



Stay Active. Be Social. Eat Well.



The Berkeley is our family business. Built on a strong belief around the importance of community, along with the characteristics that make it special—belonging, support, compassion, and cooperation. We see retirement living as a forward-thinking strategy to living a full life now with a plan for the future.

Along with an incredibly hard working, highly-engaged team, we have been devoted to serving seniors for over 30 years. Our commitment to providing residents with a safe, secure community where they can enjoy an active, socially-engaged lifestyle is our daily guide. The most important aspect of retirement living is having the choice to do as you please. You can join in on planned activities, chat with friends in a lounge, go to the salon, or head out for a walk to get fresh air and exercise. It is always your choice! We encourage you to come for a tour as there is truly no substitute for meeting us in person.

Catherine Campbell
DIRECTOR OF
COMMUNICATIONS

Diane Campbell
PRESIDENT & CEO

Catherine *Diane*





The Berkeley – Love this stage of life!

Re-imagine retirement living. Enjoy well-deserved health and happiness in a supportive and vibrant community.

The Berkeley is home to seniors wanting to live in a warm, social community where nutritious meals, a diverse calendar of activities, and supportive friends provide the foundation for living well in retirement. We offer a lifestyle solution and peace of mind for seniors looking for a strategic way to plan for the future while enjoying the present. Our residents appreciate the convenience of care-free retirement living in an apartment with included benefits—full-service dining, daily activities, and weekly housekeeping—as well as an onsite healthcare professional for emergencies. Additional services are available for a personalized experience. With distinguishing features to make them each unique, our four locations—Gladstone, Pepperell, Dartmouth, and Bedford—are within walking distance of amenities such as grocery stores, restaurants, health clinics, and pharmacies. The Berkeley Retirement Residences offer the perfect balance of choice, convenience, independence, and support. Personal, customized comfort and the freedom to live well in retirement. That's The Berkeley!

Retirement Living at a Glance

Residents enjoy the following benefits when they choose The Berkeley as their new home:

- » Choice of a studio, one, or two-bedroom apartment
- » Two daily meals in our full-service dining room (third meal available)
- » Full social calendar: on-site activities, entertainment, and community outings
- » Weekly housekeeping (cleaning and laundering/change of flat linens)
- » Healthcare professional on duty 24-hours a day for emergencies
- » Comfortable, beautifully appointed common spaces
- » Laundry facilities on every floor
- » 24-hour, in-suite emergency response system
- » Secure entrances with video monitoring
- » Heat, water, and electricity
- » Shuttle service (by appointment)
- » Internet, cable, and telephone (Pepperell only)

Retirement Lifestyle

Rent at The Berkeley includes many benefits which ensure your easy, care-free lifestyle.

DINING

Our chefs have designed menus with well-balanced, nutritious daily options. The nicely presented, delicious meals are served in our dining rooms by friendly, accommodating servers. We pride ourselves on being conscientious about allergies, food sensitivities, likes, and dislikes. We deliver an exceptional dining experience while offering an individual approach to support the health and wellness of our residents. Enjoying two meals each day in our full-service dining room also offers two guaranteed opportunities to socialize. We have a private dining room and several lounges that can be used for special occasions, with the option for in-house catering.

ACTIVITIES

One of the greatest benefits of retirement living is belonging to a community where you can stay active and socially engaged. Each month there are regularly scheduled activities allowing for a comfortable amount of consistency and routine in every day, as well as a nice mix of interesting seasonal options to add a little flare to each month. We know firsthand that regular social interaction—building and maintaining friendships while participating in enjoyable activities—improves overall happiness, health, and wellness. Our goal is to give you opportunities to do what you love, try new things, and meet new people while also having the freedom to live as you choose! Choice is a big part of what makes retirement living such a fabulous lifestyle.

HOUSEKEEPING

With attention to detail, our housekeepers will clean for you every week. This includes your bathroom(s), dusting, vacuuming, and the laundering of flat linens and bedding change. Our common areas are decorated, cared for, and cleaned with the same thought and consideration as individual apartments. Our buildings are the foundation of what we provide our residents, and their proper maintenance is a priority.





