

Welcome Home

Parkland on Eglinton West
Etobicoke, Ontario



Parkland[™]
LIFESTYLE RESIDENCES
ON EGLINTON WEST

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

Table of Contents

Your Campus	Page 1
Life at Parkland on Eglinton West	Page 2
What's Included?	Page 3
Exclusive Services and Amenities	Page 4
Your Dining Experience	Page 5
Your Health and Wellness	Page 8
Your Community	Page 9

Visit experienceparkland.com/oneglintonwest or call 416-997-2647 to book a tour today!



Your Campus

Located in a community close to local parks, walking trails and the airport, not only is your premium apartment well situated, our chauffeur service and valet parking make it a breeze to take in the neighbourhood sights and sounds. If you prefer to stay in, you can enjoy the on-site spa, chat with newfound friends in the lounge, dine at one of our three restaurants, take a class in the fitness centre or go for a swim in the heated pool. Parkland on Eglinton West makes it easy for you to do more of what you love.



Life at Parkland on Eglinton West

Parkland on Eglinton West offers exceptional independent living in the heart of a vibrant community close to parks, trails, golf courses and local shops. Enjoy unparalleled amenities including distinctive suites, modern lounges, an on-site spa, fitness centre, heated pool and more. For seniors who require additional support, Parkland offers Assisted Living, Memory Care and Enriched Care options. Our dedicated team includes in-house Executive Chefs, Wellness Coaches and experienced Health Care professionals committed to helping you live your best life.



Lifestyle Apartments

Lifestyle Apartments are the ideal option for independent older adults looking to downsize on space and upsize on lifestyle with a premium, spacious private suite. Do you have a car, golf clubs or pet? Bring them all to Parkland on Eglinton West, where access to all campus amenities and activities are included.



All-Inclusive Lifestyle

Enjoy an All-Inclusive Lifestyle at Parkland with housekeeping, chauffeur service and daily chef prepared meals.



Supportive Lifestyle

Live life your way with support and specialized care services. Parkland offers three different Supportive Lifestyle options.

- 1 Assisted Living: A Helping Hand**
Suites designed for those in need of occasional assistance with activities of daily living.
- 2 Memory Care: True to You**
Full assistance with the activities of daily living for residents with Alzheimer's disease or other forms of dementia.
- 3 Enriched Care: Live Life at Ease**
Full assistance with the activities of daily living provided by skilled nurses and other licensed team members.



Short-Term Stays

Whether you're selling your home and looking for a temporary carefree lifestyle, guest or respite stay, Parkland can become your home away from home.*

**Conditions and availability apply. Please speak with our Lifestyle Consultant for more information.*

What's Included?

	Lifestyle Apartments	All-Inclusive Lifestyle	Supportive Lifestyle		
			Assisted Living	Memory Care	Enriched Care
Beautiful private suite	✓	✓	✓	✓	✓
All utilities: heat, hot water, electricity/hydro	✓	✓	✓	✓	✓
All communications services: basic cable, local phone, Wi-Fi	✓	✓	✓	✓	✓
Secure building with team members on-site 24/7	✓	✓	✓	✓	✓
24/7 emergency response with pendant available*	✓	✓	✓	✓	✓
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	✓	✓	✓	✓
Personal laundry	à-la-carte	à-la-carte	✓	✓	✓
Transportation service	à-la-carte	✓	✓	✓	✓
Medication administration	à-la-carte	à-la-carte	✓	✓	✓
Support with activities of daily living	✗	✗	✓	✓	✓
Specialized Memory Care program	✗	✗	✗	✓	✓
Care staff on floor 24/7	✗	✗	✓	✓	✓

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

Exclusive Services and Amenities

Building Services

- Care services (available if needed)
- Chef-prepared meals
- Housekeeping services
- 24/7 emergency response with professional team members on-site 24-hours per day
- Chauffeur service
- Concierge service
- Valet parking
- Underground parking and storage (\$)

