



Your **10** Parkdale Retreat COMMANDMENTS



1. Thou shalt play outside more often.
2. Thou shalt jam no more.
3. Thou shalt obtain awesome calf muscles.
4. Thou shalt make more eye contact.
5. Thou shalt make more friends.
6. Thou shalt excite your taste buds.
7. Thou shalt feel more peaceful.
8. Thou shalt find your green thumb.
9. Thou shalt get to know your neighbours.
10. Thou shalt smile more often.



Thou shalt play outside more often.

1

And why wouldn't you? The river, surrounding mountains, numerous pathways, stadiums and other Olympic-size amenities, that are a part of the glorious neighbourhoods comprising *Parkdale Retreat*, come together to provide a massive family playground. So grab your sunglasses and head outside to enjoy the big outdoors. Rollerblades are optional.

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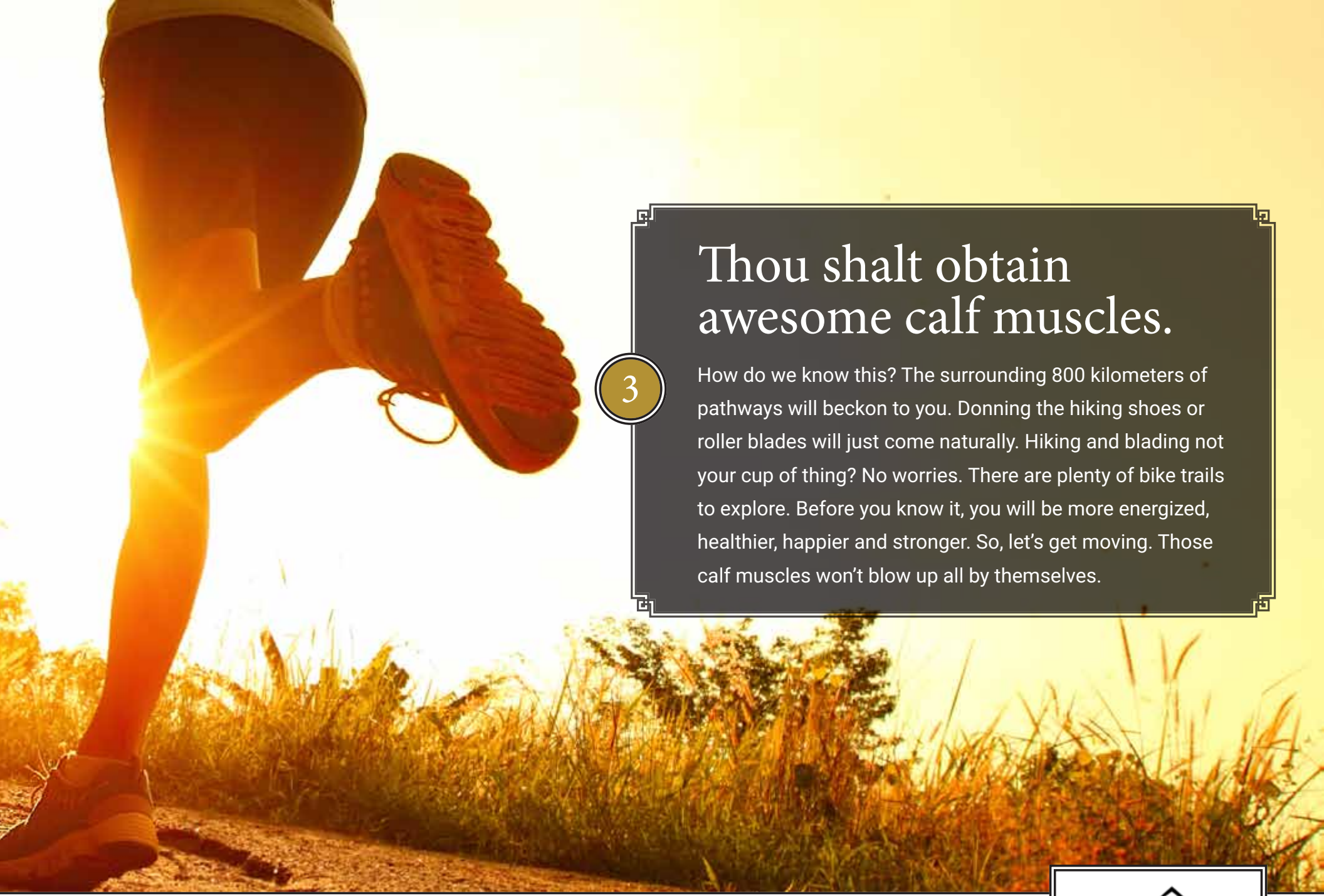
Thou shalt jam no more.

