



6705 Ballard Drive
 Chattanooga, TN 37421
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A Place To Call Home

Find us on

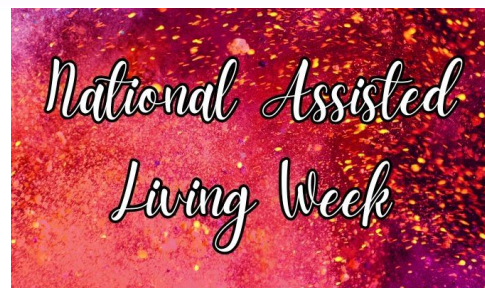


Important Dates

- 9/4 Target or Whole Foods
- 9/5 City Cafe
- 9/6 Coffee & Tea Bar
- 9/9 Sock Hop Day
- 9/9 Fall Painting Craft
- 9/10 Tie Dye Day
- 9/11 Disco Day
- 9/11 9/11 Memorial Service
- 9/11 Disco with Barkey
- 9/12 '90s Day
- 9/12 The Price is Right
- 9/13 HV Pride Day
- 9/13 Kona Ice Truck & Music
- 9/16 Ornament Making
- 9/18 T.J.Maxx, Michaels, Ross
- 9/18 Open Floor with Katie
- 9/19 Fuji
- 9/20 What's the Scoop
- 9/23 Flower Arranging
- 9/25 Christian Ladies' Trip
- 9/26 Flu Shot Clinic
- 9/26 Waitress the Musical
- 9/27 Jim n' Nicks
- 9/27 Oktoberfest
- 9/28 Music with Jordan

Your Friendly Staff

- General Manager**
Katie Hollaway
- Office Manager**
Luann Palmer
- Sales Director**
Brandi Murray
- Resident Care Director**
Gena Entrekin, LPN
- Dining Services Director**
Melissa Correll
- Recreational Director**
Tori Rogers
- Housekeeping Supervisor**
Donna Long
- Maintenance Director**
Tim Posey



Dress Up Days

Join us in celebrating our Assisted Living Residents September 9th-13th! We will be hosting dress-up days. **Earn \$10,000 Funny Money each day you dress-up plus get entered for a door prize** to be announced on September 13th before Community BINGO!

Dress-Up Days:

- **Monday:** '50s Sock Hop Day
- **Tuesday:** Peace, Love & Tie Dye Day
- **Wednesday:** '80s Disco Day
- **Thursday:** '90s Day
- **Friday:** Hickory Valley Pride Day - wear your new Hickory Valley T-Shirts

Christian Ladies' Donation Trip



The Christian Ladies' group has purchased items to donate to the Chambliss Center for Children. **We will be leaving at 1:45 pm on Wednesday, September 25th** to take those donations. **Priority for spots on this trip will be given to the members of the Christian Ladies' Group.** Sign up at the front desk.

Ornament Crafts

During the next few months, we will be working on Ornaments for our Hickory Valley Tree! This tree will be in the activity room during the holiday season. Once a month, we will work on various styles of ornaments to decorate the tree! Please see Tori with any ideas or questions!

