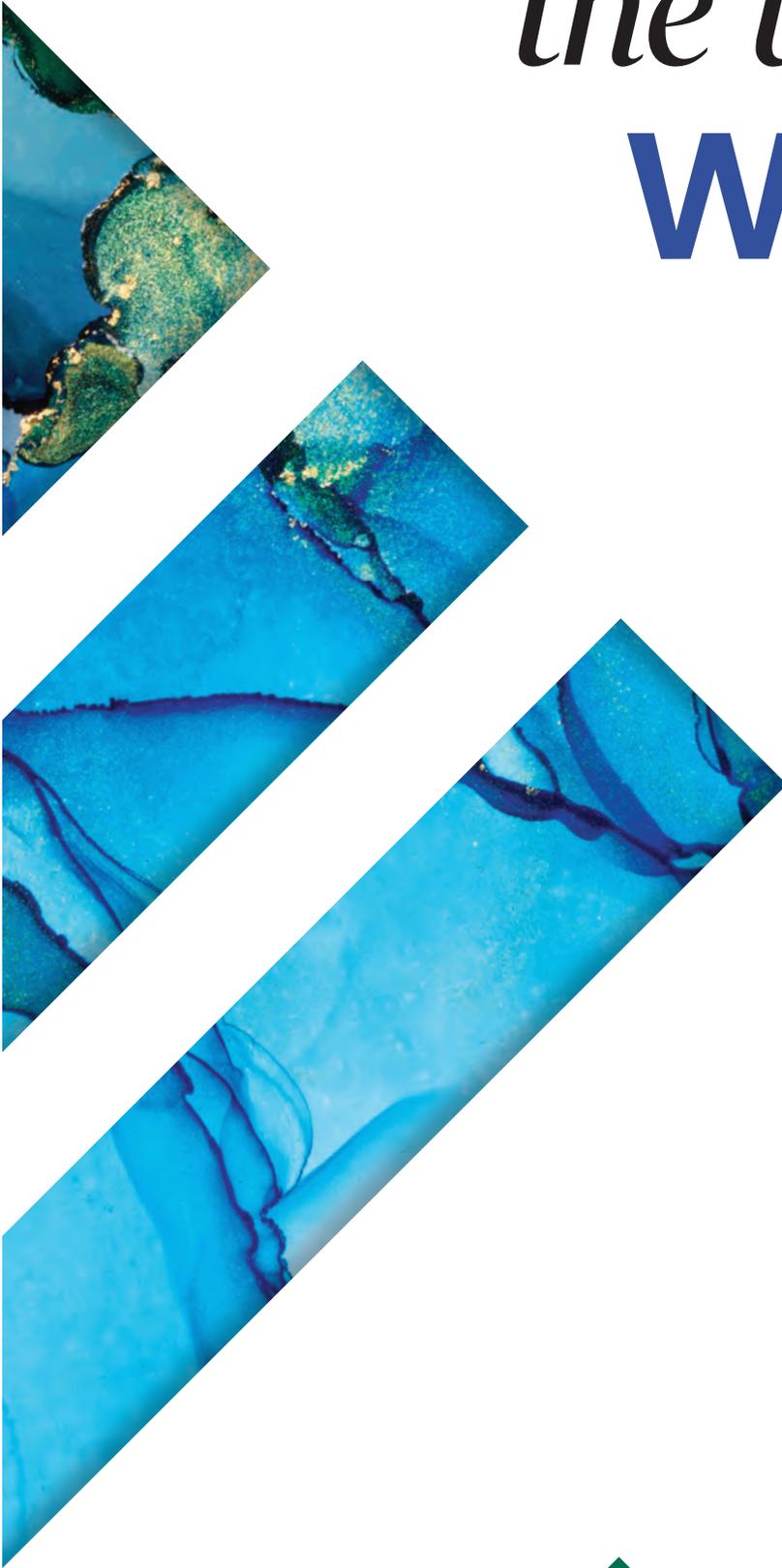


the way you
WANT to
LIVE[®]



ABERDEEN HEIGHTS[®]

A PMMA COMMUNITY



reach
for **NEW**
HEIGHTS

Get ready for adventure at Aberdeen Heights! With maintenance-free living and a vibrant lifestyle just steps from your front door, you're free to create the perfect day, every day. Whether you want to explore a new hobby, check something off your bucket list or enjoy the social atmosphere, each day dawns with the promise of new and exciting possibilities.