2

You can get on the highway in 5 minutes. It also only takes 5 minutes to get downtown. You know what that means; no more traffic jams! Of course we cant' control traffic lights, other drivers or the weather. Otherwise, we would give you a 5-minute-max guarantee. That disclaimer aside, we stick to the promise. Five minutes max gets you where you want to go.

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Thou shalt obtain awesome calf muscles.

3

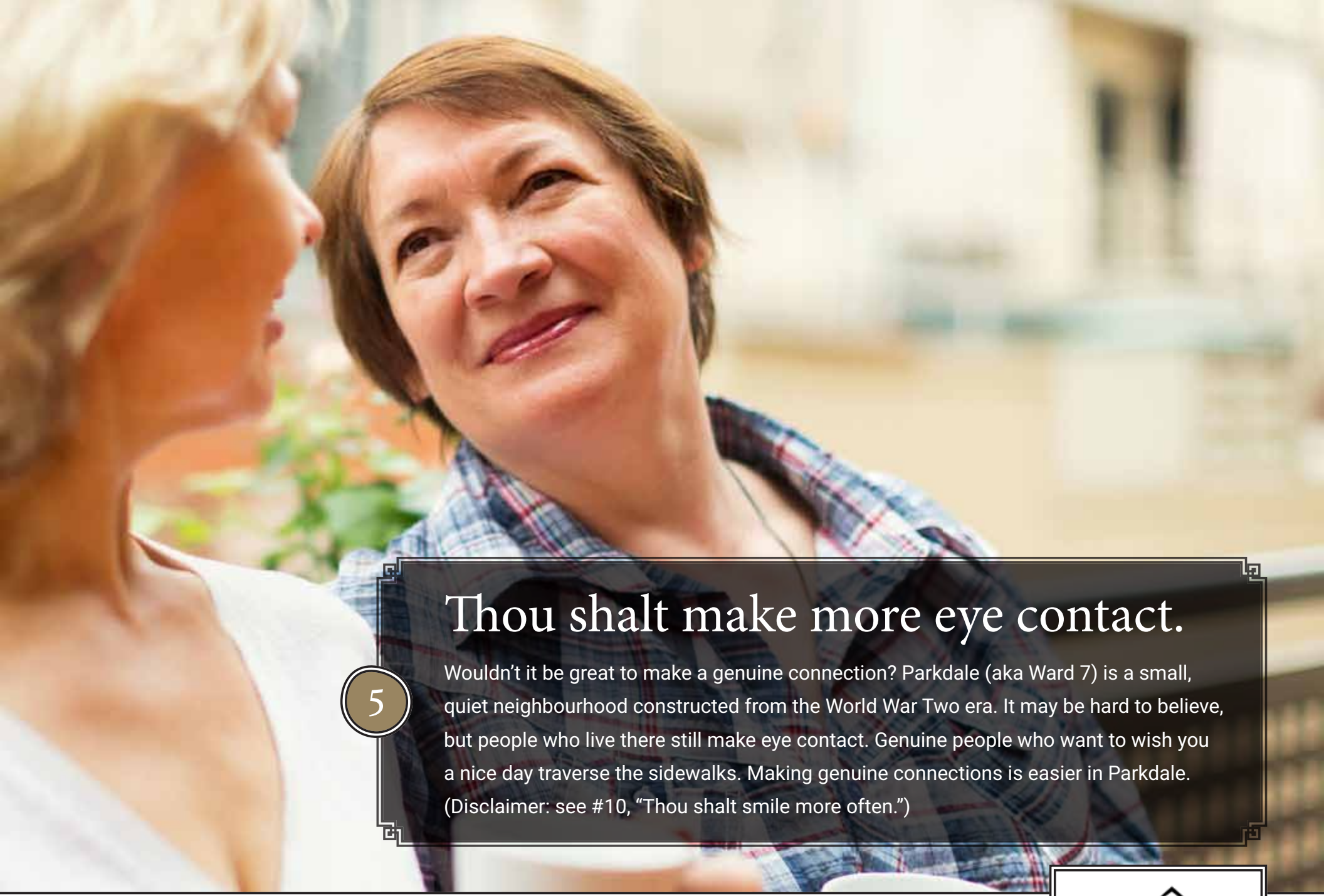
How do we know this? The surrounding 800 kilometers of pathways will beckon to you. Donning the hiking shoes or roller blades will just come naturally. Hiking and blading not your cup of thing? No worries. There are plenty of bike trails to explore. Before you know it, you will be more energized, healthier, happier and stronger. So, let's get moving. Those calf muscles won't blow up all by themselves.