Building Amenities

- Vitality Spa and Pool
- Harmony Fitness Centre
- St. George's Great Hall
- The Kingsway Movie Theatre
- Princess Anne Private Dining Room
- Planned social activities
- Games room with pool table and golf simulator
- Pet Spa



Outdoor Amenities

- 8th floor outdoor space
- Balconies located off most suites
- Panoramic views of Toronto
- Beautifully landscaped grounds
- Courtyard on street-level

Safety & Security

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



Your Dining Experience

Enjoy our Chef's culinary creations in an environment that delivers on taste and atmosphere. Parkland on Eglinton West has three dining spaces, each offering something new and traditional favourites. There are always daily specials and the menu changes four times a year to incorporate seasonal flavours. Residents look forward to a daily dessert made by our in-house Pastry Chef. And if what you're looking for isn't on the menu our Chef is happy to make a dish suited to your tastes.



THE CITADEL
RESTAURANT



At **The Citadel Restaurant**, you will enjoy an ever-changing selection of flavourful dishes prepared fresh by our in-house Chefs.



Breton Bistro & Lounge offers a unique menu in a relaxed, artisan-style atmosphere. Dine-in, place an order for pick-up or select from our grab-and-go options, or express lunch for when you want to have a bite before running errands.



Shannon's Pub



Shannon's Pub is more than a place to raise a glass, it's a place to gather. Play a game of pool, master your swing at the golf simulator or meet with friends to watch the big game. Shannon's Pub is the perfect place to relax and unwind.



THE CITADEL RESTAURANT

Sample menu

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



Entrées

Oven Roasted Pork Loin (GF)

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

Beet and Goat Cheese Salad (V)

Roasted beets, arugula, goat cheese, candied pecans with house dressing
Add: chicken or salmon

Baked Herb and Parmesan Crusted Chicken

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

Chicken Pot Pie

Oven-baked and topped with pie crust

Beef Stew

Braised beef, carrot, celery, onion and potatoes, served with a dinner roll

Spaghetti and Meatballs

Beef meatballs, marinara with garlic bread and parmesan cheese

Pan-Seared Salmon (GF)

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

All items are served with choice of potato, rice or risotto and fresh seasonal vegetables.

Desserts

Ice Cream (GF and LF options available)

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

Pudding

Chocolate, vanilla, butterscotch

Berry Bowl

A selection of alcoholic and non-alcoholic beverages available for a fee.



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-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.



Nina loves to stay healthy and is learning how to paint.

- 9:30 a.m. Cardio Fit
- 11:00 a.m. Musical Movement Class
- 2:00 p.m. Passionate Painters
- 3:30 p.m. Nail Spa
- 3:30 p.m. Happy Hour & Trivia in the Breton Bistro
- 7:00 p.m. Movie Night in the Kingsway Theatre



