



INTRODUCING

Parkland BEDFORD SQUARE

A Premier Lifestyle Community

621 Starboard Drive, Halifax, NS B3M 0N5

Inspiring Pride of Place

Introduction

Welcome to Parkland Bedford Square, a premier Lifestyle Community that inspires social connections and pride of place. This world-class, multi-phase development will offer a continuum of premium lifestyle options, services, and amenities for older Nova Scotians and will be a first of its kind in Canada. Thoughtfully designed and operated by Shannex, Parkland Bedford Square is a curated community that upholds quality of life through spaces and programs built for active living and meets the need for housing and services for seniors in our growing city and province.

Building Solutions

The need for seniors housing is well documented and a growing issue based on forecasted trends. Nova Scotia has both an aging population and a growing population base due to immigration and welcoming people to an attractive East Coast lifestyle. As a result, leaders and developers must work to find meaningful solutions that enable increased capacity without adding strain on public infrastructure and services. And that's exactly the vision for Bedford Square.

ADDRESSING NEEDS FOR AGING DEMOGRAPHIC

Nova Scotia is presently home to the highest proportion of seniors when compared to its provincial counterparts—17.3% of the total population and more than 76,000 according to 2021 Census data.

Recent projections indicate by 2026, Halifax will be home to nearly 88,000 seniors or nearly one in five (19%) residents, and by 2040 nearly one in three Nova Scotians will be over the age of 75. In addition to the aging population, Canadian life expectancy is expected to surpass 85 years by 2040.

IMPROVING HOUSING SUPPLY

We are approaching a critical point where the supply-demand ratio for dedicated seniors housing will shift rapidly. By creating a dedicated Lifestyle Community for older adults who often live alone in their homes, Bedford Square will both meet the need for seniors housing and have a positive impact on housing supply as seniors move from their family homes to take residence in this new, supportive, age-purposed community.

Statistics Canada indicates the average persons per private dwelling is 2.3 persons. Two thousand seniors living apartments in this new Lifestyle Community could mean home capacity for 4600 people in the greater community.

REDUCING STRAIN ON TRAFFIC

According to 2019 Data from the NS Department of Finance, 82.6% of households owned a vehicle. These numbers are lower for the senior population—especially those who live in a Shannex community. The average age of our residents is 83 years, 70% of whom are women. Only 1 in 4 Parkland residents owns a vehicle, most of which are not used daily. Our Parkland Lifestyle Community design mitigates external car trips by providing on-site amenities (fitness center, salon, physiotherapy, pharmacy, spa, pool, restaurants, cafes, light grocery etc.) and transportation services through our shuttle and van services which further reduce traffic volumes and congestion.

Our Lifestyle Community for older adults will have minimal impact on vehicular congestion compared to the potential influx of cars if the lands were being developed for traditional apartment buildings or single dwelling units. Furthermore, staff working in this seniors' living community work a mix of eight-hour and 12-hour shifts that begin and end in off-peak traffic times.

EMPLOYMENT OPPORTUNITIES

Shannex welcomes Great People from different decades, cultures, backgrounds, and professions to create communities that feel like home. Parkland Bedford Square will offer meaningful and progressive employment opportunities in healthcare, hospitality, and corporate services. Already, home to Shannex's head office, the Parkland Bedford Square lifestyle community location will attract employment opportunity for hundreds of people.

ACCOMMODATION FOR ALL

Bedford Square will bring to life Shannex's Philosophy of Service (*Your Life. Your Home. Your Choice*) by design a range of suite styles and sizes to ensure there are a variety of choices to suit a range of preferences, budgets and lifestyle needs.

WHERE ELDERS CONNECT

For the first time ever, this Parkland Lifestyle Community will launch our Parkland Club for seniors. Through this club membership, seniors living in the greater Bedford area will be invited to join the Parkland Club and receive access to Bloomsbury Place, a beautiful amenity space at Bedford Square which includes a gym, exercise room, pool, salon, spa, bridge club, pickle ball courts, medical clinic, and multiple dining options are just some of the offerings which will be complemented by shuttle pick up and drop off services in the community.

