

APRIL 2026

THRIVE 55+ ASHLAND CITY

104 RUTH DRIVE,
ASHLAND CITY, TN 37015



Springtime.....A Time to Thrive!

"If April showers should come your way, they bring the flowers that bloom in May."
— Buddy de Sylva

Annual Senior Picnic:

Our Annual Senior Picnic will be on Friday, May 15th at Riverbluff Park from 10am- 2pm! There is not a sign up this year as we will be holding it as a Senior Community outreach event. This event will be open for both members and non-members of Thrive 55+. Invite your friends! We will play Bingocize and enjoy hot dogs, chips, cookies and drinks for lunch. "Homemade Jam" will be performing live from 11:00am- 12:00pm. Jack Stafford will follow with some dj music so everyone can continue to enjoy music and dancing! We will also bring corn hole and other table games. See the flyer for more information!

Corn Hole Tournament Interest:

We are considering a Corn Hole Tournament some time during the warmer months and would like to hear from you if you would be interested in something like this. Lets us know what you think.

Jewelry with JoJo:

JoJo will be having a jewelry making class on Thursday, April 16th. See flyer for more information.

Happening this Month:

Our Cheekwood day trip is Thursday, April 9th. Leaving Tractor Supply at 8:30am and returning around 3:00 pm.

Senior Feud Series will be on Tuesday, April 7th, 14th, 21st and 28th at 1:30pm.

Come watch as teams compete to see who will be the final winner!

AccentCare is sponsoring another Pool tournament on Friday, April 17th starting at 10am. Bring a finger food dish and come watch with us to see who wins!

We have invited our Court department for lunch this month and they will be joining us on Monday, April 13th for lunch.

April 20th is volunteer appreciation day and we will be recognizing our volunteers during lunch on that day.

Afternoon SAIL will be held at 12pm on TUESDAYS during April to accommodate the Senior Feud games happening at 1:30pm. Afternoon SAIL will be cancelled on Thursday, April 9th due to the Cheekwood Trip.

Days the Center is Closed this month:

Friday, April 3rd Good Friday.

Wish List :

Plates, Napkins and Cups

Meet Our Staff

Tammany Carter,
Center Director

Judi Clouse,
Assistant Director

Miranda Daulton,
Program Coordinator

Judson Phenicie,
Program Assistant

Dennis Hughes,
Staff Assistant

Juli Watson
Health/Fitness Instructor

Anna Winberg
Health/Fitness Instructor

Center Hours

Monday-Friday
8:00a.m. - 4:00p.m.

Phone:

615-792-3629

Website:

ashlandcitytn.gov/thrive55

Facebook:

Thrive 55+ Ashland City

Thrive 55+ Ashland City
is supported by:

The Town of Ashland City
Friends of the Center Advisory
Council

Grants from:

Greater Nashville Regional Council
TN Council on Aging and Disability

Health and Fitness Classes

Chair Yoga

A gentle form of yoga that uses a chair for support or balance while sitting or standing.

Yoga

This class meets on Monday afternoon. It helps to align, strengthen, and promote flexibility in the body. It also incorporates meditation and breathing techniques. **This class is cancelled until further notice. Looking for another instructor.**

SAIL (Staying Active & Independent for Life)

This is an evidence-based class to help improve strength, balance, cardiovascular health & fall prevention. There is a morning and afternoon option.

Bingocize (Exercise & Bingo)

This class strategically combines the game of bingo with exercise, socialization, fall prevention tips and nutrition facts.

Tai Chi

This is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind and controlled breathing.

Chair Volleyball

This is played inside; players sit in chairs and play with a beach ball. They play from 11am-12pm. Anyone is welcome to come and play.

Pilates

This class improves physical strength, balance, flexibility, posture and enhances mental awareness.

Regular Happenings This Month

Bingo Lunch

Some months we have a senior service partner out to host Bingo. You do not have to purchase lunch to join this event. Check our monthly calendar for dates for Bingo lunch.

Cranium Crunch

This group meets and works on improving memory and attention with fun brain games.

Jeopardy

Debbie Davenport with Providence Group will be here to host this fun game. It is in conjunction with lunch, but you do not have to purchase lunch to join the event.

Regular Happenings This Month

Lunch Meal

Every Monday and Wednesday we have lunch available to purchase. The cost is \$5.00, and lunch is served at 11:00am. See the attached menu for details.

Price is Right

Lynn or Amelia with Riverview Post Acute Care will be your host for this fun, interactive game. It is in conjunction with lunch, but you do not have to purchase lunch to join this event.

Lunch & Learn

During lunch, our senior service partners speak and answer questions about the services they offer. You do not have to purchase a meal to attend these events.

