

# Welcome Home

---

**Parkland Fredericton**  
Fredericton, New Brunswick



**Parkland**<sup>™</sup>  
RETIREMENT LIVING  
FREDERICTON

# Table of Contents

---

<b>Our Story</b> .....	<b>2</b>
<b>Service Excellence</b> .....	<b>2</b>
<b>Your Community</b> .....	<b>3</b>
<b>Life at Parkland Fredericton</b> .....	<b>4</b>
<b>What's Included</b> .....	<b>5</b>
<b>Exclusive Services and Amenities</b> .....	<b>6</b>
<b>Your Dining Experience</b> .....	<b>7</b>
<b>Your Health and Wellness</b> .....	<b>8</b>
<b>The Parkland Promise™</b> .....	<b>9</b>

Visit [experienceparkland.com/fredericton](https://experienceparkland.com/fredericton) or call **506-633-7275** to learn more.

## Want to Stay Connected?

---

Sign up for our monthly newsletter to receive updates on life at Parkland!



Scan the QR code or  
visit [experienceparkland.com/sign-up](https://experienceparkland.com/sign-up)

# Our Story

---

For more than 35 years, Shannex has been a trusted provider of senior accommodations, services and care in Atlantic Canada. What started as a single location in Cape Breton has grown to include communities across Nova Scotia, New Brunswick and Ontario. To this day, we remain a family-owned company committed to providing exceptional service at every turn.

Each day, our team members are inspired by residents' continued independence and quality of life. At Parkland Fredericton, you can do more of what you love in a place you'll be proud to call home.



# Service Excellence

---

From our front desk concierge to our in-house culinary team, recreation coordinators, hospitality and licensed healthcare professionals, the team at Parkland Fredericton is dedicated to *Leading the Way to Better Living* for those who live, visit and work in our community. Attentive, experienced and compassionate team members get to know residents as individuals, understanding their interests and preferences, favourite pastimes, health considerations and future goals. As a result, our team delivers an exceptional resident experience that exceeds expectations at every turn. Read our complete *Philosophy of Service* online at [experienceparkland.com/ourphilosophy](https://experienceparkland.com/ourphilosophy)

