

# Welcome Home

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**Parkland at the Gardens**  
Halifax, Nova Scotia



**Parkland**<sup>™</sup>  
RETIREMENT LIVING  
AT THE GARDENS

**Live your best life.**<sup>™</sup>  
[experienceparkland.com/atthegardens](http://experienceparkland.com/atthegardens)



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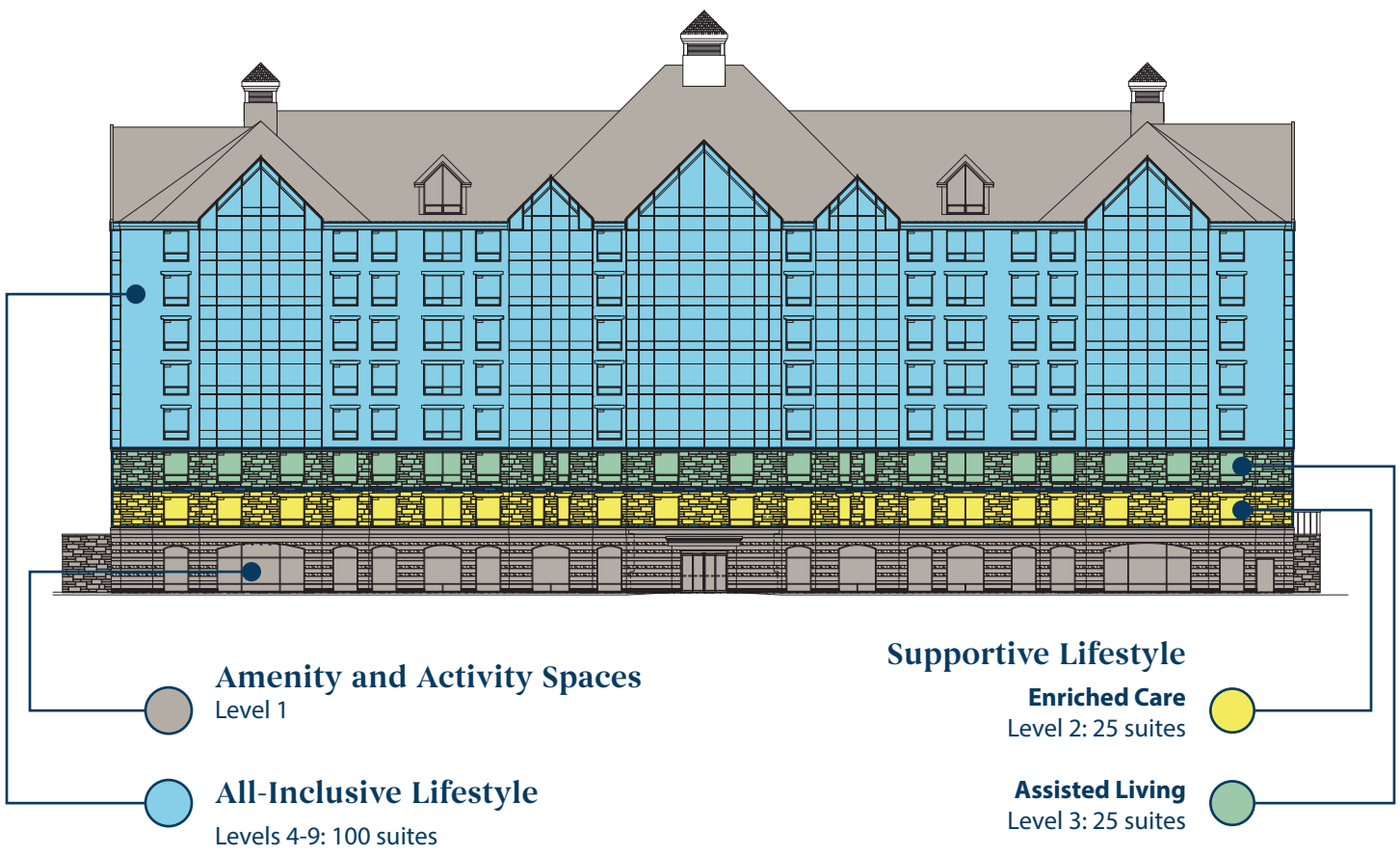
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Visit [experienceparkland.com/atthegardens](https://experienceparkland.com/atthegardens)  
or call 902-406-8900 to book a tour today!

# Your Campus

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Nestled in the heart of downtown Halifax, this community is just steps away from the Public Gardens as well as the shops, cafés and restaurants of Spring Garden Road. Our state-of-the-art retirement living residence provides exceptional service, numerous amenities and a variety of activities for residents to enjoy. Whatever retirement looks like for you years, we're sure you'll find it at Parkland at the Gardens.



# Lifestyle Options

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Parkland at the Gardens 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

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 at the Gardens offers two Supportive Lifestyle options.

### Assisted Living: A Helping Hand

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.