Waitress the Musical

One of our own, Tori, is performing in *Waitress the Musical* at the Chattanooga Theatre Centre! We will be taking a bus of residents to see her perform on September 26th. **Tickets are \$20 each, cash only. Sign up and pay for your ticket at the front desk by September 5th.**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|--|---|
| <p style="text-align: right; font-weight: bold;">1</p> <p>1:00 ■ Game of Choice</p> <p>3:00 ■ Christ United Methodist Church</p> <p>4:00 AL Classic TV Show</p> <p>6:30 ■ Movie Night</p> | <p style="text-align: right; font-weight: bold;">2</p> <div style="text-align: center;">  <p style="font-size: 2em; font-weight: bold; color: white;">LABOR DAY</p> </div> | <p style="text-align: right; font-weight: bold;">3</p> <p>10:00 ■ Walmart (Ooltewah)</p> <p>10:30 ■ Printed Puzzles\$</p> <p>11:00 AL Who, What, Where?</p> <p>1:00 ■ Game of Choice\$</p> <p>1:00 AL Rolling Activity Cart</p> <p>2:00 ■ Chair Exercise\$</p> <p>2:00 AL Ice Cream Social</p> <p>3:00 ■ Bingo Sponsored by Hospice of Chattanooga\$</p> <p>6:30 ■ Game Time\$</p> | <p style="text-align: right; font-weight: bold;">4</p> <p>10:00 ■ Chit Chat with Tori \$</p> <p>10:30 ■ Target or Whole Foods</p> <p>10:30 ■ Zumba Exercise Class with Joan\$</p> <p>11:00 AL Chair Exercise</p> <p>11:30 AL Piano with Katie\$</p> <p>1:00 ■ Game of Choice\$</p> <p>2:00 AL Manicures & Hand Massages\$</p> <p>2:30 ■ Music Performance with Michael\$</p> <p>3:00 ■ Bible Study with Nancy</p> <p>6:30 ■ Movie Night\$</p> | <p style="text-align: right; font-weight: bold;">5</p> <p>10:00 ■ Travel Adventures with Tori\$</p> <p>11:00 ■ Lunch at City Cafe</p> <p>11:00 AL Trivia Trial</p> <p>1:00 ■ Game of Choice\$</p> <p>1:00 AL Homemade Bread & Butter</p> <p>2:00 ■ Name that Slogan\$</p> <p>3:00 ■ Bible Study with Joe</p> <p>3:00 ■ Hooks & Needles\$</p> <p>3:30 ■ Visit with Atreyu, the Therapy Dog</p> <p>6:30 ■ Game Time\$</p> | <p style="text-align: right; font-weight: bold;">6</p> <p>10:00 ■ Fun Fact Friday\$</p> <p>10:30 ■ Chair Exercise with Legacy Healthcare\$</p> <p>11:00 AL Rolling Library Cart</p> <p>11:30 AL Gaither Corner</p> <p>1:00 ■ Game of Choice\$</p> <p>2:00 ■ Fun Friday: Coffee and Tea Bar with Tori\$</p> <p>3:00 ■ Bingo Sponsored By Grace Primary Care\$</p> <p>6:30 ■ Game Time\$</p> | <p style="text-align: right; font-weight: bold;">7</p> <p>10:00 ■ Puzzle Partners</p> <p>1:00 ■ Game of Choice</p> <p>2:00 AL BINGO</p> <p>4:00 AL Classic TV Show</p> <p>6:30 ■ Movie Night</p> |
| <p style="text-align: right; font-weight: bold;">8</p> <p>Happy Assisted Living Week!</p> <p>1:00 ■ Game of Choice</p> <p>3:00 ■ Brainerd Hills Baptist Church</p> <p>4:00 AL Classic TV Show</p> <p>6:30 ■ Movie Night</p> | <p style="text-align: right; font-weight: bold;">9</p> <p>Sock Hop Day</p> <p>10:00 ■ Current Events\$</p> <p>10:30 ■ Zumba Exercise Class with Joan\$</p> <p>11:00 AL Jukebox Jam with Tori</p> <p>1:00 ■ Mary Kay Makeovers</p> <p>2:00 AL Banana Splits & BINGO\$</p> <p>2:00 ■ Engineering an Empire Docuseries\$</p> <p>3:00 ■ Devotions with Mark Cabeen\$</p> <p>3:00 ■ Make It Monday: Fall Painting\$</p> <p>6:30 ■ Game Time\$</p> | <p style="text-align: right; font-weight: bold;">10</p> <p>Peace, Love & Tie Dye Day!