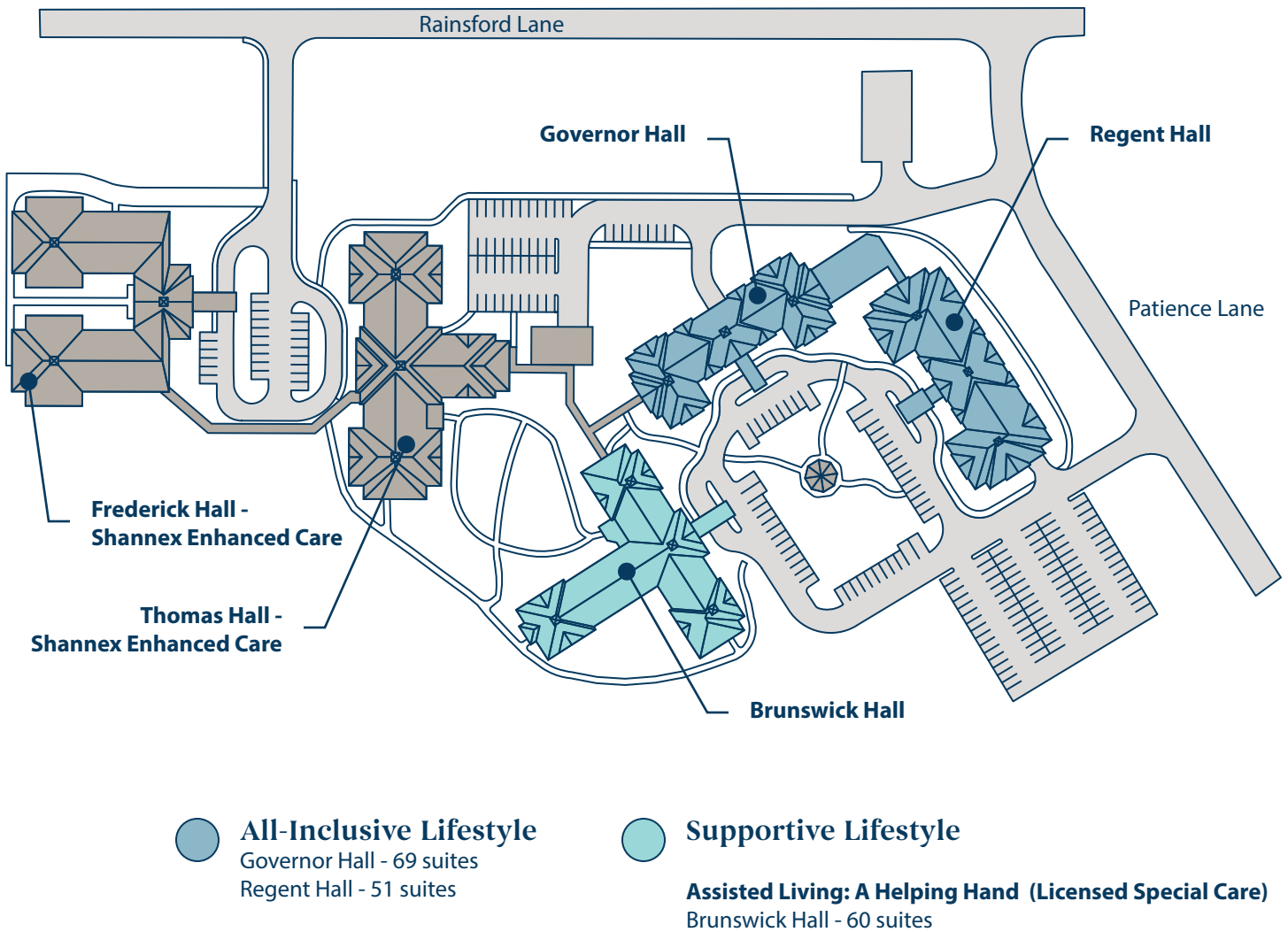
Visit experienceparkland.com/fredericton
or call 506-455-7275 to book a tour today!

Your Campus

Located on Patience Lane just off of Prospect Street, Parkland Fredericton offers a continuum of lifestyle options within a beautifully designed residence.

Governor Hall is a 69-suite All-Inclusive Lifestyle Residence for people wanting an active lifestyle without the bother of daily chores such as housekeeping, linen service and meal preparation. Regent Hall, an addition to our All-Inclusive Lifestyle option, houses 51 suites in one-bedroom and two-bedroom layouts. Brunswick Hall is a 60-suite licensed Special Care (Assisted Living) residence, ideal for people who prefer to have support with daily living activities.

Additionally, we have private suites for long term care residents in Thomas Hall, which is a 72-bed licensed Nursing Care Home and Frederick Hall, a 36-bed licensed Nursing Care Home.



Lifestyle Options

Parkland Fredericton 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

Governor Hall - 35 Patience Lane
Regent Hall - 45 Patience Lane

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 (Licensed Special Care)*
Brunswick Hall – 55 Patience Lane

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.

