



6705 Ballard Drive  
Chattanooga, TN 37421  
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## 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 Pendygraft**. 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

					<b>1</b> 10:00 <span style="background-color: #800080; color: black;">■</span> Riddle Me This\$ 10:30 <span style="background-color: #800080; color: black;">■</span> Chair Exercise with Legacy\$ <b>11:30</b> <span style="background-color: #4682B4; color: white;">■</span> <b>Lunchtime Chat</b> 1:00 <span style="background-color: #800080; color: black;">■</span> Game of Choice\$ 2:00 <span style="background-color: #800080; color: black;">■</span> Jeopardy 2:00 <span style="background-color: #4682B4; color: white;">■</span> <b>AL Winter Snack Social</b> 3:00 <span style="background-color: #800080; color: black;">■</span> <b>Bingo \$</b> 6:30 <span style="background-color: #800080; color: black;">■</span> <b>Game Time</b>	<b>2</b> 10:00 <span style="background-color: #FFB6C1; color: black;">■</span> <b>Puzzle Partners</b> 10:30 <span style="background-color: #800080; color: black;">■</span> <b>Faithful Followers, Friends, &amp; Neighbors</b> 1:00 <span style="background-color: #800080; color: black;">■</span> Game of Choice 2:00 <span style="background-color: #4682B4; color: white;">■</span> <b>AL BINGO</b> 4:00 <span style="background-color: #4682B4; color: white;">■</span> <b>AL Classic TV Show</b> 6:30 <span style="background-color: #800080; color: black;">■</span> <b>Game Time</b>
<b>4</b> 1:00 <span style="background-color: #800080; color: black;">■</span> Game of Choice <b>3:00</b> <span style="background-color: #808000; color: black;">■</span> <b>NO CHURCH SCHEDULED</b> 4:00 <span style="background-color: #4682B4; color: white;">■</span> <b>AL Classic TV Show</b> 6:30 <span style="background-color: #800080; color: black;">■</span> <b>Game Time</b>	<b>5</b> 10:00 <span style="background-color: #800080; color: black;">■</span> <b>Golden Memories Game\$</b> 10:30 <span style="background-color: #800080; color: black;">■</span> <b>Zumba Exercise Class with Joan\$</b> 1:00 <span style="background-color: #4682B4; color: white;">■</span> <b>AL BINGO\$</b> 1:00 <span style="background-color: #800080; color: black;">■</span> Game of Choice\$ 2:00 <span style="background-color: #800080; color: black;">■</span> <b>Crossword Craze\$</b> 3:00 <span style="background-color: #800080; color: black;">■</span> <b>You Be the Judge \$</b> 6:30 <span style="background-color: #800080; color: black;">■</span> <b>Game Time</b>	<b>6</b> 9:00 <span style="background-color: #808000; color: black;">■</span> <b>Food City</b> 10:00 <span style="background-color: #808000; color: black;">■</span> <b>Walmart or Food City</b> 11:30 <span style="background-color: #4682B4; color: white;">■</span> <b>AL Lunchtime Melodies</b> 1:00 <span style="background-color: #800080; color: black;">■</span> Game of Choice\$ 1:30 <span style="background-color: #4682B4; color: white;">■</span> <b>AL Rolling Library Cart</b> 2:00 <span style="background-color: #800080; color: black;">■</span> <b>Chair Exercise\$</b> 3:00 <span style="background-color: #800080; color: black;">■</span> <b>Bingo \$</b> 6:30 <span style="background-color: #800080; color: black;">■</span> <b>Game Time</b>	<b>7</b> 10:00 <span style="background-color: #800080; color: black;">■</span> <b>This or That Game\$</b> 10:30 <span style="background-color: #800080; color: black;">■</span> <b>Zumba Exercise Class with Joan\$</b> 12:00 <span style="background-color: #4682B4; color: white;">■</span> <b>AL Lunchtime Music</b> 1:00 <span style="background-color: #800080; color: black;">■</span> Game of Choice\$ 2:00 <span style="background-color: #4682B4; color: white;">■</span> <b>New Year New Connections\$</b> 3:00 <span style="background-color: #800080; color: black;">■</span> <b>Game Time</b>	<b>8</b> 10:00 <span style="background-color: #800080; color: black;">■</span> <b>Say What Game? \$</b> 10:30 <span style="background-color: #FFB6C1; color: black;">■</span> <b>Mad Hatters Craft Group\$</b> 11:00 <span style="background-color: #4682B4; color: white;">■</span> <b>AL Coloring Pages</b> 11:00 <span style="background-color: #808000; color: