



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

A Place To Call Home

Find us on



Important Dates

- 7/3 Zumba Chair Exercise
- 7/3 4th of July Party
- 7/7 Jonathan’s Grille
- 7/10 Activity Meeting
- 7/10 Music with Joe
- 7/11 Walmart (Ooltewah)
- 7/13 Family Night
- 7/14 Cheesecake Factory
- 7/18 Dollar Tree
- 7/19 Lemonade with Mel
- 7/19 Health Chat with Jennie
- 7/20 Test Your Traits
- 7/21 Texas Roadhouse
- 7/24 Music with Garden Bells
- 7/25 Publix
- 7/25 Free BINGO
- 7/26 Open Floor with Katie
- 7/28 Red Robin
- 7/28 July Birthday Party

Your Friendly Staff

- General Manager**
Katie Hollaway
- Office Manager**
Luann Palmer
- Sales Director**
Blaze Betts
- Resident Care Director**
Jennie Fraiser, MSN/RN
- Dining Services Director**
Melissa Correll
- Recreational Director**
Tori Rogers
- Housekeeping Supervisor**
Donna Long
- Maintenance Director**
Tim Posey



Exercise Classes in July

Zumba with Joan: July 3rd & 10th at 10:30 am in Activity Room. Enjoy music and mostly seated chair exercises.

Moving to Music with Patsy: Tuesdays at 2 pm.

Chair Exercise Videos: These videos are similar to our regular chair exercise classes. 1st floor game room at 10 am.

Balance & Stability with Heather: Thursdays at 2 pm.

Chair Exercise with Home Care Solutions: Taylor leads a chair exercise class on Monday, July 24th at 10 am.

**Most classes are 30 minutes.*



S’more Substitutions

Craving a campfire treat, but don’t have all the classic s’mores ingredients? Get creative with items in your cupboard. Vanilla wafers, shortbread cookies, butter crackers and pretzels can stand in for graham crackers, and instead of chocolate, fruit, chocolate syrup or any other candy bar will do. You may discover a new favorite combination!

Brainteaser

Question: A pitcher in a baseball game faced only 27 batters, and he struck out every batter. He allowed no hits and no runs, yet his team lost by a score of 3-0. Can you explain how this could happen?

Answer: The pitcher came in as a relief pitcher.

Be a Friend to Fireflies

Chasing fireflies on a summer night is a magical experience for all ages. If you want to catch the insects in a jar, place an apple wedge or a damp paper towel in the jar to keep the air inside humid. Be sure to release the fireflies back to nature within a day.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
9:00 ■ Paper Puzzles: Complete & turn in on Monday for Funny Money (\$1,000/puzzle)
1:00 ■ Game of Choice
2:00 ■ BINGO
6:30 ■ Movie Night

2
1:00 ■ Game of Choice
3:00 ■ Christ United Methodist Church †
6:30 ■ Movie Night

3
9:15 ■ Resident-Led Rummikub \$
10:30 ■ Zumba Exercise Class with Joan \$
11:00 ■ Chair Exercise
12:00 ■ Piano with Katie
1:00 ■ Game of Choice \$
1:30 ■ 4th of July Tie Dye
2:00 ■ 4th of July Party with Music by Barky \$
3:00 ■ Devotions with Pastor Mark †
6:30 ■ Game Time \$

4


5
9:15 ■ Resident-Led Rummikub \$
10:00 ■ Chair Exercise Video \$
10:30 ■ Funny Bones
11:00 ■ Chair Exercise
1:00 ■ Game of Choice \$
2:00 ■ Hangman \$
2:00 ■ Ring Toss
2:30 ■ Music Performance with Michael ♪
3:30 ■ Paint By Number \$
6:30 ■ Movie Night \$

