August 2026

HICKORY VALLEY
A SENIOR LIVING COMMUNITY

6705 Ballard Drive
Chattanooga, TN 37421
(423) 855-0508
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A Place To Call Home

Find us on

Simple, Sweet Energy Bites

Beat the heat with these delicious and nutritious no-cook snacks.

Ingredients:

- 1/2 cup creamy peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract
- 1 cup raw oats
- 1/2 cup sweetened shredded coconut
- 1/2 cup flaxseed meal
- 6 tablespoons mini chocolate chips

Directions:

In medium mixing bowl, stir peanut butter, honey and vanilla extract until combined.

Add oats, coconut, flaxseed meal and chocolate chips. Mix until combined.

Shape into 1-inch balls. Store in airtight container in refrigerator until ready to serve.

Your Friendly Staff

General Manager
Chet Matheny
Office Manager
Luann Palmer
Resident Care Director
Shana Davis, LPN
Dining Services Director
Mel Entrekin
Maintenance Director
Joe Taylor

Popcorn Pick: 'The Endless Summer'

In 1963, documentary filmmaker Bruce Brown followed surfers Mike Hynson and Robert August on a trip around the world's oceans, searching for the perfect wave. The resulting footage became a movie that inspired millions to take up surfing. A surfer himself, Brown had already found success with several other documentaries about the sport, but "The Endless Summer" was his masterpiece, winning audiences with breathtaking photography and a rollicking surf rock soundtrack by The Sandals. The movie's poster, an illustration of the surfers against a neon setting sun, has become an iconic emblem of the 1960s.

Mad Hatters Carolyn, Carol, & Kathy

Mad Hatters

Every **Thursday, at 1 PM**, we gather to crochet and knit hats for **Coats for Kids**. Whether you're an experienced crafter or have always wanted to learn, everyone is welcome. Help us continue making a difference, one hat at a time.

Founder of the Mad Hatters: Deanna Campbell

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HICKORY VALLEY
A SENIOR LIVING COMMUNITY

August 2026

Activity Room
Bus Outing
Dining Room
Chapel
2nd Floor Breezeway
3rd Floor Common Area
Lobby
Portico
$ Funny Money

