



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

*A Place To Call Home*

Find us on 



### Important Dates

- 3/2 ..... The Color Purple
- 3/7 ..... Walmart (Ooltewah)
- 3/9 ..... Scenic Ride & Ice Cream
- 3/14 ..... Hamilton Village Shopping
- 3/15 ..... Big BINGO Event
- 3/17 ..... St. Patrick's Day
- 3/21 ..... Walmart Market
- 3/22 ..... Fall Prevention Chat
- 3/27 ..... Movie Matinee
- 3/28 ..... Hamrick's
- 3/29 ..... Craft with Luann



### A Reminder About Activities

All activities are subject to change. Please refer to the daily sheets in the elevators for the most up-to-date schedule. **Activities labeled with "\$" are eligible to earn funny money.**



Carolyn and Marion love going out to eat each week! Sign up at the front desk to reserve your spot on our next lunch outing.

### Your Friendly Staff

- General Manager**  
Katie Hollaway
- Office Manager**  
Luann Palmer
- Sales Director**  
Blaze Betts
- Resident Care Director**  
Tina Thomas, LPN
- Dining Services Director**  
Melissa Correll
- Recreational Director**  
Tori Rogers
- Housekeeping Supervisor**  
Donna Long
- Maintenance Director**  
Tim Posey



### Time for Tulips

A signal of spring's arrival is the annual appearance of tulips, one of the most popular flowers. After bulbs are planted in the fall and spend the winter being dormant, their perfectly shaped petals, atop long green stems, emerge as showstopping blooms.



### Guess Who: Use the Clues Below to Guess the Staff Member

- She has worked at Hickory Valley for 13 years
- Her favorite meal from Dining Services is fried onions and potatoes
- Her favorite vacation spot is Panama City Beach
- She loves dress up days and any excuse to wear a costume
- She ensures your apartments are clean and your laundry service is done

Who do you think it is?  
If you guessed **Donna Long**, you are correct!

Donna works hard every day leading our housekeeping team and doing residents' laundry. Thank you, Donna!



Congratulations to newlyweds, Mr. & Mrs. Bill Wilhite!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



5  
1:00 ■ Game of Choice  
3:00 ■ Christ United Methodist Church †  
6:30 ■ Movie Night

6  
9:15 ■ Resident-Led Rummikub \$  
10:00 ■ Chair Exercise \$  
10:30 ■ Po-Ke-No \$  
11:15 AL ■ Chair Exercise \$  
11:45 AL Piano with Katie  
1:00 ■ Game of Choice \$  
2:00 AL BINGO \$  
2:00 ■ Paint By Number with Tori \$  
3:00 AL Devotions with Pastor Mark †  
5:00 ■ Music Performance with Jeffrey ♪  
6:30 ■ Game Time

7  
9:15 ■ Gabfest \$  
10:00 ■ Walmart (Ooltewah)  
10:30 ■ Rummikub \$  
11:45 AL Gaither Corner  
1:00 ■ Game of Choice \$  
2:00 ■ Balance & Fall Prevention Exercise Class with Allyna \$  
2:00 AL This or That  
3:00 ■ BINGO with Amedisys Hospice \$  
6:30 ■ Game Time

8  
9:15 ■ Resident-Led Rummikub \$  
10:00 ■ Chair Exercise \$  
10:30 ■ This or That \$  
11:15 AL ■ Chair Exercise \$  
1:00 ■ Game of Choice \$  
2:00 AL Resident-Led Games \$  
2:00 ■ Wii Bowling \$  
3:00 ■ Bible Teaching with Mr. Hodge †  
3:00 AL Bird Feeder Craft \$  
6:30 ■ Game Time

9  
9:15 ■ Resident-Led Rummikub \$  
10:00 ■ Crossword Craze \$  
11:45 AL ■ Lunchtime Melodies with Tori  
1:00 ■ Game of Choice \$  
2:00 ■ Melodies with Tori \$  
3:00 ■ Crochet & Knitting Club \$  
3:00 AL Devotions with Randy Starnes †  
3:30 ■ Visit with Atreyu the Therapy Dog  
5:45 ■ The Color Purple Musical at the Chattanooga Theater Center (sign up required)  
6:30 ■ Game Time

10  
9:15 ■ Resident-Led Rummikub \$  
10:00 ■ Chair Exercise \$  
10:30 ■ Hangman \$  
11:00 ■ Lunch at Cracker Barrel  
11:15 AL ■ Chair Exercise with Allyna \$  
1:00 ■ Game of Choice \$  
2:00 ■ Devotions with Katie †  
3:00 ■ Bingo with CenterWell \$  
6:30 ■ Sing Along with Ann and Friends †

11  
1:00 ■ Game of Choice  
6:30 ■ Movie Night

12  
1:00 ■ Game of Choice  
3:00 ■ Brainerd Hills Baptist Church †  
6:30 ■ Movie Night

13  
9:15 ■ Resident-Led Rummikub \$  
10:00 ■ Chair Exercise \$  
10:30 ■ Who, What, Where? \$  
11:15 AL ■ Chair Exercise \$  
11:45 AL Piano with Katie  
1:00 ■ Game of Choice \$  
1:00 ■ Mary Kay Makeovers  
2:00 AL BINGO \$  
2:00 ■ Crossword Craze \$  
3:00 ■ Devotions with Pastor Mark †  
6:30 ■ Game Time

