



6705 Ballard Drive
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A Place To Call Home

Find us on

Important Dates

- 12/1 Coffee and Camaraderie
- 12/1 Decorate Walkers
- 12/1 Christmas Photoshoot
- 12/2 Wrapping Party
- 12/3 Holiday Market
- 12/4 Candy Cane Craze Day
- 12/4 Open Floor with Katie
- 12/9 Carols & Cocoa
- 12/10 Donuts with Directors
- 12/10 Christmas Lights Tour
- 12/11 Christmas Dinner
- 12/12 Christmas PJ Day
- 12/12 Christmas Breakfast
- 12/15 Activity Meeting
- 12/15 PoKeNo
- 12/15 Christmas Lights Tour
- 12/16 Steak & Cake
- 12/17 Tour of Trees
- 12/18 Snowman Craft with Mel
- 12/24 Christmas Movie
- 12/31 New Year's Eve Party

Your Friendly Staff

- General Manager**
Katie Hollaway
- Office Manager**
Luann Palmer
- Sales Director**
Brandi Murray
- Resident Care Director**
Montana Frey, LPN
- Dining Services Director**
Mel Entrekin
- Recreational Director**
Tori Rogers
- Housekeeping Supervisor**
Donna Long
- Maintenance Director**
Tim Posey

Countdown to Christmas Dress-Up Days

Each year as a fun tradition, we have a special dress-up day each week leading up to Christmas. Themes with descriptions!

- **Candy Cane Craze Day:** Wear red and white to match the holiday candy favorite on December 4th.
- **Christmas Pajama Day:** A favorite tradition! Wear your favorite Christmas PJs and enjoy the Christmas Breakfast Social at 2 pm on December 12th.
- **Snowman Day:** Use your creativity to dress up like a snowman on December 18th.
- **Crazy Christmas Sweater Day:** Wear the most elaborate and unique Christmas Sweater in your closet on December 22nd.



Christmas Lights Tours

We will be taking 2 bus trips in the evening to view the beautiful Christmas lights around the Chattanooga area. The bus will leave at 6 pm on December 10th & 15th.




Tour of Trees

Join us for our Annual Tour of Trees at Hickory Valley! Each year our amazing vendors work together to decorate trees around our community. On December 17th, we will host this event so you can enjoy the beautiful trees and vote on your favorite one!

