



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

A Place To Call Home

Find us on

A Sunny Snack

A scoop of sunflower seeds is a healthy solution for hunger cravings between meals. A 1/4-cup serving contains 5 to 7 grams of protein, which helps you feel full.

Humming on By

A favorite of backyard bird-watchers, hummingbirds begin migrating south as the sun sets on summer and crisp fall temperatures begin. Most of these itty-bitty beauties spend the winter in Mexico and Central America, with some flying thousands of miles to their vacation destination. That's a long trip for such little birds, which can flap their wings up to 80 times a second to complete the journey, but they fuel up at flowers and feeders along the way.

Social Strolls

Set aside specific times each week to take a walk with different friends. You'll get the benefits of a low-impact, cardiovascular workout while staying in touch with those near and dear to you.

Farewell to Summer

Observed on the first Monday in September, Labor Day recognizes the achievements of American workers. Many people consider Labor Day the end of the summer season and organize cookouts and other outdoor events. The week of Labor Day also marks the start of the National Football League's regular season.

Your Friendly Staff

General Manager

Katie Leathers

Office Manager

Luann Palmer

Sales Director

Allison Darras

Resident Care Director

Tina Thomas, LPN

Dining Services Director

Sharon Wilson

Recreational Director

Melissa Jerfie

Housekeeping Supervisor

Donna Long

Maintenance Director

Tim Posey



A World of Words

Imagine studying a vocabulary list that's 1,000 words long. That's about how many words are added to the Merriam-Webster Dictionary every year. As language evolves, yielding new words and definitions of existing terms, experts study trends and usage so dictionaries can keep up with the times. If the Oxford English Dictionary is your go-to reference, study hard—they update every quarter, adding an average of 4,000 words a year.

Happiness at Home

"The power of finding beauty in the humblest things makes home happy and life lovely."
—Louisa May Alcott



Bite Into

Better Immunity

There may be some truth in the saying that an apple a day keeps the doctor away. The fruit's high levels of antioxidants and soluble fiber have been shown to help boost the immune system and fight certain diseases.

Time for Bingo!

Grab a card and a dauber and join in a round or two of bingo. We play a variety of games, and it's always fun to see who will be the first to yell "Bingo!" See our calendar for the dates and times of this month's games.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



9:30 AR REMINISCE-A
 10:30 AR ASST. GAMES-A
 10:30 BO FOOD CITY-B
 11:00 AR CHAIR EXERCISE-AL
 11:45 AR LUNCHTIME MELODIES-AL
 1:00 AR GAME TIME-A
 2:00 AR BINGO-AL
 2:00 AR CHAIR EXERCISE-A
 3:00 AR DEVOTIONS W/ RANDY STARNES-AL †
 3:00 1F TRAVEL ADVENTURES-E
 6:30 AR GAME TIME-A

9:30 AR STORY TIME-A
 10:00 AR CHAIR EXERCISE-A
 10:30 AR ASST. GAMES-A
 11:45 AR LUNCHTIME MELODIES-AL
 12:00 DR LABOR DAY CELEBRATION-BUTCH REEVES PERFORMS-D ♥
 1:00 AR CHOICE OF GAME-A
 2:00 CH DEVOTIONS W/ KATIE-C †
 2:00 AR WHAT'S NEW? -AL
 3:00 AR BINGO SPONSORED BY GRACE PRIMARY CARE-A
 3:30 AR CHICKEN SOUP STORIES-AL
 6:30 CH SING-ALONG W/ ANN & FRIENDS-C †

