

# Welcome Home

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## **Parkland on the Glen** Mississauga, Ontario



**Parkland**<sup>™</sup>  
LIFESTYLE RESIDENCES  

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**ON THE GLEN**

# Table of Contents

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**Our Story** ..... 2

**Service Excellence** ..... 2

**Your Community** ..... 3

**Life at Parkland on the Glen** ..... 4

**What’s Included?** ..... 5

**Exclusive Services and Amenities** ..... 6

**Your Dining Experience** ..... 7

**Your Health and Wellness** ..... 9

**The Parkland Promise™** ..... 10

Visit [experienceparkland.com/ontheglen](https://experienceparkland.com/ontheglen) or call **905-820-8210** to learn more.

## Want to Stay Connected?

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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

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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 the residents' continued independence and quality of life. At Parkland on the Glen, you can do more of what you love in a place you'll be proud to call home.



# Service Excellence

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From our front desk concierge to our in-house culinary team, wellness coaches, hospitality and licensed healthcare professionals, the entire team at Parkland on the Glen is dedicated to *Leading the Way to Better Living* for those who live, work, and visit 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 a resident experience that exceeds expectations and offers peace of mind. Read more about our *Philosophy of Service* at [experienceparkland.com/ourphilosophy](https://experienceparkland.com/ourphilosophy)

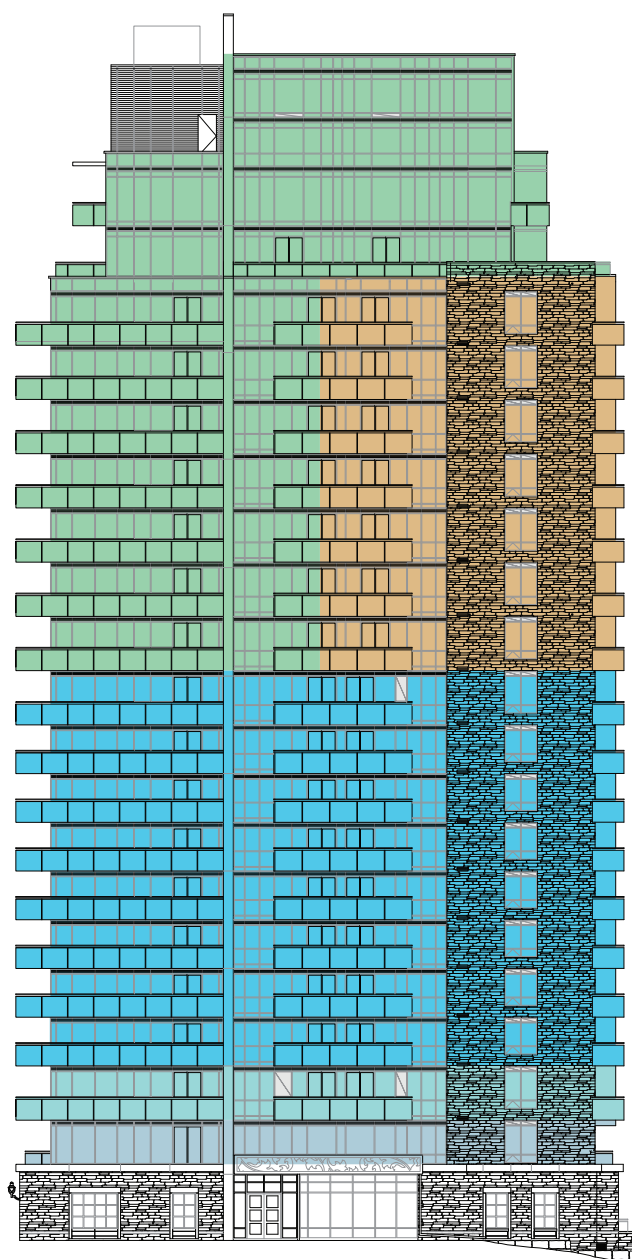


# Your Community

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Nestled in the heart of Mississauga's Sawmill Valley and situated on the grounds of the historic Glen Erin Inn and Spa, Parkland on the Glen offers premium retirement home living with spectacular, year-round panoramic views. Residents enjoy exceptional service and unparalleled amenities in a beautifully designed residence.

The Parkland on the Glen residence offers Lifestyle Apartment suites, All-Inclusive Lifestyle suites, and Supportive Lifestyle suites.



- **Condominiums**
- **Lifestyle Apartments**
- **All-Inclusive Lifestyle**
- **Supportive Lifestyle**



# Life at Parkland on the Glen

At Parkland on the Glen, 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 wellness spa and hair salon, movie theatre, pool table, library, chauffeur service, walking trails 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.



## Lifestyle Apartments

Lifestyle Apartments are private, spacious and beautifully designed for independent, active seniors looking to enjoy a carefree lifestyle with access to amenities, daily wellness programming, and the option to add service packages for chef-prepared meals, housekeeping and more.