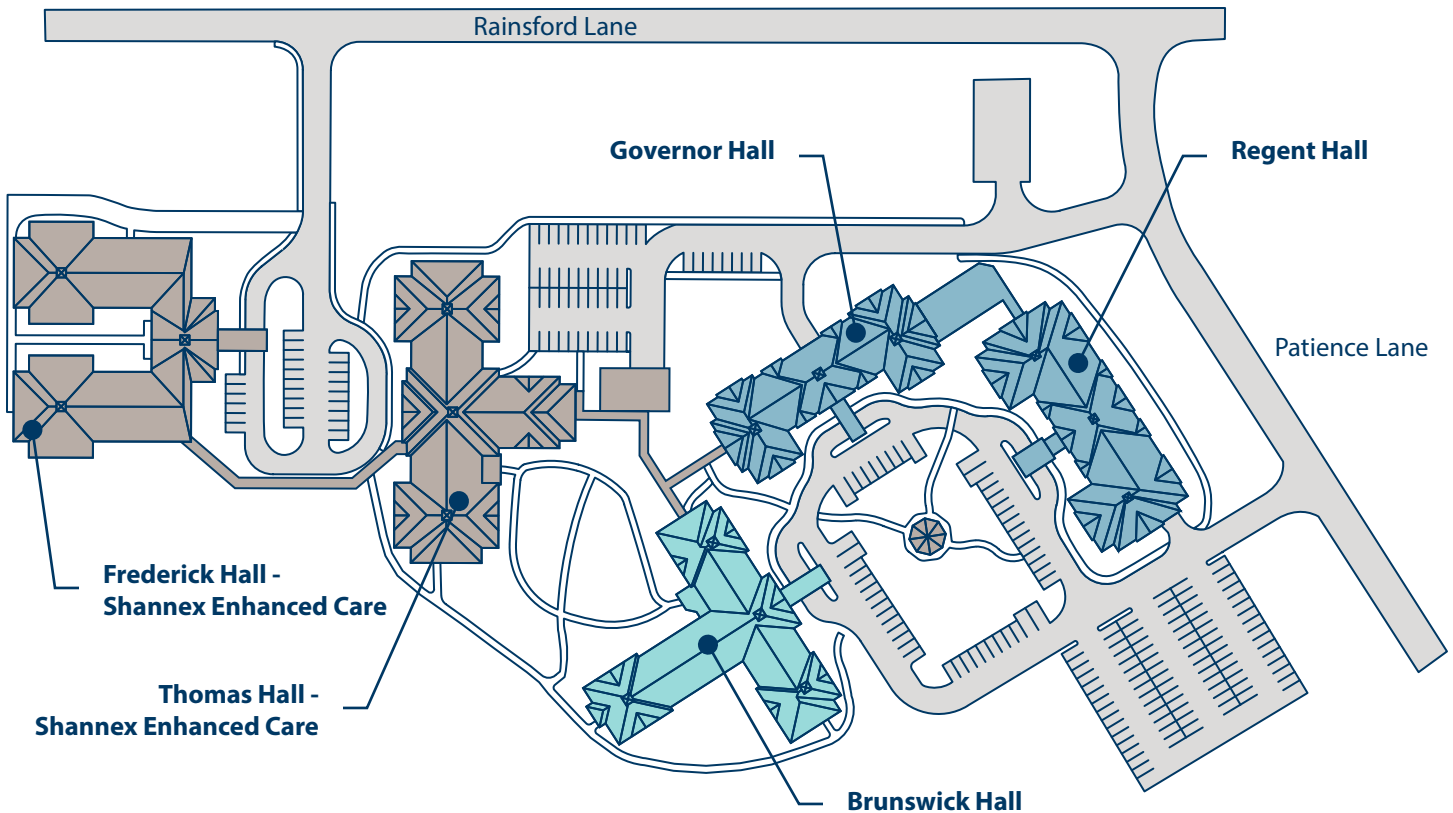


# Your Community

Located on Patience Lane just off of Prospect Street, Parkland Fredericton offers a continuum of lifestyle options within a beautifully designed residence.

Governor Hall is a 69-suite All-Inclusive Lifestyle Residence for people wanting an active lifestyle without the bother of daily chores such as housekeeping, linen service and meal preparation. Regent Hall, an addition to our All-Inclusive Lifestyle option, houses 51 suites in one-bedroom and two-bedroom layouts. Brunswick Hall is a 60-suite licensed Special Care (Assisted Living) residence, ideal for people who prefer to have support with daily living activities.

Additionally, we have private suites for long term care residents in Thomas Hall, which is a 72-bed licensed Nursing Care Home and Frederick Hall, a 36-bed licensed Nursing Care Home.



## All-Inclusive Lifestyle

Governor Hall - 69 suites  
Regent Hall - 51 suites



## Supportive Lifestyle

Assisted Living  
Brunswick Hall - 60 suites

# Life at Parkland Fredericton

At Parkland Fredericton, residents live life to the fullest and can often be found taking part in daily social programming, dining with delicious meals prepared by our in-house culinary team or enjoying the many on-site amenities and services including the movie theatre, bowling alley, wellness centre and spa, landscaped grounds and more. Whether relaxing in the comfort of your beautifully designed private suite or in one of our modern lounges, Parkland is a place where family is always welcome and where neighbours become friends.

Our full continuum of lifestyle options is designed so that residents can access increasing levels of services and support as their needs or preferences change over time.



## All-Inclusive Lifestyle

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



## Assisted Living

A uniquely designed option for older adults who require light to moderate assistance. Residents are welcomed and cared for by a team of compassionate professionals who value safety, independence and peace of mind. Residents will have access to a neighbourhood design that provides them with same-floor access to a dedicated dining room and common area.

**Retirement living at Parkland costs less than you think**

Compare your costs at [experienceparkland.com/cost-calculator](https://experienceparkland.com/cost-calculator)



## What's Included?

Independent Lifestyle	Supportive Lifestyle
All-Inclusive Lifestyle	Assisted Living

### Services

All utilities: heat, hot water, electricity/hydro	✓	✓
All communications services: basic cable, local phone, WiFi*	✓	✓
Concierge service	✓	✓
Transportation service	✓	✓
Weekly housekeeping including towel and linen service	✓	✓
Personal laundry	\$	✓
Daily meals	2 meals	3 meals
Access to on-site amenities	✓	✓
Harmony Wellness program	✓	✓
Social events calendar	✓	✓

### Care

24/7 emergency response	✓	✓
24/7 staff on-site	✓	✓
Medication administration	\$	Unlimited
Support with activities of daily living	\$	✓

### Building Features

Secure access building	✓	✓
Private suite with private accessible bathroom	✓	✓

Subject to change. \*Highspeed WiFi is available in the common areas. WiFi is an additional charge at Governor Hall.

# 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
- Fitness studio
- Entertainment lounge
- Movie theatre, bowling alley, pool table, fitness centre, shuffleboard
- Wellness centre and hair salon
- Library with extensive selection of books and periodicals
- Free on-site parking available outdoors, indoor parking available (\$)
- Fully accessible common areas



## Outdoor Amenities

- Outdoor recreation areas
- Beautifully landscaped grounds with walking paths and putting green
- Flower gardens, raised garden beds 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

---

Dining at Parkland Fredericton is always a social occasion. Whether sharing a table with neighbours, friends or visiting family, residents enjoy a restaurant-style dining environment that consistently delivers on taste, service and atmosphere. Each week, our certified culinary team, including our in-house pastry chef, designs a seasonally themed menu inspired by residents and the surrounding community, using local products whenever possible to deliver a variety of quality and nutritious meals—including unique specials served daily.

And while our food is delicious, what sets us apart is our commitment to service excellence and helping every resident feel at home. Our culinary team will get to know you by name and take the time to understand your likes and dislikes, as well as special dietary restrictions and preferences. For special occasions, residents are invited to reserve our private dining room for hosting guests at an event catered by our culinary team.

You can sit where you like and dine with confidence knowing our team delivers choice, selection, flavour and service with pride.