Paint with Nancy

To sign up or to get pricing information, please contact Nancy Reeves at 615-294-2578 or email her at reeves.nancy@gmail.com. Class size is limited, so sign up soon. This class is on the first Monday of each month.

Blood Pressure Checks

Tuesday mornings the Ashland City Fire Department comes in around 8:30 am to check blood pressure.

Travel Club

The travel club meets to discuss new ideas for trips and current trips they are organizing. There are currently 3 trips planned for 2026 and one for overseas in 2027. Be sure to check out the details for those so you don't miss out on deadlines.

Trivia

Come out and test your trivia knowledge with a representative from Vantage Point Village.

Ladies Luncheon –

This is for any lady to attend!! It will take place on the 1st Tuesday of each month. We ask that everyone brings a potluck dish or dessert! Come enjoy spending time with other ladies socializing and enjoying food!

Dulcimer and Ukulele for beginners

Come jam with others learning these instruments. See calendar for dates and times.

April Birthdays

First Name	Last Name	Birthdays	First Name	Last Name	Birthdays
Todd	Knight	Apr 01	Kathy	Binkley	Apr 22
Keith	Jerik	Apr 02	Carolyn	Barney	Apr 22
April	Eppolito	Apr 02	Anne	Cassista	Apr 24
William	Orange	Apr 02	Anna Jean	Venable	Apr 24
Leland	Swindell	Apr 03	Kenneth	Kilgore	Apr 24
Carol	Pierson	Apr 03	Brett	Kiser	Apr 24
Phil	Moore	Apr 05	Patricia	Watson	Apr 24
Deborah	Sanders	Apr 05	Emerson	Brown	Apr 25
Alan	Kulkin	Apr 05	Rebecca	Thomas	Apr 25
Loretta	English	Apr 05	Colette	Keyser	Apr 25
Cheryl	Swan	Apr 05	Barbara	Jackson	Apr 26
Robert	Casey	Apr 06	Ann	Salisbury	Apr 27
Betty	Davidson	Apr 06	Donald	Walz	Apr 27
Yoko	Weeks	Apr 06	Sharon	Brooks	Apr 27
Harold	Staggs	Apr 06	Jennifer	Moody	Apr 27
Sheila	Enroth	Apr 07	Kevin	Thompson	Apr 28
Sylvia	Leatherwood	Apr 07	Bammer	Bailey	Apr 29
Vicki	Wood	Apr 07	Carolyn	Jeans	Apr 30
Linda	Hicks	Apr 08	Ann	Slocum	Apr 30
Lyndel	Pace	Apr 08	Stuart	Mathis	Apr 30
Steven	Vann	Apr 08	Pamela	Springer	Apr 30
Patricia	Richardson	Apr 08			
Sherma	Svitzer	Apr 08			
Lisa	Schutz	Apr 08			
Pamela	Tinch	Apr 09			
Joe	Vick	Apr 10			
Dorerline	Moll-Person	Apr 10			
Lani	Fawcett Murders	Apr 10			
Valerie	Wall	Apr 10			
Bonnie	Connell	Apr 13			
Mary	Dowlen	Apr 13			
Ralph	Easley	Apr 13			
John	Murphy	Apr 13			
Mae	McGuire	Apr 15			
Norma	Hardin	Apr 16			
Sandra	Reeves	Apr 16			
Marilyn	Silva	Apr 16			
Myra	Evans	Apr 17			
Rose	Hernandez	Apr 17			
Rebecca	Lewis	Apr 18			
Patricia	Bess	Apr 18			
Michael	Hatfield	Apr 18			
Joy	Drake	Apr 18			
Albert	Smith	Apr 19			
Wanda	Gilman	Apr 19			
Dennis	Hughes	Apr 20			
Heather	Allen	Apr 20			
Marilyn	Turrentine	Apr 21			
David	Frensley	Apr 21			
Detta	Mitchell	Apr 21			
Teresa	Lee	Apr 22			
James	Raines	Apr 22			

Happy Birthday

APRIL Babies!

Free Birthday Lunch

We would like to celebrate your birthday by inviting you to eat a free lunch with us.

The menu for the day is:

Creamy Chicken & Rice

Salad

Garlic Bread

Birthday Cupcakes & Ice Cream

Linda Staffen with Core Insurance Advisors & Susie Ryan with Devoted Health Plans, graciously sponsor our birthday cupcakes each month.



Birthday Lunch: April 27, 2026 @

11:00 a.m.



APRIL 2026



Daily Activities

Monday

Chair Yoga 9:00 a.m.
 Cranium Crunch 10:00 a.m.
 Lunch 11:00 a.m.
 Dulcimer 12:00 p.m.
 Yoga 1:00 p.m.

