



FIND YOUR
APEX

A GUIDE TO HOLISTIC WELLNESS AT EDGEWOOD



**YOUR
LIFE.
YOUR
GOALS.
YOUR
APEX.**

“The only person you should try to be better than is the person you were yesterday.”

—Matty Mullins



Apex: The highest or culminating point. It might be a mountaintop. Or a hilltop. Either way, it symbolizes a goal. And at Edgewood, APEX is a holistic approach to wellness that's about empowering you to set your own goals and pursue your highest potential for whole-person wellness. It's not just about physical health — though a strong, healthy body makes everything else easier. Total well-being also includes cognitive and mental health, emotional and spiritual well-being, a sense of purpose, social opportunities, and a living environment that enhances your quality of life.

What does successful aging mean to you?

Edgewood is designed to provide an environment for successful aging — however you choose to define it. That's why APEX is personal, flexible, and self-directed. It's an active and ongoing process of choosing what most feeds your mind, body and spirit. Our goal is to make life-enhancing programs and resources available to you in an active, vibrant and supportive community that makes it easier to reach your goals.



Wellness experts describe seven dimensions or areas of focus that help to create a full, balanced life and an overall sense of well-being. It's never too late to pursue your goals in any area, and even small steps can yield big results over time. So, no matter what you've been thinking of pursuing, today is a good day to begin.



EMBRACE A MULTIDIMENSIONAL APPROACH TO WELLNESS.



Physical Health

Your body needs regular exercise, good nutrition, and adequate sleep to function at its best. We make it easy with personal training, fun group fitness classes, a campus conducive to outdoor recreation, and comfortable residences.

Cognitive Health

The adage “use it or lose it” certainly applies to brain health. Edgewood offers a popular, resident-led lifelong learning program, musical opportunities, art classes, book clubs and other interest groups, outings to museums and performances, and more.



Spiritual Well-being

Spiritual wellness can look different for everyone. For some, it's a sense of meaning and purpose. For others, it's connecting to something larger than themselves through prayer or meditation. Or, it may be as simple as cultivating a mindset of gratitude, spending time in nature, and showing compassion to others.

Mental and Emotional Health

Being emotionally well is the ability to manage your feelings — whether positive or negative — and face life's challenges with confidence and resilience. Positive, healthy relationships help, as do self-care, compassion, and a sense of purpose. It's also important to know when to seek professional help.



Vocational Wellness

Being retired or semi-retired doesn't diminish the need for a sense of purpose and some form of meaningful work. Volunteering, mentoring, or even leading a lifelong learning program are all ways to use your talents, skills, and knowledge while helping others in the process.



Social Wellness

Social wellness is about creating and maintaining a healthy support network. At Edgewood, social events, meals, happy hours, interest groups, exercise classes, and The Great Lawn create opportunities for connection.

Environmental Wellness

The quality of your environment impacts your quality of life. Edgewood supports wellness by making healthy choices convenient. In addition to comfortable homes, our picturesque campus promotes daily interaction with the natural world.

GET IN THE GROOVE. FIND YOUR FLOW. BE WELL.

You know that feeling when you love what you're doing and it feels right to you? It's when you look forward to the things you have planned for your day. When you feel engaged and energized. Productive and fulfilled. When taking a small step makes you want to keep going — growing and challenging yourself, and even surprising yourself with all that you're able to do. That's the feeling when you're in the groove and you've found your flow. That's whole-person wellness. That's your APEX.

"You are never too old to set another goal or to dream a new dream."

—C.S. Lewis



ENDLESS OPPORTUNITIES. MULTIPLE BENEFITS.

Edgewood offers varied programs and resources that support growth and progress in all dimensions of wellness. The chart on the following page shows just some of the many opportunities you'll find to build holistic wellness into every part of your life. And you might even be surprised to learn that something you already love doing is benefiting you in a multitude of ways.



WELLNESS OPPORTUNITIES	PHYSICAL	COGNITIVE	SPIRITUAL	MENTAL/ EMOTIONAL	VOCATIONAL	SOCIAL	ENVIRONMENTAL
Farm-to-table dining with healthy menu options	●	●		●		●	●
Light-filled fitness center with strength and cardio equipment, indoor pool and whirlpool	●	●		●		●	●
Personal training	●	●				●	
Group exercise classes	●	●		●		●	
Tai chi and yoga classes	●	●	●	●		●	
Rokous Center	●	●					●
Health education programs	●	●		●		●	
Paved walking paths and wooded trails	●	●		●		●	●
Resident-led walking/hiking/cycling/snowshoeing groups	●	●		●	●	●	●
Billiards	●	●				●	
Lifelong learning programs		●		●	●	●	
Resident-led clubs and interest groups	●	●	●	●	●	●	●
Discussion groups		●	●	●	●	●	●
Game groups		●		●		●	

WELLNESS OPPORTUNITIES	PHYSICAL	COGNITIVE	SPIRITUAL	MENTAL/ EMOTIONAL	VOCATIONAL	SOCIAL	ENVIRONMENTAL
Art classes and art shows	●	●	●	●	●	●	●
Woodworking shop	●	●		●	●	●	
Resident committees	●	●			●	●	●
Meditation and mindfulness classes	●	●	●	●		●	
Interfaith services and prayer groups		●	●	●		●	
Coffee chats		●		●		●	
Holiday and birthday celebrations		●	●	●		●	
Movie nights		●				●	
Resident gardens	●	●	●	●	●	●	●
Musical groups and performances	●	●	●	●	●	●	●
Volunteer opportunities	●	●	●	●	●	●	●
The Great Lawn: bocce, horseshoes, badminton, meditation garden, firepit, outdoor kitchen & dining	●	●	●	●		●	●
Kayaking on Lake Cochichewick	●	●	●	●		●	●
North Andover Trail System	●	●	●	●		●	●

“Aging is not ‘lost youth’
but a new stage of opportunity and strength.”

BETTY FRIEDAN



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