Annual Christmas Dinner

Our Annual Christmas Dinner is on December 11th at 5:30 pm. Residents are welcome to invite up to 4 guests. **You must RSVP at the front desk for you and your guests by December 4th at noon.**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p style="text-align: right; margin-right: 5px;">1</p> <p>8:30 ■ Coffee & Camaraderie</p> <p>10:00 ■ Golden Memories Game \$</p> <p>10:30 ■ Zumba Exercise Class with Joan \$</p> <p>11:30 ■ AL Current Events</p> <p>1:00 ■ AL BINGO \$</p> <p>1:00 ■ Game of Choice \$</p> <p>2:00 ■ Bowling \$</p> <p>2:30 ■ Walker and Wheelchair Decorating \$</p> <p>3:00 ■ Christmas Photoshoot \$</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">2</p> <p>9:00 ■ Food City</p> <p>10:00 ■ Walmart or Food City</p> <p>11:30 ■ AL Lunchtime Melodies</p> <p>1:00 ■ Game of Choice \$</p> <p>1:30 ■ AL Puzzles</p> <p>2:00 ■ Wrapping Party for TN Baptist Children's Home \$</p> <p>3:00 ■ Bingo \$</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">3</p> <p>10:00 ■ Would You Rather Game \$</p> <p>10:30 ■ Zumba Exercise Class with Joan \$</p> <p>12:00 ■ AL Lunchtime Music</p> <p>1:00 ■ Game of Choice \$</p> <p>2:00 ■ Holiday Market in the Lobby & Live Music with Butch \$</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">4</p> <p>Candy Cane Craze Day</p> <p>10:00 ■ Tunes with Tori \$</p> <p>10:30 ■ Mad Hatters Craft Group \$</p> <p>11:00 ■ AL Coloring Pages</p> <p>11:00 ■ Lunch at Logan's Roadhouse</p> <p>1:00 ■ Game of Choice \$</p> <p>1:30 ■ AL Rolling Library Cart</p> <p>2:00 ■ Open Floor with Katie \$</p> <p>3:00 ■ Devotions with Mark Cabeen \$</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">5</p> <p>10:00 ■ Coats for Kids Delivery</p> <p>10:30 ■ Chair Exercise with Legacy \$</p> <p>11:30 ■ AL Gaither Corner</p> <p>12:00 ■ AL Lunchtime Chat</p> <p>1:00 ■ Game of Choice \$</p> <p>2:00 ■ Tell Your Story</p> <p>3:00 ■ Bingo \$</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">6</p> <p>10:30 ■ Breakfast with Santa and the Tennessee Baptist Children's Home</p> <p>1:00 ■ Game of Choice</p> <p>2:00 ■ AL BINGO</p> <p>4:00 ■ AL Classic TV Show</p> <p>6:30 ■ Game Time</p>
<p style="text-align: right; margin-right: 5px;">7</p> <p>1:00 ■ Game of Choice</p> <p>3:00 ■ NO CHURCH SCHEDULED</p> <p>4:00 ■ AL Classic TV Show</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">8</p> <p>10:00 ■ Golden Memories Game \$</p> <p>10:30 ■ Zumba Exercise Class with Joan \$</p> <p>11:30 ■ AL Current Events</p> <p>1:00 ■ AL BINGO \$</p> <p>1:00 ■ Game of Choice \$</p> <p>1:00 ■ Mary Kay Makeovers</p> <p>2:00 ■ Wiggle Sticks \$</p> <p>2:30 ■ Hangman \$</p> <p>3:00 ■ Crossword Craze \$</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">9</p> <p>9:00 ■ Food City</p> <p>10:00 ■ Walmart or Food City</p> <p>11:30 ■ AL Lunchtime Melodies</p> <p>1:00 ■ Game of Choice \$</p> <p>1:30 ■ AL Puzzles</p> <p>2:00 ■ Carols & Cocoa \$</p> <p>3:00 ■ BINGO \$</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">10</p> <p>10:00 ■ This or That Game \$</p> <p>10:30 ■ Donuts with Directors \$</p> <p>12:00 ■ AL Lunchtime Music</p> <p>1:00 ■ Game of Choice \$</p> <p>2:00 ■ Jeopardy \$</p> <p>3:00 ■ Devotions with Chaplain Kevin</p> <p>6:00 ■ Christmas Lights Tour</p>	<p style="text-align: right; margin-right: 5px;">11</p> <p>10:30 ■ Mad Hatters Craft Group \$</p> <p>11:00 ■ AL Coloring Pages</p> <p>1:00 ■ Christmas Movie Matinee \$</p> <p>1:00 ■ Game of Choice \$</p> <p>1:30 ■ AL Rolling Library Cart</p> <p>3:00 ■ Devotions with Mark Cabeen \$</p> <p>5:30 ■ Annual Christmas Dinner with Music by Opus IV</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">12</p> <p>Christmas Pajama Day</p> <p>10:00 ■ Reading of "Twas the Night Before Christmas \$</p> <p>10:30 ■ Chair Exercise with Legacy \$</p> <p>11:30 ■ AL Gaither Corner</p> <p>12:00 ■ AL Lunchtime Chat</p> <p>1:00 ■ Game of Choice \$</p> <p>2:00 ■ Christmas Breakfast Social and Music Performance with Wes \$</p> <p>3:00 ■ BINGO \$</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">13</p> <p>10:00 ■ Puzzle Partners</p> <p>10:30 ■ Faithful Followers, Friends, & Neighbors</p> <p>1:00 ■ Game of Choice</p> <p>2:00 ■ AL BINGO</p> <p>3:00 ■ Christmas BINGO with Melissa \$</p> <p>4:00 ■ AL Classic TV Show</p> <p>6:30 ■ Game Time</p>
