



6705 Ballard Drive
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A Place To Call Home

Find us on 



Important Dates

- 6/2 Lunch at City Cafe
- 6/6 D-Day Presentation
- 6/5 Scenic Ride & Snow Cones
- 6/6 Walmart in Ooltewah
- 6/7 Open Floor with Katie
- 6/9 Coker Museum & Lunch
- 6/13 Hamrick's & Lunch
- 6/16 Father's Day Lunch
- 6/16 Activity Meeting
- 6/19 Movie Matinee
- 6/20 Walmart in East Brainerd
- 6/22 Lunch at Chili's
- 6/27 HomeGoods
- 6/29 June Birthday Party
- 6/30 Lunch at Rain

Your Friendly Staff

- General Manager**
Katie Hollaway
- Office Manager**
Luann Palmer
- Sales Director**
Blaze Betts
- Resident Care Director**
Jennie Frasier, MSN/RN
- Dining Services Director**
Melissa Correll
- Recreational Director**
Tori Rogers
- Housekeeping Supervisor**
Donna Long
- Maintenance Director**
Tim Posey



Guess Who: Use the Clues Below to Guess the Staff Member

- Loves to work in her yard and take care of her flowers
- Employed with us for 34 years
- Favorite color is blue
- Enjoys eating out with her children
- She has worn many hats at Hickory Valley including security

If you guessed Judy Chance, you were correct! We are so lucky to have Judy in our community! Thank you for all you do for Hickory Valley!



\$\$ Funny Money \$\$

Funny Money is available for all activities during weeks marked with "\$" on the calendar and weekly opportunity. (If there is no "\$", funny money is not offered.) **Please see the front desk if Funny Money is not passed out at the end of the activity.** Please exchange 10 of your \$1,000 bills for a \$10,000 with Tori.

Saluting Female Veterans

To honor the many contributions of women to the U.S. armed forces, Women Veterans Day is observed June 12. About a dozen states commemorate the day, created in 2018, but there are efforts to make it a national observance.



New Exercise Class

Try out a new chair exercise class with us in June and July! It's a fun, upbeat combination of seated dance & exercise called "Zumba with Joan". **Classes will be Monday June 19th & 26th and July 3rd & 10th at 10:30.** Hope to see you there!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



9:15 ■ Morning Melodies with Tori \$
 10:00 ■ Crossword Craze \$
 11:00 ■ Chair Exercise
 11:45 ■ AL Lunchtime Melodies with Tori
 1:00 ■ Game of Choice \$
 2:00 ■ AL Activity with Tori
 2:00 ■ Balance and Stability with Heather \$
 3:00 ■ Crocheting & Knitting Club
 3:00 ■ AL Devotions with Randy Starnes
 3:30 Visit with Atreyu, the Therapy Dog
 6:30 ■ Game Time \$

9:15 ■ Resident-Led Rummikub \$
 10:00 ■ Chair Exercise \$
 10:30 ■ You Be the Judge \$
 11:00 ■ Lunch at City Cafe
 11:00 ■ AL Story Time
 1:00 ■ Game of Choice \$
 2:00 Devotions with Katie \$
 2:00 ■ AL Trivia Trial
 3:00 ■ Bingo Sponsored By Grace Primary Care \$
 6:30 Sing Along with Ann and Friends. †

9:00 ■ Paper Puzzles: Complete & turn in on Monday for Funny Money (\$1,000/puzzle)
 1:00 ■ Game of Choice
 6:30 ■ Movie Night

1:00 ■ Game of Choice
 3:00 ■ Christ United Methodist Church †
 6:30 ■ Movie Night

9:15 ■ Resident-Led Rummikub \$
 10:00 ■ Chair Exercise \$
 10:30 ■ Who, What, Where? \$
 11:00 ■ AL Chair Exercise
 11:45 ■ AL Piano with Katie
 1:00 ■ Game of Choice \$
 1:30 ■ Scenic Ride
 2:00 ■ AL BINGO \$
 3:00 Devotions with Pastor Mark †
 3:00 ■ AL Who, What, Where?
 6:30 ■ Game Time \$