Experience new heights in senior living! Become a part of our fun, friendly and caring community and discover *the way you want to live*[®].



the **APEX** *of* **ADVENTURE**

Immerse yourself in the vibrant lifestyle of Aberdeen Heights, where an abundance of activities awaits to elevate your days and invigorate your spirit! From water volleyball to three-course meals and book clubs to poker, there's always something to do for every personality. Seeking quiet time to relax and reflect? Unwind with a stroll in the courtyard or attend a chapel service. Craving a lively social scene? Join us for a festive happy hour or a competitive yet friendly game night.

You'll find living here provides fresh opportunities each day. Explore new interests through our lifelong learning program, and commit to your health with our wellness facilities and fitness activities. Make new friends in a community that's large enough to offer something for everyone but small enough to be cozy, comfortable and welcoming.

From our thriving campus to the local Kirkwood community, Aberdeen Heights is the gateway to your next adventure.



Community Services and Amenities Include:

- ◆ Indoor aquatic and wellness center
- ◆ Three dining options ranging from formal to casual
- ◆ Library with fireplace
- ◆ Billiards and game room
- ◆ Creative arts center
- ◆ Woodworking shop
- ◆ Barber shop, salon and spa
- ◆ Resident gardens and dog park
- ◆ Social, cultural and educational events
- ◆ And much more!





Here, you'll find all the comforts of home combined with the freedom of resort-style living. Enjoy a diverse array of activities and amenities designed to inspire and entertain. With the added luxury of maintenance-free living, weekly housekeeping and a comprehensive array of included services, you'll have plenty of time to explore and indulge.

YOU set the PACE

As a base camp for your senior living adventure, choose from our beautiful one- and two-bedroom residences. With a variety of spacious floor plans that are equally well suited for relaxing alone or entertaining friends, modern kitchens that beckon culinary exploration and inviting patios or balconies for serene enjoyment, you're sure to find one that fits just right.

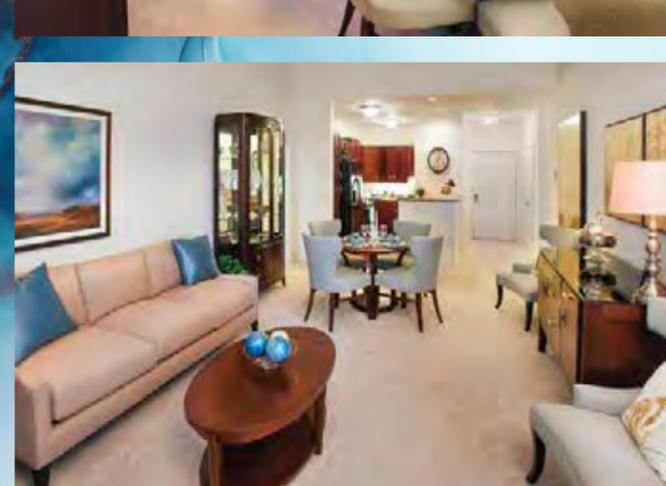
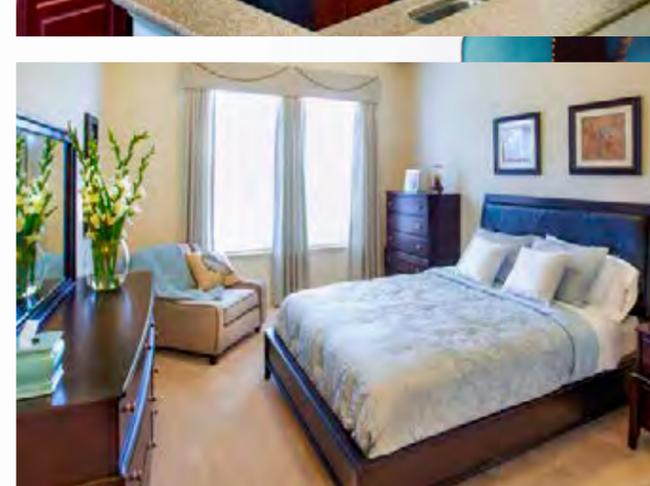
Services Include:

