

Welcome Home

Parkland at the Common
Halifax, Nova Scotia



Parkland[™]
LIFESTYLE RESIDENCES
AT THE COMMON

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Visit experienceparkland.com/common or call **902-455-1002** 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

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



Service Excellence

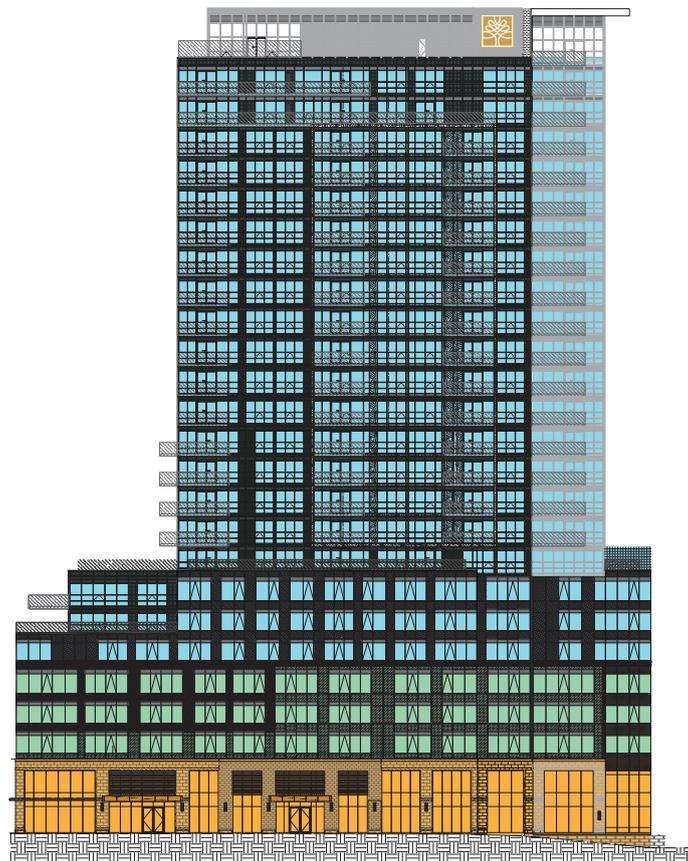
From our front desk concierge to our in-house culinary team, recreation coordinators, hospitality and licensed healthcare professionals, the team at Parkland at the Common is dedicated to *Better Living* for those who live, visit and work in our community. Attentive, experienced and compassionate team 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* at experienceparkland.com/ourphilosophy



Your Community

Nestled in one of Halifax's most beautiful and iconic neighbourhoods, Parkland at the Common is Nova Scotia's first Lifestyle Residence community. It features beautifully designed, spacious suites, stunning views, exclusive services and unparalleled amenities. Located on the corner of Quinpool Road and Robie Street, residents enjoy vibrant city living with access to multiple dining venues, an indoor heated pool and wellness centre, valet parking, full-service spa, fitness facilities, and more.

Parkland at the Common is home to 75 Supportive Lifestyle suites on floors two to four, and 173 Independent Lifestyle Apartment suites from floors five to 25, each designed with full kitchens, ample natural light, and ensuite laundry, with many featuring private terraces or balconies.



Supportive Lifestyle

Floors 2-4



Amenities and Activity Spaces

Floor 1



**Lifestyle Apartments and
All-Inclusive Lifestyle**

Floors 5-25

Life at Parkland at the Common

Impressive views from every floor, thoughtfully designed common areas, and a curated selection of convenient amenities, layouts, and professional support make Parkland at the Common a one-of-a-kind community for inspired living.

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.

