



6705 Ballard Drive
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A Place To Call Home

Find us on

Important Dates

- 10/1 Oktoberfest & Music
- 10/2 Medicare Info Session
- 10/3 Wear Pink Day
- 10/6 Coffee & Camaraderie
- 10/8 Open Floor with Katie
- 10/9 100th Birthday Party
- 10/10 Biscuits & Bluegrass
- 10/13 Fall Taste Test
- 10/13 Polymer Clay Pumpkins
- 10/14 Fall Jewelry
- 10/15 Flu Shot Clinic
- 10/16 Mystery Lunch with Katie
- 10/20 Golden Memories
- 10/21 Mystery Toxic Boxes
- 10/22 Donuts with Directors
- 10/22 Spider Toss
- 10/22 Stained Glass Pumpkins
- 10/23 Olive Garden
- 10/27 Fall Scenic Bus Ride
- 10/28 Halloween Jewelry Making
- 10/29 Wear Orange Day
- 10/29 Steak & Cake
- 10/29 Trick-or-Treat
- 10/30 Hamrick's & Lunch
- 10/31 Costume Contest



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



September Recap

We explored many new activities in September! Here are a few of our new favorite games!



Bowling with Friends



Wiggle Sticks

100th Birthday Party

Please join us to celebrate Lyda Shelton's milestone birthday on October 9th. The celebration will begin with a music performance by Opus IV at 2 pm. We will serve cake and celebrate sweet Lyda at 3 pm. She has been a very special part of Hickory Valley for many years. We are excited to celebrate such a beautiful soul!

Alzheimer's Blessing Bingo

Join us on October 24th for our final Alzheimer's Fundraiser. We will play BINGO for an hour with residents from our community and others from Chattanooga! **Bingo Cards \$2 each.** No limit to the number of cards you can have or the number of times you can win!

Alzheimer's Walk

We will be taking the bus with a small group of residents to participate in the walk. Sign up with Tori. We can take residents who use walkers and wheelchairs. We will be away from 8:30 am until 12:30 pm (lunch provided).

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
 10:30 ■ Zumba Exercise Class with Joan\$
 12:00 ■ AL Lunchtime Music with Tori
 1:00 ■ Game of Choice\$
 2:00 ■ Oktoberfest New Resident Social\$
 2:30 ■ Music Performance with Michael\$
 6:30 ■ Game Time

2
 10:00 ■ Tales as Old as Time\$
 10:30 ■ Hooks & Needles\$
 11:00 ■ AL Coloring Pages
 11:00 ■ Lunch at Cheddar's
 1:00 ■ Game of Choice\$
 1:30 ■ AL Rolling Library Cart
 2:00 ■ River City Senior Benefits Medicare Information Session\$
 3:00 ■ Devotions with Mark Cabeen\$
 6:30 ■ Game Time

3
Breast Cancer Awareness Day-Wear Pink
 10:00 ■ Fun Fact Friday\$
 10:30 ■ Chair Exercise with Legacy\$
 11:30 ■ AL Gaither Corner
 12:00 ■ AL Lunchtime Chat with Tori
 1:00 ■ Game of Choice\$
 2:00 ■ Pink Flower Arranging\$
 3:00 ■ Bingo \$
 6:30 ■ Game Time

4
 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

5
 1:00 ■ Game of Choice
 3:00 ■ NO CHURCH SCHEDULED
 4:00 ■ AL Classic TV Show
 6:30 ■ Game Time

6
 8:30 ■ Coffee & Camaraderie
 10:30 ■ Zumba Exercise Class with Joan\$
 11:30 ■ AL Current Events
 1:00 ■ AL BINGO\$
 1:00 ■ Game of Choice\$
 2:00 ■ Health Chat with Dhara\$
 3:00 ■ Fall Puzzles\$
 6:30 ■ Game Time

7
 10:00 ■ Food City ONLY
 11:30 ■ AL Lunchtime Melodies
 1:00 ■ Game of Choice\$
 1:30 ■ AL Apple Cider Social
 2:00 ■ Trivia Tuesday\$
 3:00 ■ Bingo with Jeff Miller\$
 6:30 ■ Game Time

8
 10:30 ■ Zumba Exercise Class with Joan\$
 12:00 ■ AL Lunchtime Music with Tori
 1:00 ■ Game of Choice\$
 2:00 ■ Open Floor with Katie & Ice Cream\$
 3:00 ■ Devotions with Chaplain Kevin
 6:30 ■ Game Time

9
 10:30 ■ Hooks & Needles\$
 11:00 ■ AL Coloring Pages
 1:00 ■ Game of Choice\$
 1:30 ■ AL Rolling Library Cart
 2:00 ■ Music Performance with Opus IV\$
 3:00 ■ 100th Birthday Party for Lyda Shelton\$
 6:30 ■ Game Time