- ◆ Unique health care benefit
- ◆ Concierge assistance
- ◆ Chef-prepared meals
- ◆ Weekly housekeeping with linen service
- ◆ Personal training and fitness classes
- ◆ Rehabilitation therapy

Features Include:

- ◆ Comprehensive maintenance
- ◆ Full-size washer and dryer
- ◆ Balcony or patio spaces
- ◆ Option for garage parking
- ◆ Conveniently located storage units
- ◆ Basic cable, secure internet and all utilities except phone
- ◆ Fully equipped electric kitchen with full-size appliances; stainless steel appliances available in select apartment homes

At Aberdeen Heights, opportunity awaits! Live effortlessly, entertain lavishly, and relax deeply—all within the warm embrace of a community that celebrates connection and vibrant, autonomous living.



ENDLESS opportunity

EXPLORE. INSPIRE. FLOURISH.

At Aberdeen Heights, we empower residents to continue pursuing a dynamic, meaningful lifestyle — however you define that. Our Signature Living programming supports you in seeking purpose, joy and fulfillment on your terms. From lifelong learning to artistic development to wellness activities, Aberdeen Heights offers peak experiences!

Located right in the heart of Kirkwood

Aberdeen Heights is what real estate professionals mean by “Location! Location! Location!” Beyond the array of amenities and activities available right on campus, our community is just five minutes away from downtown Kirkwood.

Whether you're in the mood for a night out at an upscale restaurant or a morning spent browsing the local farmers market, a “Senior Olympics” competition at the local rec center, or a day trip to the museums, gardens or other attractions available in the Greater St. Louis area, from Aberdeen Heights you can enjoy the best of both worlds!

Art is **AGELESS®**

Creativity is what adds spice and adventure to everyday living. Whether it's learning about great art, trying your hand at sculpture or watercolor, or finding delight in the visual senses, art is a powerful component of a good and healthy life.

Discover your inner creativity through our award-winning Art Is Ageless® program. Offering a variety of classes, partnerships with local art organizations and a year-round exhibitions and activities, our program is food for the soul and enriches everyday life at Aberdeen Heights.

Lifelong **LEARNING**

You never stop learning! Creativity and curiosity go hand in hand with mental and intellectual wellness — which is why our engagement team focuses heavily on lifelong learning. From our popular Just Ask Lifelong Learning Series of educational lectures to cultural and social outings around St. Louis, we have a full calendar of events tailor-made to spark your imagination and quench your curiosity!

What is **SIGNATURE LIVING?**

More than simply a standardized calendar of daily activities, Signature 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, Signature Living is continually infused with new ideas. This approach ensures endless opportunities to reach new heights in senior living.

The International Series

MORE TO EXPLORE

Tour world cultures, cuisines, histories and current events through food and wine tastings, guest presentations and more.

The Cultural Arts & Humanities Series

CURIOSITY AWAITS

Discover new talents and nurture your creative side through our Art Is Ageless® programming.

The Sporting Series

PLAY BALL

From local teams to national tournaments and from clubhouse views to tailgate parties, sports are part of our regular playbook.

The Entertainment Series

STAGE & SCREEN

Movies, live theater, musicals, opera — whether you go out on the town or make popcorn here on campus, the red carpet awaits.

The Culinary Series

ON THE TABLE

From wine tastings and brewery tours to cooking tips from our executive chef, there's always something on the menu for every taste.

The Health & Wellness Series

LET'S GET PHYSICAL

Our holistic approach to wellness integrates your physical, social and emotional well-being. Enjoy health screenings, fitness classes, field trips and much more.

The Gateway City Series

OUR NEIGHBORHOOD

Explore the past, present and future of St. Louis with guest speakers, neighborhood tours and special events related to our city's rich cultural heritage.

Created to embrace the wide range of interests, the Signature Living Seven Series takes your lifestyle to the next level.





culinary PEAKS

THIS IS THE CRÈME DE LA CRÈME

When you decide to turn over all or most of your cooking to someone else — as living at Aberdeen Heights allows — the food needs to be good. No worries about that here! Meals are some of our most popular activities, and you get to share them surrounded by friends. Every morning, treat yourself to a continental breakfast with fresh coffee and a spread of fruits, juices, cereals, fresh pastries and bagels. For lunch, choose from soups and salads, hot and cold sandwiches, and an array of tempting desserts. And on Sundays, why not indulge in a leisurely brunch?