Thou shalt make more friends.

4

Think of the neighbourhood as a throwback to the backyard fence. Lots of nice, interesting, neighbourly people are there to welcome you home. Don't believe me? Drop by the Parkdale Community Association. You'll be amazed at the range of *characters* (only in the good sense of the word) and activities you will find there.



Thou shalt make more eye contact.

5

Wouldn't it be great to make a genuine connection? Parkdale (aka Ward 7) is a small, quiet neighbourhood constructed from the World War Two era. It may be hard to believe, but people who live there still make eye contact. Genuine people who want to wish you a nice day traverse the sidewalks. Making genuine connections is easier in Parkdale. (Disclaimer: see #10, "Thou shalt smile more often.")



Thou shalt excite your taste buds.

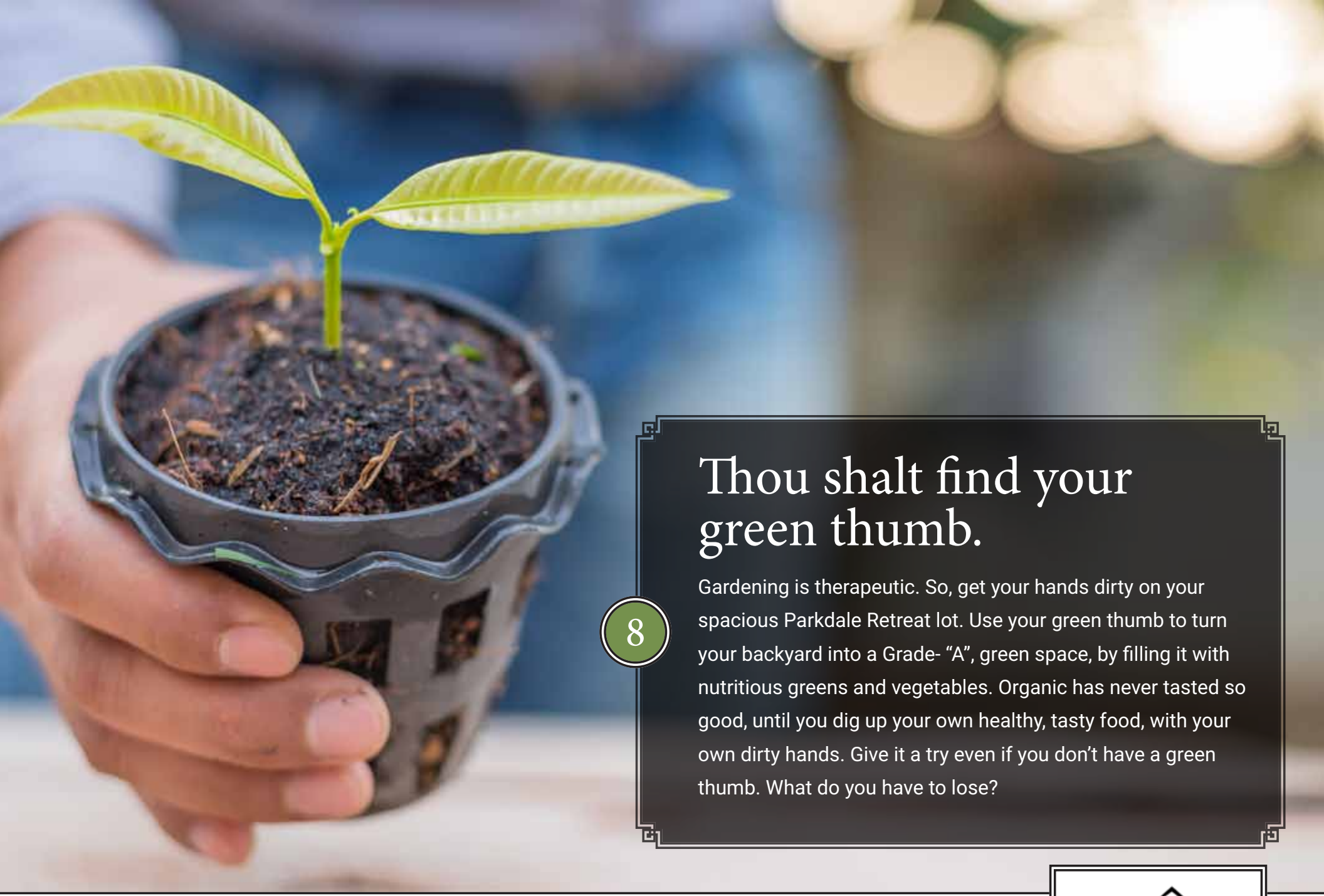
6 Kensington will wake up your taste buds and give your tongue something to talk about. Many highly recommended restaurants, grocery stores, bakeries and coffee shops find their home in Kensington. You will never run out of favourite places to haunt, and your taste buds will never be more satisfied. (Disclaimer: thou shalt watch over thy waistline. See #3 above.)