D-Day
 9:15 ■ Gabfest \$
 10:00 ■ Walmart (Ooltewah)
 10:30 ■ Rummikub \$
 11:00 ■ AL Tuesday Trivia
 1:00 ■ Game of Choice \$
 2:00 ■ D-Day Presentation \$
 3:00 ■ BINGO \$
 6:30 ■ Game Time \$

9:15 ■ Resident-Led Rummikub \$
 10:00 ■ Outdoor Chair Exercise \$
 10:30 ■ Word Teasers
 11:00 ■ AL Chair Exercise
 11:30 ■ AL Lunch Chat with Tori
 1:00 ■ Game of Choice \$
 2:00 ■ Blood Pressure Checks & Snacks
 2:00 ■ AL Tik-Tac-Toe Toss
 2:30 ■ Open Floor with Katie \$
 6:30 ■ Movie Night \$

9:15 ■ Morning Melodies with Tori \$
 10:30 ■ Health Trivia with Amedisys \$
 11:00 ■ AL Chair Exercise
 11:45 ■ AL Lunchtime Melodies with Tori
 1:00 ■ Game of Choice \$
 2:00 ■ Music Performance with Opus IV ♪
 2:00 ■ You Be the Judge
 3:00 ■ Assorted Games \$
 3:00 ■ Crochet & Knitting Club
 6:30 ■ Game Time \$

9:15 ■ Resident-Led Rummikub \$
 10:00 ■ Men's Trip to The Coker Car Museum & Lunch
 11:00 ■ AL Story Time
 1:00 ■ Game of Choice \$
 2:00 ■ Music Performance with Wes ♪
 3:15 ■ BINGO \$
 6:30 Sing Along with Ann and Friends. †

9:00 ■ Paper Puzzles: Complete & turn in on Monday for Funny Money (\$1,000/puzzle)
 1:00 ■ Game of Choice
 6:30 ■ Movie Night

1:00 ■ Game of Choice
 3:00 ■ Brainerd Hills Baptist Church †
 6:30 ■ Movie Night

9:15 ■ Resident-Led Rummikub \$
 10:00 ■ Chair Exercise \$
 10:30 ■ Assorted Games \$
 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 ■ Travel Adventures \$
 3:00 ■ AL Devotions with Pastor Mark
 3:00 ■ Paint By Number \$
 6:30 ■ Game Time \$

9:15 ■ Gabfest \$
 10:00 ■ Hamrick's & Lunch
 10:30 ■ Rummikub \$
 11:00 ■ AL Tuesday Trivia
 1:00 ■ Game of Choice \$
 2:00 ■ Moving to Music with Patsy \$
 2:00 ■ AL Scenic Ride
 3:00 ■ BINGO with CenterWell \$
 6:30 ■ Game Time \$

9:15 ■ Resident-Led Rummikub \$
 10:00 ■ Outdoor Chair Exercise \$
 10:30 ■ This or That \$
 11:00 ■ AL Chair Exercise
 11:30 ■ AL Lunch Chat with Tori
 1:00 ■ Game of Choice \$
 2:00 ■ Crossword Craze \$
 2:00 ■ AL Open Floor with Katie
 3:00 ■ Bible Teaching with Mr. Hodge †
 6:30 ■ Movie Night \$

9:15 ■ Morning Melodies with Tori \$
 10:00 ■ Veteran Recognition Event with Caris Healthcare
 11:00 ■ AL Chair Exercise
 11:45 ■ AL Lunchtime Melodies with Tori
 1:00 ■ Game of Choice \$
 2:00 ■ Ice Cream Sundaes Meet & Greet with Jenny \$
 3:00 ■ Crocheting & Knitting Club
 3:30 Visit with Atreyu, the Therapy Dog
 6:30 ■ Game Time \$

9:15 ■ Resident-Led Rummikub \$
 10:00 ■ Chair Exercise \$
 10:30 ■ Assorted Games \$
 11:00 ■ AL Story Time
 12:00 ■ Father's Day Lunch with Music by Butch
 1:00 ■ Game of Choice \$
 2:00 ■ Activity Meeting with Tori \$
 3:00 ■ BINGO \$
 6:30 Sing Along with Ann and Friends. †