black;">■</span> <b>Lunch at Cracker Barrel</b> 1:00 <span style="background-color: #800080; color: black;">■</span> Game of Choice\$ 1:30 <span style="background-color: #4682B4; color: white;">■</span> <b>AL BINGO</b> 2:00 <span style="background-color: #800080; color: black;">■</span> <b>Chair Exercise\$</b> 3:00 <span style="background-color: #808000; color: black;">■</span> <b>Devotions with Mark Cabeen\$</b> 6:30 <span style="background-color: #800080; color: black;">■</span> <b>Game Time</b>	<b>9</b> 10:30 <span style="background-color: #800080; color: black;">■</span> <b>Chair Exercise with Legacy\$</b> <b>11:30</b> <span style="background-color: #4682B4; color: white;">■</span> <b>AL Lunchtime Chat</b> 1:00 <span style="background-color: #800080; color: black;">■</span> Game of Choice\$ 2:00 <span style="background-color: #808000; color: black;">■</span> <b>Music Performance with Wes\$</b> 2:00 <span style="background-color: #800080; color: black;">■</span> <b>Chair Exercise\$</b> 3:00 <span style="background-color: #808000; color: black;">■</span> <b>BINGO with Katie\$</b> 6:30 <span style="background-color: #800080; color: black;">■</span> <b>Game Time</b>	<b>10</b> 10:00 <span style="background-color: #FFB6C1; color: black;">■</span> <b>Puzzle Partners</b> 10:30 <span style="background-color: #800080; color: black;">■</span> <b>Faithful Followers, Friends, &amp; Neighbors</b> 1:00 <span style="background-color: #800080; color: black;">■</span> Game of Choice 2:00 <span style="background-color: #4682B4; color: white;">■</span> <b>AL BINGO</b> 4:00 <span style="background-color: #4682B4; color: white;">■</span> <b>AL Classic TV Show</b> 6:30 <span style="background-color: #800080; color: black;">■</span> <b>Game Time</b>
<b>11</b> 1:00 <span style="background-color: #800080; color: black;">■</span> Game of Choice <b>3:00</b> <span style="background-color: #808000; color: black;">■</span> <b>Brainerd Hills Baptist Church</b> 4:00 <span style="background-color: #4682B4; color: white;">■</span> <b>AL Classic TV Show</b> 6:30 <span style="background-color: #800080; color: black;">■</span> <b>Game Time</b>	<b>12</b> 10:00 <span style="background-color: #800080; color: black;">■</span> <b>Golden Memories Game\$</b> 10:30 <span style="background-color: #800080; color: black;">■</span> <b>Zumba Exercise Class with Joan\$</b> 1:00 <span style="background-color: #4682B4; color: white;">■</span> <b>AL BINGO\$</b> 1:00 <span style="background-color: #800080; color: black;">■</span> Game of Choice\$ 1:00 <span style="background-color: #800080; color: black;">■</span> <b>Mary Kay Makeovers</b> 2:00 <span style="background-color: #800080; color: black;">■</span> <b>Crossword Craze\$</b> 3:00 <span style="background-color: #800080; color: black;">■</span> <b>Trivia\$</b> 6:30 <span style="background-color: #800080; color: black;">■</span> <b>Game Time</b>	<b>13</b> 9:00 <span style="background-color: #808000; color: black;">■</span> <b>Food City</b> 10:00 <span style="background-color: #808000; color: black;">■</span> <b>Walmart or Food City</b> 11:30 <span style="background-color: #4682B4; color: white;">■</span> <b>AL Lunchtime Melodies</b> 1:00 <span style="background-color: #800080; color: black;">■</span> Game of Choice\$ 1:30 <span style="background-color: #4682B4; color: white;">■</span> <b>AL Rolling Library Cart</b> 2:00 <span style="background-color: #800080; color: black;">■</span> <b>Chair Exercise\$</b> 3:00 <span style="background-color: #800080; color: black;">■</span> <b>BINGO with CenterWell\$</b> 6:30 <span style="background-color: #800080; color: black;">■</span> <b>Game Time</b>	<b>14</b> 10:30 <span style="background-color: #800080; color: black;">■</span> <b>Donuts with Directors\$</b> 12:00 <span style="background-color: #4682B4; color: white;">■</span> <b>AL Lunchtime Music</b> 1:00 <span style="background-color: #800080; color: black;">■</span> Game of Choice\$ <b>2:00</b> <span style="background-color: #800080; color: black;">■</span> <b>Open Floor with Katie\$</b> 3:00 <span style="background-color: #808000; color: black;">■</span> <b>Devotions with Chaplain Kevin</b> 3:00 <span style="background-color: #4682B4; color: white;">■</span> <b>AL Open Floor with