</p> <p>10:00 ■ Walmart Neighborhood Market or Food City</p> <p>10:30 ■ Printed Puzzles\$</p> <p>10:30 AL The Price is Right</p> <p>1:00 ■ Game of Choice\$</p> <p>1:00 AL Rolling Activity Cart</p> <p>2:00 ■ Chair Yoga with Mary\$</p> <p>2:00 AL Make & Take Tie Dye Hats with Katie</p> <p>3:00 ■ BINGO with CenterWell\$</p> <p>6:30 ■ Game Time\$</p> | <p style="text-align: right; font-weight: bold;">11</p> <p>Disco Day!</p> <p>10:30 ■ 9/11 Memorial Presentation\$</p> <p>11:30 AL Piano with Katie\$</p> <p>1:00 ■ Game of Choice\$</p> <p>2:00 ■ Disco Party with Barkey \$</p> <p>3:00 ■ Bible Study with Nancy</p> <p>6:30 ■ Movie Night\$</p> | <p style="text-align: right; font-weight: bold;">12</p> <p>'90s Day</p> <p>10:00 ■ Donuts with Directors\$</p> <p>11:00 AL Manicures with Tori</p> <p>1:00 ■ Game of Choice\$</p> <p>1:30 AL Scenic City Bus Ride & Ice Cream</p> <p>2:00 ■ The Price is Right\$</p> <p>3:00 ■ Hooks & Needles\$</p> <p>5:30 AL Assisted Living Family Night</p> <p>6:30 ■ Game Time\$</p> | <p style="text-align: right; font-weight: bold;">13</p> <p>Hickory Valley Pride Day!</p> <p>10:00 ■ Fun Fact Friday\$</p> <p>10:00 AL Taste Test Across the Decades</p> <p>10:30 ■ Chair Exercise with Legacy Healthcare\$</p> <p>11:00 AL Rolling Library Cart</p> <p>11:30 AL Gaither Corner</p> <p>1:00 ■ Game of Choice\$</p> <p>2:00 ■ Fun Friday: Kona Snow Cone Truck</p> <p>2:00 ■ Music Performance with Wes\$</p> <p>3:00 ■ Community Wide BINGO \$</p> <p>6:30 ■ Game Time\$</p> | <p style="text-align: right; font-weight: bold;">14</p> <p>10:00 ■ Puzzle Partners</p> <p>1:00 ■ Game of Choice</p> <p>2:00 AL BINGO</p> <p>4:00 AL Classic TV Show</p> <p>6:30 ■ Movie Night</p> |
| <p style="text-align: right; font-weight: bold;">15</p> <p>1:00 ■ Game of Choice</p> <p>3:00 ■ Ridgedale Baptist Church</p> <p>4:00 AL Classic TV Show</p> <p>6:30 ■ Movie Night</p> | <p style="text-align: right; font-weight: bold;">16</p> <p>10:00 ■ Current Events\$</p> <p>10:30 ■ Zumba Exercise Class with Joan\$</p> <p>11:00 AL Chair Exercise</p> <p>11:30 AL Lunchtime Melodies</p> <p>1:00 ■ Christian Ladies</p> <p>2:00 AL BINGO\$</p> <p>2:00 ■ Engineering an Empire Docuseries\$</p> <p>2:00 ■ Google It Game\$</p> <p>3:00 ■ Devotions with Mark Cabeen\$</p> <p>3:00 ■ Make It Monday: Ornaments\$</p> <p>6:30 ■ Game Time\$</p> | <p style="text-align: right; font-weight: bold;">17</p> <p>10:00 ■ Walmart Neighborhood Market or Food City</p> <p>10:30 ■ Printed Puzzles\$</p> <p>11:00 AL Who, What, Where?</p> <p>1:00 ■ Game of Choice\$</p> <p>1:00 AL Rolling Activity Cart</p> <p>2:00 ■ Chair Exercise\$</p> <p>2:00 AL Ice Cream Social</p> <p>3:00 ■ Bingo\$</p> <p>6:30 ■ Game Time\$</p> | <p style="text-align: right; font-weight: bold;">18</p> <p>10:00 ■ Chit Chat with Tori \$</p> <p>10:30 ■ T.J.Maxx, Ross, & Michaels</p> <p>10:30 ■ Zumba Exercise Class with Joan\$</p> <p>11:00 AL Chair Exercise</p> <p>11:30 AL Piano with Katie\$</p> <p>1:00 ■ Devotions with Tyner United Methodist</p> <p>1:00 ■ Game of Choice\$</p> <p>2:00 AL Manicures & Hand Massages\$</p> <p>2:00 ■ Open Floor with Katie\$</p> <p>3:00 ■ Bible Study with Nancy</p> <p>6:30 ■ Movie Night\$</p> | <p style="text-align: right; font-weight: bold;">19</p> <p>10:00 ■ Jeopardy\$</p> <p>11:00 ■ Lunch at Fuji</p> <p>11:00 AL Trivia Trial</p> <p>1:00 ■ Game of Choice\$</p> <p>2:00 AL Movie Matinee</p> <p>2:00 ■ Wellness Checks with AccentCare\$</p> <p>2:30 ■ Remembering Shel Silverstein \$</p> <p>3:00 ■ Bible Study with Joe\$</p> <p>3:00 ■ Hooks & Needles\$</p> <p>3:30 ■ Visit with Atreyu, the Therapy Dog</p> <p>6:30 ■ Game Time\$</p> | <p style="text-align: right; font-weight: bold;">20</p> <p>10:00 ■ Fun Fact Friday\$</p> <p>10:30 ■ Chair Exercise with Legacy Healthcare\$</p> <p>11:00 AL Rolling Library Cart</p> <p>11:30 AL Gaither Corner</p> <p>1:00 ■ Game of Choice\$</p> <p>2:00 ■ Fun Friday: What's the Scoop & Trivia\$</p> <p>3:00 ■ BINGO \$</p> <p>6:30 ■ Game Time\$</p> | <p style="text-align: right; font-weight: bold;">21</p> <p>10:00 ■ Puzzle Partners</p> <p>1:00 ■ Game of Choice</p> <p>2:00 AL BINGO</p> <p>4:00 AL Classic TV Show</p> <p>6:30 ■ Movie Night</p> |