## Appetizers

---

### Parkland Seafood Chowder

Digby scallops, grilled shrimp, Nova Scotia haddock simmered in a savoury potato cream sauce

### Poached Pear & Blue Cheese Salad GF ♥

Poached pear, salad greens, crumbled blue cheese, toasted walnuts, mandarin oranges all lightly tossed in a citrus vinaigrette

### Potato & Cheddar Perogies

Pan-fried and served with house-made sauerkraut and fresh sour cream

## Desserts

---

### Lemon Curd Torte

Finished with stewed raspberries and fresh cream

### Tiramisu

Layers of fresh mascarpone custard with rum and coffee-soaked ladyfingers finished with whipped cream

### Decadent Chocolate Cake

Topped with blueberries and fresh cream

## Mains

---

### Northumberland Rack of Lamb GF DF ♥

Marinated, slow roasted and served with a light mint reduction

### Free-Range Chicken

With savory goat cheese and cranberry stuffing

### Veal Scaloppini

Breaded and pan-seared until golden brown, finished with sun-dried tomato sauce

### PEI Blue Dot Tenderloin GF DF

Topped with caramelized onions and Dijon cognac sauce

### Pork Wellington

Pork tenderloin wrapped in prosciutto and puff pastry topped with port reduction

### Panko-Crusted Haddock

Grilled and served with citrus butter

### Seafood Risotto GF

Tender risotto simmered with fresh scallops, tiger shrimp, mussels and lobster

GF = Gluten free | DF = Dairy free | ♥ = Heart healthy



# Your Health and Wellness

At Parkland Fredericton, wellness plays an important part in resident quality of life. Our signature Harmony Wellness Program supports six dimensions of wellness: emotional, intellectual, physical, social, spiritual and vocational.

Every new resident is invited to meet with Parkland’s Wellness Coach who creates a monthly calendar of on-and-off campus activities that reflect the community, season, special occasions and resident interests. Events are led by team members, external partners and residents who bring a wealth of talent as experienced artists, golfers, musicians and writers.

You’ll have the time to do more of what you love. Here are two sample calendars featuring our valued residents.



**Fatma is a health enthusiast and is learning to paint**

- 10:00 a.m. ● Yoga Class
- 11:30 a.m. ● Book Club
- 1:30 p.m. ● Cribbage Tournament
- 3:30 p.m. ● Zumba Gold
- 7:00 p.m. ● Paint Night



**Harold spends a great amount of his time outdoors or catching up with friends**

- 10:30 a.m. ● Walking Club
- 11:30 a.m. ● Gardening Club
- 1:00 p.m. ● Trivia Contest
- 2:30 p.m. ● Tai Chi Class
- 7:30 p.m. ● Movie Night

# The Parkland Promise™

---

The Parkland Promise™ provides peace of mind knowing every detail has been considered to ensure your continued satisfaction and quality of life. This is your home and our team is proud to work where you live. Our lifestyle options, amenities, programs and services combine to make Parkland a place where you can live your best life.



## Residents First

Resident feedback constantly guides and inspires our team. From the design of our communities to the menus, services and programs, Parkland's team works to ensure our offerings reflect resident preferences. Team members are committed to being compassionate, honest, professional and safe while delivering exceptional service at every turn.



## Money Back Guarantee\*

Resident wellbeing, happiness and quality of life is at the centre of all we do. From your first visit to the day you sign a lease, our team works to understand your lifestyle, needs and preferences. We are so confident in our process to help you get settled, familiar and connected with life at Parkland that we offer a 30-day Money Back Guarantee. Residents who are less than satisfied will receive one month's suite rental in full.



## One Monthly Bill

To help you spend more time doing what you love, Parkland offers a single monthly bill outlining your selected lifestyle option costs (heat, hot water, electricity, local phone, basic cable and common area Wi-Fi are included), plus a detailed account of any additional services you purchase.



## No Long-Term Contracts

Our team understands the challenges of long-term contracts, especially year-long leases for seniors who may be faced with an unexpected need to relocate. At Parkland, your peace of mind is our first priority, which is why we only require a calendar months' notice when you choose to leave our community.



## Priority Access

At Parkland, when a situation arises where your needs or preferences require a move, our team will do all we can to facilitate a smooth transition. Regardless of the size of the waitlist from the external community, our priority access promise would apply to residents who:

- Are requesting to change their suite type, so when a suitable option is available, they will get first selection over and above those on a waitlist.
- Are moving from one Parkland community to another, in a similar lifestyle option.\*\*
- Need more services or care that require a change in lifestyle option, such as moving from an independent to a supportive lifestyle within their current or a different Parkland community.\*\*



View the Parkland Promise at  
[experienceparkland.com/promise](https://experienceparkland.com/promise)

*\*A resident must stay at Parkland Fredericton for at least 90 days in order to qualify for the Money-Back Guarantee (does not apply to Short Term Stays). While monthly rents are HST exempt, HST charges may apply to select a-la-carte services.  
\*\*Does not apply in provinces where placements are managed by provincial authorities.*

# Notes

---

# Notes

---