

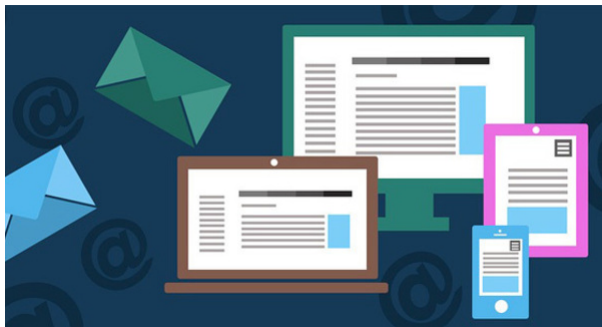


Anticipate More Asbury Place

“It is only the farmer who plants seeds in Spring who reaps a harvest in Autumn.”

— B. C. Forbes

January 2018



Plan Your Day the Asbury Way!

Join us for breakfast and a tour of the Alpine House at Asbury Place Maryville, the region’s first assisted living memory care community designed in the style of a traditional home. Interested in Asbury Place Kingsport? Join us for one of two Villa Events in January. [See all of our upcoming events here.](#)



5 Tips for a Faster House Sale

We’ve hosted dozens of downsizing and home sale seminars over the years, and we’ve gathered our fair share of tips from real estate professionals. Here’s a look at five of them that we consistently hear experts share. [Get five tips for a faster house sale here.](#)



Heart Healthy Fajita Salad

As we start the new year, the chefs at Asbury would like to share a delicious recipe to bring color and health to your winter. With avocados, red peppers, and tomatoes, this low-fat and high-flavor recipe is an all-out winner. [Get cooking here!](#)



The 3 Risks of Waiting

One of the most common refrains we hear from people interested in Asbury Place is "This community is great, but I'm not ready yet." The most common regret we hear after a move: "I wish I had done this sooner!" [Learn the risks of waiting.](#)



Vision Correction & Longevity Link

Cataracts are a fact of life for millions of people over 40, and many put off corrective surgery. Now, research is showing a link between the loss of visual acuity and seniors' functioning and longevity. [Read more in U.S. News & World Report.](#)

An Airbnb for 50+ Crowd

Age with adventure with the Freebird Club, a new online service that strives to connect "senior explorers." Most members are 60+, and its creator hopes to combine travel and fun with more social aging. [Check out the Freebird Club.](#)



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