***Subsidies are available with a Department of Social Development assessment.**



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
		Assisted Living
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	✓	✓
2-3 meals per day	✓	✓
Weekly housekeeping including towel and linen service	✓	✓
Personal laundry	à-la-carte	✓
Transportation service	✓	✓
Medication administration	✗	✓
Support with activities of daily living	✗	✓

Exclusive Services and Amenities

Building Services

- Weekly housekeeping
- Towel and linen laundry service
- Front desk concierge service
- Courtesy shuttle service
- WiFi high speed internet
- Washers and dryers located on each floor
- Postal service on site

Building Amenities

- Elegant dining with table-side service
- Private dining room available for special occasions
- Comfortable parlours with fireplaces
- Fitness studio
- Entertainment lounge
- Movie theatre, bowling alley, pool table, fitness centre, shuffleboard
- Wellness centre and spa
- Library with daily newspaper and an extensive selection of books and periodicals
- Free on-site parking available outdoors, indoor parking available (\$)
- Fully accessible common areas

Outdoor Amenities

- Outdoor recreation areas
- Beautifully landscaped grounds with walking paths and putting green
- Flower gardens 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
- Support handrails in elevators and 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 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



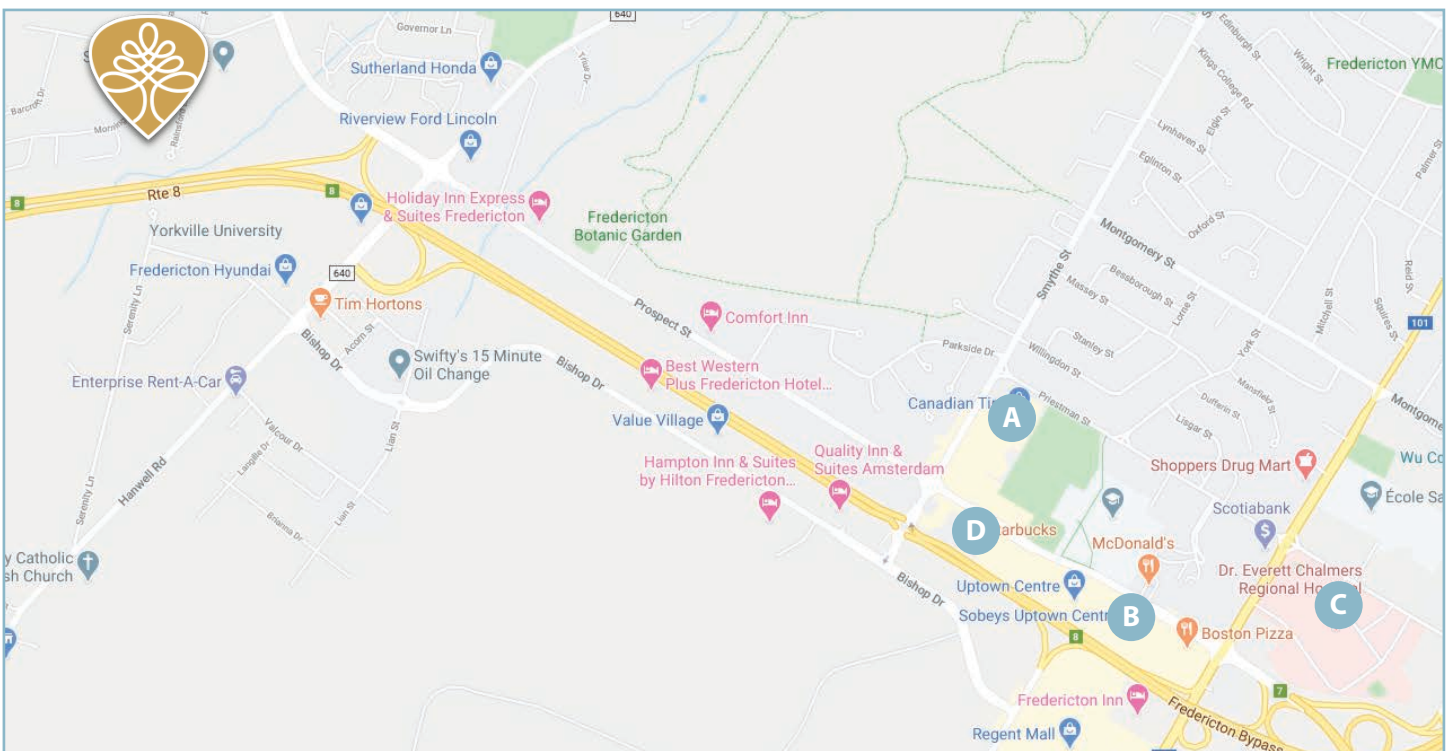
Harold enjoys being outside and making new friends.

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

Your Community

Enjoy an afternoon at an art gallery or in Fredericton's Historic Garrison District. Enjoy a game of golf or head to one of the many trails for a walk or bike ride. Grab a bite to eat at one of the city's finest restaurants and then take in a show at the Fredericton Playhouse. There are no shortage of ways to spend your days in the city of Fredericton.



A Bank: CIBC

C Hospital: Dr. Everett Chalmers Hospital

B Grocery & Pharmacy: Sobeys

D Café: Starbucks

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

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

506-455-7275

35 Patience Lane, Fredericton, NB E2B 0K4



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