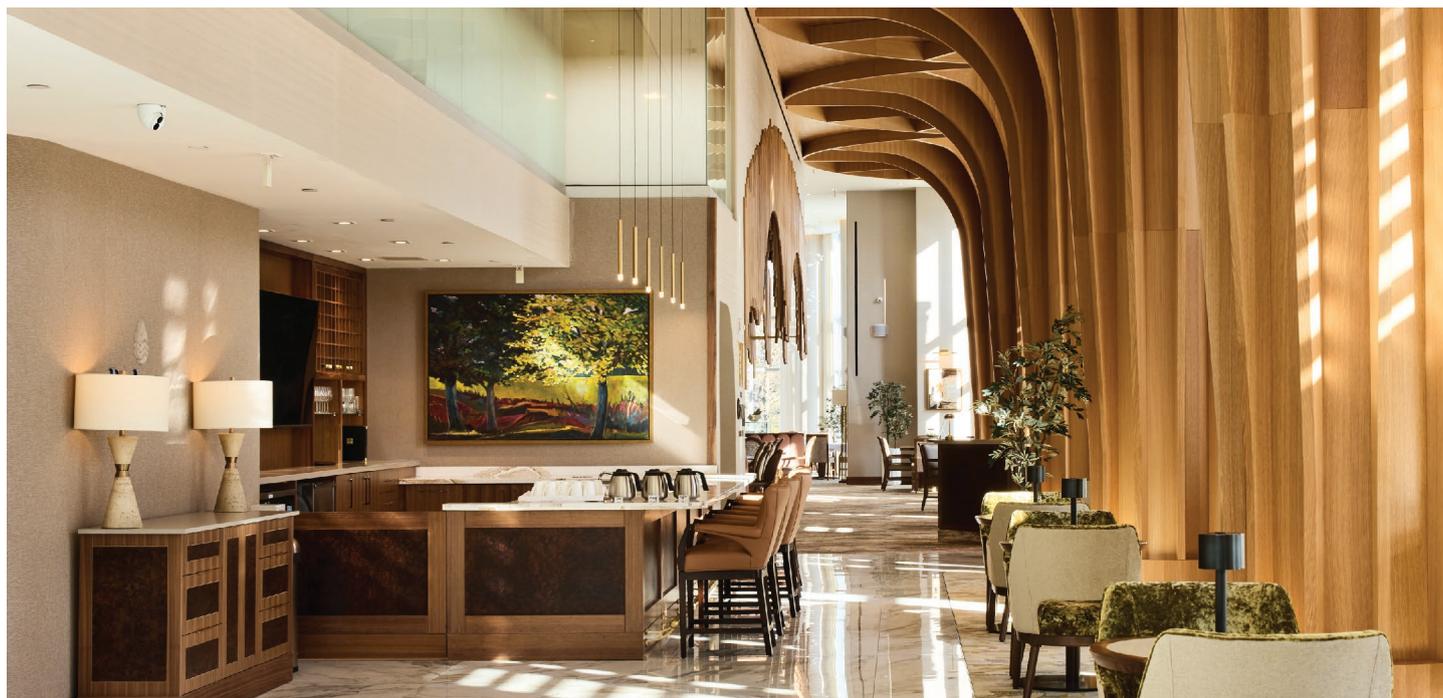
Centrally located between Halifax's North and South End neighbourhoods, Parkland at the Common showcases pride of place through featured installations and commissioned artwork, including renowned watercolour and streetscape artist Ron Hazell.



Quinpool Rd. - Ron Hazell



Robie St. - Ron Hazell



What's Included?

At Parkland at the Common, 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 heated indoor pool, fitness centre, movie theatre, chauffeur service, spa and salon and more. Whether relaxing in the comfort of your exquisitely 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 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. Suite layouts of up to two bedroom, two bathroom with a full kitchen and den. Residents can access amenities and the option to add service packages for chef-prepared meals, housekeeping and more.



| Care | Lifestyle Apartments |
|--|----------------------|
| 24/7 emergency response | ✓ |
| Services | |
| Concierge services | ✓ |
| Basic cable & local phone | ✓ |
| Heat, water, electricity/hydro | ✓ |
| Secure, in-suite Wi-Fi | ✓ |
| Access to on-site amenities | ✓ |
| Building & Design Features | |
| Secure access building | ✓ |
| Private suite with private accessible bathroom | ✓ |
| Kitchen with five appliances | ✓ |
| In-suite washer/dryer | ✓ |
| Window treatments | ✓ |
| In-suite climate control for heating and cooling | ✓ |

Supportive Lifestyle Live life your way with support and specialized care services.

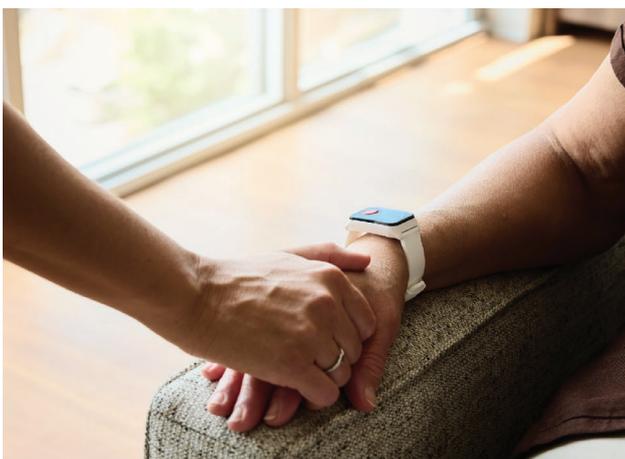


Assisted Living

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. All on one monthly bill residents can enjoy; three meals a day, housekeeping, laundry, assistance with activities of daily living, private and spacious suites for wheelchair access, medication management and wellness programming. Residents have access to a neighbourhood design that provides them with same-floor access to a dedicated dining room and common area.