6
9:15 ■ Morning Melodies with Tori \$
10:00 ■ Crossword Craze \$
11:00 ■ Funny Bones
11:30 ■ Lunchtime Melodies with Tori
1:00 ■ Game of Choice \$
2:00 ■ Balance and Stability with Heather \$
2:00 ■ Brain Games
3:00 ■ Assorted Games \$
3:00 ■ Crocheting & Knitting Club
3:00 ■ Devotions with Randy Starnes
3:30 ■ Visit with Atrayu, the Therapy Dog
6:30 ■ Game Time \$

7
9:15 ■ Resident-Led Rummikub \$
10:00 ■ Chair Exercise Video \$
10:30 ■ You Be the Judge \$
10:45 ■ Devotions with Jennie \$
11:00 ■ Lunch at Jonathan's Grille
11:00 ■ Story Time
1:00 ■ Game of Choice \$
2:00 ■ Cranium Crunches \$
2:00 ■ Devotions with Katie \$
3:00 ■ Bingo Sponsored By Grace Primary Care \$
6:30 ■ Sing Along with Ann and Friends. †

8
9:00 ■ Paper Puzzles: Complete & turn in on Monday for Funny Money (\$1,000/puzzle)
1:00 ■ Game of Choice
2:00 ■ BINGO
6:30 ■ Movie Night

9
1:00 ■ Game of Choice
3:00 ■ Brainerd Hills Baptist Church †
6:30 ■ Movie Night

10
9:15 ■ Resident-Led Rummikub \$
10:30 ■ Zumba Exercise Class with Joan \$
11:00 ■ Chair Exercise
11:30 ■ Lunchtime Melodies with Tori
1:00 ■ Game of Choice \$
1:00 ■ Mary Kay Makeovers
2:00 ■ Activity Meeting with Tori \$
2:00 ■ BINGO \$
3:00 ■ Devotions with Pastor Mark
3:00 ■ Music with Joe ♪
6:30 ■ Game Time \$

11
9:15 ■ Gabfest \$
10:00 ■ Walmart (Ooltewah)
10:30 ■ Rummikub \$
10:45 ■ Devotions with Jennie \$
11:00 ■ Joke Corner
1:00 ■ Game of Choice \$
2:00 ■ Moving to Music with Patsy \$
2:00 ■ Summertime Coloring \$
3:00 ■ BINGO with CenterWell \$
6:30 ■ Game Time \$

12
9:15 ■ Resident-Led Rummikub \$
10:00 ■ Chair Exercise Video \$
10:30 ■ Keep on the Sunny Side \$
11:00 ■ Chair Exercise
11:30 ■ Lunch Chat with Tori
1:00 ■ Game of Choice \$
2:00 ■ Crossword Craze
2:00 ■ Try Something New: Candy Ed. \$
3:00 ■ Bible Teaching with Mr. Hodge †
6:30 ■ Movie Night \$

13
Family Night
9:15 ■ Morning Melodies with Tori \$
10:30 ■ Health Trivia with Amedisys \$
11:00 ■ Health Trivia with Amedisys
12:00 ■ Piano with Katie
1:00 ■ Game of Choice \$
2:00 ■ Balance and Stability with Heather \$
2:00 ■ I Remember That!
3:00 ■ Assorted Games \$
3:00 ■ Crocheting & Knitting Club
6:00 ■ Family Night

14
9:15 ■ Resident-Led Rummikub \$
10:00 ■ Chair Exercise Video \$
10:30 ■ Joggin' Your Noggin \$
10:45 ■ Devotions with Jennie \$
11:00 ■ Lunch at Cheesecake Factory
11:00 ■ Story Time
1:00 ■ Game of Choice \$
2:00 ■ Crossword Craze \$
2:00 ■ Popsicle Stick House Craft \$
3:00 ■ BINGO & Popcorn \$
6:30 ■ Sing Along with Ann and Friends. †

15
9:00 ■ Paper Puzzles: Complete & turn in on Monday for Funny Money (\$1,000/puzzle)
1:00 ■ Game of Choice
2:00 ■ BINGO
6:30 ■ Movie Night