Tuesday

Texas Holdem 8:00 a.m.
 BP Checks 8:30 a.m.
 S.A.I.L. 9:00 a.m.
 (Staying Active & Independent for Life)
 S.A.I.L.(PM) 1:00 p.m.

Wednesday

Emotional Support 9:00 a.m.
 Bingocize 10:00 a.m.
 Lunch 11:00 a.m.
 Crafty Connections 1:00 p.m.
 Tai Chi 2:30 p.m.
 Pilates 3:30 p.m.

Thursday

Texas Holdem 8:00 a.m.
 S.A.I.L. 9:00 a.m.
 (Staying Active & Independent for Life)
 Bible Study 10:15 a.m.
 Ukulele 12:00 p.m.
 S.A.I.L.(PM) 1:00 p.m.
 Crafty Connections 1:00 p.m.

Friday

Yoga 8:30 a.m.
1st & 3rd weeks: Chair Yoga
2nd & 4th weeks: Gentle Floor Yoga
 Bingocize 10:00 a.m.
 Card Games 10:00 a.m.
 Billiards 11:00 a.m.
 Chair Volleyball 11:00 a.m.
 Dance 7:00 p.m.

Check calendar to the right for any time/date changes to regularly scheduled classes, as they are subject to change

Monday

Thrive 55+
Ashland City
 104 Ruth Drive,
 Ashland City, TN 37015
 Phone: 615-792-3629

Tuesday

6 **Paint with Nancy-8:30am**

7 **Ladies Luncheon-11am**

AARP Tax Prep-8am-4pm (Must have appt.)

Afternoon SAIL 12pm

Senior Feud 1:30

Wednesday

1 **APRIL FOOL'S DAY!**

RIVERVIEW POST ACUTE
 24 HOUR SKILLED NURSING

Price is Right w/ Riverview Post Acute -11:00am

Host: Lynn Stockton

Dancercize-1:00pm

Thursday

2

Harmonicas for Health- 11:15am

Friday

3

Center Closed for Good Friday

Dance- 7:00pm

13 **Bingo with Kim Fry**

COURT STAFF LUNCH

Veterans Mtg- 6pm

15 **Jeopardy w/ Debbie Davenport -11:00am**

Dancercize-1:00pm

16 **Jewelry w/ JoJo -10:30am -See flyer**

Harmonicas for Health- 11:15am

17 **Pool Tournament 10am**

Dance- 7:00pm

20 **Trivia - 10 am w/ Vantage Pointe**

VOLUNTEER RECOGNITION LUNCH

Afternoon SAIL 12pm

Senior Feud 1:30

22 **Tn Dept of Health Community Health Survey -11:00am**

Earth Day

23 **FOC Mtg- 10:15am**

Harmonicas for Health- 11:15am

24 **ARBOR DAY**

Dance- 7:00pm

27 **Birthday Lunch-11:00am**

Host: Linda Staffen & Susie Ryan

Walking Club- 12pm

At the center

Afternoon SAIL 12pm

Senior Feud 1:30

29 **Alz/Dementia Caregiver Support-12pm**

30

Friday Night Dance Schedule

- April 3 - Fred Winston & The Stable Boys
- April 10 - Tom Campbell & The Souper Pickers
- April 17 - Kevin Dobson & Along for the Ride
- April 24 - South Wind

Hours: Monday-Friday 8:00am to 4:00pm.

Be sure to check our Facebook page and website for updates.



April 2026 Lunch Menu

Lunch served Mondays & Wednesdays at 11 a.m.

Cost is \$5.00 per person.

Includes Meal, Dessert, and Drink.

Wednesday, April 1st

Loaded Potato Soup, Salad, Crackers, Tiramisu Cupcakes

Monday, April 6th

BBQ Pork Sandwich, Cole Slaw, Green Beans, Chocolate Cake

Wednesday, April 8th

Turkey & Stuffing Casserole with Mixed Veggies,
Sweet Potatoes, Peanut Butter Pie

Monday, April 13th - Lunch with Court Staff

Chicken Spaghetti, Salad, Garlic Bread, Cheesecake

Wednesday, April 15th

Chicken Salad Croissant, Pasta Salad, Fruit Salad,
Orange Pineapple Jello Salad

Monday, April 20th - Volunteer Recognition Lunch

Ham Alfredo Pasta, Salad, Garlic Bread, Lemon Cake

Wednesday, April 22nd

Meatloaf, Mashed Potatoes, Cheesy Veggie Casserole,
Roll, Spice Cake

Monday, April 27th - Birthday Lunch

Creamy Chicken & Rice, Salad, Garlic Bread, Cupcakes/Ice-cream

Wednesday, April 29th

BLT, Macaroni Salad, Baked Beans, Banana Split Cake

**Space is limited to 40 people on Mondays
& 50 people on Wednesdays.**

This is on a first come first serve basis.

