HICKORY VALLEY
A SENIOR LIVING COMMUNITY

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

A Place To Call Home

Find us on

Getting Creative for Brain Health

New research suggests picking up a creative hobby may slow brain aging. According to a study in Nature Communications, the strongest brain boost was found in tango dancers, estimating that their "brain ages" were about seven years younger than their actual ages. While researchers found that the more skilled a participant was in their respective creative field, the younger their brain appeared, the study also indicated even short-term creative activity benefited brain health.

A 365-Step Staircase

In the U.S. Capitol Building, a steep metal staircase — now closed to the public — contains exactly 365 steps that stretch from the basement to the outdoor walkway at the dome's peak.

On Nov. 11 ...

Be sure to thank a veteran.



Your Friendly Staff

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



A Good Start for Gut Health

According to medical experts, anxiety can trigger a physiological response that breaks down gut lining, and then poor gut health can trigger chronic stress. Here's a breakfast of champions to help keep your body and mind calm from the start: oatmeal with blueberries. Packed with stress-regulating magnesium, the oatmeal also contains tryptophan, which helps produce serotonin, a chemical that regulates mood, sleep and digestion. Blueberries can reduce the stress hormone cortisol and are rich in fiber, which supports good gut bacteria.



Unwinding With a Weighted Blanket

Weighted blankets use deep pressure stimulation to encourage the whole body to relax. Experts recommend blankets that weigh about 10% of the user's body weight and checking with individual health care providers first.

Charity Accountability

Before donating during this season of giving, try an online charity rating system, which measures individual charity effectiveness. According to the Better Business Bureau Wise Giving Alliance, charitable commitments should be 65% or higher.

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November 2026

Activity Room
Bus Outing
Dining Room
Chapel
1st Floor Game Room
2nd Floor Breezeway
3rd Floor Common Area
Lobby
Portico
$ Funny Money

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:00 Game of Choice 3:00 Devotions with Mark 6:30 Chicken Foot or Game of Choice	2 **10:30 Zumba Exercise Class with Joan$** 1:00 Bible Study (Book of John)$ 3:00 Chess Club **3:00 Fall Floral Arrangement$** 6:30 Mexican Train or Game of Choice	3 **10:00 Walmart or Food City** **11:30 Chattanooga Zoo$** 1:00 Game of Choice **1:00 Trip to Mckay's** **2:00 Strength & Balance W/ Live 2 Be Healthy$** **3:00 BINGO $** 6:30 Canasta or Game of Choice	4 **10:30 Zumba Exercise Class W/ Joan $** **12:00 Toys for Cats** 1:00 Game of Choice 2:00 Book Club **3:00 Tech Help with Ava$** 6:30 Rummikub or Game of Choice	**Happy Birthday Ed Durden** 5 **10:00 Chair Stretch with Live 2 Be Healthy$** 1:00 Mad Hatters' Craft Group$ **2:00 Birthday Party$** **2:30 Birthday Bingo** 3:00 Devotions with Mark Cabeen$ 6:30 Dominoes or Game of Choice	6 **10:00 Strength & Balance W/ Live 2 Be Healthy$** **11:00 Lunch at Acropolis** 1:00 Game of Choice **1:00 Rummikub Tournament** **3:00 BINGO $** 6:30 Bridge or Game of Choice	**Happy Birthday Harrianne Thompson** 7 **10:00 Puzzle Partners** **10:30 Exercise W/ Kember** 10:30 Faithful Followers, Friends, & Neighbors 1:00 Game of Choice 6:30 Hand and Foot or Game of Choice
8 1:00 Game of Choice **2:30 Exercise W/ Kember** **3:00 Brainerd Hills Baptist Church** 6:30 Chicken Foot or Game of Choice	9 **10:30 Zumba Exercise Class with Joan$** 1:00 Bible Study (Book of John)$ 1:00 Mary Kay Makeovers 3:00 Chess Club **3:00 Walking Club** 6:30 Mexican Train or Game of Choice	10 **10:00 Walmart or Food City** 1:00 Game of Choice **1:00 Hangman** **2:00 Strength & Balance W/ Live 2 Be Healthy$** **3:00 BINGO $** 6:30 Canasta or Game of Choice	**Veterans Day** 11 **Happy Birthday Donna Day** **10:00 Donuts with Directors$** **10:30 Zumba Exercise Class W/ Joan $** 1:00 Game of Choice **1:00 Open Floor with Chet$** 2:00 Music Performance / Barkey 3:00 Devotions with Chaplain Kevin 6:30 Rummikub or Game of Choice	**Happy Birthday Carol Dollar** 12 **10:00 Chair Stretch with Live 2 Be Healthy$** 1:00 Mad Hatters' Craft Group$ **2:00 Art Class** 3:00 Devotions with Mark Cabeen$ 6:30 Dominoes or Game of Choice	13 **10:00 Strength & Balance W/ Live 2 Be Healthy$** **12:00 Lunch at City Cafe** 1:00 Game of Choice 2:00 Veterans Celebration **3:00 BINGO $** 6:30 Bridge or Game of Choice	14 **10:00 Car Show 10am-1pm** **10:00 Puzzle Partners** 10:30 Faithful Followers, Friends, & Neighbors 1:00 Game of Choice **2:00 Exercise W/ Kember** 6:30 Hand and Foot or Game of Choice
15 1:00 Game of Choice **2:30 Exercise W/ Kember** **3:00 Ridgedale Baptist Church** 6:30 Chicken Foot or Game of Choice	**Happy Birthday Charlene Norfleet** 16 **10:30 Zumba Exercise Class with Joan$** 1:00 Bible Study (Book of John)$ 3:00 Chess Club **3:00 Walmart or Food City** 6:30 Mexican Train or Game of Choice	17 **9:00 Hamrick's of Fort Oglethorpe** **12:00 Lunch at Park Place** 1:00 Game of Choice **2:00 Strength & Balance W/ Live 2 Be Healthy$** **3:00 BINGO with Holly$** 6:30 Canasta or Game of Choice	18 **10:30 Zumba Exercise Class W/ Joan $** **1:00 Devotions with Tyner United Methodist** 1:00 Game of Choice **2:00 Trip to ALDI and Dollar Store** 6:30 Rummikub or Game of Choice	19 **10:00 Chair Stretch with Live 2 Be Healthy$** 1:00 Mad Hatters' Craft Group$ **2:00 Wellness Checks with AccentCare$** 3:00 Devotions with Mark Cabeen$ 6:30 Dominoes or Game of Choice	20 **10:00 Strength & Balance W/ Live 2 Be Healthy$** **12:00 Thanksgiving Lunch** 1:00 Game of Choice **3:00 BINGO $** 6:30 Bridge or Game of Choice	**Happy Birthday Irma Griffey and Cliff Lundy** 21 **10:00 Puzzle Partners** **10:30 Exercise W/ Kember** 10:30 Faithful Followers, Friends, & Neighbors 1:00 Game of Choice 6:30 Hand and Foot or Game of Choice
22 1:00 Game of Choice **2:30 Exercise W/ Kember** **3:00 Woodland Park Baptist Church** 6:30 Chicken Foot or Game of Choice	23 **10:30 Zumba Exercise Class with Joan$** 1:00 Bible Study (Book of John)$ **2:00 Walking Club @ Entreprice Park** 6:30 Mexican Train or Game of Choice	24 **10:00 Walmart in Ooltewah** **1:00 Crossword Kraze** 1:00 Game of Choice **2:00 Strength & Balance W/ Live 2 Be Healthy$** **3:00 BINGO $** 6:30 Canasta or Game of Choice	25 **10:30 Zumba Exercise Class W/ Joan $** 1:00 Game of Choice **1:00 Trip to Trader Joe's** **2:00 Flower Arrangement $** 6:30 Rummikub or Game of Choice	26 	27 **10:00 Strength & Balance W/ Live 2 Be Healthy$** 1:00 Game of Choice **3:00 BINGO $** 6:30 Bridge or Game of Choice	28 **10:00 Puzzle Partners** **10:30 Exercise W/ Kember** 10:30 Faithful Followers, Friends, & Neighbors 1:00 Game of Choice 6:30 Hand and Foot or Game of Choice
Happy Birthday Trena Garrison and Ellen Gartrell 29 1:00 Game of Choice **2:30 Exercise W/ Kember** 6:30 Chicken Foot or Game of Choice	30 **10:30 Zumba Exercise Class with Joan$** 1:00 Bible Study (Book of John)$ **1:30 Surprise Craft W/ Dana$** 3:00 Chess Club 6:30 Mexican Train or Game of Choice					



