



6705 Ballard Drive  
Chattanooga, TN 37421  
(423) 855-0508  
Fax: (423) 855-8730

*A Place To Call Home*

Find us on 



### Important Dates

1/7 ..... New Year New Connections  
1/8 ..... Cracker Barrel  
1/9 ..... Music with Wes  
1/14 ..... Donuts with Directors  
1/14 ..... Open Floor with Katie  
1/15 ..... City Cafe  
1/15 ..... Wellness Checks  
1/21 ..... Pickle Taste Test  
1/22 ..... Outback  
1/23 ..... Steak & Cake  
1/27 ..... Craft with Luann  
1/29 ..... Chili's

### January Steak & Cake

If you have a January Birthday,  
please RSVP to the Steak & Cake  
Lunch by January 11th.

### Famous Faces Born in January

Jan. 1, 2000: Ice Spice  
Jan. 5, 1941: Hayao Miyazaki  
Jan. 7, 1991: Michaela Jaé  
Rodriguez  
Jan. 13, 1995: Natalia Dyer  
Jan. 19, 1946: Dolly Parton  
Jan. 21, 1950: Billy Ocean  
Jan. 26, 1961: Wayne Gretzky  
Jan. 28, 1985: Tom Hopper

### 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



### Resident Spotlight

This month's resident spotlight is **Margaret Pendencygraft**. She is a very active resident and has been for the last 9 years. She married her loving husband at 18 and they enjoyed 61 beautiful years together. He was a WW2 veteran and later worked for the railroad (which is how they ended up in Chattanooga). Together they had two children, Barbara and Jerry. Margaret has always loved and craved adventure. She has countless stories of her solo travels. Her husband preferred to stay at home, so she often travelled by herself. This led to some very unique experiences. We are so blessed to have Margaret as a part of our community!













































































































































































































### Welcome Committee

We are looking for residents who wish to be a part of the **Resident Welcome Committee** who welcome all new residents to Hickory Valley. Please contact  
Tori.