Katie</b> 6:30 <span style="background-color: #800080; color: black;">■</span> <b>Game Time</b>	<b>15</b> 10:00 <span style="background-color: #800080; color: black;">■</span> <b>Hangman\$</b> 10:30 <span style="background-color: #FFB6C1; color: black;">■</span> <b>Mad Hatters Craft Group\$</b> 11:00 <span style="background-color: #4682B4; color: white;">■</span> <b>Coloring Pages</b> 11:00 <span style="background-color: #808000; color: black;">■</span> <b>Lunch at City Cafe</b> 1:00 <span style="background-color: #800080; color: black;">■</span> Game of Choice\$ 1:30 <span style="background-color: #4682B4; color: white;">■</span> <b>AL BINGO</b> 2:00 <span style="background-color: #800080; color: black;">■</span> <b>Chair Exercise\$</b> 3:00 <span style="background-color: #808000; color: black;">■</span> <b>Devotions with Mark Cabeen\$</b> 6:30 <span style="background-color: #800080; color: black;">■</span> <b>Game Time</b>	<b>16</b> 10:00 <span style="background-color: #800080; color: black;">■</span> <b>Conversation Starters\$</b> 10:30 <span style="background-color: #800080; color: black;">■</span> <b>Chair Exercise with Legacy\$</b> <b>11:30</b> <span style="background-color: #4682B4; color: white;">■</span> <b>AL Lunchtime Chat</b> 1:00 <span style="background-color: #800080; color: black;">■</span> Game of Choice\$ 2:00 <span style="background-color: #800080; color: black;">■</span> <b>Jeopardy with Katie</b> 2:00 <span style="background-color: #4682B4; color: white;">■</span> <b>AL Winter Snack Social</b> 3:00 <span style="background-color: #800080; color: black;">■</span> <b>BINGO with Katie\$</b> 6:30 <span style="background-color: #800080; color: black;">■</span> <b>Game Time</b>	<b>17</b> 10:00 <span style="background-color: #FFB6C1; color: black;">■</span> <b>Puzzle Partners</b> 10:30 <span style="background-color: #800080; color: black;">■</span> <b>Faithful Followers, Friends, &amp; Neighbors</b> 1:00 <span style="background-color: #800080; color: black;">■</span> Game of Choice 2:00 <span style="background-color: #4682B4; color: white;">■</span> <b>AL BINGO</b> 4:00 <span style="background-color: #4682B4; color: white;">■</span> <b>AL Classic TV Show</b> 6:30 <span style="background-color: #800080; color: black;">■</span> <b>Game Time</b>
<b>18</b> 1:00 <span style="background-color: #800080; color: black;">■</span> Game of Choice <b>3:00</b> <span style="background-color: #808000; color: black;">■</span> <b>Ridgedale Baptist Church</b> 4:00 <span style="background-color: #4682B4; color: white;">■</span> <b>AL Classic TV Show</b> 6:30 <span style="background-color: #800080; color: black;">■</span> <b>Game Time</b>	<b>19</b> 10:00 <span style="background-color: #800080; color: black;">■</span> <b>Golden Memories Game\$</b> 10:30 <span style="background-color: #800080; color: black;">■</span> <b>Zumba Exercise Class with Joan\$</b> 1:00 <span style="background-color: #4682B4; color: white;">■</span> <b>AL BINGO\$</b> 1:00 <span style="background-color: #800080; color: black;">■</span> Game of Choice\$ 2:00 <span style="background-color: #800080; color: black;">■</span> <b>Crossword Craze\$</b> 3:00 <span style="background-color: #800080; color: black;">■</span> <b>Health Chat with Dhara\$</b> 6:30 <span style="background-color: #800080; color: black;">■</span> <b>Game Time</b>	<b>20</b> 9:00 <span style="background-color: #808000; color: black;">■</span> <b>Food City</b> 10:00 <span style="background-color: #808000; color: black;">■</span> <b>Walmart or Food City</b> 11:30 <span style="background-color: #4682B4; color: white;">■</span> <b>AL Lunchtime Melodies</b> 1:00 <span style="background-color: #800080; color: black;">■</span> Game of Choice\$ 1:30 <span style="background-color: #4682B4; color: white;">■</span> <b>AL Rolling Library Cart</b> 2:00 <span style="background-color: #800080; color: black;">■</span> <b>Chair Exercise\$</b> 3:00 <span style="background-color: #800080; color: black;">■</span> <b>BINGO with Emily Rose\$</b> 6:30 <span style="background-color: #800080; color: black;">■</span> <b>Game Time</b>	<b>21</b> 10:00 <span style="background-color: #800080; color: black;">■&lt;/</span>			



## 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