10
 10:30 ■ Chair Exercise with Legacy\$
 11:30 ■ AL Gaither Corner
 12:00 ■ AL Lunchtime Chat with Tori
 1:00 ■ Game of Choice\$
 2:00 ■ Biscuits and Bluegrass with Wesley\$
 6:30 ■ Game Time

11
 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

12
 1:00 ■ Game of Choice
 3:00 ■ Brainerd Hills Baptist Church
 4:00 ■ AL Classic TV Show
 6:30 ■ Game Time

13
 10:00 ■ Current Events\$
 10:30 ■ Zumba Exercise Class with Joan\$
 11:30 ■ AL Current Events
 1:00 ■ AL BINGO\$
 1:00 ■ Game of Choice\$
 1:00 ■ Mary Kay Makeovers
 2:00 ■ Fall Taste Test\$
 2:30 ■ Polymer Clay Creations: Pumpkins\$
 6:30 ■ Game Time

14
 9:00 ■ Food City
 10:00 ■ Walmart or Food City
 11:30 ■ AL Lunchtime Melodies
 1:00 ■ Game of Choice\$
 1:30 ■ AL Fall Snacks
 2:00 ■ Fall Jewelry Making\$
 3:00 ■ BINGO with CenterWell\$
 6:30 ■ Game Time

15
 9:00 ■ Flu Shot Clinic 9am-11am
 12:00 ■ AL Lunchtime Music with Tori
 1:00 ■ Devotions with Tyner United Methodist
 1:00 ■ Game of Choice\$
 2:00 ■ Make & Take Pumpkin Dip\$
 3:00 ■ Halloween Movie Match-Up\$
 4:00 ■ AL Flu Shot Clinic
 6:30 ■ Game Time

16
 10:00 ■ Conversation Starters\$
 10:30 ■ Hooks & Needles\$
 11:00 ■ AL Coloring Pages
 11:00 ■ Mystery Lunch at Acropolis with Katie
 1:00 ■ Game of Choice\$
 1:30 ■ AL Rolling Library Cart
 2:00 ■ BINGO\$
 3:00 ■ Devotions with Mark Cabeen\$
 3:00 ■ Wellness Checks with AccentCare\$
 6:30 ■ Game Time

17
 10:00 ■ Fun Fact Friday\$
 10:30 ■ Chair Exercise with Legacy\$
 11:30 ■ AL Gaither Corner
 12:00 ■ AL Lunchtime Chat with Tori
 1:00 ■ Game of Choice\$
 2:00 ■ Puzzle Packs\$
 6:30 ■ Game Time

18
 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

19
 1:00 ■ Game of Choice
 3:00 ■ Ridgedale Baptist Church
 4:00 ■ AL Classic TV Show
 6:30 ■ Game Time

20
 10:00 ■ Current Events\$
 10:30 ■ Zumba Exercise Class with Joan\$
 11:30 ■ AL Current Events
 1:00 ■ AL BINGO\$
 1:00 ■ Game of Choice\$
 2:00 ■ Hungry Hungry Pumpkin Game\$
 2:30 ■ Golden Memories Game\$
 6:30 ■ Game Time

21
 9:00 ■ Food City
 10:00 ■ Walmart or Food City
 11:30 ■ AL Lunchtime Melodies
 1:00 ■ Game of Choice\$
 1:30 ■ AL Hot Cocoa Social
 2:00 ■ Toxic Boxes Mystery Game\$
 3:00 ■ Bingo\$
 6:30 ■ Game Time

22
 10:30 ■ Donuts with Directors\$
 12:00 ■ AL Lunchtime Music with Tori
 1:00 ■ Game of Choice\$
 2:00 ■ Spider Toss Game\$
 2:30 ■ Stained Glass Pumpkin Craft\$
 6:30 ■ Game Time

23
 10:00 ■ Tunes with Tori\$
 10:30 ■ Hooks & Needles\$
 11:00 ■ AL Coloring Pages
 11:00 ■ Lunch at Olive Garden
 1:00 ■ Game of Choice\$
 1:30 ■ AL Rolling Library Cart
 2:00 ■ Ghost Hunt\$
 3:00 ■ Devotions with Mark Cabeen\$
 6:30 ■ Game Time

24
Purple T-Shirt Day
 10:00 ■ Fun Fact Friday\$
 10:30 ■ Chair Exercise with Legacy\$
 11:30 ■ AL Gaither Corner
 12:00 ■ AL Lunchtime Chat with Tori
 1:00 ■ Game of Choice\$
 2:00 ■ Blessing BINGO: Alzheimer's Association
 3:00 ■ Senior Resource Fair\$
 6:30 ■ Game Time

