



Arbor  Terrace®

KNOXVILLE

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Everything You Need, Right Here

A retirement lifestyle at Arbor Terrace Knoxville is anything but boring. As an Arbor Company community, our caregivers place the highest priority on residents' engagement, well-being, care, and enjoyment. Your days can be as busy or as relaxed as you want with activities designed for all interests and mobility levels.

Amenities and services we offer:

- Spacious apartment options
- Senior-friendly community design
- Upscale restaurant dining featuring outstanding chefs
- On-site bistro
- Relaxing resort-style living and activity rooms
- Library and computer lounge
- Beauty salon and spa
- Daily exercise classes
- Wellness center
- Concierge services
- Patio and courtyard
- Professionally landscaped gardens and walking paths
- Housekeeping services
- Scheduled transportation
- Personal linen and laundry services
- Full range of clubs and social activities



Experience Counts

Arbor Terrace Knoxville is managed by The Arbor Company, a premier operator of senior living communities for over 35 years. We are passionate about providing the absolute highest standard of senior living, and it shows in everything we do. Caring is much more than a job for us – it's a way of life. We're committed to provide the best experience possible with the best experts suited to their role.

We offer:

- Concierge professionals who are always ready to help you plan fun family visits, events, and offer assistance with anything else you may need.
- An experienced dining team of chefs, waiting staff, nutritionists and more who make every meal spectacular.
- Wellness experts to help residents achieve their health goals.
- Compassionate caregivers who are always ready to assist with any of our resident's daily needs.
- A round-the-clock team of medical professionals ready to assist in times of emergency or for simple health-related questions.
- Dedicated leadership staff members who will help families locate financial benefits, organizations and more resources available to them.
- You can trust Arbor Terrace Knoxville to provide you with exceptional service. Stop by today and let us know what sets us apart.





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Announcements:
Happy Valentine's Day!
Happy Birthday Nutmeg!
Happy Birthday Roger!

- Categories:**
- Be Inspired
 - Be Social
 - Be Curious
 - Be Purposeful
 - Be Adventurous
 - Be Spiritual
 - Be Well



Wednesday, February 14
Daily Calendar

All Day

- Ash Wednesday
- Games & Activities (Arts, Tvrn, Cafe)

10:30 a.m.

- Work Out Wednesday with Sue (Fit Cntr)
Join professional fitness instructor Sue for a seated exercise class in the Fitness Center

11:15 a.m.

- Valentine's Day Trivia (F-P)

1:45 p.m.

- Communion Service with St. Joan of Arc (Tvrn)
Experience divine worship from the comfort of our community. The 1:45 p.m. mass will be virtual but Eucharistic Ministers from St. Joan of Arc Catholic Church will be visiting in person to distribute communion. Please be patient as the Eucharistic Ministers will start with the 1st floor, move up to the 2nd floor, and then the 3rd floor. You will receive communion before the virtual church service has concluded.

2:30 p.m.

- Love is in the Air Trivia (Arts)

3:00 p.m.

- Movement, Meditation & Mentoring Workshop (Th)
This program teaches you how to focus attention and enhance awareness. You will learn how to change the way you experience yourself and your world so you can remain steady even when everything outside is chaotic. Participants in this learning program will learn to practice meditation and explore how to apply the tools and techniques for personal stress management and well-being. Hosted by Certified Life Coach, Mia.

6:45 p.m.

- Movie Night (Th)

Engage Your Lifestyle

You deserve to live a life of passion and joy that allows you to fully achieve your potential. Our weekly activity calendar is fulfilling and appropriate, no matter what lifestyle you desire. And we make a point to connect back with families to let them know what is happening in the community.



Be Inspired: Whether you desire to learn a new skill, play your favorite sport or enjoy spending time with friends, we offer everything you need to live your best years to the fullest.



Be Social: From events and birthday parties to family movie nights and BBQs with neighbors, our dedicated team relishes making your dream event a reality.



Be Curious: We believe in the power of community. With neighbors and friends cheering you on, you are free to live the retirement lifestyle you always dreamed of. The fun is only just beginning!



Be Purposeful: Enjoy countless opportunities to make an impact in our community and volunteer for your favorite causes.



Be Adventurous: Our local community has so much to offer, and we can't wait to share it with you. Feel free to explore on your own or part of one of our delightful group excursions.



Be Spiritual: Enrich your soul with structured religious activities provided by our senior living community.