Strategic Approach for Now

There comes a time in our lives when we crave a simpler lifestyle. A point when choosing a new home where enjoying life without the worries of household maintenance, grocery shopping, cooking, and cleaning seems like the perfect idea!

Retirement is a time to enjoy friends and participate in fun activities while letting someone else take care of the chores. Choosing a simple lifestyle like retirement living includes down-sizing and getting established in a supportive community that is active, safe, and secure. This strategy is the ideal way to set yourself up to age well now and in the future.

And the Future

Living in a supportive community lessens the impact of many challenges we face as we age. Having easy access to friends, activities, and healthcare professionals can improve the quality of one's life immeasurably. At The Berkeley, this is what it means to age comfortably and with peace of mind. Should you, at any time, need additional services to improve the quality of your life and support your independence, we offer the following:

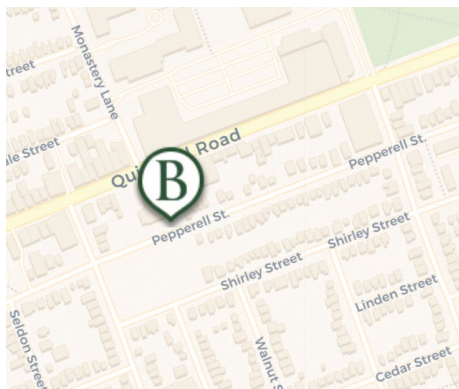
Additional Services

- » Third meal
 - » Beauty salon
 - » Extra housekeeping, laundry, and maintenance services
 - » Underground parking (in Halifax locations only)
 - » Guest meals
 - » Private dining and catered functions
 - » Medication administration
 - » Nursing services – insulin, B12 shots, stockings
 - » Foot care
 - » Personal care services
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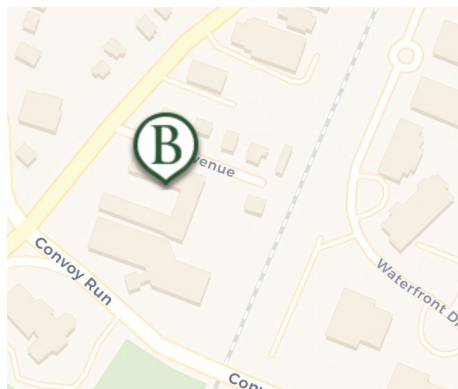
Locations



Pepperell

6240 Pepperell Street
pepperell@theberkeley.com

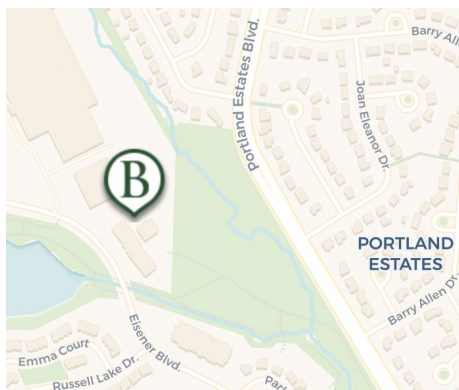
(902) 429-2222



Bedford

2 Convo Run
bedford@theberkeley.com

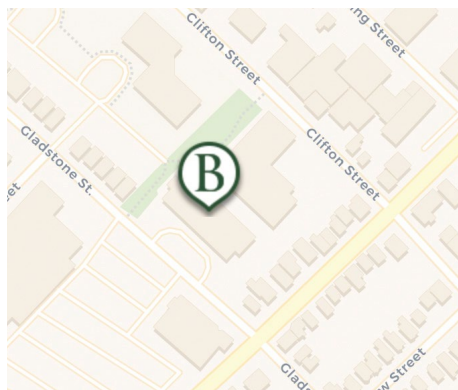
(902) 835-6222



Dartmouth

35 Eisener Boulevard
dartmouth@theberkeley.com

(902) 434-9415



Gladstone

2633 Gladstone Street
gladstone@theberkeley.com

(902) 492-3700



**FOR MORE INFORMATION AND
TO BOOK A TOUR, CONTACT:**

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