

# NEWS Release



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## Waterford at Harwood Groves

FOR IMMEDIATE RELEASE

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### **EXPANSION PLANNED AT WATERFORD**

(FARGO, N.D.)—Work is set to begin by fall 2006 on a 112,000-square-foot addition that will add 60 independent-living apartment homes as well as a health and fitness club to Waterford at Harwood Groves in Fargo. Eight duplex homes also will be constructed, and several refurbishments will occur within the current main building.

“This expansion is in response to the high demand for our services,” says Waterford Executive Director Deb Magnuson, noting that the club reflects Waterford’s belief that a comprehensive wellness program is essential to people’s overall physical and mental health.

The new apartment homes will range from 700 square feet to 1,400 square feet and will offer a variety of designs, such as one bedroom and one bathroom up to two bedrooms, two bathrooms and a den. The three-story expansion also will provide residents an attached enclosed parking garage.

The new 12,000-square-foot Waterford Health & Fitness Club will be designed specifically to meet the needs of older adults. The club will include exercise equipment, two pools, aerobic studio and locker rooms with towel service. Treadmills, elliptical trainers, NuSteps and Keiser strength training machines will support members’ unique fitness requirements.

The swimming pool will measure approximately 25 x 50 feet and will range from about three-and-a-half to six feet in depth and include two lanes for lap swimming. The therapeutic pool will maintain a warmer temperature for muscle relaxation and therapy.

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Waterford's Memory Care residences will be remodeled and enhanced, and a new secure courtyard will be added. Elsewhere in the building, a multipurpose room will be expanded, which will be available to all residents.

Construction is expected to be completed in fall 2007. Locally-based YHR Architects are designing the nearly \$14-million expansion.

Waterford provides resort-style retirement and is currently home to more than 125 people. Serving the Fargo-Moorhead metropolitan area since 1998, Waterford offers a wide range of single-level homes, apartment-home floor plans and living options.