



6705 Ballard Drive
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A Place To Call Home

Find us on 

Introducing Our New Directors!

Melissa Correll (Dining Services)

Mel graduated with a Culinary Arts Degree from the University of Tennessee. She's worked in senior living for 17 years. Mel is passionate about serving wonderful food to our residents. She believes that memories can be triggered from a meal, and she wants to help provide that for our residents. Mel stated: "I believe Jesus put me here to serve, and he allows me to use food to do that and I'm honored."

Tori Rogers (Activities)

Tori previously worked at Hickory Valley in 2020 and left us to continue learning and growing in her career. We are so happy to have her back with us. She has now completed her Bachelor's in Music Therapy Degree from Converse University and is a Board-Certified Music Therapist. She is passionate about working with seniors and loves providing engaging activities for everyone to enjoy.

New Year's Noodles

For good health and luck in the months ahead, dig in to the Asian custom of eating a bowl of noodles on New Year's Day. The food's length symbolizes longevity, so the aim is to slurp up long noodles without breaking them before they're fully in your mouth.

Your Friendly Staff

General Manager

Katie Hollaway

Office Manager

Luann Palmer

Sales Director

Allison Darras

Resident Care Director

Tina Thomas, LPN

Dining Services Director

Melissa Correll

Recreational Director

Tori Rogers

Housekeeping Supervisor

Donna Long

Maintenance Director

Tim Posey



Honoring MLK

The third Monday of each January, Martin Luther King Jr. Day remembers the legacy of the American civil rights leader. It's the first federal holiday to honor an African American, and the first for a private citizen who never held a public office.

Smitten With Gloves















































































































































































































Gloves have long been associated with romance. Knights were said to carry the glove of a sweetheart in their helmets to bring them good luck. In Victorian England, a suitor would gift a pair of gloves to the girl of his dreams, who'd wear the gloves in public if she returned his affections. And a Latvian tradition calls for brides to fill a hope chest with hundreds of handmade mittens as a sign of devotion.

Cozy by the Fire

There's almost nothing more soothing than sitting near a crackling fireplace—even if the fire is fake. Researchers found that focusing on flickering flames, whether from a real fire or a video of one, resulted in lower blood pressure. Both the roar and the dancing movements of the flames help lull the mind into a relaxed state, sweeping away anxious thoughts.