### Enriched Care: Live Life at Ease

Offers full assistance with daily living activities 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	
		Assisted Living	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	✓	✓	✓
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	x	✓	✓
Specialized Memory Care program	x	x	✓
24/7 licensed nursing environment	x	x	✓

# Exclusive Services and Amenities

## Building Services

- Care services (available if needed)
- Weekly housekeeping
- WiFi high speed internet
- Towel and linen laundry service
- Vitality Spa with hair, manicure and pedicure stations
- Courtesy chauffeur service to any destination on the Halifax peninsula
- Valet parking
- Concierge service
- Doctor's office and wellness clinic



## Building Amenities

- Elegant dining room with five-star menu
- Lounge and piano bar
- Harmony fitness centre
- Movie theatre
- Golf simulator
- Pool table



## Outdoor Amenities

- Beautifully landscaped garden
- Outdoor patio and BBQ space overlooking Victoria Park

## Safety & Security

- Restricted building access with after-hours doorman
- 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

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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

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### 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

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## 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

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## 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.**

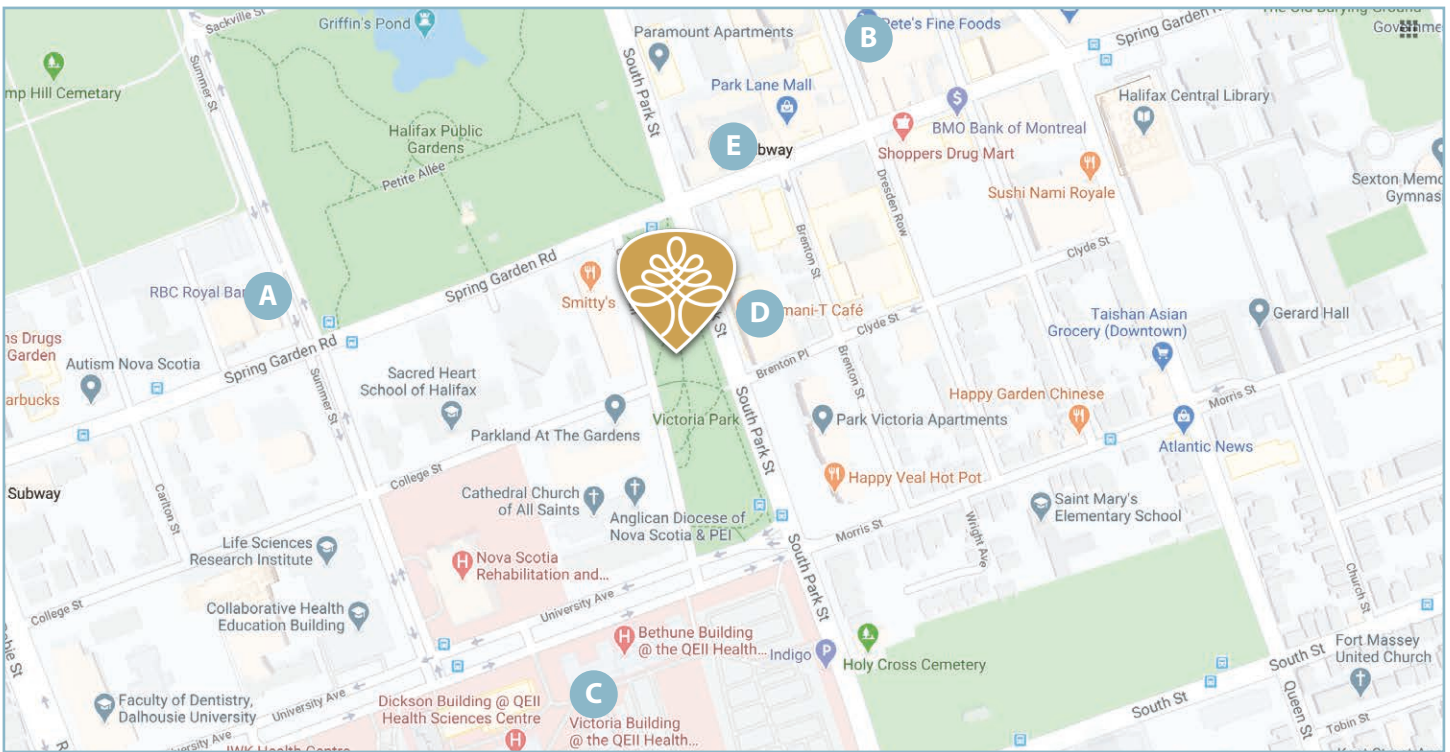
- 10:30 a.m. Cribbage Club
- 11:30 a.m. Lunch in the Café
- 1:00 p.m. Garden Walk
- 2:30 p.m. Brain Game
- 7:30 p.m. Pub Night

Visit [experienceparkland.com/atthegardens](https://experienceparkland.com/atthegardens) to see more events and activities. You can also check out the current events calendar.

# Your Community

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In downtown Halifax, there is no limit to the things you can do. Enjoy an afternoon at the Public Gardens, just steps from your front door. Take a walk along the Halifax boardwalk. See a show at Neptune Theatre. Be mesmerized by the amazing Symphony Nova Scotia. Enjoy a hockey game or a concert at the Halifax Scotiabank Centre. Visit the Art Gallery of Nova Scotia or the Museum of Natural History. Enjoy the unique combination of historical beauty and modern development that blend together in this vibrant city.



- A** Bank: RBC
- B** Grocery: Pete's Fine Foods
- C** Hospital: QEII Health Sciences Centre
- D** Café: Humani-T Café
- E** Pharmacy: Lawtons

Want to learn more about making the  
move to Parkland at the Gardens?

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

902-406-8900

5732 College Street, Halifax, NS B3H 0B3



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