Resident Birthdays

11/5 ..... Edward Durden
11/7 ..... Harrianne Thompson
11/11 ..... Day Donna
11/12 ..... Carol Dollar
11/16 ..... Charlene Norfleet
11/21 ..... Irma Griffey
11/21 ..... Cliff Lundy
11/29 ..... Ellen Gartrell
11/29 ..... Trena Garrison



Staff Birthdays

11/3 ..... Maranda Banks
11/30 ..... Chelsea Tasker



Staff Anniversaries

11/2 ..... Robbye Teague
11/7 ..... Bob Booker
11/7 ..... Sharon Culver
11/8 ..... Isabella Dixon
11/18 ..... Judy Sneed
11/27 ..... Gracy Varghase



Autumn Journal Prompts

Slow down this season with three autumn journal prompts to reflect on past, present and future:

1. What autumn rituals and memories have brought me comfort through the years?
2. Who in my current season of life has brought me joy? How can I let them know?
3. What am I most looking forward to about the holiday season and coming winter?

Virtual Volunteering

Volunteers help both themselves and others when they give back. Studies show that folks who donate their time serving others are more likely to feel optimistic and purposeful, as well as have an overall reduced risk of mortality. To volunteer virtually, consider opportunities like card- or letter-writing programs, sewing or crocheting blankets for children in need or digitizing books and historical records. Simply search online for specific opportunities.

National Diabetes Month

November is National Diabetes Month, and doctors say that in addition to eating a balanced diet and exercising regularly, getting enough sleep and managing stress are key factors in controlling blood sugar levels.

Virtual Visits: National WWI Museum and Memorial

On Nov. 11, 1926, President Calvin Coolidge dedicated the Liberty Memorial in Kansas City, Mo., a 217-foot tower honoring World War I veterans. In the year after World War I ended, more than $2.5 million was raised in 10 days to create the monument — more than $40 million by today's standards. Today, the National WWI Museum and Memorial still offers the most comprehensive collection of World War I artifacts and educational exhibits in the world.



Talk About It: Holiday Meals

Share this conversation starter with a friend, loved one or neighbor: What is the most memorable holiday meal you've ever had? What makes it stand out today?

Figure of Speech

Phrase: New York minute

Meaning: A very brief span of time.

Origin: "New York minute" referred to the fast pace of living in New York City. A Kansas newspaper recorded one of the earliest instances of the phrase in a late 1800s article decrying fast driving, and the phrase gained traction in the mid-20th century.



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