



Shaping Your Community

VOL. 1 PWB

WWW.SHAWLIFESTYLE.CA



SHAW LIFESTYLE
100C - 255 LACEWOOD DRIVE
HALIFAX, NS B3M 4G2

OFFICE: 902 445 6212
EMAIL: INFO@SHAWLIFESTYLE.CA



THE PARKS OF WEST BEDFORD

T: 902 832 1000

E: live@theparksofwestbedford.ca

EMBRACE NATURE AND ENJOY LIFE

Where neighbours soon become friends and together enjoy lush open spaces, tree-lined trails, and expansive parks. The Parks of West Bedford is carefully designed to seamlessly blend urban amenities with outdoor accessibility; all cradled between Kearney Lake and the Hammonds Plains Road.

Fall in love with our natural beauty and convenient location; experience exquisite properties with all the creature comforts for one to revel in. Enjoy a stunning home that blends modern craftsmanship with traditional design features for timeless appeal. Relax in a beautiful natural setting, while enjoying the convenience of downtown Halifax close by.

Welcome to The Parks of West Bedford. Explore our lifestyle, communities, and amenities.



Welcome

New to the community?

Take a moment to check out our website www.shawlifestyle.ca to learn about all the wonderful things Shaw Lifestyle has to offer. Any questions about our upcoming events?

Call 902 445 6212 or send an email to info@shawlifestyle.ca

Upcoming Events

October - December

MOVIE NIGHT
WALKING CLUB
LET'S COOK
HIKING
PUMPKIN CARVING

HALLOWEEN BLOCK PARTY
SOCIAL NIGHT
WINE & CHEESE
TREE LIGHTING
SANTA COMES TO THE PARKS



“You must do the things you think you cannot do.”

- Eleanor Roosevelt



Fun Facts Five

- 1 Pteronophobia is the irrational fear of being tickled by feathers.
- 2 The average woman uses her height in lipstick every five years.
- 3 Bananas are curved because they grow towards the sun.
- 4 Bob Dylan's real name is Robert Zimmerman.
- 5 A crocodile can't poke its tongue out.

SAVE THE DATE



Unique cooking classes
REGISTRATION ONLY
OCTOBER 2ND
NOVEMBER 28TH
DECEMBER 11TH

LIFESTYLE ON LOCATION

Every Wednesday
& Thursday
WEEKLY ACTIVITY
10^{AM}-12^{PM}
THURSDAYS:
CASCADES COMMUNITY
PLAYGROUND
FRIDAYS:
TYLER SAMPSON PARK

SANTA COMES TO THE PARKS

Seasonal
RETURNING ACTIVITY
DECEMBER 15TH
DECEMBER 16TH

Halloween BLOCK PARTY

Seasonal
RETURNING ACTIVITY
**CASCADES AND
WATERBERRY:**
OCTOBER 28TH, 3-5^{PM}
STONINGTON:
OCTOBER 31ST, 6-8^{PM}

Cocoa Pesto
CATERING

Inquiries
HRM: 902-420-1614
Valley: 902-472-7200
info@cocoapesto.com

Address
Cocoa Pesto at the Woodshire Inn
494 King Street, Windsor, NS
902-472-3300

We go everywhere.

Specializing in tasty hors d'oeuvre and sumptuous, mobile meals for corporate luncheons, wedding ceremonies, garden parties and more!

We do it for the challenge ... We can provide a feast anywhere, specializing in extreme locations. Catered menus are personalized to each occasion and reflective of the season.

Thanks for Coming



Social Night

“HERE’S TO THOSE THAT
INSPIRE YOU AND
YOU DON’T EVEN KNOW IT”



Let’s Cook! Pasta Night



Hike Hobson’s Lake



Movie Night



**Wheels in West Bedford
Food Truck Rally**



Discovery Centre



Slip n’ Slide



rooftight
homes for real life

Established in 1995, Rooftight has been in the business of building houses for over two decades. What stands out the most about this builder and through the test of time is that they don't just build houses, they build homes. They are a firm believer that "your new home should be uniquely yours before you're handed the keys" – and it shows through their work. Their homes focus on functionality, sensibility, and are breathtakingly beautiful. Not to mention their clients are a part of the entire process.

Michelle Reid, an award-winning designer, enables Rooftight to proudly offer a personalized selection process. From timeless, classic elements to arising trends, she guides clients through their selections, providing opportunities to personalize their homes at every stage. Thus, a client's house truly becomes their custom home.

Scott Smith, President, and founder of Rooftight Construction Limited handpicked his entire team to help bring his clients' vision to life. He diligently selected project managers, builders, electricians, a designer and even technology installers. From the beginning of the home building process, Rooftights' clients are getting the best of the best. His experience and level of craftsmanship have solidified Rooftight's reputation as Halifax's most sought after and respected builder.

ISSUE HIGHLIGHT

THE BUILDERS

That create our wonderful communities



"We would not hesitate for a second to build with Rooftight again"

"Our family cannot thank Rooftight enough for our experience and we will continue to praise them to any other families in the market for a custom home."

"Working with all of you has been one of the coolest experiences having such a handprint in our dream."

-Rooftight Homeowners-

Rooftight is a two-time winner of the Peter Kohler Peak Awards for Builder of the Year, most recently won in 2017.

