

Welcome Home

Parkland Saint John
Saint John, New Brunswick



Parkland[™]
RETIREMENT LIVING
SAINT JOHN

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

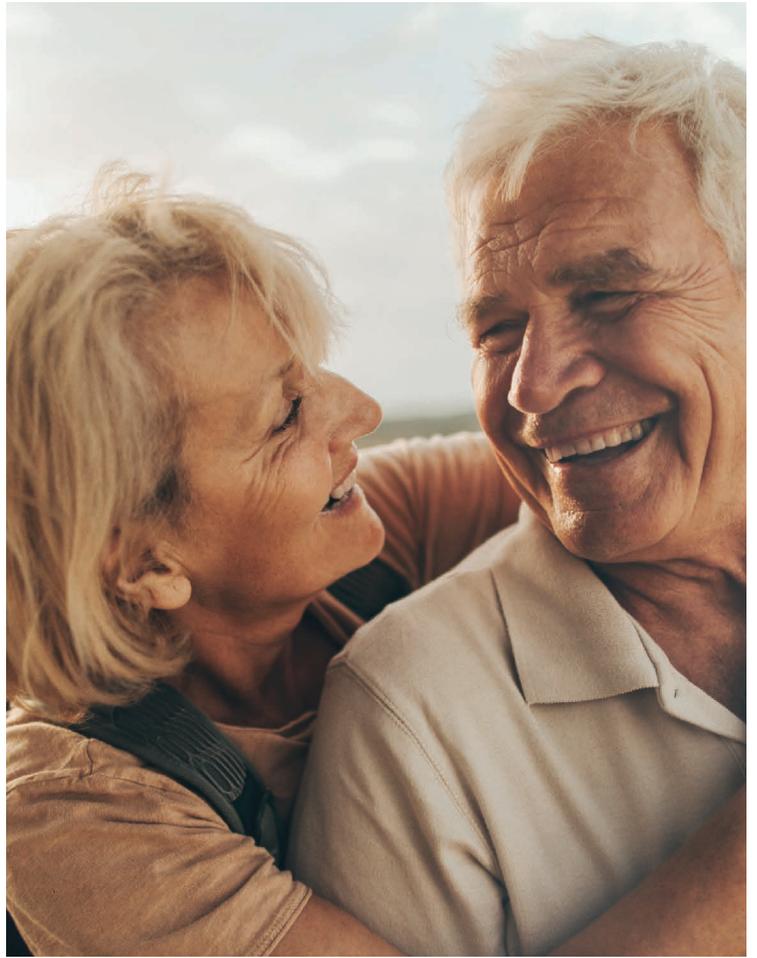


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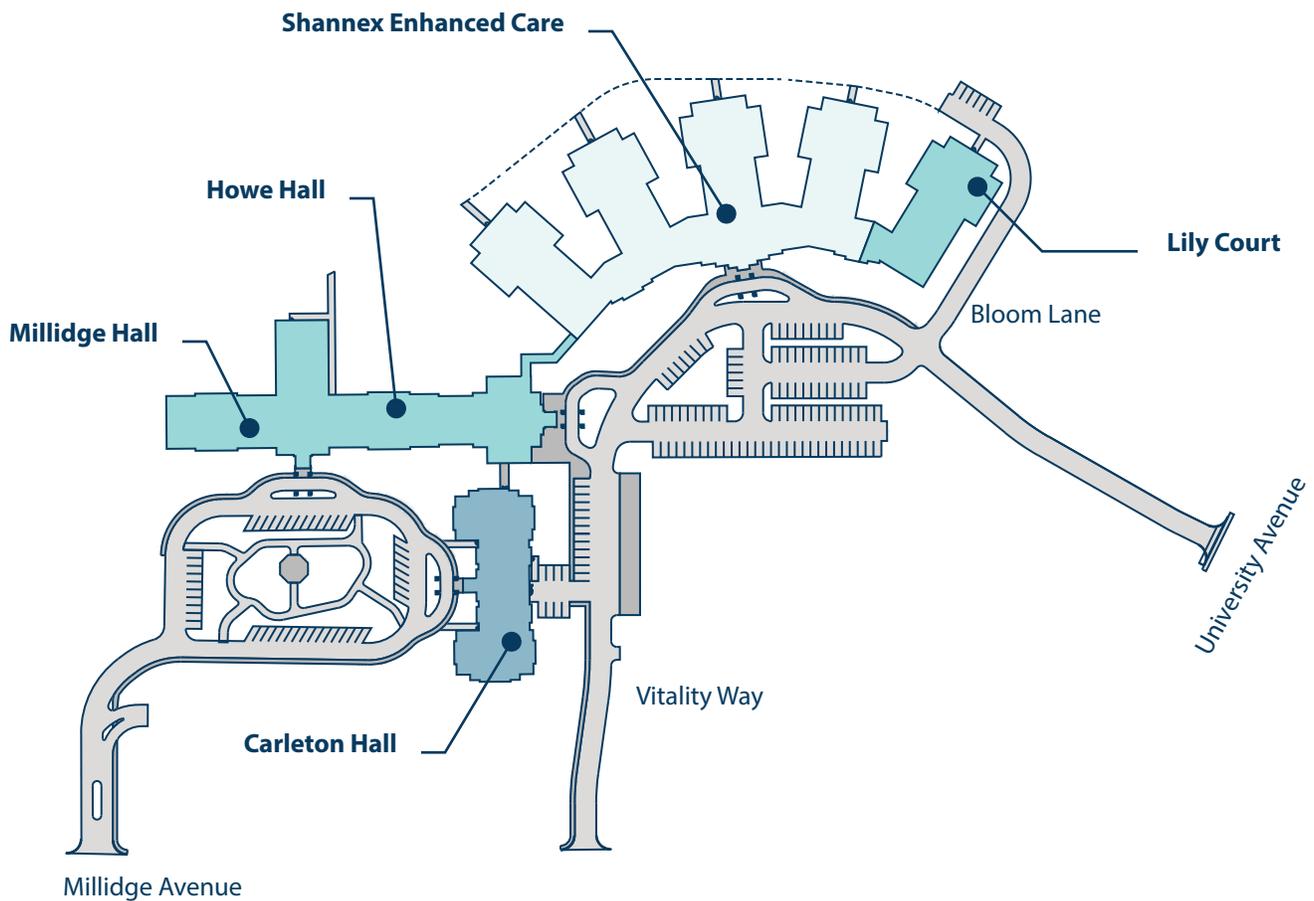
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Visit experienceparkland.com/saintjohn
or call 506-633-7275 to book a tour today!

Your Campus

Located in a community close to local parks, walking trails and the scenic Saint John River, not only is your beautiful apartment well situated, our chauffeur service makes it a breeze to take in neighbourhood sights and sounds.

Parkland Saint John offers a continuum of lifestyle options on a beautifully designed campus. Your community includes a health and wellness pavilion, a 65-suite All-Inclusive Lifestyle building, a 30-suite All-Inclusive Plus Lifestyle floor, 30 suites of Assisted Living (Licensed Special Care) and 18 suites of Memory Care (Licensed Specialized Care).



All-Inclusive Lifestyle
Carleton Hall - 65 suites

Supportive Lifestyle

All-Inclusive Plus Lifestyle
Millidge Hall - 30 suites

Assisted Living: A Helping Hand (Licensed Special Care)
Howe Hall - 30 suites

Memory Care: True to You (Licensed Specialized Care)
Lily Court - 18 suites

Lifestyle Options

Parkland Saint John 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

Carleton Hall - 40 Vitality Way

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 Saint John offers a full continuum of lifestyle options.

1 All-Inclusive Plus Lifestyle

Millidge Hall - 50 Vitality Way

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 (Licensed Special Care)*

Howe Hall - 50 Vitality Way

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 (Licensed Specialized Care)*

Lily Court - 55 Bloom Lane

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

***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		
		All-Inclusive Plus	Assisted Living	Memory 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	✓	✓	✓	✓
2-3 meals per day	✓	✓	✓	✓
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	✗	✗	✗	✓

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
- Piano bar and lounge
- Movie theatre, pool table, fitness centre
- Recreation lounge
- Wellness centre and spa
- On-site family physician
- Library with daily newspaper and an extensive selection of books and periodicals
- Free on-site parking
- Fully accessible common areas

Outdoor Amenities

- Outdoor recreation areas
- Beautifully landscaped grounds with walking paths
- 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 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