| <p style="text-align: right; font-weight: bold;">22</p> <p>1:00 ■ Game of Choice</p> <p>3:00 ■ Woodland Park Baptist Church</p> <p>4:00 AL Classic TV Show</p> <p>6:30 ■ Movie Night</p> | <p style="text-align: right; font-weight: bold;">23</p> <p>10:00 ■ Current Events\$</p> <p>10:30 ■ Zumba Exercise Class with Joan\$</p> <p>11:00 AL Chair Exercise</p> <p>11:30 AL Lunchtime Melodies</p> <p>1:00 ■ Game of Choice\$</p> <p>2:00 AL BINGO\$</p> <p>2:00 ■ Cookie Decorating with Ciara\$</p> <p>2:00 ■ Engineering an Empire Docuseries\$</p> <p>3:00 ■ Devotions with Mark Cabeen\$</p> <p>3:00 ■ Make It Monday: Flower Arranging \$</p> <p>6:30 ■ Game Time\$</p> | <p style="text-align: right; font-weight: bold;">24</p> <p>10:00 ■ Walmart Neighborhood Market or Food City</p> <p>10:30 ■ Printed Puzzles\$</p> <p>11:00 AL Word Teasers</p> <p>1:00 ■ Game of Choice\$</p> <p>1:00 AL Rolling Activity Cart</p> <p>2:00 ■ Chair Exercise\$</p> <p>2:00 AL Ice Cream Social</p> <p>2:00 AL Open Floor with Katie</p> <p>3:00 ■ BINGO with Hearth Hospice\$</p> <p>6:30 ■ Game Time\$</p> | <p style="text-align: right; font-weight: bold;">25</p> <p>10:00 ■ Chit Chat with Tori \$</p> <p>10:30 ■ Zumba Exercise Class with Joan\$</p> <p>11:00 AL Chair Exercise</p> <p>11:30 AL Piano with Katie\$</p> <p>1:00 ■ Game of Choice\$</p> <p>1:45 ■ Christian Ladies' Donation Trip</p> <p>2:00 ■ Health Chat with Legacy Healthcare\$</p> <p>3:00 ■ Bible Study with Nancy</p> <p>6:30 ■ Movie Night\$</p> | <p style="text-align: right; font-weight: bold;">26</p> <p>9:00 ■ Flu Shot Clinic: A-F</p> <p>9:30 ■ Flu Shot Clinic: G-M</p> <p>10:00 ■ Flu Shot Clinic: N-S</p> <p>10:30 ■ Flu Shot Clinic: T-Z</p> <p>11:00 AL Flu Shot Clinic</p> <p>1:00 ■ Game of Choice\$</p> <p>2:00 ■ Hymn Sing Along with Katie \$</p> <p>3:00 ■ Hooks & Needles\$</p> <p>6:30 ■ Game Time\$</p> <p>6:30 ■ Waitress the Musical</p> | <p style="text-align: right; font-weight: bold;">27</p> <p>10:00 ■ Fun Fact Friday\$</p> <p>10:30 ■ Chair Exercise with Legacy Healthcare\$</p> <p>11:00 ■ Lunch at Jim n' Nicks</p> <p>11:30 AL Gaither Corner</p> <p>1:00 ■ Game of Choice\$</p> <p>2:00 ■ Fun Friday: Oktoberfest Celebration\$</p> <p>3:00 ■ BINGO \$</p> <p>6:30 ■ Game Time\$</p> | <p style="text-align: right; font-weight: bold;">28</p> <p>10:00 ■ Puzzle Partners</p> <p>1:00 ■ Game of Choice</p> <p>1:15 ■ Music Performance with Jordan</p> <p>2:00 AL BINGO</p> <p>4:00 AL Classic TV Show</p> <p>6:30 ■ Movie Night</p> |
| <p style="text-align: right; font-weight: bold;">29</p> <p>1:00 ■ Game of Choice</p> <p>4:00 AL Classic TV Show</p> <p>6:30 ■ Movie Night</p> | <p style="text-align: right; font-weight: bold;">30</p> <p>10:30 ■ Zumba Exercise Class with Joan\$</p> <p>11:00 AL Chair Exercise</p> <p>11:30 AL Lunchtime Melodies</p> <p>1:00 ■ Christian Ladies</p> <p>2:00 AL BINGO\$</p> <p>2:00 ■ Engineering an Empire Docuseries\$</p> <p>3:00 ■ Devotions with Mark Cabeen\$</p> <p>3:00 AL Word Jumbles</p> <p>6:30 ■ Game Time\$</p> |  | | | | |