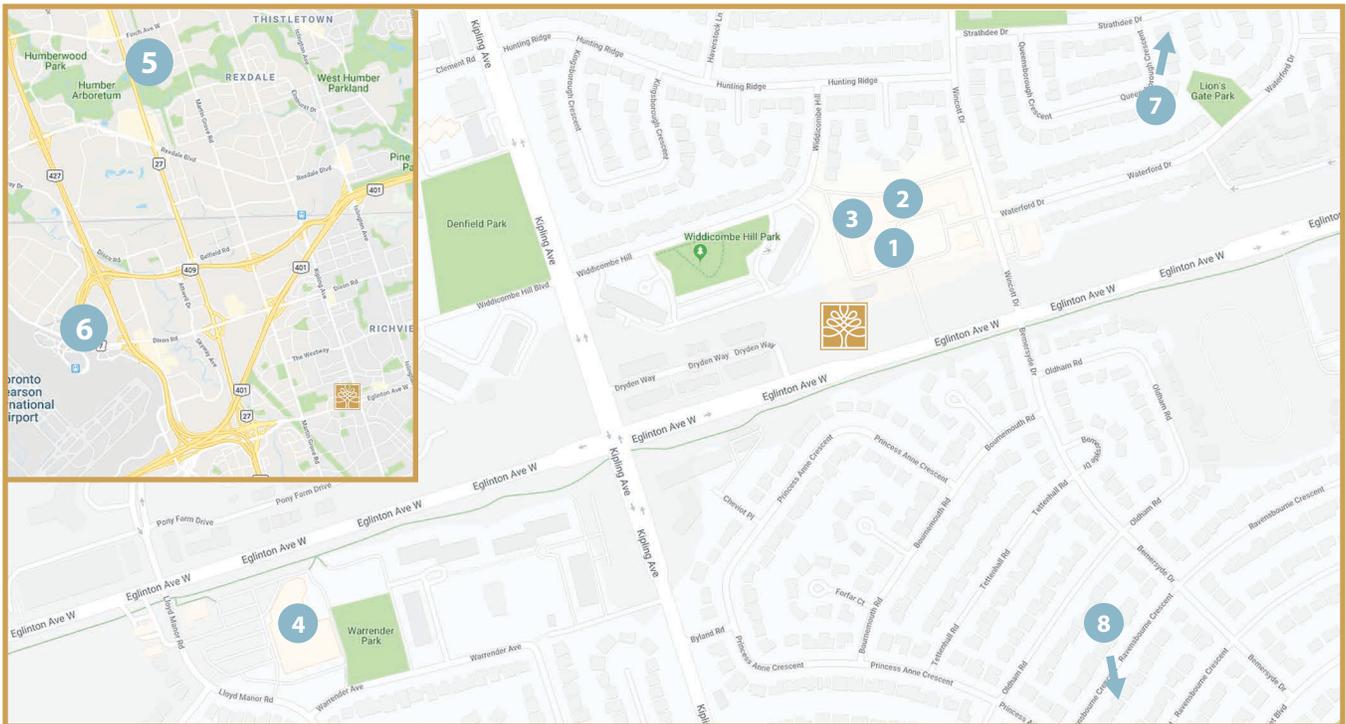
Clayton enjoys being outside and making new friends.

- 9:30 a.m. Coffee Social in the Breton Bistro
- 11:00 a.m. Chess, Checkers, & Back Gammon
- 1:00 p.m. City Tour
- 2:00 p.m. Bridge
- 3:00 p.m. Strength Fit
- 4:00 p.m. Live Musical Entertainment

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

Your Community

Location is everything. Surrounded by parks, green spaces, golf courses and plenty of local shopping, Parkland on Eglinton West is nestled in a vibrant community you'll be happy to call home. And just moments away you can enjoy horse racing at Woodbine Racetrack, walks along the Humber River, a round of golf at a local course or an afternoon of shopping at Sherway Gardens. If you love to travel, the airport is only a 10 minute drive away and our chauffeur will get you to your flight on time.



Parkland on Eglinton West
4650 Eglinton Avenue West

- | | | | |
|----------|---|----------|--|
| 1 | TD Bank
250 Wincott Dr. 140 m | 5 | Etobicoke General Hospital
101 Humber College Blvd. 9.3 km |
| 2 | Rexall
250 Wincott Dr. 140 m | 6 | Pearson International Airport
6301 Silver Dart Dr. 5.7 km |
| 3 | Timothy's Coffee
250 Wincott Dr. 140 m | 7 | Humber River Hospital
1235 Wilson Ave. 11.3 km |
| 4 | Shoppers Drug Mart
201 Lloyd Manor Rd. 1.2 km | 8 | St. Joseph's Health Centre
30 Queensway 12.3 km |

Connect with us today

416-997-2647

4650 Eglinton Ave. West, Etobicoke, ON M9A 0E3



Parkland[™]

LIFESTYLE RESIDENCES

ON EGLINTON WEST

experienceparkland.com/oneglintonwest