Senior Feud Game Schedule

Games are Tuesday at 1:30pm

Team 1 VS Team 2 - Tuesday, April 7th

Team 3 VS Team 4 - Tuesday, April 14th

Winner 1 VS Winner 2 - Tuesday, April 21st

Loser 1 VS Loser 2 - Tuesday, April 28th

Jewelry Craft with JoJo

Examples:



**APRIL 16TH
10:30AM**

Come make UV resin pendant or earrings with JoJo!

The cost is \$5.00 and you can choose between a pendant or earrings. You will need to sign up for this activity by April 13th and let us know which you would like to make.

PICNIC IN THE PARK



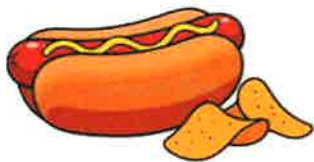
Food, Fun & Fellowship!

Location:

Riverbluff Park Pavilion
175 Old Cumberland Street
(off the TN Waltz Parkway by-pass)

Date & Time:

Friday, May 15th
10:00am - 2:00pm



Bingocize: 10:00am

Lunch: 11:00pm

Music: 11:00pm - 2:00pm

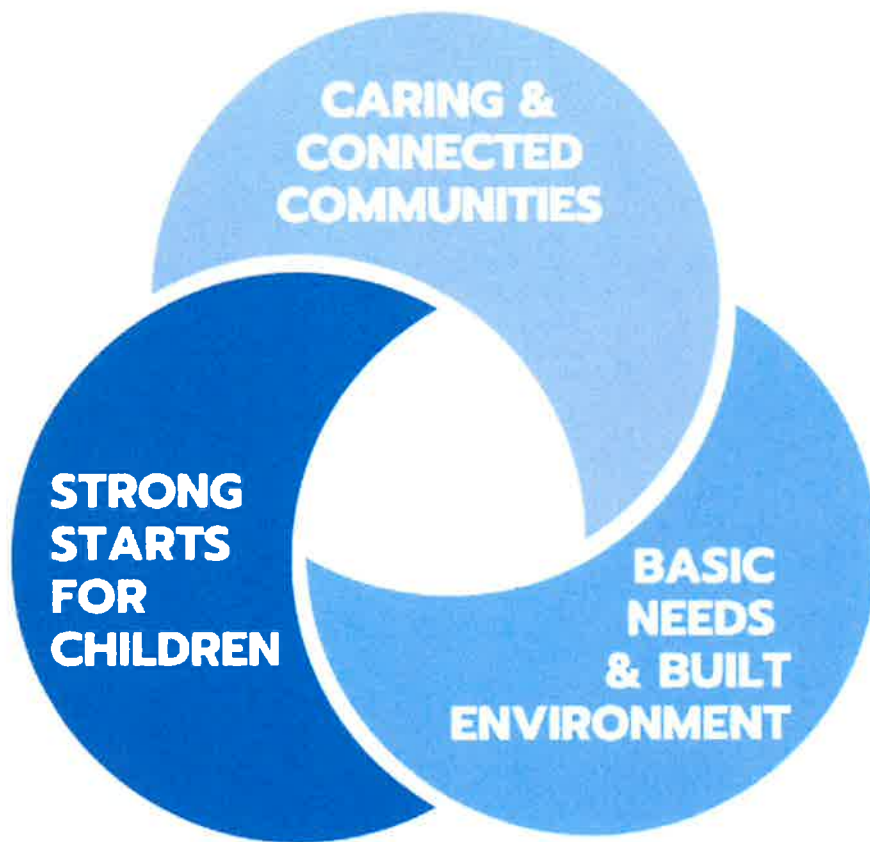


This fun day will be open to the entire senior community- not just Thrive 55+ members- so invite a friend and come enjoy fellowship, food and springtime outdoor games!

Park in the parking area by the soccer fields and play ground.
We will have the Fire Department there to shuttle you to the farmers market pavillion.

Come join us to learn about:

COMMUNITY HEALTH ASSESSMENT



Caring & Connected Communities

Emergency Preparedness for All

Substance Misuse Prevention

Mental Well-Being

Trauma-Informed Communities

Basic Needs & Built Environment

Nutrition Security

Active Environments

Collective Economic Prosperity

Access to High Quality Healthcare

Strong Starts for Children

Positive Childhood Experiences

Community Supported Schools

Healthy Moms, Healthy Babies

22nd April 11:00 AM

At Thrive 55+(The Senior Center at Ashland City)



Cheatham County
Health Department