



LUXURY SENIOR LIVING

# 50<sup>th</sup> Edge

*The Blissful Journey of Life*

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## Founder's Message

### The Journey Continues, Fearlessly and Fully

Dear Friends,

Every new month brings with it the promise of renewal—but July, in particular, reminds us of

the quiet power of perseverance. Midway through the year, it's a time to reflect not just on what we've done, but on who we're becoming.

At Earth Village, I see something remarkable every day—not just people growing older, but people growing wiser, braver, and freer. Here, age is not a limitation;



it's a canvas. A chance to paint bold new strokes, to rewrite narratives, to rekindle passions long buried under the weight of routine and responsibilities.

In a world that often equates aging with slowing down, we choose to celebrate the opposite. We believe that life beyond 50 is not a winding down, but a rising up—into deeper self-awareness,

more meaningful connections, and the courage to live on your own terms.

So this month, I invite you to ask yourself—not “what have I missed?” but “what more can I become?” Let curiosity lead you. Let purpose pull you. Whether it's a walk through the garden, a new friend made at the clubhouse, or a long-delayed

dream of finally taking flight—know that it's never too late, and you are never alone.

Thank you for being the heart of this community. For your stories, your wisdom, your laughter, and your strength. Earth Village is not just a place—it's a testament to how beautiful life can be, when we live it fully and fearlessly.



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# The 7 Pillars of Healthy Aging: What Every Senior Should Know

Because growing older isn't the end of the story—it's where the richness begins.

Aging isn't something to fight—it's something to honor. At Earth Village, we see every line, every laugh, every scar as a story worth telling. And behind every story is a person still becoming—still learning, still growing, still dreaming.

But how do we age not just gracefully, but vibrantly? Not by chasing youth, but by nurturing wholeness.

These seven pillars aren't rules—they're gentle reminders. Invitations. Ways to care for the body, mind, and spirit so that we can live fully, with courage and joy, at every stage of life.





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1. Move Your Body, Honor Your Strength
2. Eat to Nourish, Not Just to Fill
3. Keep Your Mind Curious
4. Stay Connected to What (and Who) Matters
5. Rest Like You Mean It
6. Feed the Spirit
7. Bend, Don't Break

## In the End?

Healthy aging isn't a checklist. It's a rhythm. A way of living with care, curiosity, and compassion—for yourself, and for others.

So this month, choose one pillar to lean into. Let it guide you—not just toward a longer life, but a richer one.

You are not growing old—you are growing whole.

# Tara Chand Agarwal (71) – It's Never Too Late to Begin Again

At 71, most people settle into routine. Tara Chand Agarwal chose a challenge.

After retiring from banking, Tara Chand faced a season of deep loneliness. But while helping his granddaughter with her studies, something sparked—an old dream reignited. In 2021, he picked up his books and began preparing for India's toughest exam: Chartered Accountancy (CA).

He studied 10+ hours a day. No coaching. No shortcuts. Just quiet determination, a curious mind, and the courage to start over.

In May 2025, he cleared the CA Final—proving age is no barrier when purpose is strong.

His story isn't just about passing an exam. It's about reclaiming self-belief, rewriting your narrative, and showing the world that growth doesn't end—it evolves.



“You're never too old to learn, dream, or begin again.”

— Tara Chand Agarwal

# Brain Food: Eating for Memory, Mood & Mind



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What you eat today shapes how you think, feel, and remember tomorrow.

Our brains are incredible engines that power every moment of our lives—from joyful laughter to quiet reflection. But just like any engine, they need the right fuel to run smoothly. The foods we choose don't just fill our bellies—they nourish our memories, moods, and mental clarity.

Here are some simple ways to feed your brain with kindness and care:

**Go Colorful:** Bright fruits & veggies like berries, spinach, and peppers protect your brain and boost memory.

**Healthy Fats = Happy Brain:** Omega-3 rich foods like salmon, walnuts, and flaxseeds support focus and slow cognitive decline.

**Stay Hydrated:** Sip water throughout the day—dehydration can cloud your thinking.

## **Balance Blood Sugar:**

Combine whole grains + protein + healthy fats to keep energy and mood steady.

**Spice It Up:** Add turmeric, cinnamon, or ginger—natural brain-protectors with anti-inflammatory power.

## **Don't Skip Breakfast:**

Kickstart your day with nourishing foods for better focus and mood.

Eating well isn't about strict diets or rules—it's about small, joyful choices that support your brain's brilliance.





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# Designing for Dignity: Space Planning for Accessibility & Ease

When a space respects your needs, it lifts your spirit too.

Home is more than just four walls—it's where we feel safe, seen, and in control. But as we grow older, even familiar spaces can begin to feel limiting if they aren't designed with changing needs in mind.

At Earth Village, we believe accessibility isn't about limitation—it's about liberation. It's about creating spaces that support your freedom to move, to rest, to connect, and to live life on your terms.

Here's how thoughtful design can make everyday living easier—and more empowering:

Step-Free Entrances

Wider Doorways & Hallways

Non-Slip Flooring

Grab Bars in Bathrooms

Walk-In Showers

Comfort-Height Toilets

Lever-Style Handles

Contrasting Colors & Clear Signage

Adjustable Lighting

Furniture with Armrests & Firm Support

Low, Accessible Storage

Emergency Call Systems

Designing for dignity isn't about "senior-friendly"—it's about life-friendly. It's about honoring your freedom, your comfort, and your right to feel at home in your space.





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## Until We Meet Again...

This month, we've celebrated bold beginnings, quiet strength, lifelong learning, and everyday courage. We've explored how to care for our minds, move through change with grace, and design lives—and spaces—filled with dignity and joy.

But most of all, we've been reminded of this simple truth:

**It's never too late to grow, connect, and begin again.**

At Earth Village, you're not just part of a place—you're part of a movement. A movement that says aging is not about fading out, but about stepping fully into who you are and all you still can be.

So whether you're trying something new, reaching out to someone, or simply taking

a deep breath and resting—you're living with intention. And that, in itself, is beautiful.

Thank you for being part of this extraordinary journey.

**With heart,  
The Earth Village Team**

"Keep becoming. You are your greatest masterpiece in progress."



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