The dining room dinner menu features a three-course meal starting with a soup or salad of the day. Choose from a list of ever-changing entrees, side dishes and desserts. Residents meet monthly with our executive chef to give feedback and offer menu suggestions. From everyday favorites to special indulgences, our chef is always whipping up something new for our community to try.

Dining Venues:

- ◆ Formal dining room
- ◆ Casual café and bistro
- ◆ Private dining room
- ◆ Express dining

Dining Options:

- ◆ Flexible dining plan
- ◆ Daily from-scratch meals
- ◆ Heart-healthy menu options
- ◆ Chef-prepared meals
- ◆ Resident recipes

secure your FUTURE

PEACE OF MIND AT EVERY TURN

As a Life Plan Community, we will be there for you every step of the way in your senior living journey. We know one of the biggest parts of that journey is your health and wellness, which is why we offer our [Unique Health Care Benefit](#).

Through this benefit, you'll have priority access to a full continuum of on-site care focused on wellness first — all at predictable, below-market rates as your care needs change. The financial security of an entrance fee that is 90% refundable to you or your estate means that choosing Aberdeen Heights and our Unique Health Care Benefit will be one of the wisest decisions you can make.

As your needs change, you can count on quality care from people you've come to know and trust. This is especially beneficial for couples, since they will likely move through health care needs at separate paces. Nothing beats this peace of mind — period.

Additional Levels of Care

- ◆ Assisted Living
- ◆ Memory Care
- ◆ Long-Term Care
- ◆ Skilled Nursing Services
- ◆ PATH® Short-Term Rehabilitation

Services Include:

- ◆ Individualized care plans
- ◆ Medication management
- ◆ Assistance with daily self-care tasks
- ◆ Emergency call system
- ◆ Physical, occupational and speech therapy
- ◆ Therapeutic activities for physical and mental stimulation
- ◆ Health programs, social activities and events
- ◆ Qualified 24-hour nursing care
- ◆ Secure building with outdoor patio
- ◆ 24-hour security with nightly campus checks
- ◆ Scheduled transportation



DEEPER *connection*

NURTURING WHAT MAKES US HUMAN

While our heritage is rooted in the PMMA (Presbyterian Manors of Mid-America®) family of communities, we welcome and cherish individual spirituality in all its expressions. Although we may not have one shared faith, we do have a shared commitment to the values of creating and maintaining a loving, nurturing and supportive community.

For those who desire to express their faith among others, you will have that chance here. For those who prefer an individual faith journey, you can do that, too. We also have a full-time chaplain on our team who brings a wealth of joy and spiritual nourishment to our campus.

We believe that everyone has value and gifts, and our community is a place where that can be celebrated and cultivated. The mind, body and spirit connection is part of our holistic approach to wellness at Aberdeen Heights.

Should you wish to explore or participate, our services include:

- ◆ Regular Christian worship services
- ◆ Recurring Bible study groups
- ◆ Holiday service projects
- ◆ Rosary and Communion services
- ◆ Mass led by local parish priests

Aberdeen Heights, a PMMA (Presbyterian Manors of Mid-America®) community, stands as a testament to our commitment to exceptional senior care. With more than seven decades of dedicated service in Kansas and Missouri, PMMA continually raises the bar in delivering unparalleled care for older adults and their families.

As a faith-rooted, non-profit organization, we at PMMA are driven by a profound dedication to our residents, fostering a culture steeped in Christian values. Our mission is clear: to offer top-tier senior services grounded in compassion and guided by faith-driven principles. This ethos fuels our team as we strive daily to exemplify the essence of selfless service.

always aiming
HIGHER

Service, to us, transcends the routine. It's the cornerstone of building a thriving community, both within the Aberdeen Heights campus and across Kirkwood's wider area. Residents and staff actively engage in volunteer initiatives, sharing their time, talents and treasures with others and forging connections beyond our walls.

The Way You Want To Live®

Across our 16 senior living communities, our aim remains unwavering — to empower residents to relish the adventure and liberty of senior living. We're committed to soaring higher, consistently enriching our offerings with enhanced amenities, superior care and boundless opportunities to ensure you reach new heights during this remarkable phase of life.