For design inquiries:

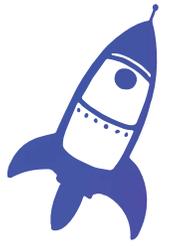
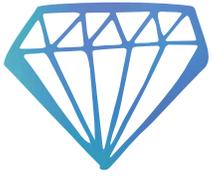
Michelle Reid
michelle@rooftight.ca
902-456-4429

For sales inquiries:

info@rooftight.ca

Location:

87 Innsbrook Way
Bedford, Nova Scotia
B4B 0X8 Canada

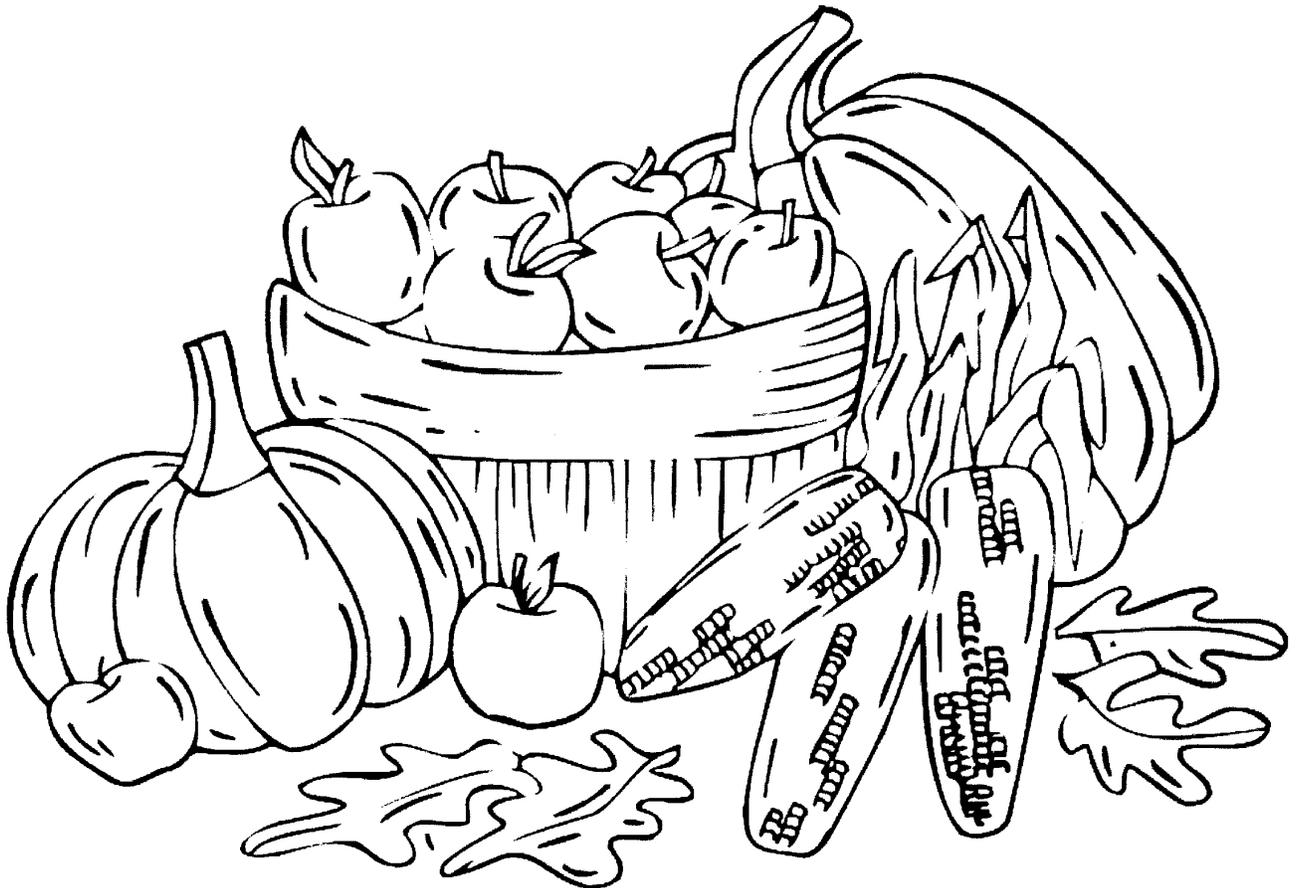


Kids Corner



SHAWW

Lifestyle



Happy Belated Birthday

Hazen Grant

Love Joanie & Star



SHAW LIFESTYLE PERKS



25% OFF
CUSTOM
PORTRAITS

USE DISCOUNT CODE
'WESTBEDFORD'
AT CHECKOUT

Exclusively for Residents of The Parks of West Bedford
October 1st - December 20th



Doon Moon Shop
Custom illustrations

Website etsy.com/shop/doonmoon
E-mail doonmoonshop@gmail.com
Facebook [@doonmoonshop](https://www.facebook.com/doonmoonshop)
Instagram [@doonmoon_](https://www.instagram.com/doonmoon_)

**DON'T
FORGET!**

SHAW

Lifestyle

Shaping *Your* Community

Event information, forms and a full calendar of events can be located on our website at www.shawlifestyle.ca



Keeping you moving in life and sport

At MOVE Physiotherapy we are committed to health, lifestyle and quality of life. Our vision is to be a leader in movement therapy and in doing so, help our community members lead healthy and meaningful lives.

Address

1181 Larry Uteck Boulevard
Bedford, NS
Canada

Hours

Monday—Thursday: 7am—7pm
Friday: 8am—5pm
Saturday—Sunday: open for group
classes and seminars on a
scheduled basis.

Inquiries

902-832-6699
info@movephysio.ca

WANT TO BE FEATURED IN OUR NEXT ISSUE?



Connect with Shaw Lifestyle's
Lifestyle Coordinator

Joanie O'Leary

902-445-6212
info@shawlifestyle.ca

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SHAW
Lifestyle

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