9:00 ■ Paper Puzzles: Complete & turn in on Monday for Funny Money (\$1,000/puzzle)
 1:00 ■ Game of Choice
 2:00 ■ Music Performance with Heaven Seekers ♪
 6:30 ■ Movie Night

Father's Day
 1:00 ■ Game of Choice
 3:00 ■ Ridgedale Baptist Church †
 6:30 ■ Movie Night

9:15 ■ Resident-Led Rummikub \$
 10:30 ■ Zumba Exercise Class with Joan \$
 11:00 ■ AL Chair Exercise
 11:45 ■ AL Piano with Katie
 1:00 ■ Game of Choice \$
 1:00 ■ Movie Matinee
 2:00 ■ Assorted Games \$
 2:00 ■ AL BINGO \$
 3:00 Devotions with Pastor Mark †
 6:30 ■ Game Time \$

9:15 ■ Gabfest \$
 10:00 ■ Walmart Neighborhood Market (East Brainerd)
 10:30 ■ Rummikub \$
 11:00 ■ AL Tuesday Trivia
 1:00 ■ Game of Choice \$
 2:00 ■ Moving to Music with Patsy \$
 2:30 ■ AL Who, What, Where?
 3:00 ■ Bingo with Home Care Solutions \$
 6:30 ■ Game Time \$

First Day of Summer
 9:15 ■ Resident-Led Rummikub \$
 10:00 ■ Chair Exercise \$
 10:30 ■ Summertime Trivia
 11:00 ■ AL Chair Exercise
 11:30 ■ AL Lunch Chat with Tori
 1:00 ■ Devotions with Tyner United Methodist †
 2:00 ■ Hangman \$
 2:00 ■ AL Tik-Tac-Toe Toss
 3:00 ■ New Resident Social \$
 6:30 ■ Movie Night \$

9:15 ■ Morning Melodies with Tori \$
 10:00 ■ You Be the Judge \$
 11:00 ■ AL Chair Exercise
 11:00 ■ Lunch at Chili's
 1:00 ■ Game of Choice \$
 2:00 ■ AL Activity Meeting & Ice Cream with Tori
 2:00 ■ Balance and Stability with Heather \$
 3:00 ■ Crocheting & Knitting Club
 3:00 ■ Hymn Sing-Along with Randy †
 6:30 ■ Game Time \$

9:15 ■ Resident-Led Rummikub \$
 10:00 ■ Chair Exercise Video \$
 10:30 ■ Assorted Games \$
 11:00 ■ AL Story Time
 1:00 ■ Game of Choice \$
 2:00 ■ Travel Adventures \$
 3:00 ■ Free BINGO with Care Patrol \$
 6:30 Sing Along with Ann and Friends. †

9:00 ■ Paper Puzzles: Complete & turn in on Monday for Funny Money (\$1,000/puzzle)
 1:00 ■ Game of Choice
 6:30 ■ Movie Night

1:00 ■ Game of Choice
 3:00 ■ Lay Pastor: Dr. McFarland †
 6:30 ■ Movie Night

9:15 ■ Resident-Led Rummikub \$
 10:30 ■ Zumba Exercise Class with Joan \$
 11:45 ■ AL Piano with Katie
 1:00 ■ Game of Choice \$
 2:00 ■ AL BINGO \$
 2:00 ■ Crossword Craze with Erlanger ContinuCare \$
 3:00 ■ AL Devotions with Pastor Mark
 3:00 ■ Paint By Number \$
 6:30 ■ Game Time \$

9:15 ■ Gabfest \$
 10:00 ■ HomeGoods
 10:30 ■ Rummikub \$
 11:00 ■ AL Tuesday Trivia
 1:00 ■ Game of Choice \$
 2:00 ■ AL Chair Exercise
 2:00 ■ Moving to Music with Patsy \$
 3:00 ■ Free BINGO & Popcorn with Hearth Hospice \$
 5:00 ■ Music Performance with Jordan ♪
 6:30 ■ Game Time \$