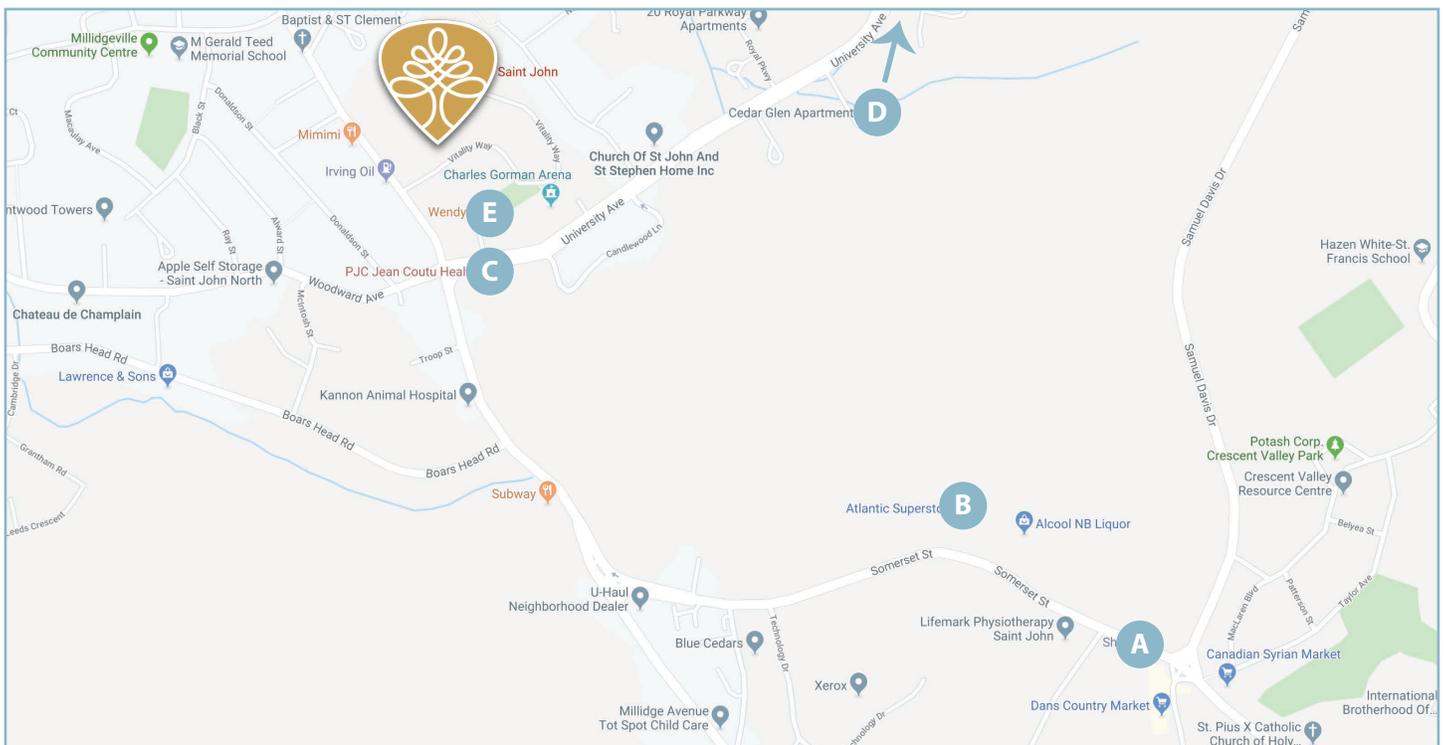
Harold enjoys being outside and making new friends.

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

Your Community

The city of Saint John, known for its reversing rapids and scenic views of the Bay of Fundy, offers plenty to do year round. Enjoy a show at the Imperial Theatre, take a walk through Irving Nature Park or stroll through Saint John City Market to browse its many crafts and treats. Everything you need is minutes from the campus, including shopping, local cafés, groceries and medical clinics.



A Bank: Bank of Montreal ATM

D Hospital: Saint John Regional Hospital

B Grocery: Atlantic Superstore

E Café: Tim Hortons

C Pharmacy: Jean Coutu

Want to learn more about making the
move to Parkland Saint John?

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

506-633-7275

40 Vitality Way, Saint John, NB E2K 0J5



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