Memory Care

Designed to support residents living with Alzheimer's disease or another form of dementia, with a secure neighbourhood, dedicated dining room, and custom-designed murals that gently guide residents' movement and orientation throughout the space. Includes daily meals, medication administration, full laundry and housekeeping services and specialized programming such as music and pet therapy. All suites come equipped with a hospital bed, dresser and nightstand, and private bathroom. Our dedicated team members work to understand the unique personality of each resident, including their mental and physical health history, where they are in the moment and how we can support their goals moving forward.



Enriched Care

Thoughtfully designed option for older adults who require full support with the activities of daily living such as eating, dressing, mobility and personal care. Residents have access to professional nursing services in a secure, home-like environment. All suites are beautifully designed and come equipped with ceiling mounted mechanical lift, hospital bed, dresser and nightstand, and private bathroom. This lifestyle option includes meals, medication administration, housekeeping, laundry and a secure neighbourhood design. Parkland also provides professional and compassionate palliative care that is resident/family directed and based on leading evidence-based practice.

Retirement living at Parkland costs less than you think

Compare your costs at experienceparkland.com/cost-calculator



What's Included?

| | Supportive Lifestyle | | |
|---|----------------------|-------------|---------------|
| | Assisted Living | Memory Care | Enriched Care |
| Care | | | |
| 24/7 emergency response | ✓ | ✓ | ✓ |
| 24/7 registered health staff on-site | ✓ | ✓ | ✓ |
| Medication administration | Unlimited | Unlimited | Unlimited |
| Support with activities of daily living | ✓ | ✓ | ✓ |
| Morning & evening care (dressing and personal hygiene) | ✓ | ✓ | ✓ |
| Bath or shower weekly | 1 | 1 | 2 |
| Incontinence care | 3 | 3 | Unlimited |
| Portering within lifestyle option | ✓ | ✓ | ✓ |
| Safety check (night check at minimum) | 1 | 1 | 2 |
| Support with compression stockings | ✓ | ✓ | ✓ |
| Assistance with dining | – | – | ✓ |
| Incontinence supplies | – | – | ✓ |
| Basic toiletries and supplies (tissue, shampoo, razor, shaving cream, etc.) | – | – | ✓ |
| Services | | | |
| Concierge service | ✓ | ✓ | ✓ |
| Chauffeur service | ✓ | ✓ | ✓ |
| Basic cable, local phone and secure, in-suite Wi-Fi | ✓ | ✓ | ✓ |
| Weekly housekeeping | ✓ | ✓ | ✓ |
| Daily tidy | ✓ | ✓ | ✓ |
| Towel & linen service | ✓ | ✓ | ✓ |
| Personal laundry | ✓ | ✓ | ✓ |
| Daily meals (3) & snacks (2) | ✓ | ✓ | ✓ |
| Tray service | ✓ | ✓ | ✓ |
| Access to on-site amenities | ✓ | ✓ | ✓ |
| Building Features & Design | | | |
| Secure access building | ✓ | ✓ | ✓ |
| Private suite with private accessible bathroom | ✓ | ✓ | ✓ |
| Kitchenette | ✓ | ✓ | ✓ |
| Furnished | – | ✓ | ✓ |
| Window treatments | ✓ | ✓ | ✓ |
| Dedicated community | ✓ | ✓ | ✓ |
| Dedicated dining & lounge space | ✓ | ✓ | ✓ |
| Nursing station | ✓ | ✓ | ✓ |
| Secure community | – | ✓ | ✓ |
| Outdoor patio or terrace on each floor | ✓ | ✓ | ✓ |

*Subject to change

Exclusive Services and Amenities



Building Services

- Concierge service
- Professional staff on-site 24/7
- Valet underground parking
- Chauffeur service
- Car reservation service
- Housekeeping service
- Planned social activities



Building Amenities

- Two restaurant spaces (main floor and 26th floor)
- Sweet Spot Café
- Freshwater Café and Bar
- Bud Feron Great Hall
- Movie theatre
- Indoor pool
- Vitality spa & salon
- Harmony fitness centre & gym
- Medical clinic
- 6 elevators
- Paw spa



Outdoor Amenities

- Private balconies on select lifestyle apartments
- Community balconies and terrace on fifth floor
- Views of downtown Halifax, The Common, and more



Safety and Security

- 24/7 Emergency response system
- Secure building
- State-of-the-art fire alarm and sprinkler system with in-suite detectors
- Generator for emergency power

Your Dining Experience

Dining at Parkland at the Common 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

Made by in-house pastry chef

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 at the Common, 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

**A resident must stay at Parkland at the Common for at least 90 days in order to qualify for the Money-Back Guarantee (does not apply to Short Term Stays, Memory Care and Enriched Care). 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.*