1:00 AR ASST. GAMES-A
 2:00 AR BINGO-AL
 3:00 AR BINGO-A*FREE*
 6:00 AR MOVIE-AL
 6:30 1F MOVIE NIGHT-E

3:00 CH CHRIST UNITED METHODIST CHURCH-C †
 6:30 1F MOVIE NIGHT-E



9:30 AR GABFEST-A
 10:30 AR CARD GAME-A
 10:30 BO TJ MAXX-B
 11:45 AR GAITHER CORNER-AL
 1:00 AR TIME FOR GAMES-A
 2:00 AR MOVING TO MUSIC W/ PATSY-A
 2:15 AR CHAIR EXERCISE-AL
 2:45 AR TRIVIA TRIAL-AL
 3:00 AR BINGO-A
 6:30 AR GAME TIME-A

10:00 AR CHAIR EXERCISE-A
 10:30 AR ASST. GAMES-A
 11:30 AR LUNCH CHAT-AL
 1:00 AR GAME OF CHOICE-A
 1:30 BO SCENIC TRIP W/ LESLIE-B*PLEASE SIGN-UP*IL
 2:00 AR CROSSWORD KRAZE-A
 2:00 AR TRIVIA TRIAL-AL
 3:00 AR INTRO TO BIBLE STUDY W/ MR. HODGE-A*NEW* †
 3:30 AR STORY TIME-AL
 6:30 AR GAME TIME-A

9:30 AR REMINISCE-A
 10:30 AR ASST. GAMES-A
 10:30 BO PUBLIX-B
 11:00 AR CHAIR EXERCISE-AL
 11:45 AR LUNCHTIME MELODIES-AL
 1:00 AR GAME TIME-A
 2:00 AR BINGO-AL
 2:00 DR ZOEY BAUER (VOCALIST)-D ♥
 3:00 1F TRAVEL ADVENTURES-E
 3:30 AR LET'S GO TRAVELING-AL
 6:30 AR GAME TIME-A

9:30 AR STORY TIME-A
 10:00 AR CHAIR EXERCISE-A
 10:30 AR ASST. GAMES-A
 10:45 BO LUNCH @ WALLY'S-B
 11:45 AR LUNCHTIME MELODIES-AL
 1:00 AR CHOICE OF GAME-A
 2:00 AR HAND EXERCISES -AL
 2:00 AR JENGA-A*NEW*
 3:00 AR BINGO SPONSORED BY AMEDYSIS-A
 3:30 AR CHICKEN SOUP STORIES-AL
 5:00 DR WESLEY CRIDER PERFORMS-D ♥
 6:30 CH SING-ALONG W/ ANN & FRIENDS-C †

1:00 AR ASST. GAMES-A
 2:00 AR BINGO-AL
 2:00 LIB SASSY READER'S BOOK CLUB-L
 3:00 AR BINGO-A*FREE*
 6:00 AR MOVIE-AL
 6:30 1F MOVIE NIGHT-E

HAPPY GRANDPARENTS DAY!
 2:00 L ICE CREAM SOCIAL-L
 3:00 CH BRAINERD HILLS BAPTIST CHURCH-C †
 6:30 1F MOVIE NIGHT-E

ASSISTED LIVING WEEK
 10:00 AR CHAIR EXERCISE-A
 10:30 AR RUMMIKUB-A
 11:00 AR CHAIR EXERCISE-AL
 11:45 AR PIANO W/ KATIE-AL
 1:00 AR GAME OF CHOICE-A
 1:00 L MARY KAY MAKEOVERS-L
 2:00 AR LEMONADE & COOKIES W/ MANAGERS-C
 2:00 AR SCRABBLE-A
 3:00 AR FLOWER ARRANGING W/ CASEY FROM HEARTH HOSPICE-AL
 3:00 AR HANGMAN-A

ASSISTED LIVING WEEK
 10:00 BO WAL-MART-B*BRING YOUR CLOTH SACKS*
 10:30 AR CARD GAME-A
 1:00 AR TIME FOR GAMES-A
 2:00 AR HARP MUSIC W/ BRENDA-AL
 2:00 AR MOVING TO MUSIC W/ PATSY-A
 3:00 AR BINGO W/ KINDRED @ HOME-A
 3:00 AR ICE CREAM SOCIAL W/ FELICIA FROM KINDRED @ HOME-AL
 5:00 AR ASSISTED LIVING FAMILY DINNER-A
 6:30 AR GAME TIME-A