Cold and Flu Truth

"Feed a cold, starve a fever." This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don't force yourself to eat if you aren't hungry. However, staying hydrated is important, so drink plenty of fluids.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year's Day 1 1:00  Game of Choice 3:00 Christ United Methodist Church† 6:30  Movie Night	New Year's Day (Observed) 2 10:30  Monopoly\$ 1:00  Game of Choice 2:00  BINGO \$ 3:00  Devotions with Pastor Mark † 6:30  Game Time	3 9:30  Gabfest\$ 10:00  Walmart 10:30  Skip Bo\$ 11:45  AL Gaither Corner 1:00  Game of Choice 2:00  AL Make & Take Bread and Butter\$ 2:00  Moving to Music with Patsy\$ 3:00  BINGO \$ 3:00  AL Story Time\$ 6:30  Game Time	4 10:00  Chair Exercise\$ 10:30  Rummikub\$ 11:00  AL Chair Exercise\$ 1:00  Game of Choice 2:00  Blood Pressure Checks and Snacks with Home Care Solutions 2:00  AL Quilting Craft\$ 3:00  AL Current Events\$ 3:00  Devotions with Nancy † 6:30  Game Time	5 9:30  Morning Melodies with Tori\$ 10:30  Phase 10\$ 11:45  AL Lunchtime Melodies with Tori 1:00  Game of Choice 2:00  Open Floor with General Manager\$ 2:00  AL Snowball Target Practice\$ 3:00  AL Devotions with Randy Starnes† 3:00  Travel Adventures\$ 6:30  Game Time	6 10:00  Chair Exercise\$ 10:30  Scrabble\$ 11:00  Lunch at P.F. Chang's 1:00  Game of Choice 2:00 Devotions with Katie † 2:00  AL I Remember That \$ 3:00  Bingo Sponsored By Grace Primary Care\$ 3:00  AL Chicken Soup for the Soul\$ 6:30 Sing Along with Ann and Friends†	7 11:00  Balance and Stability with Heather 1:00  Game of Choice 6:00  AL Movie Night 6:30  Movie Night
8 1:00  Game of Choice 3:00 Brainerd Hills Baptist Church† 6:30  Movie Night	9 10:00  Chair Exercise\$ 10:30  Monopoly\$ 11:00  AL Chair Exercise\$ 11:45  AL Piano with Katie 1:00  Game of Choice 1:00 Mary Kay Makeovers 2:00  AL BINGO\$ 2:00  Paint By Number (Sign up required)\$ 3:00 Devotions with Pastor Mark † 3:00  AL You Be the Judge\$ 6:30  Game Time	10 9:30  Gabfest\$ 10:00  McKay's Bookstore 10:30  Skip Bo\$ 11:45  AL Gaither Corner 1:00  Game of Choice 2:00  AL Activity Meeting\$ 2:00  Moving to Music with Patsy\$ 3:00  BINGO with CenterWell\$ 3:00  AL This or That\$ 6:30  Game Time	11 10:00  Chair Exercise\$ 10:30  Rummikub\$ 11:00  AL Chair Exercise\$ 1:00  Game of Choice 2:00  Activity Meeting\$ 2:00  AL Open Floor with General Manager\$ 3:00  Bible Teaching with Mr. Hodge † 3:00  AL Current Events\$ 6:30  Game Time	12 9:30  Morning Melodies with Tori\$ 10:30  Health Trivia with Amedisys\$ 10:30  Phase 10\$ 11:45  AL Lunchtime Melodies with Tori 1:00  Game of Choice 1:30  AL Popcorn Party\$ 2:00  Popcorn Party\$ 3:00  I Remember That! \$ 3:00  AL Travel Adventures\$ 6:30  Game Time	13 10:00  Chair Exercise\$ 10:30  Scrabble\$ 11:00  Lunch at Acropolis Grill 1:00  Game of Choice 2:00  Music Performance with Wes♥ 3:00  BINGO\$ 3:00  AL Chicken Soup for the Soul\$ 6:30 Sing Along with Ann and Friends†	14 11:00  Balance and Stability with Heather 1:00  Game of Choice 6:00  AL Movie Night 6:30  Movie Night
15 1:00  Game of Choice 3:00 Ridgedale Baptist Church† 6:30  Movie Night	16 Martin Luther King Jr. Day 10:00  Chair Exercise\$ 10:30  Monopoly\$ 11:00  AL Chair Exercise\$ 11:45  AL Piano with Katie 1:30  Board Game Tournament \$ 2:00  AL BINGO\$ 3:00  AL Devotions with Pastor Mark † 6:30  Game Time	17 9:30  Gabfest\$ 10:00  Food City 10:30  Skip Bo\$ 11:45  AL Gaither Corner 1:00  Game of Choice 2:00  Moving to Music with Patsy\$ 2:00  AL Name that Tune\$ 3:00  Bingo with Home Care Solutions\$ 3:00  AL Snowball Target Practice\$ 6:30  Game Time	18 10:30  Rummikub\$ 11:00  AL Chair Exercise\$ 1:00 Devotions with Tyner United Methodist † 2:00  Hot Chocolate and Cookie Social \$ 2:00  AL Trivia Trial\$ 3:00  AL Current Events\$ 3:00  Devotions with Nancy † 6:30  Game Time	19 9:30  Morning Melodies with Tori\$ 10:30  Phase 10\$ 10:30  AL Scenic Bus Ride 11:45  AL Lunchtime Melodies with Tori 1:00  Game of Choice 2:00  Crochet & Knitting Club (bring your own project)\$ 2:00  AL Trivia Trial\$ 3:00  Travel Adventures\$ 3:30  AL Travel Adventures\$ 6:30  Game Time	20 '50s Dress Up Day 10:00  Chair Exercise\$ 10:30  Scrabble\$ 11:00  Lunch at Cheddar's 1:00  Game of Choice 2:00  Sock Hop and Snacks ♥ 3:00  BINGO with Susan Freeman Enterprises\$ 3:00  AL Chicken Soup for the Soul\$ 6:30 Sing Along with Ann and Friends†	21 11:00  Balance and Stability with Heather 1:00  Game of Choice 6:00  AL Movie Night 6:30  Movie Night
22 1:00  Game of Choice 3:00 Lay Pastor Dr. McFarland† 6:30  Movie Night	23 10:00  Chair Exercise\$ 10:30  Monopoly\$ 11:00  AL Chair Exercise\$ 11:45  AL Piano with Katie 1:00  Game of Choice 2:00  AL BINGO\$ 2:00  Paint by Number (Sign Up Required)\$ 3:00 Devotions with Pastor Mark † 3:00  AL Try Something New\$ 6:30  Game Time	24 9:30  Gabfest\$ 10:00  Michaels 10:30  Skip Bo\$ 11:45  AL Gaither Corner 1:00  Game of Choice 2:00  AL Ice Cream Sundae Social and Trivia\$ 2:00  Moving to Music with Patsy\$ 3:00  BINGO with Hearth Hospice\$ 3:00  AL I Remember That!\$ 5:00  Music Performance with Jordan♥ 6:30  Game Time	25 10:00  Chair Exercise\$ 10:30  Rummikub\$ 11:00  AL Chair Exercise\$ 1:00  Game of Choice 2:00  Try Something New\$ 3:00  Bible Teaching with Mr. Hodge † 3:00  AL Current Events\$ 6:30  Game Time	26 9:30  Morning Melodies with Tori\$ 10:30  Phase 10\$ 11:45  AL Lunchtime Melodies with Tori 1:00  Game of Choice 2:00  AL Scrabble\$ 2:00  You Be the Judge\$ 3:00 Hymn Sing Along with Randy† 3:00  AL You Be the Judge\$ 6:30  Game Time	27 10:00  Chair Exercise\$ 10:30  Scrabble\$ 11:00  Lunch at Lupi's Pizza Pies 1:00  Game of Choice 2:00  Music Performance with The Old Time Traveler ♥ 3:00  BINGO\$ 3:00  AL Chicken Soup for the Soul\$ 3:30 Visit with Quinn🐾 6:30 Sing Along with Ann and Friends†	28 11:00  Balance and Stability with Heather 1:00  Game of Choice 6:00  AL Movie Night 6:30  Movie Night
29 1:00  Game of Choice 6:30  Movie Night	30 10:00  Chair Exercise\$ 10:30  Monopoly\$ 11:00  AL Chair Exercise\$ 11:45  AL Piano with Katie 1:00  Game of Choice 2:00  AL BINGO\$ 2:00  Crossword Craze\$ 3:00  Community Wide January Birthday Party 6:30  Game Time	31 9:30  Gabfest\$ 10:00  Trader Joe's 10:30  Skip Bo\$ 11:45  AL Gaither Corner 1:00  Game of Choice 2:00  AL Family Feud\$ 2:00  Moving to Music with Patsy\$ 3:00  BINGO\$ 3:00  AL Story Time\$ 6:30  Game Time				



