

NEWS Release



Waterford at Harwood Groves

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FOR IMMEDIATE RELEASE

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PUBLIC INVITED TO GROUNDBREAKING CEREMONY

FARGO, N.D. — Waterford at Harwood Groves officially will break ground Friday, Sept. 8 at 1 p.m. for a new Health & Fitness Club and expansion of its retirement apartments. A dozen people, including current residents, representatives of the Fargo-Moorhead Chamber of Commerce and Waterford staff, will lift shovelfuls of dirt to kick off construction of the 112,000-square-foot addition. Complimentary refreshments will be served following the ceremony at 1200 Harwood Drive. People can call Serena Jiskra at (701) 476-1200 for more information.

The expansion will create a new Health & Fitness Club, designed specifically to support the needs of older adults. The club will serve Waterford residents, family members and others living throughout the Fargo-Moorhead area. In addition, 60 independent-living apartment homes as well as eight duplex homes also will be constructed, and several refurbishment projects will occur within the current main building.

According to Waterford Executive Director Deb Magnuson, the expansion is occurring due to ongoing demands from local citizens who wish to live in the Waterford community. “Nearly all of the existing homes are occupied, and there are many other people who have said they would like to experience the convenience, well-being and fulfillment of living at Waterford,” says Magnuson. She cites Waterford’s comprehensive Life Enrichment/Wellness program as another reason that people are drawn to the community.

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The new 12,000-square-foot Waterford Health & Fitness 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' individual fitness requirements.

The swimming pool will measure approximately 21 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.

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

Elsewhere in the building, Waterford's Memory Care residences will be remodeled and enhanced, and a new secure exterior courtyard will be added.

Construction is expected to be completed in fall 2007. Locally-based YHR Architects is designing the expansion, which is estimated to cost about \$15 million.

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.