A WELCOMING DESTINATION FOR VISITORS AND GUESTS

Visitors and guests of Parkland Bedford Square will enjoy preferred access and opportunities to special events, services, and programming. Whether visiting Parkland Bedford Square residents or simply stopping by to enjoy onsite dining and entertainment, Bedford Square will soon be a go-to destination in the Bedford South area. Short term stays are also conveniently offered in fully furnished suites for those who want an extended and nearby visit with a loved one who lives in the Bedford Square community or who's just visiting the area and wants to stay in this welcoming lifestyle community.

The Vision for Bedford Square

Named after one of London's most beautiful and best-preserved historic squares, the vision for Parkland Bedford Square is a world class age-friendly lifestyle community where residents, team members and visitors are safe, secure, happy, healthy, carefree, and connected. Parkland Bedford Square will be a nucleus of best practices on aging, lifelong learning, active living, intergenerational connection, and innovation. It is a place where people will be delighted to live, work, and visit and where older adults thrive in a community designed connection, comfort, convenience, and a continuum of care.

The "Square" will be the grand focal point; a beautifully landscaped square in the center of the community where the public can attend special events, live music and theatre, outdoor markets, and holiday gatherings. It's where families and friends will meet to enjoy time together. Residents of Parkland Bedford Square will be proud hosts and will be involved with the community activities as plans come to

life, and as Bedford Square becomes the heart of the community.

With 34 years of demonstrated success and proven partnerships across public and private sectors, Shannex is the aging-in-place expert who can be trusted to build a community where people live their best life. Parkland Bedford Square will align with the World Health Organization's criteria for an age-friendly city, which has been echoed by countries and cities around the world but is now upon Halifax and Nova Scotia with this innovative project. This project will:

1. Value the contributions of older adults to their communities
2. Support older adults to age in place; and
3. Create conditions for older adults to live healthy, active lives.

Shannex: A Trusted Partner and Elder Ally

This unique Parkland Lifestyle Community will be brought to life by a family-owned company with Maritime Roots. Since 1988, Shannex has been leading the way to better living for seniors, creating, and contributing to communities with expertly delivered service and care. Every community owned and operated by Shannex, including Parkland Retirement Living and Parkland Lifestyle Residences, promotes a healthy and active lifestyle. Our ability to deliver best-in-class service is one of the reasons we are a sought-after partner by public, private, and educational partners. We also play an active role in the research community with initiatives related to clinical service and care, nutrition, wellness, and the environment.

Our Founder, Joe Shannon, had a vision of improving living options for seniors. What started as a single property in his hometown has since expanded to a multi-division operation across Nova Scotia, New Brunswick, and Ontario. The Parkland brand was established in 1999 and now includes 16 locations providing a range of independent, all-inclusive, and supportive lifestyle options. Our unwavering commitment to seniors is what fuels us to build communities that give those who have come before us an opportunity to thrive as they enjoy the independence and comfort, they've worked so hard to achieve.

A Design with Benefits

Those who live, work, and visit Bedford Square will feel a sense of belonging, pride, and purpose. Perhaps more importantly is the impact this will have on those in neighbouring Bedford areas. We have a responsibility to design, build and operate our communities with our neighbours in mind, which is why we are confident in the benefits offered by this model:

WHAT WE HEARD

In 2019, a series of focus groups were held with residents from the Bedford South area on what they would like to see in a Parkland community. This informed our design of the lifestyle options as well as the outdoor spaces and amenities. Attendees saw this community and themselves as a vibrant place, where they can be active, connected to their community, close to their families and friends and environmentally responsible.

A BEST-IN-CLASS, AGE-FRIENDLY COMMUNITY

The design aligns with age-friendly best practices for the key domains of community life including outdoor spaces and buildings, transportation and housing, social participation, respect and social

inclusion, civic participation and employment, communication and information, community support and health services. In addition to being age-friendly, this lifestyle community will seek to foster intergenerational connection with the inclusion of school partnerships, an on-site childcare center, and various programming options.

EXPERIENCE PARKLAND AT BEDFORD SQUARE

As part of this exciting Lifestyle Community, Parkland at Bedford Square will provide residents an exceptional lifestyle experience: premium accommodations and independent living with unparalleled amenities and access to additional services and support to meet their unique and changing needs over time.