Pi Day 14  
9:15 ■ Gabfest \$  
10:00 ■ Hamilton Village Shopping Center  
10:30 ■ Rummikub \$  
11:45 AL Gaither Corner  
1:00 ■ Game of Choice \$  
2:00 ■ Balance & Fall Prevention Exercise Class with Allyna \$  
2:30 ■ Pie Social \$  
3:00 ■ Bingo Sponsored By Grace Primary Care \$  
6:30 ■ Game Time

15  
9:15 ■ Resident-Led Rummikub \$  
10:00 ■ Chair Exercise \$  
10:30 ■ Fact or Fiction \$  
11:15 AL ■ Chair Exercise \$  
12:45 ■ Big BINGO Event at Life Care (sign up required)  
1:00 ■ Devotions with Tyner United Methodist †  
1:00 ■ Game of Choice \$  
3:00 ■ Devotions with Nancy †  
3:00 AL Resident-Led Games \$  
6:30 ■ Game Time

16  
9:15 ■ Morning Melodies with Tori \$  
10:00 ■ Crossword Craze \$  
11:45 AL ■ Lunchtime Melodies with Tori  
1:00 ■ Game of Choice \$  
2:00 ■ Make & Take Hand Scrub \$  
3:00 ■ Crochet & Knitting Club \$  
3:30 ■ Visit with Atreyu the Therapy Dog  
6:30 ■ Game Time

St. Patrick's Day 17  
9:15 ■ Resident-Led Rummikub \$  
10:00 ■ Chair Exercise \$  
10:30 ■ Hangman \$  
11:00 ■ Lunch at Mellow Mushroom Pizza  
11:15 AL ■ Chair Exercise with Allyna \$  
1:00 ■ Game of Choice \$  
2:00 ■ Devotions with Katie †  
2:00 ■ St. Patrick's Day Party \$  
2:30 ■ St. Patrick's Day BINGO \$  
6:30 ■ Sing Along with Ann and Friends †

18  
11:00 ■ Balance and Stability with Heather \$  
1:00 ■ Game of Choice  
2:00 ■ Music Performance with Heaven Seekers ♪  
6:30 ■ Movie Night

19  
1:00 ■ Game of Choice  
3:00 ■ Ridgedale Baptist Church †  
6:30 ■ Movie Night

First Day of Spring 20  
9:15 ■ Resident-Led Rummikub \$  
10:00 ■ Chair Exercise \$  
10:30 ■ Po-Ke-No \$  
11:15 AL ■ Chair Exercise \$  
11:45 AL Piano with Katie  
1:00 ■ Game of Choice \$  
2:00 AL BINGO \$  
2:00 ■ Gardening Club Interest Meeting \$  
3:00 AL Devotions with Pastor Mark †  
3:00 ■ Hangman with Care Patrol  
6:30 ■ Game Time

21  
9:15 ■ Gabfest \$  
10:00 ■ Walmart Neighborhood Market (East Brainerd)  
10:30 ■ Rummikub \$  
11:45 AL Gaither Corner  
1:00 ■ Game of Choice \$  
2:00 ■ Balance & Fall Prevention Exercise Class with Allyna \$  
3:00 ■ Bingo with Home Care Solutions \$  
6:30 ■ Game Time

22  
9:15 ■ Resident-Led Rummikub \$  
10:00 ■ Chair Exercise \$  
10:30 ■ This or That \$  
11:15 AL ■ Chair Exercise \$  
1:00 ■ Game of Choice \$  
2:00 ■ Fall Prevention Health Chat with Allyna \$  
3:00 ■ Bible Teaching with Mr. Hodge †  
3:00 AL Resident-Led Games \$  
6:30 ■ Game Time

23  
9:15 ■ Morning Melodies with Tori \$  
10:30 ■ Trivia Trial \$  
11:45 AL ■ Lunchtime Melodies with Tori  
1:00 ■ Game of Choice \$  
1:30 AL ■ Scenic Ride and Ice Cream  
3:00 ■ Crochet & Knitting Club \$  
3:00 ■ Hymn Sing Along with Randy †  
6:30 ■ Game Time

24  
9:15 ■ Resident-Led Rummikub \$  
10:00 ■ Chair Exercise \$  
10:30 ■ Hangman \$  
11:00 ■ Lunch at Wally's  
11:15 AL ■ Chair Exercise with Allyna \$  
1:00 ■ Game of Choice \$  
2:00 ■ Devotions with Katie †  
2:30 ■ Chip & Dip Social \$  
3:00 ■ BINGO \$  
6:30 ■ Sing Along with Ann and Friends †

25  
11:00 ■ Balance and Stability with Heather \$  
1:00 ■ Game of Choice  
6:30 ■ Movie Night

26  
1:00 ■ Game of Choice  
3:00 ■ Lay Pastor Dr. McFarland †  
6:30 ■ Movie Night