25
Alzheimer's Walk at Heritage Park
 8:30 ■ Alzheimer's Walk (Sign up with Tori)
 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

26
 1:00 ■ Game of Choice
 3:00 ■ Woodland Park Baptist Church
 4:00 ■ AL Classic TV Show
 6:30 ■ Game Time

27
 10:00 ■ Current Events\$
 10:30 ■ Zumba Exercise Class with Joan\$
 11:30 ■ AL Current Events
 1:00 ■ AL BINGO\$
 1:00 ■ Fall Scenic Bus Ride\$
 1:00 ■ Game of Choice\$
 2:00 ■ Hocus Pocus Puzzles\$
 6:30 ■ Game Time

28
 9:00 ■ Food City
 10:00 ■ Walmart or Food City
 11:30 ■ AL Lunchtime Melodies
 1:00 ■ Game of Choice\$
 1:30 ■ AL Cookie Social
 2:00 ■ Halloween Jewelry Making\$
 3:00 ■ BINGO with Hearth Hospice\$
 6:30 ■ Game Time

29
Orange Day
 10:30 ■ Zumba Exercise Class with Joan\$
 12:00 ■ AL Lunchtime Music with Tori
 12:00 ■ October Birthday Steak & Cake
 1:00 ■ Game of Choice\$
 2:00 ■ Trick-or-Treat\$
 3:00 ■ Stack-O-Lantern Game\$
 6:30 ■ Game Time

30
 10:00 ■ Hamrick's & Lunch
 10:30 ■ Hooks & Needles\$
 11:00 ■ AL Coloring Pages
 1:00 ■ Game of Choice\$
 1:30 ■ AL Rolling Library Cart
 2:00 ■ Bowling\$
 3:00 ■ Devotions with Mark Cabeen\$
 6:30 ■ Game Time

31
 10:00 ■ Fun Fact Friday\$
 10:30 ■ Chair Exercise with Legacy\$
 11:30 ■ AL Gaither Corner
 12:00 ■ AL Lunchtime Chat with Tori
 1:00 ■ Game of Choice\$
 2:00 ■ Halloween Party & Costume Contest\$
 6:30 ■ Game Time





Resident Birthdays

10/7 Suzie Thompson
10/11 Lyda Shelton 100 years
10/28 Hazel Lewis



Staff Birthdays

10/8 Judy Sneed
10/10 Markee Crutcher
10/11 Garland Eastman
10/16 Renee Salpeter
10/17 Morgan Epperson
10/17 Isabella Dixson
10/20 Patricia Reynolds
10/31 Kai Ryals



Staff Anniversaries

10/17/22 Mel Entrekin
10/11/21 Dawnzalea Byers
10/26/24 Patricia Reynolds



Oktoberfest New Resident Social

The New Resident Social will be an Oktoberfest Celebration! Each resident who attends will be entered for a door prize!



New Activities This Month!

- **Fall Taste Test:** Try some sweet and savory treats that are only available in the fall!
- **Halloween Movie Match-Up:** Match up pictures of actors and scenes from popular Halloween movies.
- **Mystery Lunch:** Join us for lunch! One lucky resident will have their lunch paid for by Katie!
- **Hungry Hungry Pumpkin Game:** This game is similar to Chuck a Duck, only we are tossing mini pumpkins!
- **Toxic Boxes Mystery Game:** Reach in a box, if you dare, to guess what weird object is inside!
- **Stained Glass Pumpkins:** Paint your own window decal for your room!
- **Fall Scenic Bus Ride:** Our Annual trip to the Ocoee to enjoy the beautiful changing colors of the trees in the mountains. This trip will be a minimum of 2 hours.
- **Trick-or-Treat:** Our 2nd Annual trick-or-treat scavenger hunt around HV! You will get candy and other fun treats!
- **Stack-o-Lantern Game:** See if you can remove a pumpkin from the tower without knocking it over!
- **Halloween Costume Contest:** Be creative and dress up for Halloween for our Annual Party! Residents will vote for a staff winner and a resident winner!



Funny Money

Funny Money is given out for participation in all activities! Tori will be out of the office for a week in October but you will still have access to get funny money for participation. If you participate in activities during that time, please stop by the front desk for the funny money.



Welcome Committee

We have many new residents moving in every week! The Welcome Committee is made up of residents who want to visit with new residents and help make the transition into the community easier for the new residents. This is a very easy and fun way to get to know your new neighbors! If you wish to join the Committee, please reach out to Tori.



Make & Take Pumpkin Dip

We will be making a fun no-bake Pumpkin Dip recipe. Residents will be sent home with their own portion of the dip to enjoy later. We will have a lot of fun cooking together and trying a new recipe!