



## VISIT OUR COMMUNITY PAGE FOR MORE INFORMATION:

- Where to participate in E3 Initiatives
- Find the monthly Dining Calendar
- Take the E3 Zone Survey & submit YOUR E3 toward Intentional Living



# Intentional Living with the Power of E3

## **EAT**

What we eat is so important to our daily, physical and mental performance.

## **ENERGY**

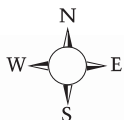
How we find our physical drive is a key element to building our endurance for a healthy lifestyle.

## **EMPOWER**

Taking an active role in how we participate in life and be social, contributes to our own agility and well-being.

### E3 KEY FOR ENGAGEMENT


-  Dining Venues  
Culinary Events
-  Physical Activity  
Resident Clubs
-  Social and Cultural Events  
Resident Clubs
-  E3 Kiosk



**1 Administration Building**  
201 Russell Avenue

 **2 Park View Apartments**  
211 Russell Avenue


 **3 Herman M. Wilson Health Care Center**  
301 Russell Avenue

 **4 Phyllis H. Kindley Assisted Living**  
333 Russell Avenue

 **5 Rosborough Cultural Arts and Wellness Center**  
409 Russell Avenue


 **6 Mund Apartments**  
407 Russell Avenue

 **7 Apartment Center - Parker Hall, Crawford Dining Room, and The Shoppe**  
405 Russell Avenue

 **8 Edwards-Fisher Apartments**  
403 Russell Avenue

 **9 Trott Apartments**  
401 Russell Avenue

**10 Gatehouse**  
301 Odendhal Avenue

 **11 Wallace Apartments**  
419 Russell Avenue

 **12 Hefner Community Center**  
417 Russell Avenue

 **13 Diamond Apartments**  
415 Russell Avenue

**14 Villas**  
366-596 Russell Avenue &  
28 Maryland Avenue

 **15 Villas Community Center**  
400 Russell Avenue

**16 Albright Pharmacy**  
333 Russell Avenue, Suite 100

**17 Outpatient Rehab**  
201 Russell Avenue

**18 Holy Cross Health Partners Physician's Office**  
201 Russell Avenue

**19 Courtyard Homes**  
302-437 Fellowship Circle  
202-228 Asbury Drive

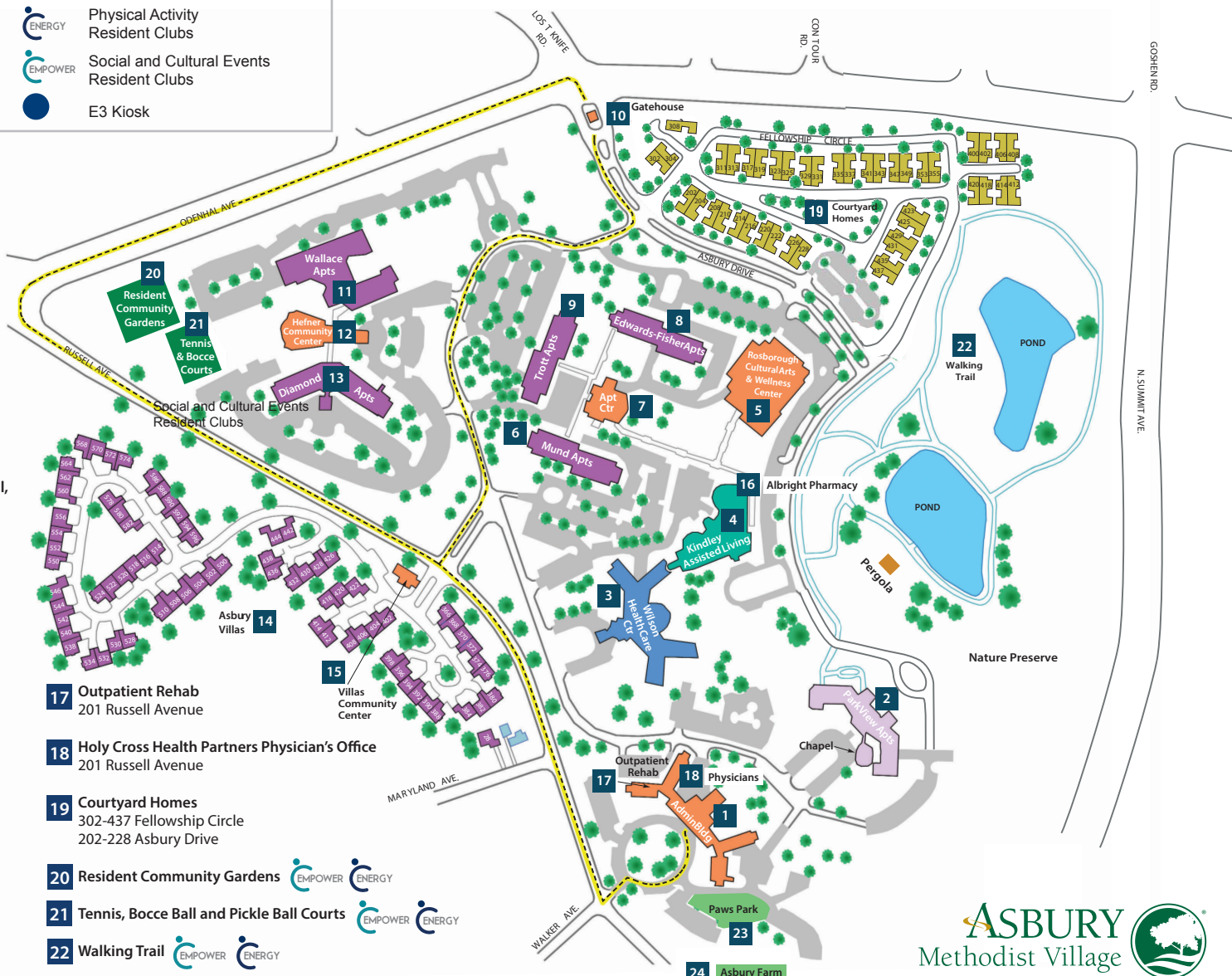
**20 Resident Community Gardens** 

**21 Tennis, Bocce Ball and Pickle Ball Courts** 

**22 Walking Trail** 

**23 Paws Park** 

**24 Asbury Farm**



**ASBURY**   
Methodist Village  
Anticipate More

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