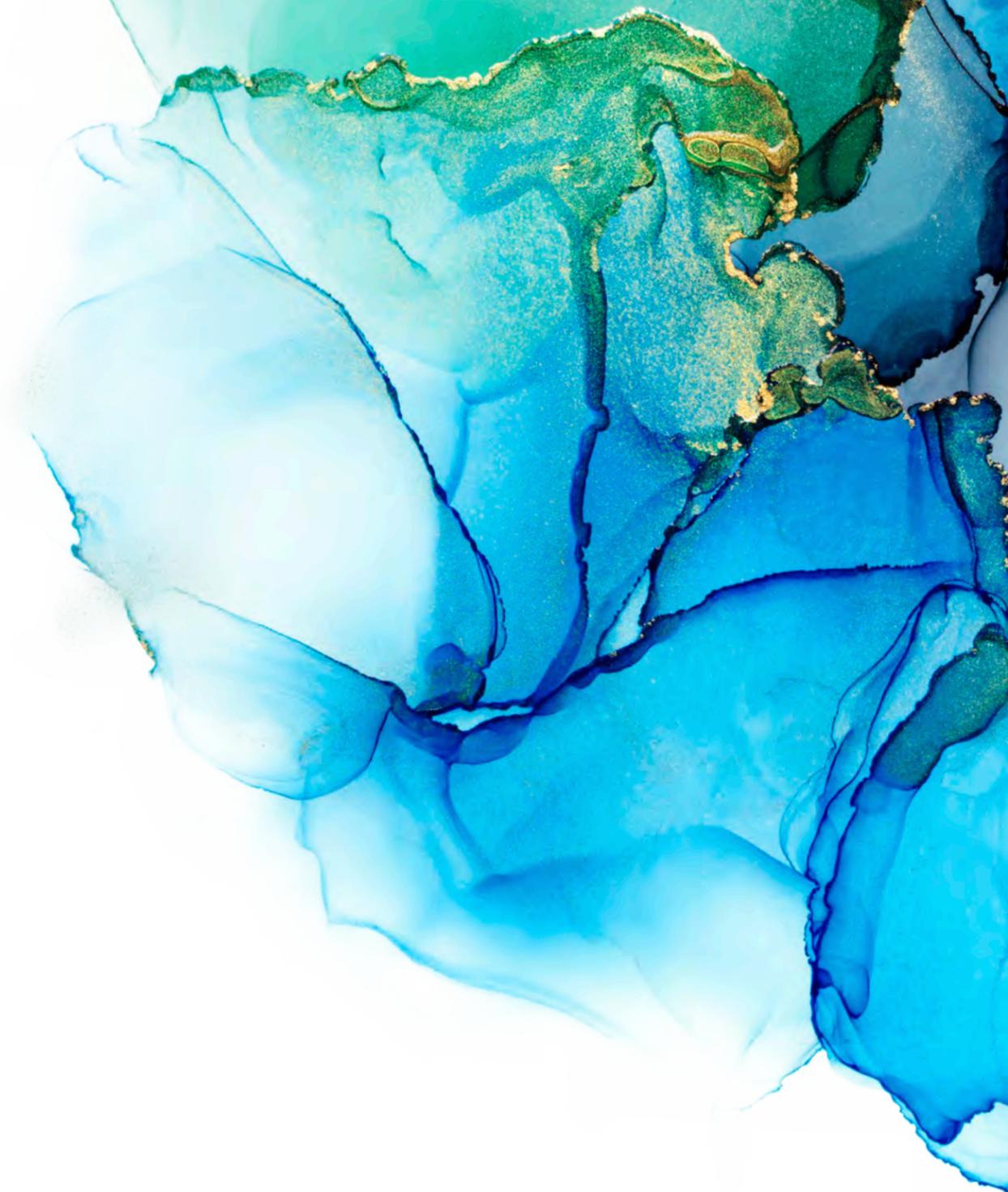
DISCOVER

new heights

Start your adventure with Aberdeen Heights! We are excited for you to be a part of our lively and bustling community – from art and music to games and activities and from events and trips to rest and relaxation. You aren't getting just a place to live, you are getting a lifestyle and everything you need for the next chapter in your life's journey.



To get started with a consultation or tour, contact us today!
aberdeenseniiorliving.com ♦ 314-909-6000



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A PMMA COMMUNITY



Call Today! ♦ **314-909-6000**
aberdeenseniorkiving.com
575 Couch Avenue, Kirkwood, Missouri



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