



Assisted Living, Closer Care & Memory Care

Beaverdale Bulletin

Fun & Activities for Seniors

Play is more important and how to do more of it. Do your ideas about activities for seniors need an inspiring lift? You wouldn't be the first person to say yes. After all, it's sometimes easy to forget how much fun life can really be—regardless of your age. Joyful pursuits are what make us feel truly alive, engaged, and connected. The world becomes more vibrant and inviting when we give ourselves permission to play.

What is Fun Anyway?

So, what's the best way to define *fun*? Maybe we should think of it this way: Fun is the intense enjoyment you feel when doing a voluntary activity that offers a consuming sense of positive engagement. Sometimes, it's the result of being free to play without expectations or the pressure of potential consequences, much like children do. And, of course, fun is the complete opposite of boring. Fun lightens your heart.

Why is Play Important for Seniors?

Here's where the subject of fun and play gets really interesting. The importance of play can't be overstated. That's true for everybody, but it might be particularly true for seniors. After all, in our later years, many of us become more prone to issues that can affect our health and happiness. So any activities that can help us restore or prolong our vitality are essential. Having fun is a lot more powerful in that regard than most people probably realize.

In fact, scientific studies continue to show that play and fun activities—for older adults or people of any age—can have several major benefits. For example, play has the power to help: Improve how your brain works, Heal, establish or maintain relationships, Improve your mental and emotional well-being and extend your life and improve your physical vitality.

As you can see, play should be a major part of life for everyone. We can all probably use many more experiences of pure child-like joy. It's who we are, no matter our age.

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!



Edencrest™

AT BEAVERDALE

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

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UPCOMING Events

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

Catholic Communion every Tuesday at 10am

Music Speaks is scheduled every week.

Bingo is every M,W,F at 1:00pm

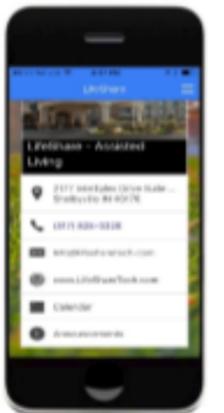
Bible Study is scheduled every Thursday at 3:30pm

Happy Hour is every Friday at 4:00pm

Game night every Tuesday at 6:00pm

Current Residents and Families:

Download the Life Share App on your phone or IPAD. This will give you the full activities schedule and menus and much more.

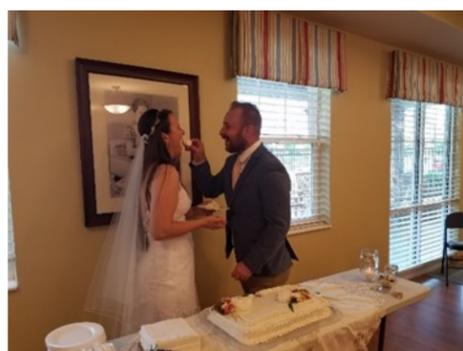


We host a minimum of 6 scheduled activities a day in our community. Families and friends are always welcome. Please come and join us. Look at the event calendar for more information and details.



Today was all about Ramona. Getting up early, getting her hair done putting on fancy clothes. Picking out her hat. On Saturday August

20th, 2018 was the first wedding held at Edencrest at Beaverdale. Ramona was unable to attend the initial wedding about a month ago because of the location and her health. The family contacted the minister, bridesmaids and groomsmen. Jack, Ramona's husband walked the bride down the "isle". They recited their vows and exchanged rings. We had cake and juice for the reception. They were able to get several family photos. Ramona was so excited! She was helped up to her feet and danced with her husband while the violinist played in the background. There were smiles all around!



Meet our Management Team



Sam Patterson
Manager



Karen Beck
Healthcare Coordinator



Nathan Deutmeyer
Community Relations
Coordinator



Nichole Mitchell
Culinary Coordinator

Not pictured:

Julie Smith -
Life Enrichment Coordinator

Jaci Wilcox—Nurse



Larry Cox
Maintenance
Coordinator

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