<p style="text-align: right; margin-right: 5px;">14</p> <p>1:00 ■ Game of Choice</p> <p>3:00 ■ Brainerd Hills Baptist Church</p> <p>4:00 ■ AL Classic TV Show</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">15</p> <p>10:00 ■ Golden Memories Game \$</p> <p>10:30 ■ Zumba Exercise Class with Joan \$</p> <p>11:30 ■ AL Current Events</p> <p>1:00 ■ AL BINGO \$</p> <p>1:00 ■ Game of Choice \$</p> <p>2:00 ■ Activity Meeting \$</p> <p>2:30 ■ Trivia \$</p> <p>3:00 ■ Po-Ke-No \$</p> <p>6:00 ■ Christmas Lights Tour</p>	<p style="text-align: right; margin-right: 5px;">16</p> <p>9:00 ■ Food City</p> <p>10:00 ■ Walmart or Food City</p> <p>11:30 ■ AL Lunchtime Melodies</p> <p>12:00 ■ Steak & Cake Birthday Celebration</p> <p>1:00 ■ Game of Choice \$</p> <p>1:30 ■ AL Puzzles</p> <p>2:00 ■ Chair Exercise \$</p> <p>3:00 ■ BINGO with Emily Rose \$</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">17</p> <p>10:00 ■ Would You Rather Game \$</p> <p>10:30 ■ Zumba Exercise Class with Joan \$</p> <p>12:00 ■ AL Lunchtime Music</p> <p>1:00 ■ Devotions with Tyner United Methodist</p> <p>1:00 ■ Game of Choice \$</p> <p>2:00 ■ Tour of Trees & Live Music by Barkey \$</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">18</p> <p>Snowman Day</p> <p>10:30 ■ Mad Hatters Craft Group \$</p> <p>11:00 ■ AL Coloring Pages</p> <p>11:00 ■ Lunch at Olive Garden</p> <p>1:00 ■ Game of Choice \$</p> <p>1:30 ■ AL Rolling Library Cart</p> <p>2:00 ■ Snowman Craft with Mel \$</p> <p>2:00 ■ Wellness Checks with AccentCare \$</p> <p>3:00 ■ Devotions with Mark Cabeen \$</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">19</p> <p>10:00 ■ Hangman \$</p> <p>10:30 ■ Chair Exercise with Legacy \$</p> <p>11:30 ■ AL Gaither Corner</p> <p>12:00 ■ AL Lunchtime Chat</p> <p>1:00 ■ Game of Choice \$</p> <p>2:00 ■ Jeopardy</p> <p>3:00 ■ BINGO \$</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">20</p> <p>10:00 ■ Puzzle Partners</p> <p>10:30 ■ Faithful Followers, Friends, & Neighbors</p> <p>1:00 ■ Game of Choice</p> <p>2:00 ■ AL BINGO</p> <p>4:00 ■ AL Classic TV Show</p> <p>6:30 ■ Game Time</p>
<p style="text-align: right; margin-right: 5px;">21</p> <p>1:00 ■ Game of Choice</p> <p>3:00 ■ Ridgedale Baptist Church</p> <p>4:00 ■ AL Classic TV Show</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">22</p> <p>Crazy Christmas Sweater Day</p> <p>10:00 ■ Golden Memories Game \$</p> <p>10:30 ■ Zumba Exercise Class with Joan \$</p> <p>11:30 ■ AL Current Events</p> <p>1:00 ■ AL BINGO \$</p> <p>1:00 ■ Game of Choice \$</p> <p>2:00 ■ Christmas Puzzles \$</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">23</p> <p>10:30 ■ Christmas Movie Match Up \$</p> <p>11:30 ■ AL Lunchtime Melodies</p> <p>1:00 ■ Game of Choice \$</p> <p>1:30 ■ AL Puzzles</p> <p>2:00 ■ Chair Exercise \$</p> <p>3:00 ■ BINGO with Hearth Hospice \$</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">24</p> <p>10:00 ■ Would You Rather Game \$</p> <p>10:30 ■ Zumba Exercise Class with Joan \$</p> <p>12:00 ■ AL Lunchtime Music</p> <p>1:00 ■ Christmas Movie Matinee \$</p> <p>1:00 ■ Game of Choice \$</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">25</p> 	<p style="text-align: right; margin-right: 5px;">26</p> <p>10:30 ■ Chair Exercise with Legacy \$</p> <p>11:30 ■ AL Gaither Corner</p> <p>12:00 ■ AL Lunchtime Chat</p> <p>1:00 ■ Game of Choice \$</p> <p>2:00 ■ Puzzle Packs</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">27</p> <p>10:00 ■ Puzzle Partners</p> <p>10:30 ■ Faithful Followers, Friends, & Neighbors</p> <p>1:00 ■ Game of Choice</p> <p>2:00 ■ AL BINGO</p> <p>4:00 ■ AL Classic TV Show</p> <p>6:30 ■ Game Time</p>
<p style="text-align: right; margin-right: 5px;">28</p> <p>1:00 ■ Game of Choice</p> <p>3:00 ■ Woodland Park Baptist Church</p> <p>4:00 ■ AL Classic TV Show</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">29</p> <p>10:00 ■ Golden Memories Game \$</p> <p>10:30 ■ Zumba Exercise Class with Joan \$</p> <p>11:30 ■ AL Current Events</p> <p>1:00 ■ AL BINGO \$</p> <p>1:00 ■ Game of Choice \$</p> <p>2:00 ■ Crossword Craze \$</p> <p>3:00 ■ Po-Ke-No \$</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">30</p> <p>10:00 ■ Food City ONLY</p> <p>11:30 ■ AL Lunchtime Melodies</p> <p>1:00 ■ Game of Choice \$</p> <p>1:30 ■ AL Puzzles</p> <p>2:00 ■ Chair Exercise \$</p> <p>3:00 ■ BINGO \$</p> <p>6:30 ■ Game Time</p>	<p style="text-align: right; margin-right: 5px;">31</p> <p>10:00 ■ What's New in 2026 \$</p> <p>10:30 ■ Zumba Exercise Class with Joan \$</p> <p>12:00 ■ AL Lunchtime Music</p> <p>1:00 ■ Game of Choice \$</p> <p>2:00 ■ New Year's Eve Party with Barkey \$</p> <p>6:30 ■ Game Time</p>			