9:15 ■ Resident-Led Rummikub \$
 10:00 ■ Chair Exercise \$
 10:30 ■ Funny Bones \$
 11:00 ■ AL Chair Exercise
 11:30 ■ AL Lunch Chat
 1:00 ■ Game of Choice \$
 2:00 ■ Crossword Craze \$
 2:00 ■ AL Ping Pong Toss
 3:00 ■ Bible Teaching with Mr. Hodge †
 3:00 ■ AL Joke Corner
 6:30 ■ Movie Night \$

9:15 ■ Morning Melodies with Tori \$
 10:00 ■ The Price is Right \$
 11:00 ■ AL Chair Exercise
 11:45 ■ AL Lunchtime Melodies with Tori
 1:00 ■ Game of Choice \$
 2:00 ■ Balance and Stability with Heather \$
 2:00 ■ AL I Remember That!
 2:30 ■ Community Wide Birthday Party \$
 3:00 ■ Crocheting & Knitting Club
 6:30 ■ Game Time \$

9:15 ■ Resident-Led Rummikub \$
 10:00 ■ Chair Exercise Video \$
 10:30 ■ You Be the Judge \$
 11:00 ■ Lunch at Rain
 11:00 ■ AL Story Time
 1:00 ■ Game of Choice \$
 2:00 Devotions with Katie \$
 2:00 ■ AL The Price is Right
 3:00 ■ BINGO \$
 6:30 Sing Along with Ann and Friends. †





Resident Birthdays

- 6/9..... Nancy Outen
- 6/12..... Judy Sampson
- 6/14..... Betty Yanik
- 6/15..... Gene Akey
- 6/18..... Fred Arnold
- 6/22..... Paul Ponessa
- 6/23..... Joyce Thomas
- 6/24..... Peggy Mangum
- 6/25..... Jody Stanford
- 6/29..... James Page
- 6/30..... Jo Haines



Staff Birthdays

- 6/8..... Katie Young
- 6/10..... Markisha Willis
- 6/23..... Shuntale Fairbanks



Father's Day Lunch

June 16th at 12 noon, we will celebrate all of the amazing men in our community. **All male residents can invite 2 guests** to this meal. **Please RSVP by June 9th.**

Team Member Spotlight

Staff Anniversaries

- 6/7/2010..... Donna Long
- 6/16/1989..... Judy Chance
- 6/14/2018..... Shuntale Fairbanks



The Stars and Stripes

Flying outside businesses and homes, in classrooms and on TV, the American flag is seen by many of us every day. Each year on June 14, Flag Day is an opportunity for us to appreciate this patriotic symbol and all it stands for. The holiday marks the date in 1777 when the Second Continental Congress adopted the nation's first flag, which had 13 red and white stripes and 13 white stars on a blue field in the upper left corner. The number of stars and stripes represented the 13 Colonies that formed the U.S. Today's flag continues to honor the original Colonies by keeping the 13 stripes, but there are now 50 stars in the corner, as the country has grown to include 50 states.

D-Day Presentation

On June 6th at 2 pm, join us for a special D-Day presentation in the 1st Floor Game Room. Keith McKenzie will provide pictures and discuss this historic event. Please arrive early to get a good seat!

A Summertime Surprise

The first day of summer is June 21st! To celebrate the start of summertime fun, you can **play BINGO for free on Friday, June 23rd and Tuesday, June 27th!**



Sun Tea Inside

Brewing a jug of tea on a sunny porch is a nostalgic summertime activity. You can capture this old-fashioned feeling by making sun tea indoors. Simply place four black tea bags in a quart of cold water, cover, and let sit for 2 to 3 hours. If you want sweet tea, add honey, agave syrup or simple syrup, since liquids will dissolve better in cold water than granulated sugar. Food editors say this cold-brewing method results in a better-tasting tea that's ready for serving over ice.

Double the Hydration

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H2O can help you stay better hydrated.