

Lifestyle Options

Inspired by residents' continued independence and quality of life, Parkland West Bedford offers a personalized blend of freedom and comfort. Residents have access to a continuum of lifestyle options providing peace of mind knowing additional services and support are available as your needs or preferences change over time. Residents and family members take comfort knowing our communities are beautifully designed, professionally staffed and a place where safety is a top priority.



Lifestyle Apartments

The Pemberley

Private, spacious, and beautifully designed for independent, active seniors looking to enjoy a carefree lifestyle. Residents can access the on-site restaurant and services through Parkland Plus.*

**based on availability*



All-Inclusive Lifestyle

The Highbury

Designed for seniors who enjoy the benefits of a carefree lifestyle. Residents enjoy meals, housekeeping and linen service, access to daily wellness programming, and the option to add services or care as needed.



Assisted Living

The Stratford

Uniquely designed for older adults who require light to moderate assistance. Includes daily meals, housekeeping, laundry, accessible design, wellness programming, medication management and support with activities of daily living.



Memory Care

The Stratford

Designed to support residents living with Alzheimer's or another form of dementia, with a secure neighbourhood, dedicated dining room, colour contrast and textile art features. Includes daily meals, medication administration, full laundry and housekeeping services, and specialized programming such as music and pet therapy.



Building Amenities and Services*

Parkland residents enjoy beautifully landscaped grounds and outdoor recreation areas, including walking paths and flower gardens. Inside, a collection of amenities, features and common spaces can be found, with professional support nearby.

Amenities

- Restaurant-style dining
- On-site salon
- Recreational and exercise rooms
- Movie theatre
- Bowling alley
- Library
- Scheduled social and fitness activities
- Games room and pool table
- Outdoor walking area and gardens

Services

- Weekly housekeeping
- Towel and linen services
- Scheduled transportation service
- Concierge services
- In-suite laundry or complimentary laundry room on each floor
- Heated underground parking
- Common areas and in-suite Wi-Fi (in The Stratford only)
- Additional services and care available through Parkland Plus

Safety

- Secured access buildings
- High-speed elevators
- Generator for full back-up emergency power
- 24-hour emergency response
- State-of-the-art fire alarm and sprinkler system
- In-suite smoke detectors
- Handrails in hallways

**Select services and amenities available at The Pemberley. Please speak with the lifestyle consultant for more details.*

Our Story

For more than 35 years, Parkland has been a trusted provider of senior accommodations, services, and care in Atlantic Canada. With communities in Nova Scotia, New Brunswick, and Ontario, you can trust our team of great people to provide exceptional service at every turn. Our dedicated team includes an in-house Executive Chef, Wellness Coach and experienced hospitality and healthcare professionals committed to helping residents live life to the fullest while doing more of what they love.

Parkland West Bedford is home to The Pemberley, which offers 85 Lifestyle Apartments, The Highbury, which offers 71 All-Inclusive Lifestyle suites and The Stratford, which offers 69 suites of Assisted Living and Memory Care.



Learn more about Parkland West Bedford

Whether you've just started exploring options or are ready to book a tour, a member of our team would be happy to help. Floor plans, suite options, and a full list of amenities are available online or a phone call away.

Contact us today:

902-832-7931

experienceparkland.com/westbedford

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Live your best life.

Located in the vibrant and growing suburb of West Bedford, this Parkland community invites you to relax and recharge with nature at your doorstep. Offering a full continuum of independent and supportive lifestyle options, Parkland West Bedford is designed for seniors who want to enjoy an active and carefree lifestyle. Residents have access to unparalleled amenities, exceptional dining, beautifully designed spaces, daily wellness programming, transportation services and more. If you're looking to live your best life close to parks, walking trails, amenities, and attractions, explore Parkland West Bedford—it's a place you'll be proud to call home.