ASSISTED LIVING WEEK
 10:00 BO HAMRICK'S & LUNCH-B*BUS WEEK*
 10:30 AR ASST. GAMES-A
 1:00 AR GAME OF CHOICE-A
 2:00 AR CROSSWORD KRAZE-A
 2:00 AR VIOLIN W/ BRIAN-AL
 3:00 AR CRAFT TIME -AL ★
 3:00 AR DEVOTIONS W/ NANCY-A †
 4:30 AR PIZZA PARTY-AL
 6:30 AR GAME TIME-A

ASSISTED LIVING WEEK
 10:00 AR CHAIR EXERCISE-A
 10:30 AR ASST. GAMES-A
 10:30 BO ROSS-B
 11:00 AR CHAIR EXERCISE-AL
 1:00 AR GAME TIME-A
 2:00 AR CHAIR EXERCISE-A
 2:00 AR NAILS W/ LACEY W/ HOSPICE OF CHATTANOOGA-AL
 3:00 AR BINGO-AL
 3:00 1F TRAVEL ADVENTURES-E
 5:00 DR MUSIC BY PHIL (VARIETY)-D
 7:00 AR NIGHT @ THE MOVIES*SHOWING YOURS, MINE & OURS , LUCILLE BALL-D

ASSISTED LIVING WEEK
 9:30 AR STORY TIME-A
 10:00 AR CHAIR EXERCISE-A
 10:30 AR ASST. GAMES-A
 10:45 AR LUNCH @ CHEDDAR'S-ASSISTED LIVING ONLY!
 1:00 AR CHOICE OF GAME-A
 2:00 CH DEVOTIONS W/ KATIE-C †
 3:00 AR BINGO W/ SUSAN FREEMAN ENTERPRISES-A
 3:30 AR CHICKEN SOUP STORIES-AL
 4:30 AR PIANO W/ JORDAN-AL
 6:30 CH SING-ALONG W/ ANN & FRIENDS-C †

ASSISTED LIVING WEEK
 1:00 AR ASST. GAMES-A
 2:00 AR WESLEY CRIDER PERFORMS-AL ♥
 3:00 AR BINGO-A*FREE*
 3:00 AR BINGO-AL
 6:00 AR MOVIE-AL
 6:30 1F MOVIE NIGHT-E

3:00 CH RIDGEDALE BAPTIST CHURCH-C †
 6:30 1F MOVIE NIGHT-E

10:00 AR CHAIR EXERCISE-A
 10:30 AR RUMMIKUB-A
 11:00 AR CHAIR EXERCISE-AL
 11:45 AR PIANO W/ KATIE-AL
 1:00 AR GAME OF CHOICE-A
 2:00 AR BINGO-AL
 2:00 AR CRAFTING W/ LUANN*PLEASE SIGN UP*-FREE-A ★
 3:00 DR OPEN FLOOR W/ GM-D
 3:30 AR CROSSWORD KRAZE-AL
 6:30 AR GAME TIME-A

9:30 AR GABFEST-A
 10:30 BO BURLINGTON-B
 10:30 AR CARD GAME-A
 11:45 AR GAITHER CORNER-AL
 1:00 AR TIME FOR GAMES-A
 2:00 AR MOVING TO MUSIC W/ PATSY-A
 2:15 AR CHAIR EXERCISE-AL
 2:45 AR TRIVIA TRIAL-AL
 3:00 AR BINGO-A
 6:30 AR GAME TIME-A

