

Newsletter for
the week of
April 1st, 2024



Your place to be "Active, Fit and Connected"

Accredited by
National Institute of
Senior Centers



ETSUHealth Parkinson's Awareness April 11 at 1 pm



Lana Makahleh, MD - Internal Medicine Resident PGY III @ ETSU will provide an informative lecture on Parkinson's disease, including symptoms, diagnosis, and how to support those affected.

Please pre-register at the front desk.



Judy R. DeBord

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Brain Health and Memory Loss

April 10th at 9:30am

Dr Licup-Taylor will present information on Brain Health and Memory Loss. Followed by an overview of services available at the Center for Healthy Aging.

The Center for Healthy Aging offers primary care treatment and services and geriatric services for aging patients throughout Sullivan County and our surrounding communities. Just as children see a pediatric specialist to meet their specific health needs as they age, older people can benefit from seeing a geriatric specialist to meet their specific health needs as they age.

Sign up at Front Desk

Center
for
Healthy
Aging



Lover's Leap Trail, Hot Springs, NC (moderate difficulty)

Lunch at Iron Horse Station restaurant

April 19th

Bus Departs at 9:00 AM

\$10 Transportation Fee



Art Club



Susan Gabriel is starting new way to resurrect your creativity with a new class: Making joyful art in a community setting; self-directed; you will bring in your own art projects and things you are working on, as well as your own materials. Perfectionism not allowed.

Starts April 3rd on Wednesdays 1:30PM-3PM

ASK a Master Gardener



A UT Extension's Master Gardener volunteer is a good place to start if you have a gardening question. Beginning Saturday, April 20th, you will be able to speak with a Master Gardener at the Lincoln Park Education Building, between 9:00 AM and 12:00 PM the third Saturday of each month. They will be able to help with horticultural activities such as:

- Soil Testing - Supplying soil testing kits and instructions,
- Plant Pathology – A plant sample may be needed in order to diagnose your garden problem,
- Plant (or Weed) Identification – For help identifying plants from fresh samples or clear pictures on your phone
- Insect Identification – For help with identifying insects, bring specimens in a sealed bag or closed container. Clear images on your phone are also good.

DEADLINE TO SIGN UP is SUNDAY, March 31st.

Sign up in person or by calling 423-753-1080 and leave a voice mail.

- Wednesday
- April 3rd
- 11:30 am
- \$5
- SLOPPY JOES!!!
- Steak Fries
- Green Beans



SLOPPY JOES!