Five types of living styles will be available at Bedford Square, ranging from elegant mid-rise apartments and suites to charming townhomes, all connected through open-concept architecture and meticulous landscaping:

1. **Lifestyle Residences.** Bedford Square will offer a mix of Lifestyle options to suit a variety of preferences and budgets:
 - Apartments will include a spacious floor plan and elegant design, five appliances, high-end finishings and an abundance of natural light. These mid-rise include underground parking.
 - Low-rise manor-style dwellings are designed for added privacy and a more spacious layout. Two and three- bedroom options will be available, and only six apartments per floor in a four-storey building, these premium suites include exclusive elevator service from their own private garage.
2. **All-Inclusive Lifestyle.** For residents seeking greater convenience and access to all the community has to offer, Parkland's All-Inclusive Lifestyle option provides resort-style living with services such as housekeeping, laundry, transportation service and chef-prepared meals.
3. **Supportive Living.** Offering residents access to the services and care they need to age in place is an important consideration in every Parkland lifestyle community. For seniors who require more support, our experienced health and medical team works with residents and their families to tailor additional service and care options to meet the unique and changing needs of every member of our community.
4. **Short Term Stays.** Bedford Square will offer suites for short term stays. Attached to Bloomsbury Place, the amenity building that sits on the Square, visitors can come for meaningful visits with their parents and grandparents without the inconveniencing anyone.
5. **Long Term Care.** Bedford Square will offer a long term option for individuals requiring full time nursing care. The wellbeing, dignity and respect of residents is upheld as we offer every accommodation, support, and service to ensure they are living their best lives.

BLOOMSBURY PLACE: ACTIVE LIVING AT BEDFORD SQUARE

Parkland Bedford Square is a lifestyle community that will maximize opportunities for active agers and reflect trends among retirees who are more physically active and engaged in their health and wellness than ever before.

Older adults are choosing to age in place if they can, embracing technology to stay connected to those they know and love, and they are proactively looking to gain new experiences and engage with life – not retire from it. Swimming, yoga, pickle-ball, golf, bridge, gardening, darts, cards and having a refreshment with friends are just some of the activities we know future residents want and are all reflected in this community design.

Parkland Bedford Square will showcase Bloomsbury Place, a world-class amenity space where residents and visitors from the greater community will be welcome and enjoy. Bloomsbury Place will include a gym, salon, spa, medical center, shopping, pickle ball, bridge, a pool, dining options including restaurants, a café, bakery, and lounge. This will be a popular gathering spot in Bedford South for seniors and their families and friends. Every Parkland Bedford Square resident will enjoy unlimited access to our signature *Harmony Wellness Program* designed to inspire a healthy mind, body, and soul. Trained Wellness Coaches design and deliver in-house programming for residents to engage in their community, learn new skills and do more of what they love.

A QUALITY, DIVERSE & DELICIOUS CULINARY EXPERIENCE

Residents want dining options ranging from fine dining to a traditional English pub and warm, welcoming cafes operated by boutique operators. Residents want the option to dine with the community or take items home, and a variety of options to suit their daily preferences.

Our experienced dining teams are led by seasoned Executive Chefs and are committed to pleasing the palettes of every guest. At Bedford Square, the dining options will be plentiful, reflecting a diverse community with uncompromising taste and some of Halifax's finest restaurateurs. Whether fine dining, catching up with friends at the neighbourhood pub, or enjoying a cup of coffee at the bistro, there will be something for every taste. At every meal, residents and visitors will be offered delicious, nutritious, and exceptionally satisfying dishes made fresh-to-order for dine-in and take-home options.

A SOCIAL DESTINATION, RETREAT-STYLE COMMUNITY

At every turn, Bedford Square's modern, illuminating designs set the tone for an exceptional lifestyle. Amidst a variety of stunning lifestyle residences are a collection of outdoor walking trails, green spaces, gardens, and social areas—an invitation to engage with nature in the heart of a bustling community. A central Community Square will be positioned against a backdrop of dining, shops, and services, offering a perfect outdoor destination for gatherings and entertainment. Residents, families, and visitors will enjoy the well-kept grounds, lush landscaping, and eye-catching installations throughout the bustling grounds.

A NEW STANDARD OF ENVIRONMENTAL STEWARDSHIP

Bedford Square has been designed with a commitment to reduce greenhouse gas emissions and be a leader in energy management. Emissions will be measured by early calculations of the building's carbon footprint, enabling the discovery of areas for optimization. Shannex is in the process of seeking ISO 50001 certification by 2023 and is on track to be the first seniors' living organization to receive ISO certification in Canada. In addition to the ISO 50001 energy standards, Parkland Bedford Square will also operate with targets on managing waste, consumables, and water.