10:00 AR CHAIR EXERCISE-A
 10:30 AR ASST. GAMES-A
 11:30 AR LUNCH CHAT-AL
 1:00 AR GAME OF CHOICE-A
 1:00 CH TYNER UNITED METHODIST DEVOTIONS-C †
 1:30 BO SCENIC TRIP W/ LESLIE-B*PLEASE SIGN-UP*AL
 2:00 AR CROSSWORD KRAZE-A
 2:00 AR TRIVIA TRIAL-AL
 3:00 AR TEACHING OF THE BIBLE W/ MR. HODGE-A*NEW* †
 3:30 AR STORY TIME-AL
 6:30 AR GAME TIME-A

OPEN HOUSE 2PM TO 6 PM
 9:30 AR REMINISCE-A
 10:30 BO ALDI-B
 10:30 AR ASST. GAMES-A
 11:00 AR CHAIR EXERCISE-AL
 11:45 AR LUNCHTIME MELODIES-AL
 1:00 AR GAME TIME-A
 2:00 AR BINGO-AL
 2:00 AR CHAIR EXERCISE-A
 3:00 CH HYMN SING-ALONG W/ RANDY STARNES-C †
 3:30 AR LET'S GO TRAVELING-AL
 6:30 AR GAME TIME-A

10:00 AR CHAIR EXERCISE-A
 10:30 AR ASST. GAMES-A
 10:45 BO LUNCH @ ACROPOLIS-B
 11:45 AR LUNCHTIME MELODIES-AL
 1:00 AR CHOICE OF GAME-A
 1:15 AR PAINTING W/ DAVID GALLERY-A ★
 2:00 AR WHAT'S NEW? -AL
 3:00 AR BINGO SPONSORED BY GRACE PRIMARY CARE-A
 3:30 AR CHICKEN SOUP STORIES-AL
 6:30 CH SING-ALONG W/ ANN & FRIENDS-C †

1:00 AR ASST. GAMES-A
 2:00 AR BINGO-AL
 3:00 AR BINGO-A*FREE*
 6:00 AR MOVIE-AL
 6:30 1F MOVIE NIGHT-E

3:00 CH LAY PASTOR DR. MCFARLAND-C †
 6:30 1F MOVIE NIGHT-E

10:00 AR CHAIR EXERCISE-A
 10:30 AR RUMMIKUB-A
 11:00 AR CHAIR EXERCISE-AL
 11:45 AR PIANO W/ KATIE-AL
 1:00 AR GAME OF CHOICE-A
 2:00 AR BINGO-AL
 2:00 AR KICK START W/ KINDRED AT HOME *STEP ON IT WALKING PROGRAM*-A
 3:00 CH DEVOTIONS W/ PHIL EVAUL-C †
 3:00 AR OPEN FLOOR W/ GM-AL
 6:30 AR GAME TIME-A

9:30 AR GABFEST-A
 10:00 BO WAL-MART-B*BRING YOUR CLOTH SACKS*
 10:30 AR CARD GAME-A
 11:45 AR GAITHER CORNER-AL
 1:00 AR TIME FOR GAMES-A
 2:00 AR MOVING TO MUSIC W/ PATSY-A
 2:15 AR CHAIR EXERCISE-AL
 2:45 AR TRIVIA TRIAL-AL
 3:00 AR BINGO W/ HEARTH HOSPICE-A
 5:00 DR JORDAN WINKLER PERFORMS-D ♥
 6:30 AR GAME TIME-A

10:00 AR CHAIR EXERCISE-A
 10:30 AR ASST. GAMES-A
 11:30 AR LUNCH CHAT-AL
 1:00 AR GAME OF CHOICE-A
 2:00 AR CROSSWORD KRAZE-A
 2:00 AR TRIVIA TRIAL-AL
 3:00 AR DEVOTIONS W/ NANCY-A †
 3:30 AR STORY TIME-AL
 6:30 AR GAME TIME-A

9:30 AR REMINISCE-A
 10:30 AR ASST. GAMES-A
 10:30 BO MCKAYS BOOK STORE-B
 11:00 AR CHAIR EXERCISE-AL
 11:45 AR LUNCHTIME MELODIES-AL
 1:00 AR GAME TIME-A
 2:00 AR BINGO-AL
 2:00 AR CHAIR EXERCISE-A
 3:00 1F TRAVEL ADVENTURES-E
 3:30 AR LET'S GO TRAVELING-AL
 6:30 AR GAME TIME-A