### 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
4 1:00  Game of Choice 3:00  NO CHURCH SCHEDULED 4:00  Classic TV Show 6:30  Game Time	5 10:00  Golden Memories Game\$ 10:30  Zumba Exercise Class with Joan\$ 1:00  BINGO\$ 1:00  Game of Choice\$ 2:00  Crossword Craze\$ 3:00  You Be the Judge \$ 6:30  Game Time	6 9:00  Food City 10:00  Walmart or Food City 11:30  AL Lunchtime Melodies 1:00  Game of Choice\$ 1:30  AL Rolling Library Cart 2:00  Chair Exercise\$ 3:00  Bingo \$ 6:30  Game Time	7 10:00  This or That Game\$ 10:30  Zumba Exercise Class with Joan\$ 12:00  AL Lunchtime Music 1:00  Game of Choice\$ 2:00  New Year New Connections\$ 6:30  Game Time	8 10:00  Say What Game? \$ 10:30  Mad Hatters Craft Group\$ 11:00  AL Coloring Pages 11:00  Lunch at Cracker Barrel 1:00  Game of Choice\$ 1:30  AL BINGO 2:00  Chair Exercise\$ 3:00  Devotions with Mark Cabeen\$ 6:30  Game Time	9 10:30  Chair Exercise with Legacy\$ 11:30  AL Lunchtime Chat 1:00  Game of Choice\$ 2:00  Music Performance with Wes\$ 3:00  BINGO with Katie\$ 6:30  Game Time	10 10:00  Puzzle Partners 10:30  Faithful Followers, Friends, & Neighbors 1:00  Game of Choice 2:00  AL BINGO 4:00  AL Classic TV Show 6:30  Game Time
11 1:00  Game of Choice 3:00  Brainerd Hills Baptist Church 4:00  AL Classic TV Show 6:30  Game Time	12 10:00  Golden Memories Game\$ 10:30  Zumba Exercise Class with Joan\$ 1:00  AL BINGO\$ 1:00  Game of Choice\$ 1:00  Mary Kay Makeovers 2:00  Crossword Craze\$ 3:00  Trivia\$ 6:30  Game Time	13 9:00  Food City 10:00  Walmart or Food City 11:30  AL Lunchtime Melodies 1:00  Game of Choice\$ 1:30  AL Rolling Library Cart 2:00  Chair Exercise\$ 3:00  BINGO with CenterWell\$ 6:30  Game Time	14 10:30  Donuts with Directors\$ 12:00  AL Lunchtime Music 1:00  Game of Choice\$ 2:00  Open Floor with Katie\$ 3:00  Devotions with Chaplain Kevin 3:00  AL Open Floor with Katie 6:30  Game Time	15 10:00  Hangman\$ 10:30  Mad Hatters Craft Group\$ 11:00  AL Coloring Pages 11:00  Lunch at City Cafe 1:00  Game of Choice\$ 1:30  AL BINGO 2:00  Chair Exercise\$ 2:00  Wellness Checks with AccentCare\$ 3:00  Devotions with Mark Cabeen\$ 6:30  Game Time	16 10:00  Conversation Starters\$ 10:30  Chair Exercise with Legacy\$ 11:30  AL Lunchtime Chat 1:00  Game of Choice\$ 2:00  Jeopardy with Katie 2:00  AL Winter Snack Social 3:00  BINGO with Katie\$ 6:30  Game Time	17 10:00  Puzzle Partners 10:30  Faithful Followers, Friends, & Neighbors 1:00  Game of Choice 2:00  AL BINGO 4:00  AL Classic TV Show 6:30  Game Time
18 1:00  Game of Choice 3:00  Ridgedale Baptist Church 4:00  AL Classic TV Show 6:30  Game Time	19 10:00  Golden Memories Game\$ 10:30  Zumba Exercise Class with Joan\$ 1:00  AL BINGO\$ 1:00  Game of Choice\$ 2:00  Crossword Craze\$ 3:00  Health Chat with Dhara\$ 6:30  Game Time	20 9:00  Food City 10:00  Walmart or Food City 11:30  AL Lunchtime Melodies 1:00  Game of Choice\$ 1:30  AL Rolling Library Cart 2:00  Chair Exercise\$ 3:00  BINGO with Emily Rose\$ 6:30  Game Time	21 10:00  This or That Game\$ 10:30  Zumba Exercise Class with Joan\$ 12:00  AL Lunchtime Music 1:00  Devotions with Tyner United Methodist 1:00  Game of Choice\$ 1:30  AL Hot Chocolate Social 2:00  Pickle Taste Test with Mel\$ 3:00  Po-Ke-No\$ 6:30  Game Time	22 10:00  You Be the Judge \$ 10:30  Mad Hatters Craft Group\$ 11:00  AL Coloring Pages 11:00  Lunch at Outback Steakhouse 1:00  Game of Choice\$ 1:30  AL BINGO 2:00  Chair Exercise\$ 3:00  Devotions with Mark Cabeen\$ 6:30  Game Time	23 10:00  Hot Takes Game\$ 10:30  Chair Exercise with Legacy\$ 11:30  AL Lunchtime Chat 12:00  Steak & Cake Birthday Celebration 1:00  Game of Choice\$ 2:00  Jeopardy with Katie 2:00  AL Winter Snack Social 3:00  BINGO with Katie\$ 6:30  Game Time	24 10:00  Puzzle Partners 10:30  Faithful Followers, Friends, & Neighbors 1:00  Game of Choice 2:00  AL BINGO 4:00  AL Classic TV Show 6:30  Game Time
25 1:00  Game of Choice 3:00  Woodland Park Baptist Church 4:00  AL Classic TV Show 6:30  Game Time	26 10:00  Golden Memories Game\$ 10:30  Zumba Exercise Class with Joan\$ 1:00  AL BINGO\$ 1:00  Game of Choice\$ 2:00  Crossword Craze\$ 3:00  10 Clues Game\$ 6:30  Game Time	27 9:00  Food City 10:00  Walmart or Food City 11:30  AL Lunchtime Melodies 1:00  Game of Choice\$ 1:30  AL Winter Snack Social 2:00  Craft with Luann\$ 3:00  BINGO with Hearth Hospice\$ 6:30  Game Time	28 10:30  Zumba with Joan & Fresh Juice Social\$ 12:00  AL Lunchtime Music 1:00  Game of Choice\$ 2:00  Music Performance with Barkey \$ 3:00  Card Shark\$ 6:30  Game Time	29 10:00  Hangman\$ 10:30  Mad Hatters Craft Group\$ 11:00  AL Coloring Pages 11:00  Lunch at Chili's 1:00  Game of Choice\$ 1:30  AL BINGO 2:00  Chair Exercise\$ 3:00  Devotions with Mark Cabeen\$ 6:30  Game Time	30 10:00  Riddle Me This\$ 10:30  Chair Exercise with Legacy\$ 11:30  AL Lunchtime Chat 1:00  Game of Choice\$ 2:00  Jeopardy 2:00  AL Winter Snack Social 3:00  BINGO \$ 6:30  Game Time	31 10:00  Puzzle Partners 10:30  Faithful Followers, Friends, & Neighbors 1:00  Game of Choice 2:00  AL BINGO 4:00  AL Classic TV Show 6:30  Game Time





### Resident Birthdays

1/10	.....	Rick Chandler
1/10	.....	Monty McBroom
1/10	.....	Brad Littleton
1/10	.....	Bill Wilhite
1/21	.....	Lin Robertson
1/23	.....	Roger Meyer



### Staff Birthdays

1/4	.....	Karen Vineyard
1/9	.....	Carolyn Denson
1/10	.....	Candice Phillips
1/12	.....	Thomas Holzmacher
1/18	.....	Dana Sanders
1/22	.....	Kristine Andrade



### Staff Anniversaries

1/16/23	.....	Elizabeth Poteet
1/23/25	.....	Joe Taylor
1/27/25	.....	Maranda Banks



### Bundle Up

Cold weather causes the body's blood vessels and arteries to constrict, raising blood pressure and making the heart work harder. Dress in layers to keep warm, and wear a hat and gloves when you're outdoors.

## 2025 Hickory Valley Recap

A full and amazing year at Hickory Valley!  
Let's make 2026 even better!



1st Ever Pie Contest



2025 Valentine's King & Queen



1st Annual Spelling Bee



1st Annual Talent Show



Tea Time with Brandi



BINGO with Compass Rose Kids



HV Leadership at the Alzheimer's Walk



Marjorie's 100th Birthday



Lyda's 100th Birthday



3rd Annual Teacher Appreciation Trip to Grace Academy



Veterans Day