Thou shalt feel more peaceful.

7

What's more peaceful than the winding Bow River? You can see for yourself. Nothing quiets the mind like walking alongside the scenic river. Take a solitary walk, or entice your spouse to come along for a romantic stroll. Your dog wouldn't mind the outing either. Your path to serenity is waiting. Just cross the street and decide which direction the sun pulls you or the wind pushes you. You may not be up for a peaceful walk everyday. That's okay. Watching the sun rise or set above the river and mountains from your windows at home is equally rewarding.



8

Thou shalt find your green thumb.

Gardening is therapeutic. So, get your hands dirty on your spacious Parkdale Retreat lot. Use your green thumb to turn your backyard into a Grade- "A", green space, by filling it with nutritious greens and vegetables. Organic has never tasted so good, until you dig up your own healthy, tasty food, with your own dirty hands. Give it a try even if you don't have a green thumb. What do you have to lose?



9

Thou shalt get to know your neighbours.

People often say they don't know any of their neighbours. Let us ask you a question. Do your neighbours know you? Remember what your mother taught you; "to have a friend, you must be a friend". It is so easy to "be a friend" and gain new friends at Parkdale. Friendly, open neighbours are approachable. Simply reach out and get to know your neighbours. (Disclaimer: thou shalt be friendly. See #5 above.)



Thou shalt smile more often.

10

People who smile have fewer wrinkles than those who don't. Now, that's what I call "incentive". Prepare to have a younger, firmer face, since smiling is easy at your Parkdale Retreat.

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We feel certain that you will find it easy to follow your 10 PARKDALE RETREAT COMMANDMENTS.

After all, doesn't the neighbourhood sound like a little slice of Heaven? Parkdale almost eliminates the need for exotic, out-of-the-way vacations. People who live in Paradise are already there, living in exquisite homes. Parkdale neighbourhoods are scenic and private, but not so-out-of-the-way. Remember, it is close to highways, the downtown, and is also a stone's throw from the mountains and the beautiful, bending Bow River. The views are seductive, and the people sincere. It is an inspiring community where legacies are created.

But, don't take our word for it.

You owe it to yourself, to your family to at least check it out? Life is short, and time is passing much too quickly. Investigate Parkdale. You won't be disappointed.

