

OCTOBER 2018

The Terrace at Mountain Creek

1005 Mountain Creek Rd. • Chattanooga, TN 37405 • (423) 874 0200 •
www.theterraceatmountaincreek.com



The Terrace Management Team

Executive Director
Cathy McMillon

Director of Health & Wellness
Jennifer Stephenson

**Assistant Director of Health and
Wellness**
Courtney Brown

Director of Recreation & Events
Kristen Bonsor

Director of Culinary Services
Conrad Gregory

Director of Facilities Operations
Matthew Chandler

Senior Lifestyle Counselor
Staci Pomeroy

Senior Lifestyles Counselor
Alison Beckham

Business Office Manager
Rachel Johnson



Its fall y'all, which means it's time to celebrate with our
Annual Fall Fest! Mark your Calendars:

Friday, October 12th from 11:30 a.m. to 4:00 p.m.

Schedule of Events

11:30 Pumpkin Ring Toss & Candy Corn Count

12:00 Painting Mini Pumpkins & Photo Booth Fun

12:30 East Ridge Cloggers

1:30 Makeovers with Mary Kay and Face Painting

2:00 Mike & Nena Tunes

3:00 Al Mahan Show!

We will be indoors this year and will have contests,
door prizes, music, and lots more! There will be a
prize of the resident and staff member that comes
dress as the "Most country Bumpkin".

Flu & Pneumonia Clinic

As we enter into flu season, we will be offering flu and pneumonia vaccinations for our residents and staff members.

The date of the clinic is:
October 26th, 2018 at 9:30a.m

Please sign up at the front desk to reserve your place and ensure that you get your vaccination!

Do you enjoy playing Bridge?

If you're interested in playing Bridge on Tuesday and Thursday evenings after supper, please let Mary Millemann know.



Pumpkin Decorating

We will be decorating pumpkins this month. You will have 2 different opportunities to participate and decorate your pumpkin!

Thursday, October 11th at 1:00 p.m.
Tuesday, October 23th at 1:00 p.m.



Happy Birthday!

Dick Davis 5th

Mary Harper 11th

Steve Mason 17th

Lamar Rankin 19th

Mary Kay Mason 20th

Bobbie Blackshear 24th

Mary Lou Lyons 31st

Upcoming Bus Trips

Lunch Outing- Gabes & Nikki's
Wednesday, October 3rd at 10:45 a.m.

Trip to Dollar Tree & Logans
Wednesday, October 10th at 10:45 a.m.

Trip to Oren Wooden Apple House
Wednesday, October 17th at 10:30 a.m.

Trip to the IMAX "The Wild around You"
Friday, October 19th at 12:30 p.m.

Lunch Outing – Big Table
Wednesday, October 24th at 10:45 a.m.

Bank & Errands
Every Monday at 9:00 a.m.

Walmart Trip
Every Monday at 10:00 a.m.

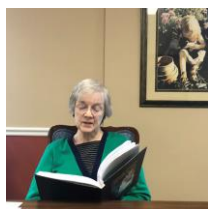
Mystery Ride
Every Monday at 1:00 p.m.

Fun Times at The Terrace!



It was Game Time at The Terrace in September as we kicked off the new football Season. We had so much fun with our Tailgate Party!

Roses are Red Violets are Blue...



As the seasons change we have new clubs coming to light! Poetry is a great way to express yourself and to share with others. If you could like to join the Poetry Club, we meet the First and Third Thursday of the Month at 3:00 p.m.

Just a friendly reminder to all residents to sign out at the front desk before leaving the building, Thank You!



All Shook Up!



Music performances are a great way to relax and enjoy some fun after dinner with your fellow residents! This month we had a blast with "Elvis"!



Bring your best "Poker Face" this month! On October 5th & 19th at 2:00 p.m., Paul will have Poker Set up in the Tivoli Center for those who would like to learn and love to play!

Alzheimer's Walk!



There was a great turnout at the Annual Chattanooga Alzheimer's Walk this Year! Resident, Helen Manke, came out to represent The Terrace as she enjoyed the day and walked with everyone!

WELCOME NEW RESIDENTS

Dorothy Arnold

Dick & Kay Beirsto

Mary & John Lunn

SAVE THE DATE



On November 15th from 5:00 p.m. to 7:00 p.m.
we will be hosting Family Night with the musical
stylings of Brenda Thoreson, on the Harp.

Please RSVP two weeks prior to November 15th.

Thank you to all of our Terrace Families!!

Fun October Dates to keep in Mind!

October 1st International Day for the Elderly

October 5th Do Something Nice Day

October 7th Oktoberfest

October 8th Columbus Day

October 16th Dictionary Day

October 20th Sweetest Day

“I’m so glad I live in a world where there are Octobers.”
— L. M. Montgomery, *Anne of Green Gables*