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Happy Birthday Margaret Pendygraft & Mildred Lee 1 10:00 Puzzle Partners 10:30 Chair Exercise$ 10:30 Faithful Followers, Friends, & Neighbors 1:00 Game of Choice 2:00 A Brush of Creativity Craft$ 6:30 Game Time
2 1:00 Game of Choice 2:00 Chair Exercise$ 3:00 Devotions with Chloe 6:30 Game Time	3 10:30 Zumba Exercise Class with Joan$ 1:00 Bible Study with Ray Mabe$ 2:00 Watermelon Social & Toss$ 3:00 Sing Along with Tori$ 6:30 Game Time	4 10:00 Walmart in Ooltewah 10:00 Walmart or Food City 1:00 Game of Choice 2:00 Chair Exercise with Live 2 Be Healthy$ 3:00 BINGO with Courtney $ 6:30 Game Time	5 10:30 Zumba Exercise Class with Joan$ 1:00 Game of Choice 2:00 Music Performance with Barkey $ 3:00 Tech Help with Ava$ 6:30 Game Time	6 10:00 Chair Yoga with Live 2 Be Healthy$ 12:00 Lunch Club: Community Pie (15 resident limit) 1:00 Mad Hatters Craft Group$ 2:00 Back to School Bash $ 3:00 Devotions with Mark Cabeen$ 6:30 Game Time	7 10:00 Chair Exercise with Live 2 Be Healthy$ 10:00 Chat with Chet (Men's Group) 1:00 Game of Choice 2:00 Elvis Social & Trivia$ 3:00 BINGO $ 6:30 Game Time	8 10:00 Puzzle Partners 10:30 Chair Exercise$ 10:30 Faithful Followers, Friends, & Neighbors 1:00 Game of Choice 2:00 School Picture Refrigerator Magnet Craft$ 6:30 Game Time
Happy Birthday Ruth Fox 9 1:00 Game of Choice 2:00 Chair Exercise$ 3:00 Brainerd Hills Baptist Church 6:30 Game Time	10 10:30 Zumba Exercise Class with Joan$ 1:00 Bible Study with Ray Mabe$ 1:00 Mary Kay Makeovers 2:00 Chuck a Duck Game$ 2:30 Jeopardy$ 6:30 Game Time	11 10:00 Walmart or Food City 1:00 Game of Choice 2:00 Chair Exercise with Live 2 Be Healthy$ 3:00 BINGO with Dana$ 6:30 Game Time	12 10:30 Donuts with Directors$ 10:30 Zumba Exercise Class with Joan$ 1:00 Game of Choice 2:00 Open Floor with Chet$ 3:00 Devotions with Chaplain Kevin 6:30 Game Time	Happy Birthday Sandy Kemp & Ann Quigley 13 10:00 Chair Yoga with Live 2 Be Healthy$ 11:00 Lunch at Olive Garden 1:00 Mad Hatters Craft Group$ 2:00 Music Performance with Opus IV$ 3:00 Devotions with Mark Cabeen$ 6:30 Game Time	14 10:00 Chair Exercise with Live 2 Be Healthy$ 10:00 Chat with Chet (Men's Group) 1:00 Game of Choice 2:00 Music Performance with Wes$ 3:00 BINGO $ 6:30 Game Time	15 10:00 Puzzle Partners 10:30 Chair Exercise$ 10:30 Faithful Followers, Friends, & Neighbors 1:00 Game of Choice 2:00 Manicures with Chloe (until 2:30pm)$ 6:30 Game Time
Happy Birthday Larry Pierce 16 1:00 Game of Choice 2:00 Chair Exercise$ 3:00 Ridgedale Baptist Church 6:30 Game Time	17 10:30 Zumba Exercise Class with Joan$ 1:00 Bible Study with Ray Mabe$ 2:00 Craft with Luann$ 3:00 Go Fish!$ 6:30 Game Time	Happy Birthday Gail Decker & Jurie Mott 18 10:00 Walmart or Food City 1:00 Game of Choice 2:00 Chair Exercise with Live 2 Be Healthy$ 3:00 BINGO with Holly$ 6:30 Game Time	19 10:30 Zumba Exercise Class with Joan$ 1:00 Devotions with Tyner United Methodist 1:00 Game of Choice 2:00 Lemonade Social with Mel$ 2:30 Trivia$ 6:30 Game Time	Happy Birthday Mary Nesbitt 20 10:00 Chair Yoga with Live 2 Be Healthy$ 11:00 Lunch at Cheddar's 1:00 Mad Hatters Craft Group$ 2:00 Wellness Checks with AccentCare$ 3:00 Devotions with Mark Cabeen$ 6:30 Game Time	21 10:00 Chair Exercise with Live 2 Be Healthy$ 10:00 Chat with Chet (Men's Group) 1:00 Game of Choice 2:00 August Birthday Party (All Residents Welcome)$ 3:00 BINGO $ 6:30 Game Time	Happy Birthday Nancy Wilhite 22 10:00 Puzzle Partners 10:30 Chair Exercise$ 10:30 Faithful Followers, Friends, & Neighbors 1:00 Game of Choice 2:00 Tell Your Story$ 6:30 Game Time
23 1:00 Game of Choice 2:00 Chair Exercise$ 3:00 Woodland Park Baptist Church 6:30 Game Time	Happy Birthday Bob Pell 24 10:30 Zumba Exercise Class with Joan$ 2:00 Chuck a Duck $ 3:00 Jeopardy$	25 10:00 Walmart or Food City 1:00 Game of Choice 2:00 Chair Exercise with Live 2 Be Healthy$ 3:00 BINGO $ 6:30 Game Time	Happy Birthday Marvin Stevenson 26 10:30 Zumba Exercise Class with Joan$ 1:00 Game of Choice 2:00 Music Performance with Barkey 3:00 Puzzle Packs$ 6:30 Game Time	Happy Birthday Elizabeth Brown 27 10:00 Chair Yoga with Live 2 Be Healthy$ 11:00 Lunch at Champy's 1:00 Mad Hatters Craft Group$ 2:00 Who, What, Where Game$ 3:00 Devotions with Mark Cabeen$ 6:30 Game Time	28 10:00 Chair Exercise with Live 2 Be Healthy$ 10:00 Chat with Chet (Men's Group) 1:00 Game of Choice 2:00 Blackjack$ 3:00 BINGO $ 6:30 Game Time	Happy Birthday Gena Davis 29 10:00 Puzzle Partners 10:30 Chair Exercise$ 10:30 Faithful Followers, Friends, & Neighbors 1:00 Game of Choice 2:00 Trivia$ 6:30 Game Time
30 1:00 Game of Choice 2:00 Chair Exercise$ 6:30 Game Time	Happy Birthday Bonnie Muse 31 10:30 Zumba Exercise Class with Joan$ 2:00 Music Performance with Butch$ 3:00 Scavenger Hunt$					

Resident Birthdays

8/1 ..... Margaret Pendygraft
8/1 ..... Mildred Lee
8/9 ..... Ruth Fox
8/13 ..... Sandy Kemp
8/13 ..... Ann Quigley
8/16 ..... Larry Pierce
8/18 ..... Gail Decker
8/18 ..... Jurie Mott
8/20 ..... Mary Nesbitt
8/22 ..... Nancy Wilhite
8/24 ..... Bob Pell
8/26 ..... Marvin Stevenson
8/27 ..... Elizabeth Brown
8/29 ..... Gena Davis
8/31 ..... Bonnie Muse
8/18 ..... Jeannie Drennon

Staff Birthdays

8/3 ..... Kye Hickey
8/8 ..... Bob Booker
8/12 ..... Terrell Maye
8/12 ..... LaDawnya Adair
8/22 ..... Carlie Solinger
8/24 ..... Richard Summers
8/28 ..... Magdalena Andres
8/30 ..... Karen Heard
8/31 ..... Chloe Proctor

Staff Anniversaries

8/2/2025 ..... Magdalena Andres
8/5/2024 ..... Christian Salpeter
8/11/2000 ..... Richard Summers
8/22/2023 ..... Marsha Tarrant
8/22/2023 ..... Monika Barger

Live 2 Be Healthy Chair Exercise: Tuesday at 2pm, Thursday at 10am, & Friday at 10am

Residents tried their hand at the Candied Grapes trend! A refreshing and tasty treat!

Jody with the delicious ribs at the 4th of July Party!

Mad Hatters displaying work they have accomplished this year!

Frances loved the Bomb Pop Social in the Courtyard!

A Door Prize winner at the 4th of July Party!

Mary Anne was voted “Most Patriotic” for the 4th of July Party!

Illustratus
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