## All-Inclusive Lifestyle

Designed for seniors who enjoy the benefits of a carefree lifestyle. Residents enjoy meals, housekeeping and linen service, access to daily wellness programming and amenities, 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. Includes meals, housekeeping, laundry, assistance with activities of daily living, accessible design, medication management and wellness programming.

**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
	Lifestyle Apartments	All-inclusive Lifestyle	Assisted Living
<b>Care</b>			
24/7 emergency response	✓	✓	✓
24/7 registered health staff on-site	✓	✓	✓
Medication administration	-	-	Unlimited
Support with activities of daily living	X	X	✓

## Services

Concierge service	✓	✓	✓
Transportation service	✓	✓	✓
All communications services: basic cable, local phone, WiFi	✓	✓	✓
Harmony Wellness program	✓	✓	✓
Weekly housekeeping including towel and linen service	-	✓	✓
Personal laundry	-	-	✓
2-3 meals per day	-	✓	✓
Social events calendar	✓	✓	✓
Full access to campus amenities	✓	✓	✓

## Building Features & Design

Secure building with team members on site 24/7	✓	✓	✓
24/7 licensed nursing environment	✓	✓	✓
Beautiful private suite	✓	✓	✓
All utilities: heat, hot water, electricity/hydro	✓	✓	✓

# Exclusive Services and Amenities



## Building Services

- On-call nursing service
- Registered massage therapist
- Visiting chiropodist
- Hair salon and esthetician
- Housekeeping services
- Towel and linen laundry service
- Valet parking and concierge service
- Courtesy chauffeur service
- Complimentary laundry facilities
- WiFi high speed internet



## Building Amenities

- Elegant restaurant-style dining
- Private dining room available for special occasions
- Wellness Spa with hair salon, massage and fitness centre
- Entertainment centre and movie theatre
- Games room with pool table, lounge and bistro
- Library and internet café
- Crafts and activities studio
- Party room with fully equipped kitchen
- Three levels of underground parking for residents, family and friends



## Outdoor Amenities

- Outdoor terrace
- Panoramic views of the Sawmill Valley
- Outdoor sitting area by our lily pond
- Beautifully landscaped grounds with walking paths



## 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 with-in suite smoke and carbon dioxide detectors
- Support handrails in elevators and spacious hallways
- Generator for full back-up emergency power
- Smoke-free environment

# Your Dining Experience

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Dining at Parkland on the Glen 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 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.

At Parkland on the Glen, you can dine with confidence knowing our team delivers choice, selection, flavour and service with pride.

## Appetizers

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### Parkland Seafood Chowder

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

### Poached Pear & Blue Cheese Salad

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

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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

## 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





# Your Health and Wellness

At Parkland on the Glen, 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.

At Parkland on the Glen, you’ll have the time to do more of what you love. Here are two sample calendars featuring our valued residents.



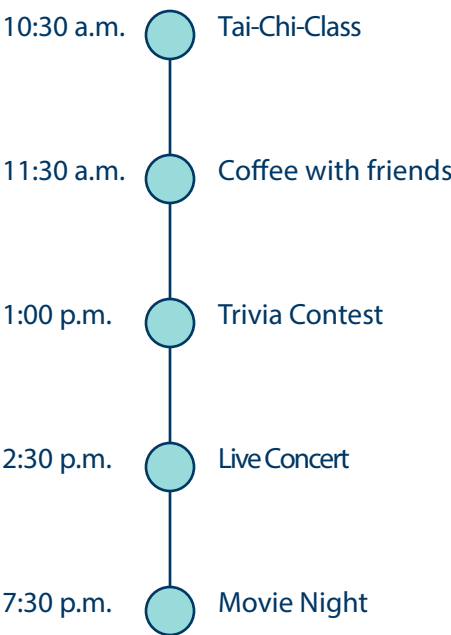
Learn more at [experienceparkland.com/harmony](http://experienceparkland.com/harmony)



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



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





# The Parkland Promise™

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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. Learn more about our *Philosophy of Service* at [experienceparkland.com/ourphilosophy](https://experienceparkland.com/ourphilosophy)



## 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 and less time managing multiple utility providers, 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, our Continuum of Service is designed so you can access increasing levels of support as your needs change over time. When you or a loved one needs to access a lifestyle option with more services or care, you can rest easy knowing Parkland residents have priority access—regardless of the size of the wait list from the external community.



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

\*A resident must stay at Parkland on the Glen for at least 90 days in order to qualify for the Money-Back Guarantee (does not apply to Short Term Stay, Memory Care and Enriched Care). While monthly rents are HST exempt, HST charges may apply to select à-la-carte services. For full details and exceptions, please visit [experienceparkland.com/promise](https://experienceparkland.com/promise) or contact your Lifestyle Consultant.

# Notes

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