16
1:00 ■ Game of Choice
3:00 ■ Ridgedale Baptist Church †
6:30 ■ Movie Night

17
9:15 ■ Resident-Led Rummikub \$
10:00 ■ Chair Exercise \$
10:30 ■ I Remember That! \$
11:00 ■ Chair Exercise
12:00 ■ Piano with Katie
1:00 ■ Game of Choice \$
2:00 ■ BINGO \$
2:00 ■ Crossword Craze \$
3:00 ■ Devotions with Pastor Mark †
3:00 ■ Listen & Learn
6:30 ■ Game Time \$

18
9:15 ■ Gabfest \$
10:00 ■ Dollar Tree
10:30 ■ Rummikub \$
10:45 ■ Devotions with Jennie \$
11:00 ■ Joke Corner
1:00 ■ Game of Choice \$
2:00 ■ Moving to Music with Patsy \$
2:00 ■ Open Floor with Katie
3:00 ■ Bingo with Hospice of Chattanooga \$
6:30 ■ Game Time \$

19
9:15 ■ Resident-Led Rummikub \$
10:00 ■ Chair Exercise \$
10:30 ■ Funny Bones
11:00 ■ Chair Exercise
11:30 ■ Lunch Chat with Tori
1:00 ■ Devotions with Tyner United Methodist †
1:00 ■ Game of Choice \$
2:00 ■ Make & Take Lemonade with Mel \$
2:00 ■ Ping Pong Toss
2:30 ■ Health Chat with Jennie \$
6:30 ■ Movie Night \$

20
10:00 ■ Travel Adventures: Saudi Arabia \$
11:00 ■ Funny Bones
11:30 ■ Lunchtime Melodies with Tori
1:00 ■ Game of Choice \$
2:00 ■ Balance and Stability with Heather \$
2:00 ■ Brain Games
2:30 ■ Test Your Traits \$
3:00 ■ Assorted Games \$
3:00 ■ Crocheting & Knitting Club
3:30 ■ Visit with Atrayu, the Therapy Dog
6:30 ■ Game Time \$

21
9:15 ■ Resident-Led Rummikub \$
10:00 ■ Chair Exercise \$
10:30 ■ You Be the Judge \$
10:45 ■ Devotions with Jennie \$
11:00 ■ Lunch at Texas Roadhouse
11:00 ■ Story Time
1:00 ■ Game of Choice \$
2:00 ■ Devotions with Katie \$
2:00 ■ Target Practice \$
3:00 ■ BINGO & Popcorn \$
6:30 ■ Sing Along with Ann and Friends. †

22
9:00 ■ Paper Puzzles: Complete & turn in on Monday for Funny Money (\$1,000/puzzle)
1:00 ■ Game of Choice
2:00 ■ BINGO
2:00 ■ Music Performance with Wes ♪
6:30 ■ Movie Night

23
1:00 ■ Game of Choice
3:00 ■ Church Service with Forever Redeemed †
6:30 ■ Movie Night

24
9:15 ■ Resident-Led Rummikub \$
10:00 ■ Chair Exercise with Home Care Solutions \$
10:30 ■ Assorted Games \$
2:30 ■ Music Performance with the Garden Bells ♪
3:00 ■ Devotions with Pastor Mark

25
9:15 ■ Gabfest \$
10:00 ■ Publix
10:30 ■ Rummikub \$
10:45 ■ Devotions with Jennie \$
11:00 ■ Joke Corner
1:00 ■ Game of Choice \$
2:00 ■ Health Chat with Jennie \$
2:00 ■ Moving to Music with Patsy \$
3:00 ■ Free BINGO with Hearth Hospice \$
5:00 ■ Music Performance with Jordan ♪
6:30 ■ Game Time \$

