



Welcome to Micro Boutique Living!

We thank you for choosing to stay with us.

We look forward to making your stay a very pleasant one.

Please call on us if we can help in any way: **1-888-501-2325 / 1-902-405-8252**

Or email at: [booking@microboutiqueliving.com](mailto:booking@microboutiqueliving.com)

The Staff & Management

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### **WiFi Information**

Connection Name: **Antigonish MBL - Hotel Guest**

Password: **Wireless1**

### **Housekeeping**

Housekeeping service is provided daily. Special needs or extra amenities are available upon request. Should you need any assistance during your stay, please contact us via email or phone our Virtual Front Desk™ at the numbers below. Front Desk hours are from 9:00 am to 5:00 pm. Alternatively, please see the "Need Assistance?" section of our website at <http://www.microboutiqueliving.com>.

**1-888-501-2325 or 1-902-405-8252.**

A complimentary phone line is available in the main lobby area should you require it.

### **In-Room Features**

Your guest room comes with a number of amenities and appliances. If you have any questions regarding the operation of these items, please refer to the following information.

**Television** – In the event there is no picture please ensure that the TV is powered on and set to HDMI 1. Also ensure that your digital cable box (mounted directly behind the television) is powered on. Please see the back of this booklet for a guide to the available channels.

### **Microwave/Convection Oven**

For convection cooking:

1. Press the **Convect** pad once
2. Press the temperature key to select the temperature you need. Do not enter cook time now. (The cook time will be entered later, after the oven is preheated.)
3. Press **Start/+30SEC.** pad to start preheating. (When the oven is preheated, it will signal)
4. Place the food in the oven. Press the number keys to set cooking time.
5. Press **Start/+30SEC. to start cooking.** When the cooking is complete the oven will signal and turn off.

**Air Conditioning and Heating Unit** – The AC and heating unit is controlled by this remote. To turn on the unit, press the **ON/OFF** button. Available modes of operation are: Auto, Cool, Dry, Fan and Heat which can be selected by pressing the **MODE** button until the black arrow is beside the option you choose. Temperature can be increased and decreased by pressing – or + buttons. You can adjust your fan speed by pressing **FAN** until you reach the desired speed (there are 3 speeds available).



**Shower** – Please refer to the photos as to which shower you may have in your suite.

The shower features 2 water flow areas: the upper shower head and the hand-held wand. You can adjust which setting the shower is on by looking at the imprints on the first of the two knobs. The bottom of the two knobs is used to turn on your water and to adjust the temperature.



The panel above the dials controls the lighting in the shower and an interior fan. Please note that the audio function is not operational.



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The panel above the dials controls the lighting in the shower and an interior fan. Please note that the audio function is not operational.

Due to manufacturer weight restrictions, it is not recommended that anyone over the age of 10 sits on these shower seats.



If you find you are still having difficulties, please call our Virtual Front Desk™ between 9:00 am to 11:00 pm and we will be happy to assist you:

**1-888-501-2325 or 1-902-405-8252.**

Please do not do so while you're taking a shower!

## **Laundry Services**

A laundry room is available on each floor. The machines are coin operated and accept loonies, toonies and quarters. Each wash/dry is \$2.00. Complimentary irons and ironing boards are also available in this location.

## **Travellers with Disabilities**

If you require an accessible room, you can assist us in meeting your needs by making advance reservations and requesting an accessible room as well as letting our booking staff know of your individual requirements. If you encounter any unforeseen barriers during your stay, please contact us right away.

## **Smoking Policy**

Micro Boutique Living is committed to providing our guests with a smoke-free environment; smoking of *any* kind is prohibited anywhere inside the building, including on the balconies. If it is clear that smoking has taken place in a suite a **\$250.00** charge will be levied to cover deep-cleaning expenses. Guests who have been smoking will be asked to leave the premises immediately.

As per local bylaws, all smoking needs to be a minimum of 3 meters away from the building.

## **Medical Services**

<b>Emergency Services</b>	911
<b>Local Medical Center</b>	902-867-4500
<b>Dental</b>	902-863-6050

## **Taxi Service**

<b>Tartan Taxi</b>	902-870-0720
<b>M&amp;M Taxi</b>	902-863-6666

## **Health and Wellness**

### **Asana Yoga and Massage**

(On Location)

<b>Website</b>	<a href="http://www.asanayogamassage.com">www.asanayogamassage.com</a>
<b>Phone</b>	902-735-7355

### **Goodlife Fitness**

<b>Website</b>	<a href="http://www.goodlifefitness.com">www.goodlifefitness.com</a>
<b>Phone</b>	902-735-8348

## **Beauty**

### **Essential Elements**

<b>Website</b>	<a href="http://essentialelementshair.ca">http://essentialelementshair.ca</a>
<b>Phone</b>	902-870-2556\

**Vivid Hair and Body**

Website <https://vivid-hairstudio.com/>  
Phone 902-867-2888

**Local Attractions****Steinhart Distillery**

Website <https://www.steinharddistillery.com/>  
Phone (902)-863-5530

**Peace By Chocolate**

Website <https://peacebychocolate.ca/>  
Phone 902-867-0201

**Festival Antigonish Summer Theatre**

Website <http://festivalantigonish.com>  
Phone 902-867-3333 or 1-800-563-PLAY

**Provincial Parks**

Website <https://parks.novascotia.ca/content/parks-by-region>  
Phone 902-863-4513

**Tuna Interpretive Center**

Website [www.novascotia.com/see-do/attractions](http://www.novascotia.com/see-do/attractions)  
Phone 902-863-8162

**Antigonish Heritage Museum**

Website [www.heritageantigonish.ca](http://www.heritageantigonish.ca)  
Phone 902-863-6160

# TV Channels

AMI Audio	887	CPAC English	864	ICI RDI	1022	Weather Network	745
AMI Tele	889	CPAC French	1014	LINK	599		
AMI TV	888	CTV	603	Provincial Legislature	630		
APTN	631	Eastlink TV	610	TV5	1032		
CBC	601	Global	602	TVA	1018		
City	604	ICI Radio-Canada Télé	1017	UNIS	1031		

Channel Name	Channel Number	Channel Name	Channel Number
A&E	815	Paramount Network	816
ABC	620	Peachtree TV	820
Afroglobal Television	886	PBS	624
AMC	669	Showcase	814
Bravo!	817	Slice	640
CBC News Network	852	Space	818
CBS	621	Sportsnet 360	712
CMT	881	Sportsnet ONE	704
CNN	853	Sportsnet East	700
The Comedy Network	819	Sportsnet Ontario	701
CTV News Channel	851	Sportnet Western	702
Discovery Channel	779	Sportnet Pacific	703
Disney Channel	752	Stingray Ambiance	600
Disney Junior	765	Stingray Music (40 Channels)	900-946
Disney XD	766	TCM	668
Family Channel	755	Teletoon	758
Family CHRGD	757	TLC	641
Family Jr	748	Treehouse	746
Food Network Canada	649	TSN 1	707
FOX	623	TSN 2	711
FX	667	TSN 3	708
Golf Channel	714	TSN 4	709
HGTV Canada	646	TSN 5	710
History	777	US Super KTLA Los Angeles	633
HLN	854	US Super WGN Chicago	635
MUCH	883	US Super WPIX New York	632
National Geographic Channel	780	US Super WSBK Boston	634
NBC	622	W Network	648
OLN	821	YTV	756
OWN	645		