Be Well: Our innovative wellness and fitness programs are designed to improve your mobility, maintain physical health and engage your mind.



The Dining Experience

Enjoy chef-created menu options in a vibrant, social environment. We recognize the unique needs and desires of each resident by taking a thoughtful, leveled approach to dining that honors the integrity of the cuisine and the independence of the resident.

Assisted Living

In our assisted living community, our dining team goes above and beyond to meet each resident's dietary requirements and personal tastes, ensuring a rich variety of options full of the flavor they've always loved.

Memory Care

Our award-winning memory care dining program is designed with a deep understanding of the nutritional challenges that can accompany cognitive decline to provide the comfort of home and offer a truly personalized experience.



Assisted Living

Life The Way You Want It

Assisted Living at Arbor Terrace Knoxville is life the way you want it, plus more. More support, more guidance, more engagement, more structure, more care—more of whatever it is you need. The key is finding the right balance for each individual to be as independent as possible along with the safety and comfort knowing your needs are within reach. Our staff and services provide our residents with the extra care or support they need to live a full and fulfilling life, while offering their loved ones peace of mind. And with our delicious dining, engaging pursuits, and luxurious amenities, residents build a life where they can thrive. Everything is possible at Arbor Terrace Knoxville.

- Staying connected is essential for maintaining optimum health as we age. When you choose our assisted living lifestyle, you will experience all of the relationships and social occasions that enrich your life.
- We take a deeply personal approach to assisted care, beginning with understanding your unique interests, needs and history. This ensures loved ones always receive the right support when they need and where they need it.
- Whatever pastimes you enjoy, you'll find plenty of activities to choose from here. Embrace your artistic side with a painting class, enjoy a yoga class outdoors, or go shopping downtown with friends on one of our many group excursions. You'll relish the fact that you'll never feel bored at Arbor Terrace Knoxville.



Memory Care

Making Deep Connections

Memory Care at Arbor Terrace Knoxville is both consistent and unique to the resident's journey. We make deep connections with each resident with a focus on honoring their history, supporting their present status, and encouraging their brightest future. Our staff is trained to understand how to provide comprehensive care to residents living with dementia and other cognitive impairments and memory loss. Being among others on the same place in their journey allows residents to feel comfort in communication, and prolongs their social independence in a setting that is safe and secure. No two residents are on the exact same path, so we adjust to meet each individual's needs and preferences. Feel right at home at Arbor Terrace Knoxville.

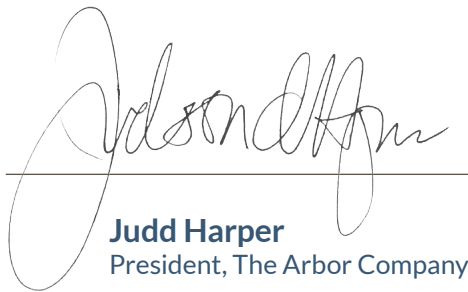
- In our thoughtfully designed memory care neighborhood, our core values are built on the foundation of fostering deep connections while enjoying an active lifestyle. There's truly something for everyone, with specialized exercise programs and tranquil sensory groups to shopping and dining trips downtown. Our residents find an increased quality of life and their loved ones find peace of mind.
- Quality care for those with dementia has been the core of our legacy 30+ years in the making. From spacious apartments and expansive hallways to large-print signage and comprehensive emergency response systems, we ensure every individual feels safe, comforted, and cared for at all times.
- Our award-winning dining program at Arbor Terrace Knoxville ensures every resident's preferences and needs are met with chef-curated options. Does your loved one have special dietary restrictions? What about nutrients that specialize in cognitive function or modified textures? We are always happy to accommodate, while never sacrificing superior flavor and quality.



Our Commitment to You

Our guarantee is based on our belief that you've chosen the right place. We want you to be satisfied with your decision, and if you're not, we'll make it right. If you decide that we haven't met your expectations in the first 60 days, we are happy to refund your monthly fees and assist in finding an alternate solution for you.




Judd Harper
President, The Arbor Company



Let's Begin Together

These are the years to live life on your terms, enjoying each day to the fullest. Arbor Terrace Knoxville is dedicated to doing whatever it takes to provide that life for you.

We are so excited to be a part of your story and are here to help you take your next step. We're standing by to answer any questions you may have.

865-670-4111
ArborKnoxville.com