27  
9:15 ■ Resident-Led Rummikub \$  
10:00 ■ Chair Exercise \$  
10:30 ■ Who, What, Where? \$  
11:15 AL ■ Chair Exercise \$  
11:45 AL Piano with Katie  
1:00 ■ Game of Choice \$  
1:00 ■ Movie Matinee (sign up required)  
2:00 AL BINGO \$  
3:00 ■ Devotions with Pastor Mark †  
6:30 ■ Game Time

28  
9:15 ■ Gabfest \$  
10:00 ■ Hamrick's & Lunch  
10:30 ■ Rummikub \$  
11:45 AL Gaither Corner  
1:00 ■ Game of Choice \$  
2:00 ■ Balance & Fall Prevention Exercise Class with Allyna \$  
3:00 ■ BINGO with Hearth Hospice \$  
5:00 ■ Music Performance with Jordan ♪  
6:30 ■ Game Time

29  
9:15 ■ Resident-Led Rummikub \$  
10:00 ■ Chair Exercise \$  
10:30 ■ Word Teasers \$  
11:15 AL ■ Chair Exercise \$  
1:00 ■ Game of Choice \$  
2:00 AL Bird Feeder Craft \$  
2:00 ■ Crafts with Luann (sign up required) \$  
3:00 ■ Family Recipe Swap \$  
6:30 ■ Game Time

30  
9:15 ■ Morning Melodies with Tori \$  
10:00 ■ Crossword Craze \$  
11:45 AL ■ Lunchtime Melodies with Tori  
1:00 ■ Game of Choice \$  
2:00 ■ Paint By Number with Tori \$  
2:00 AL Resident-Led Games \$  
3:00 ■ Crochet & Knitting Club \$  
6:30 ■ Game Time

31  
9:15 ■ Resident-Led Rummikub \$  
10:00 ■ Chair Exercise \$  
10:30 ■ Hangman \$  
11:00 ■ Lunch at Jim N' Nicks  
11:15 AL ■ Chair Exercise with Allyna \$  
1:00 ■ Game of Choice \$  
2:00 ■ Devotions with Katie †  
2:00 AL Would You Rather \$  
3:00 ■ BINGO & Popcorn \$  
6:30 ■ Sing Along with Ann and Friends †





### Resident Birthdays

- 3/2 ..... Mark Cabeen
- 3/3 ..... Mary Anne Wilson
- 3/17 ..... Carolyn Hilbert
- 3/20 ..... Kathy Ellis
- 3/21 ..... Willie Green
- 3/24 ..... Dot Banks
- 3/25 ..... Frank Bradford
- 3/27 ..... Barbara Weller
- 3/27 ..... Gil Prater
- 3/29 ..... Dwight Hurlbut
- 3/30 ..... Margaret Fann



### Staff Birthdays

- 3/9 ..... Tyler Heisig
- 3/11 ..... Tina Thomas
- 3/14 ..... Tim Posey
- 3/15 ..... Isaiah Dixon
- 3/27 ..... Judy Chance
- 3/27 ..... Elizabeth Poteet
- 3/31 ..... Rhonda Halbert



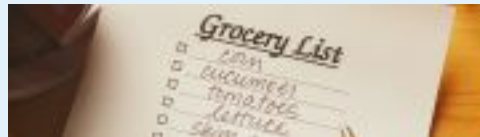
### Resident Wedding Anniversaries

- 3/21 ..... Willie & Peggy Green
- 3/28 ..... John & Linda Luddington



### BIG BINGO at Life Care 3/15 @ 12:45

We are invited to play BINGO at Life Care of East Ridge for a community BINGO. This event is free, but seats are limited. Sign up at the front desk to reserve your spot. This event will host residents from communities like ours, from all over Chattanooga. We hope to see you there!



### Hamilton Village Shopping Center Trip

Our trip to the Hamilton Village Shopping Center will be March 14th at 10am. Choose a store below to shop at from 10:15-11:30 am. You will stay at that store and be checked out and waiting at the front for the bus by 11:30 am.

#### Store Options:

- Dollar Tree
- Gabe's
- Aldi
- Big Lots
- Jo-Ann

### Family Recipe Swap

Bring your favorite family recipe to the activity room to share with the group on March 29th at 3pm. Our hope is to have enough recipes to put together a Hickory Valley cookbook.



### Fall Prevention Exercise Class With Allyna

We are excited to host a limited-time exercise class focused on fall prevention. Allyna will teach you exercises to help you in your daily life. This class will also teach and encourage safer practices in your apartment and in the community. Her hope is that you will experience less falls as a result of this class. Allyna is currently studying Occupational Therapy at UTC and we are honored to have her in our community.

Independent Living Classes - Tuesdays at 2 pm

Assisted Living Classes - Fridays at 11:15 am



### St. Patrick's Day Party, March 17th

Come dressed from head to toe in green for our St. Patrick's Day Party and St. Patrick's Day BINGO. The party begins at 2 pm with snacks and drinks in the Dining Room. BINGO will begin at 2:30 pm and will feature all green prizes. **As a special St. Patrick's Day treat, BINGO will only cost 25 cents per person.** So bring your quarter and win some fun prizes!