26
9:15 ■ Resident-Led Rummikub \$
10:00 ■ Chair Exercise Video \$
10:30 ■ Assorted Games \$
11:00 ■ Chair Exercise
1:00 ■ Game of Choice \$
2:00 ■ Crossword Craze
2:00 ■ Open Floor with Katie \$
2:30 ■ Ice Cream Social \$
3:00 ■ Bible Teaching with Mr. Hodge †
6:30 ■ Movie Night \$

27
9:15 ■ Morning Melodies with Tori \$
10:00 ■ Crossword Craze \$
11:00 ■ A Moment in History
11:30 ■ Lunchtime Melodies with Tori
1:00 ■ Game of Choice \$
2:00 ■ Balance and Stability with Heather \$
2:00 ■ Cranium Crunches
3:00 ■ Assorted Games \$
3:00 ■ Crocheting & Knitting Club
3:00 ■ Hymn Sing-Along with Randy †
6:30 ■ Game Time \$

28
9:15 ■ Resident-Led Rummikub \$
10:00 ■ Chair Exercise \$
10:30 ■ Joggin' Your Noggin \$
10:45 ■ Devotions with Jennie \$
11:00 ■ Lunch at Red Robin
11:00 ■ Story Time
1:00 ■ Game of Choice \$
2:00 ■ Community Wide Birthday Party \$
3:00 ■ BINGO & Popcorn \$
6:30 ■ Sing Along with Ann and Friends. †

29
9:00 ■ Paper Puzzles: Complete & turn in on Monday for Funny Money (\$1,000/puzzle)
1:00 ■ Game of Choice
2:00 ■ BINGO
6:30 ■ Movie Night

30
1:00 ■ Game of Choice
3:00 ■ Graceworks Church †
6:30 ■ Movie Night

31
9:15 ■ Resident-Led Rummikub \$
10:00 ■ Chair Exercise \$
2:00 ■ BINGO \$
2:00 ■ Crossword Craze \$
3:00 ■ Summertime Coloring



Resident Birthdays

- 7/9..... Nancy Everett
- 7/12..... JoAnn Miller
- 7/12..... Herman Miller
- 7/13..... Don Kelley
- 7/23..... Shirley Swanson
- 7/25..... Ruth Dickson
- 7/27..... Dan Jones
- 7/28..... Doc Thurston
- 7/31..... Betty Silvers



Staff Birthdays

- 7/3..... Raven Chapman
- 7/7..... Susanne Koehler
- 7/10..... Katie Hollaway
- 7/16..... Jennie Fraiser
- 7/31..... Emily Bowers



Staff Anniversaries

- 7/5..... Tate Holzmacher
- 7/6..... Ania Freeman
- 7/7..... Markee Crutcher
- 7/26..... Andy Arp



Let us remember our heroes who advocated the freedom we all enjoy today! We wish you all a safe and Happy Independence Day!



Family Night, July 13th

We can't wait for you and our family to join us for our fun-filled family night! The Kona Ice Truck, sponsored by Hearth Hospice, will be underneath the portico from 6-7 pm. Come get your favorite flavor shaved ice before comedian Ted Gocke begins his show in the dining room at 6:30 pm.



Lemonade & Hydration Health Chat

Come to the Dining Room on July 19th at 2 pm for Watermelon & Lemonade with Mel, followed by a Health Chat with Jennie on the importance of hydration.



Test Your Traits, July 20th at 2:30 pm

We will take a variety of fun & more serious personality tests. Personality tests are designed to systematically elicit information about a person's motivations, preferences, interests, emotional make-up and style of interacting with people and situations. So come out and learn more about yourself & your neighbors!



Music Performance With the Garden Bells

Monday, July 24th at 2:30 pm in the Dining Room, The Garden Bells will be performing their beautiful 30-minute program. This group is led by Cathy Gretlein and is part of the Let Seniors Ring Program.



Community Garden

Friendly Reminder: please do not take any vegetables, herbs or flowers from the garden without checking with Tori first. Some of our residents have worked very hard to make the garden successful. So please look but do not touch without permission.