



YOUR
NEXT
CHAPTER
STARTS
HERE!

Experience Independent Living at Its Best

WELLNESS & ENRICHMENT FOR EVERY ASPECT OF YOUR LIFE

At Cedarhurst, we believe in enriching every moment. Our programs are thoughtfully designed to nurture physical, mental, and social well-being. Whether you're exploring new hobbies, connecting with neighbors, or prioritizing your health, there's always something to look forward to.

With a welcoming community, exciting activities, and a focus on personal growth, Cedarhurst Senior Living is the perfect place to embrace all that life has to offer.

Take the first step toward a vibrant, fulfilling lifestyle. Learn more about how Cedarhurst can help you make the most of every day!

Discover a vibrant lifestyle where physical, emotional, and social well-being come together through exciting, engaging programs that empower you to live life to the fullest.

At Cedarhurst, we understand that wellness is more than just staying healthy—it's about fostering a sense of connection, purpose, and fulfillment in every area of life. Our Independent Living programs are designed to enhance every dimension of wellness, offering an enriching, active lifestyle that supports your unique needs and desires.

From fitness and lifelong learning to social outings and creative activities, there's something for everyone to enjoy. Join us as we celebrate the vitality of independent living at Cedarhurst – where wellness and enjoyment come together in every moment.



CedarhurstWentzville.com | 636-538-5144
1290 Wentzville Pkwy, Wentzville, MO 63385



Wellness for **EVERY BODY & MIND**

We believe that wellness is multifaceted. Our programs are designed to support physical health, emotional balance, and a vibrant mind.



PHYSICAL WELLNESS

Daily Fitness Programs

Keep moving with in-house or rec center options.

Pickleball & Bocce Ball

Get active and have fun.

Massage Therapy & Wellness Services

Relax with on-site visits from podiatrists, optometrists, and more.

Healthy Aging Tips

Get expert advice on aging gracefully.

EMOTIONAL WELLNESS

Monthly Wellness Checks

Stay on top of your health with regular check-ups.

Therapeutic Activities

Enhance your emotional well-being through engaging programs like art classes and social outings.



Culinary Adventures & **SOCIAL CONNECTIONS**

Our community offers a wealth of social opportunities that foster connection, create meaningful experiences, and offer a sense of purpose.

ENVIRONMENTAL WELLNESS

Beautiful Courtyards & Common Areas

Our thoughtfully designed spaces invite relaxation and foster community connections.

Nature-Inspired Design

Our community emphasizes natural elements and serene settings to support your well-being.

OCCUPATIONAL WELLNESS

Volunteer Committee

Engage in meaningful activities that give back to the community.

Event Planning Committee

Help shape community events and enjoy a sense of accomplishment.

SOCIAL WELLNESS

Monthly Wine & Cheese Pairings

Connect with others over delicious flavors.

Monthly Themed Dinners and Parties

Social gatherings that bring everyone together.

Concert in the Courtyard

Enjoy live music and socialize in a beautiful outdoor setting.

Mystery Bus Tours and Weekly Outings

Surprise outings that promote bonding and adventure.

Explore Your Passions & **DEEPEN CONNECTIONS**

Enrich your mind and spirit with activities that inspire learning, creativity, and personal growth.

INTELLECTUAL WELLNESS

Lifelong Learning Events

Expand your knowledge through lectures, discussions, and educational programs.

Gamers Club

Challenge your mind and enjoy a little friendly competition.



Art Classes

Express your creativity through hands-on projects.

SPIRITUAL WELLNESS

Spiritual Gatherings & Meditation

Peaceful activities designed to nurture the soul and promote inner peace.

Community Service & Volunteerism

Create deeper meaning by giving back to others through various volunteer activities.

SOCIAL & ENVIRONMENTAL WELLNESS

Resident Council

Be an active voice in shaping your community.

Cocktail of the Month Club

Socialize and unwind with new, themed drinks each month.