

# Welcome to Peak Living.



**ABERDEEN RIDGE**

A PMMA Community

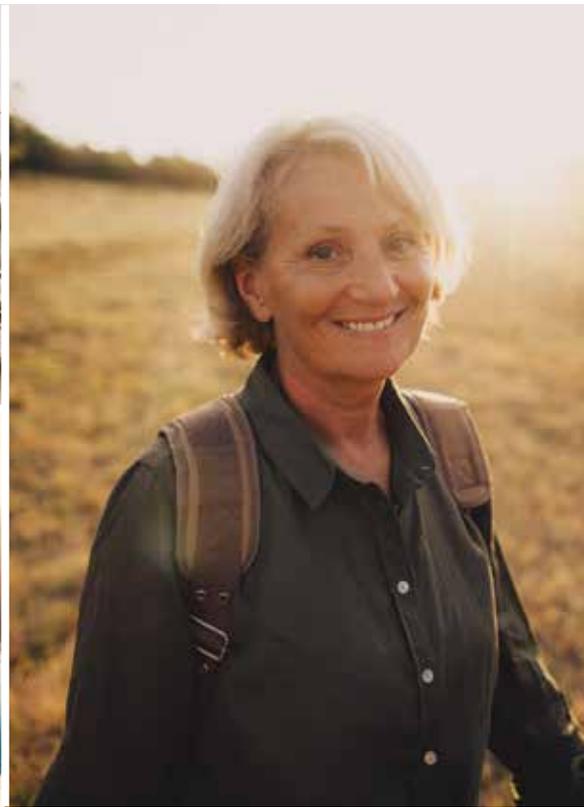
*Senior Living with a Different View*



# An eclectic approach to a fulfilling lifestyle.

At Aberdeen Ridge, we're about senior living that empowers residents to continue pursuing a dynamic, meaningful lifestyle. We're about people seeking purpose, joy and fulfillment on their terms.

That's why we created Peak Living — the foundation for a community environment that makes exploring new opportunities, discovering new interests and building new social connections an everyday occurrence.



## So what is Peak Living?

More than simply a standardized calendar of daily activities, Peak Living connects your lifestyle with your interests. It's an evolving array of special programming built upon direct and ongoing resident input.

Through monthly meetings, surveys and informal conversations, Peak Living is continually infused with new ideas. This approach ensures the opportunities you have at your fingertips are never stale.

# Delivering immersive, engaging experiences within seven core series.

## THE INTERNATIONAL SERIES

A robust foray into the cultural richness, unique cuisine, history, arts and current events of countries and regions of the world. We experience it through food and wine tastings, music, guest presentations, resident traveler presentations, and more.

## THE CULTURAL ARTS & HUMANITIES SERIES

We explore the ways intellectual curiosity, artistic expression and continued learning enrich your life and stimulate your brain — from appreciating the work of professional artists, musicians and actors to discovering your own talents.

## THE SPORTING SERIES

We showcase local teams and national events such as March Madness, the Kentucky Derby, and Super Bowl. Opening Day festivities, tailgating parties, and clubhouse views from local sports columnists are all in our playbook.

## THE ENTERTAINMENT SERIES

From stage or screen, we pull back the curtain on great performances. Discuss the latest hit film with a movie critic. Head to the theater for a musical or play. Attend presentations on opera and dance. Enjoy an Oscars watch party.

## THE CULINARY SERIES

From wine tastings and brewery tours to ethnic dinners and cooking tips from our executive chef, there's something to satisfy every taste. Join us as we learn more about the food we eat, spiced with good company and good conversation.

## HEALTH & WELLNESS SERIES

Perhaps nothing is as interconnected as one's physical, social and emotional well-being. Our holistic approach integrates six dimensions of wellness — physical, social, spiritual, intellectual, creative, service — to improve your health and happiness.

## THE COLORFUL COLORADO SERIES

An all-encompassing look at the many elements of our state. We dig into the uncommon history to discover details often overlooked. We celebrate local artisans and craft menus inspired by the finest and freshest homegrown ingredients. We get out and explore to take in the wondrous natural beauty of our surroundings.

**CALL US AT 719-755-0600**

Discover how Peak Living at Aberdeen Ridge can enhance your lifestyle.

You'll quickly discover we're more than Colorado Springs' premier senior living community.

We're Colorado Springs' premier senior living experience.



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## Information Center

2925 Professional Place | Suite 202

Colorado Springs, CO 80904

719-755-0600 | [AberdeenRidge.org](http://AberdeenRidge.org)



A PMMA (Presbyterian Manors of Mid-America) Senior Living Community.

Aberdeen Ridge Inc., a Kansas not-for-profit organization, is solely responsible for fulfilling financial responsibilities to residents under the contract. Aberdeen Ridge is within the network of communities developed and managed by PMMA.

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