9:30 AR STORY TIME-A
 10:00 AR CHAIR EXERCISE-A
 10:30 AR ASST. GAMES-A
 10:45 BO LUNCH @ JIM & NICK'S-B
 11:45 AR LUNCHTIME MELODIES-AL
 1:00 AR CHOICE OF GAME-A
 2:00 CH DEVOTIONS W/ KATIE-C †
 2:00 AR WHAT'S NEW? -AL
 3:00 AR BINGO-A
 3:30 AR CHICKEN SOUP STORIES-AL
 6:30 CH SING-ALONG W/ ANN & FRIENDS-C †



Go for Your Goals

"If you care about what you do and work hard at it, there isn't anything you can't do if you want to." —Jim Henson

Memorable Melody: 'Grandpa (Tell Me 'Bout the Good Old Days)'

Both sweet and melancholy, this nostalgic song was the sixth No. 1 hit in a row for country duo The Judds. The lilting harmonies of mother Naomi and daughter Wynonna blend together to "wander back into the past" and reminisce about "the good old days." Released in 1986, "Grandpa" is a reflection on family and devotion that still resonates with many, especially grandchildren who grew up listening to their elders' stories.

Memorable Melody: 'The September of My Years'

"One day you turn around and it's summer; next day you turn around and it's fall." For many folks, that's a relatable sentiment. The words are the opening lyrics of the title track on one of Frank Sinatra's most famous albums, which won the Grammy Award for best album of 1965. An example of life imitating art, the popular crooner was turning 50 that year, and music critics say the ballad's wistful tone echoed Sinatra's outlook as he entered the "golden, warm September" season of his life.

Simple Pleasures

"Some old-fashioned things like fresh air and sunshine are hard to beat." —Laura Ingalls Wilder

Enjoy Autumn

Here it comes: The air is crisp; the trees are changing color; the days are getting shorter. Time to dig out your favorite sweater and go for a brisk walk in the park. Fall is upon us again! It'll be time for football and Thanksgiving turkeys before you know it! We hope you can take some time out and enjoy the season.

Memorable Melody: '9 to 5'

Dolly Parton wrote this anthem about the workday grind for the movie of the same name. The country star made her acting debut in the 1980 comedy and wrote the song during filming. Along with her singing and songwriting skills, Parton even put her acrylic fingernails to work for the tune: Listeners can hear them as the rhythmic clacking of a typewriter! The spirited theme song earned Parton an Oscar nomination for best original song and two Grammy Awards, including best country song.

Aging in Your Autumn Years

This month, summer turns to fall, and many people view the change in seasons as a good time to make personal changes. Healthy Aging Month in September encourages older adults to adopt and maintain habits that will help them stay fit, stay connected and stay adventurous in their golden years.

Pick of the Crop

Sweet and crisp, Gala apples are the top-selling variety of the fruit in America.

Feline Facts for Happy Cat Month

Purring is usually a telltale sign that a kitty is happy, but a cat shows contentment in many other ways, too. A cat holding its tail high up in the air indicates pleasure, especially if the tip is twitching in excitement. When its ears are facing forward and its whiskers are relaxed, the feline feels at ease. And if a cat blinks slowly at you, you've received a "kitty kiss"—the ultimate sign of its happiness and affection.



Happy Birthday

September Birthdays

9/5	Eva Jo Smith
9/9	Martha Alford
9/13	Myrna Mathers
9/13	Ann Pitner
9/17	Shelby Williams
9/23	Jack Ellis
9/28	Jerry Lackey

ACTIVITY TRIVIA

Question: I have keys, but no doors. I have space, but no rooms. I allow you to enter, but you cannot leave—unless you manage to escape. What am I?

