

# Welcome Home

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**Parkland Cape Breton**  
Sydney, Nova Scotia



**Parkland**<sup>™</sup>  
RETIREMENT LIVING  
CAPE BRETON

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



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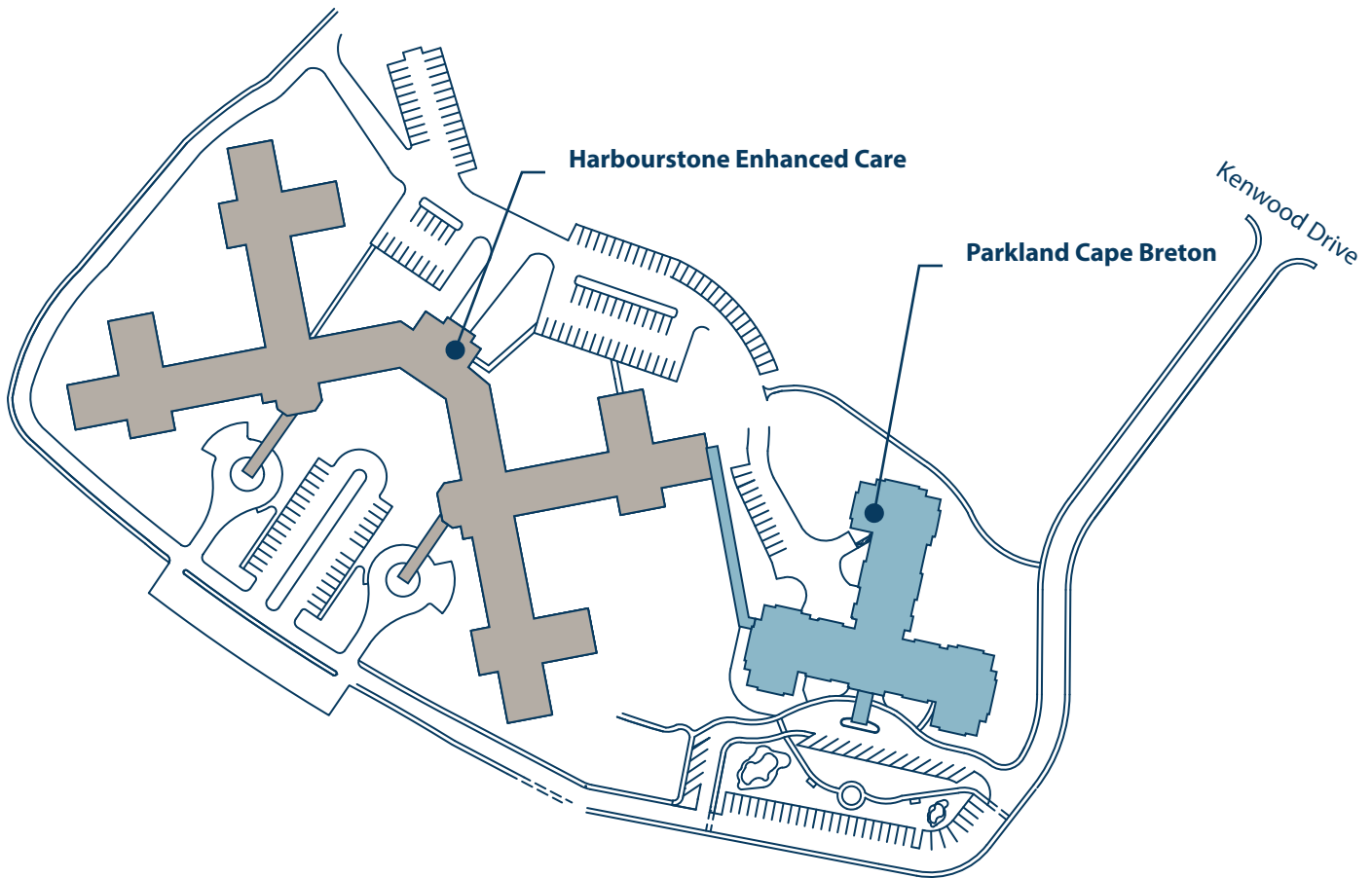
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Visit [experienceparkland.com/capebreton](https://experienceparkland.com/capebreton)  
or call 902-270-7275 to book a tour today!

# Your Campus

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Tucked into one of Nova Scotia's largest cities, Parkland Cape Breton boasts one of the most incredible backdrops Canada has to offer. We offer 57 well-equipped suites in All-Inclusive Lifestyle and 43 Assisted Living suites for residents who require some support. Enjoy your retirement years in Sydney with amenities and entertainment right at your doorstep and breathtaking vistas of the Cape Breton Highlands just a short drive away.



● **All-Inclusive Lifestyle**  
57 suites

● **Supportive Lifestyle**

**Assisted Living: A Helping Hand**  
43 suites

# Lifestyle Options

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Parkland Cape Breton 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

### 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.



## 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	✗	✓

\*WiFi available in common areas. Additional charge for in-suite WiFi.