Resident Birthdays

12/1	Larry Shell
12/2	John Stone
12/5	Paul Lockwood
12/12	Ed Zizvari
12/13	Marion Burris
12/19	Ruth Snyder
12/22	Judy Mairs



Staff Birthdays

12/12	Schuretha Ramirez
12/17	Terry Cothran
12/30	Gena Entrekin



Staff Anniversaries

12/14/2015	Ty Mathis 10 yrs!
12/4/2023	Karen Vineyard
12/26/2023	Jodi Smith
12/27/2021	Terry Cothran

Winter Workouts

When exercising outdoors in winter's cooler temperatures, be sure to include a warmup. Fitness experts advise taking a brisk walk and doing squats and shoulder and arm circles before your workout. Also remember to drink plenty of water while you exercise, because you can still get dehydrated in cold weather.



Memorable Melody: 'Peppermint Twist'

In 1962, Joey Dee and the Starliters put a new twist on a dance craze with their cool tune "Peppermint Twist." Inspired by the fad created by Chubby Checker's smash song "The Twist," Dee and record producer Henry Glover wrote their own lively version, and named it after the Peppermint Lounge, the New York City nightclub where the band performed. With an infectious rhythm and dance steps such as "round and round, up and down" in the lyrics, the song had fans following the Starliters' lead.



'Oh, What Fun'

The familiar strains of "Jingle Bells" sounded out from space on Dec. 16, 1965. Orbiting the Earth in the Gemini 6 spacecraft, astronauts Wally Schirra and Tom Stafford played the tune using a harmonica and bells they had smuggled aboard. It was the first song broadcast from space.



A Popular Plaid Pattern

The iconic uniform of lumberjacks and other outdoorsy types, the pattern known as buffalo plaid starts popping up everywhere as soon as cooler weather sets in. The black-and-red checkered motif has origins with Scotland's MacGregor clan, who wore a similar pattern called Rob Roy tartan that was brought to the U.S. during the 1800s, becoming a favorite of folks on the frontier. Still a fashion staple, buffalo plaid now covers a variety of home goods, from bedding to wall decor and wrapping paper.



Stay Sunny on the Inside

Wintertime is the season for citrus. And if the weather outside is frightful, an orange, clementine or grapefruit can put you in a sunshine state of mind. Citrus fruits are famous for their supply of immune-boosting vitamin C, and simply smelling their scents has been shown to be energizing.