Resident Birthdays

1/4	Peggy Green
1/7	Eston Shipp
1/10	Stephen McBroom
1/10	Bill Wilhite
1/11	Henry Butler
1/12	Rick Chandler
1/12	Delores Phillips
1/14	Edna Beaver
1/18	Patsy Brown
1/16	Steve Ross
1/17	James Roy Moates
1/19	Bill Lippard
1/21	Daisy Akey
1/21	Lin Robertson
1/14	Roger Meyers



Staff Birthdays

1/9	Carolyn Denson
1/18	Dana Sanders



A Note About Activities

All activities are subject to change. Please refer to the Daily Sheets in the elevators and by the Dining Room for the most up to date changes with the schedule.

Important Dates

- 1/4 Blood Pressure Checks at 2pm
- 1/5 Open Floor with General Manager at 2pm
- 1/11 Activities Meeting at 2pm
- 1/12 Health Trivia at 10:30am
- 1/16 Board Game Tournament at 2pm
- 1/19 Crochet/Knitting Club at 2pm
- 1/30 January Birthday Party at 3pm

Board Game Tournament

We will be having students from Southern Adventist University in our community on January 16th. Residents, staff, and students will be playing board games in the dining room and have light refreshments. Come out and enjoy good fellowship and a fun afternoon with friends.

Crochet/Knitting Club

Many have expressed interest in crocheting and knitting together. We now have a group for anyone who wants to crochet or knit together or for anyone who wants to learn how. We will meet January 19th. Everyone brings their own projects and supplies. (If you do not have the supplies you need, we will be taking a trip to Michaels on the 24th.)

Sock Hop and Snacks

Bob Bogart will join us on January 20th at 2pm to host a Sock Hop! It will be an afternoon filled with good food, good company, and a whole lot of dancing! Make sure to come join us for the fun!



New Year's Resolutions

If at first you don't succeed, try, try again to avoid being among the majority when it comes to making New Year's resolutions. After all, only 46 percent of people who make New Year's resolutions are actually able to keep them six months later.

Other trivia regarding the promises we make at the year's kickoff:

- **Start at the beginning.** New Year's resolutions go way back. Janus, a Roman king, was one of the first to jump on the bandwagon. Of course, he had the inside track on ensuring he kept his resolutions because legend says he had the ability to look into the future.
- **Give it back.** Babylonians developed resolutions that might be similar to ones you have with a friend or neighbor, such as returning borrowed equipment.
- **Make some noise.** A Chinese custom hundreds of years ago called for creating the noisy combination of cymbals and fireworks.
- **Get healthy.** The three most popular New Year's resolutions are the most obvious. They are losing weight, exercising and quitting smoking.