Resident Birthdays

| | |
|------|---------------|
| 9/3 | Marion Vance |
| 9/9 | Martha Alford |
| 9/14 | Nikki Murdock |
| 9/17 | Karin Hubby |
| 9/21 | John Bolin |
| 9/23 | Jack Ellis |



Staff Birthdays

| | |
|------|-------------------|
| 9/8 | Marsha Tarrant |
| 9/19 | Leslie Freeman |
| 9/21 | Monika Barger |
| 9/24 | James Marshall |
| 9/26 | Patricia Griffith |
| 9/29 | Justin Stewart |



Staff Anniversaries

| | |
|-----------|----------------|
| 9/7/2022 | Carolyn Denson |
| 9/27/2023 | Justin Stewart |

Activity Reminder

All activities are subject to change due to weather, illness, etc. Please see the elevator sheets and the weekly opportunity for the most updated schedule for each day.



Make It Monday

Join us each Monday at 3 pm for a new craft. Supplies are provided but are limited, so please arrive on time. This month we will be **Painting Fall/Halloween wooden wall hangings, ornaments for the Christmas tree plus flower arranging**. Please bring your own small vase for flower arranging.



Each Friday at 2 pm, join us for a special activity to kick-off the weekend!

- **Coffee & Tea Bar:** Come get a specialty coffee or tea drink from Tori. Variety of flavors and types of coffee or tea.
- **Kona Ice Truck & Music:** The Kona Snow Cone Truck is provided by Hearth Hospice. The truck will be parked under the portico at the main entrance. Wesley Crider will be performing music in the Lobby.
- **What's the Scoop:** Our monthly Ice Cream Taste Test game! Come by and try a variety of fun ice cream flavors.
- **Oktoberfest:** Celebrate the start of Oktoberfest! Fun snacks and trivia before BINGO!



Flu Shot Clinic

Annual Flu Shot Clinic on September 26th. If you wish to receive a Flu Shot, **bring your insurance card to the front desk to be copied, fill out the form, and return the completed form to the front desk**. Come to the lobby at your allotted time on the 26th. Please see Tori if you have any questions.

Times by Last Name:

- 9-9:30 A-F
- 9:30-10 G-M
- 10-10:30 N-S
- 10:30-11 T-Z
- 11-12 Assisted Living Residents

RUMMAGE

October 12th 9am-5pm

S A L E



Christian Ladies' Rummage Sale

Once again, our resident group Christian Ladies is hosting a rummage sale on Saturday, October 12th, from 9 am to 5 pm. Table reservation is \$2 and sale will be closed from noon -1 pm for lunch. Please see Carolyn Eck for more information.