

Exploring, Engaging, and Embracing Life

How Edencrest Keeps Seniors Active and Thriving

At Edencrest Senior Living, we believe that a vibrant, active lifestyle is the cornerstone of healthy aging. Staying engaged physically, socially, and mentally not only boosts health but also enriches the quality of life. That's why we prioritize offering our residents unique opportunities to explore the great outdoors, participate in fun community outings, and stay physically active through our partnership with Fox Therapy.

The Joy of Exploring: Trips to Local Botanical Gardens and Pumpkin Patches

There's nothing quite like the beauty of nature to lift the spirit and invigorate the mind. At Edencrest, we regularly organize outings to local botanical gardens where residents can stroll among blooming flowers, enjoy the tranquility of lush landscapes, and reconnect with the natural world.

These visits aren't just about the scenery—they're a chance to engage all the senses. The fresh air, vibrant colors, and calming sounds of nature create a therapeutic experience that fosters relaxation and mental clarity. Residents often share stories about their own gardens or recall fond memories of springtime planting, sparking joy and conversation along the way.

Sometimes, we don't even need to leave our little neighborhood, and we bring the Farmers Market to our front door. Residents are encouraged to bring their own creations, purchase from local businesses and enjoy the fruits (literally) of their adventures! [Check out our Green Meadows event & hear about our heart for community!](#)



When autumn rolls around, we embrace the season with trips to local pumpkin patches. These outings are always a hit! Residents can pick pumpkins, sip on warm cider, and even participate in fun activities like hayrides. The pumpkin patch visits bring out the childlike joy in all of us, creating new memories while celebrating timeless traditions.

Staying Active with Fox Therapy

Maintaining physical health is crucial to living well, and our partnership with **Fox Therapy** ensures residents receive top-notch support to stay active and strong. Fox Therapy offers tailored exercise programs that focus on improving mobility, strength, and balance—all critical elements for preventing falls and maintaining independence.

Our group fitness sessions, led by experienced therapists, combine physical activity with fun. Whether it's gentle yoga, guided stretching, or strength training, each class is designed with our residents' needs in mind. The group setting adds a social element to exercise, helping to build friendships and make fitness enjoyable.

By choosing Edencrest Living, seniors don't just find a place to live—they find a community that supports active, healthy aging. Visit [Edencrest Living](#) to learn how we create an environment where every resident can stay strong, independent, and engaged for years to come.

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Fox Therapy's approach isn't just about the physical benefits. Movement is also a powerful mood booster, helping to reduce stress and enhance overall well-being. Our residents often leave these sessions with smiles on their faces, feeling refreshed and ready for the day.

Game On!

Just because you're not running the bases anymore doesn't mean you can't still hit a homerun. Our 10 communities are known for their competitive, and boisterous Bean Bag Baseball teams! Whichever team you're on, you're going to have a great time swinging for the fences!

Social Connections and Self-Care

Wellness at Edencrest goes beyond physical health. We understand the importance of social and mental well-being, too. Our outings to community events, shopping trips, and group activities help residents maintain a strong sense of connection and purpose.

Our self-care programs also play an important role. We encourage residents to indulge in activities that make them feel good—whether it's a visit to our on-site salon for a fresh haircut or participating in arts and crafts sessions that ignite creativity. When you feel good on the outside, it often enhances your inner well-being, promoting confidence and happiness.

The Edencrest Approach: A Holistic View

By blending nature outings, structured fitness programs, and community engagement, Edencrest offers a holistic approach to senior health and wellness. Our goal is simple: to help residents enjoy each day with a sense of fulfillment, joy, and independence.

Every trip to the botanical gardens, each pumpkin patch visit, and every movement class with Fox Therapy is a step towards a happier, healthier life. At Edencrest, we're not just creating a safe and comfortable living environment—we're cultivating a community where life is celebrated, and every resident feels valued and vibrant.

For more information about our active living opportunities and to join us on our next adventure, visit edencrestliving.com or follow our stories on [Facebook](#) for a glimpse into the vibrant life at Edencrest!

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