

UNITED WAY WORKS HERE

The Senior Center at Ashland City
104 Ruth Drive
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JULY THE SENIOR CENTER NEWSLETTER 2010

SERVING THE SENIORS OF CHEATHAM COUNTY SINCE 1980

The Senior Center is funded by the Town of Ashland City, The Greater Nashville Regional Council, The Area Agency on Aging and Disability, United Way of Middle Tennessee and by your generous donations

- Center Director Cynthia Sanders 615/792-3629
Center Activities Coordinators Sue Stevens & Teresa Morris 615/792-3629
Meals on Wheels and Senior Dining Doye Latimer 615/792-7276
Mid-Cumberland Van Service Wade Schoonover 615/792-7242
Retired and Senior Volunteer Program Rochelle Fuller 615/792-2202

The Center will be closed on Monday, July 5 in observance of Independence Day.

You can get blood pressure and glucose checks every Tuesday at 9:00 a.m. We would like to thank the Fire Department who is now performing this service.

Wings of Hope will not have a regular meeting this month. The group has been invited to Pat Bradonstein's home on July 19. If you have signed up to go, you will be contacted with additional information.

July birthday celebration and covered dish will be on the 14th at 11:30 a.m. There is no charge for the covered dish, but please bring a dish, if possible. Monetary donations can be made for the purchase of fried chicken for the August lunch.

Advisory Council will meet on July 20. Members will meet at the Center at 10:30 a.m. and carpool to Pick-a-Rib in Clarksville.

Exercise classes are being held on Tuesday and Thursday at 9:00 a.m.

Computer classes are being held on Monday and Wednesday from 9 a.m. to 4 p.m. If you are interested, please call the Center to set up a class time.

A prayer service is being held at the Center every Thursday from 9:00-10:00 a.m. Everyone is welcome to attend.

There will be a trip to Metropolis on July 22. Cost is \$10.00 per person. The bus will leave from Tractor Supply at 8:00 a.m. and Pleasant View at 8:15 a.m.

We are having craft day on Monday's. Class meets at 10:00 a.m.

Ladies Bunco will be held on July 13 at 6:00 p.m. at the Center. We really need more players. If you have any questions, you can call Sharon Hadley at 615/390-6395.

The Vietnam Veterans of America Chapter in Ashland City will meet on July 5 at 6:30 p.m. at the Center. The chapter was not able to obtain a charter, so the new name will be United States Veterans Alliance (USVA). Any veteran will be able to join. The contact person is James Cripps and he can be reached at 615/952-3213 or jamescripps@aol.com.

Please consider the cost of electricity and use the handicap button on the front doors only when necessary.

We have wheel chairs available to lend out. If you have a need, please call or come by the Center.

If you have any suggestions for our next day trip, please let Sue or Teresa know.

We have information at the Center about the "Changes to Medicare Part D Prescription Drug Coverage Gap." Please call or come by if you are interested in this information.



HAPPY 4TH OF JULY!