# Exclusive Services and Amenities

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## Building Services

- Weekly housekeeping
- Towel and linen laundry service
- Front desk concierge service
- Courtesy shuttle service
- Washers and dryers 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
- Lounge with fireplace and piano bar
- Movie theatre, bowling alley, pool table, fitness centre and shuffleboard
- Wellness centre and spa
- Library with daily newspaper and an extensive selection of periodicals
- Free outdoor parking
- Fully accessible common areas

## Outdoor Amenities

- Outdoor recreation and concert 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

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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

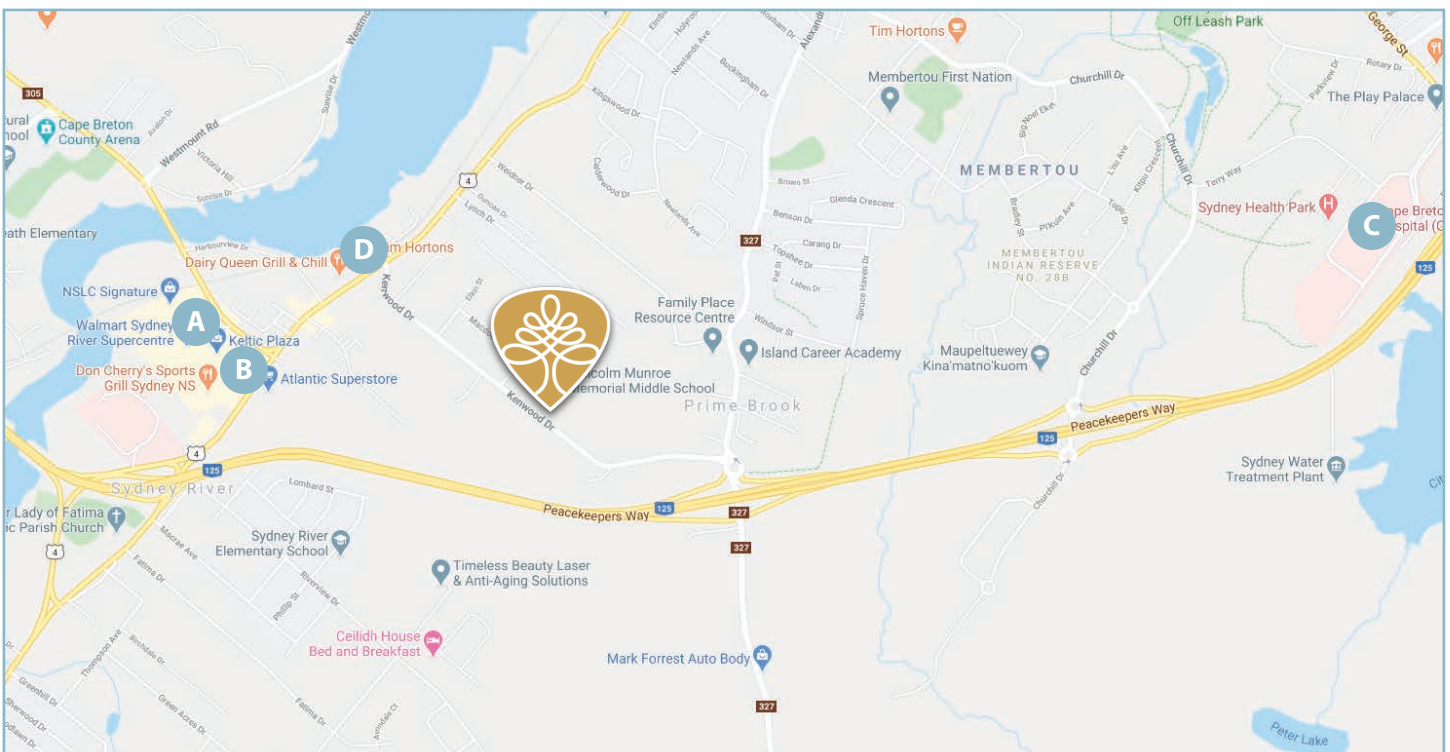
Visit [experienceparkland.com/capebreton](https://experienceparkland.com/capebreton) to see more events and activities. You can also check out the current events calendar.

# Your Community

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Sydney is an active city with lots to do each and every day. Enjoy fine dining, take in a show at Centre 200, spend a day on the links at one of the nearby golf courses, hit the beach or hike the trails. However you like to spend your time, you can do it here.

If you enjoy natural views and vistas, nothing can compare with the gorgeous Cape Breton Highlands. This area is considered one of the most beautiful not just in Nova Scotia, but in Canada, and it earns its reputation. Sydney is also just a short drive from the coast where you can take in breathtaking views of the Atlantic Ocean, making this a quintessential Maritime location.



**A** Bank: CIBC

**C** Hospital: Cape Breton Regional Hospital

**B** Grocery: Atlantic Superstore

**D** Café: Tim Hortons

Want to learn more about making the  
move to Parkland Cape Breton?

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

902-270-7275

118 Kenwood Drive, Sydney, NS B1S 0H2



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