



Assisted Living, Closer Care & Memory Care

Beaverdale Bulletin

Family

This last month went really fast. It just felt like yesterday we were moving in our first residents. This year will be year of firsts. First resident, first Thanksgiving, first month and now first Christmas. So far, we have been growing as a community and learning how to become a close family. During this time of year, we like to be close to our loved ones and enjoy each other's company. Typically, when family comes over it gets too crowded and not a lot of space. Here at Edencrest at Beaverdale we have the space. We want to celebrate your family gatherings here. We have a lot of open space, a rec room with a pool table, café bistro, several TV's and games. Have your next family gathering here. The residents and staff love having visitors. Sam Patterson—Manager

Come in to see our new community!

Did you know that a \$200 deposit will secure an apartment of your choice today? A Call Sam or Nathan today at 515-777-5105.

SCHEDULE A TOUR Today!

For more information or to reserve an apartment:

515-777-5105 www.welcomebd@edencrestliving.com



Edencrest™

AT BEAVERDALE

3410 Beaver Ave | Des Moines, IA 50310 | 515-777-5105 | EdencrestLiving.com

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UPCOMING Events in December:

Live2B Healthy every M,W,F at 10:45am

Flag Raising and dedication –Dec 7th at 2pm

Iowa State Capitol Tour - Dec 8th at 2pm

IA Dept of Public Health Presentation –Dec 13th at 1:30pm

Holiday Meal and family activities RSVP Dec– 26th at noon

New Year's Eve Watching the Ball drop Dec—31st at 1145pm

We host a minimum of 6 scheduled activities a day in our community. Families and friends are always welcome. Please come and join us.

Look at the event calendar for more information and details.

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Older is the better

By: Sam Patterson

I was reading an article the other day from www.good-sam.com. The Good Samaritan Society provides helpful information about seniors and provides health and well-being education around the world. This article I would like to share in part is about why “Older is the new Better”. This is from a seniors prospective in humor of course.

The population is aging by the day. As you get older you don't have to work or use your alarm clock ever again. You are no longer in a hurry to do things anymore. You can enjoy your grandkids and spoil them and send them home. The best part is you no longer have to change anymore diapers.

You don't have to do the dumb things you had to do when you were young. You don't need to find a babysitter when you are going out. Most of the time you don't have to cook, mow the lawn or push snow any more.

You can be lazy and not get scolded for it. Naps are more common now. You can wear mix-and-match colors and not be criticized. Every time you are eating out you get a senior discount.

Your love for your family gets stronger. Younger people give you more hugs than ever before. People open the doors for you. At the end of the day.

At the end of the day you have more freedoms than every before . People around you want to help you and honor you for being who you are.

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JOIN OUR E-MAIL LIST!

Keep apprised of all the latest updates and information regarding Edencrest at Beaverdale (and any of the other Edencrest Communities) by contacting us at 515-777-5105 or welcomebd@edencrestliving.com. We send out regular communications, informational events and celebrations!

Live 2B Healthy

Come join us for our Live 2B Healthy classes every Monday, Wednesday, and Friday at 10:45am. This is where you can learn to be more flexible, stronger in your daily life. This is free for any family, friends and any community members. No reservation needed. Just show up! Hope to see you here.

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