



*Assisted Living, Closer Care & Memory Care*

*Beaverdale Bulletin*

**The best of the best**

What does that mean to be the best of the best? People matter. Paying attention to details . As a brand Edencrest is going to take podium finish. We will know in about a month what place the city of Des Moines has placed us. Our philosophy is "Rolling out the Red Carpet for YOU". We are a service orientated company first that happens to be in the senior housing and medical business. Let us show you what that looks like. 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](http://www.welcomebd@edencrestliving.com)**



**Edencrest™**

AT BEAVERDALE

3410 Beaver Ave | Des Moines, IA 50310 | 515-777-5105 | [EdencrestLiving.com](http://EdencrestLiving.com)

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**UPCOMING Events in December:**

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

Live 2B Healthy every M, W, F 10:45am

Jan 4<sup>th</sup> Metro Friends – 830am in Café Bistro

Jan 4<sup>th</sup> Jonathan May Magic Show

Jan 7<sup>th</sup> Rev Dawn Ingram -Echo Church – Worship Service -3pm

Jan 17<sup>th</sup> IA Dept Public Health Presentation- Response Teams – 230pm

Jan 19<sup>th</sup> Trip to Salisbury House

Jan 29<sup>th</sup> Helene Viall -Piano Musical -2pm

**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.**

**Fitness & Fun**

By: Sam Patterson

Edencrest at Beaverdale sponsors free fitness classes for the community. We offer this not only to our residents but to our neighbors, extended families and friends at no cost. Why do we do this? It's not only a great way to improve your balance, energy and strength but it's a way to connect and socialize with others at the same time.

Key Features of the Live 2B Healthy program:

- ◆ Designed specifically for seniors
- ◆ Instructors are Certified
- ◆ Customized to the group
- ◆ Safe and effective for everyone
- ◆ Fun together on a regular basis

After the class stay for a cup of hot chocolate, coffee or a drink of our choice on us. Not only will you improve your strength, balance and flexibility. You will stay hydrated while improving your mood by socializing and lowering your stress.

**Please come and join our exercise program.**

**Monday, Wednesday & Friday 10:45am-11:30am.**

**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!

**Social Activities**

Did you know we offer 6 Life Enrichment Activities every day? This is free for any family, friends and any community members. No reservation needed. Just stop by or print off our calendar. Hope to see you here.

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## Dreams Come True



Met Joe, he has lived at Edencrest at Beaverdale since we opened on Nov 1<sup>st</sup>. While talking with Joe during our Fall Foliage Tour, he mentioned that he had always wanted to take a tour of the Capitol Building. I spoke with his wife, Jackie later on, and she said she had worked in the Capitol Building many years ago, and would love to help us make this Joe's "Dare to Dream". So the Life Enrichment Coordinator at Edencrest at Beaverdale put together a tour. Joe, Jackie & their daughter Julie and a few other residents toured the Capital Building.

They learned about the history of the building. They saw the Library where Joe commented on how many books there were. They enjoyed the beauty of the gold leaf, the paintings and mosaics, and the supreme court judges' bench. Joe really enjoyed the entire tour. When asked what his favorite part of the tour was, he said, "all of it!" Jackie really enjoyed sharing the moment with Joe being back in the Capital and seeing the changes from when she was in it decades ago.

Pictured" Joe, Julie,  
Sara and Jackie



Pictured" Sara, Sam, Joe  
and Jackie in front of the  
Capital.



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