JULY 2024

THRIVE 55+ ASHLAND CITY

104 RUTH DRIVE,
ASHLAND CITY, TN 37015



Life, Liberty and the Pursuit of Happiness

Summer is officially here, and we soon will be celebrating the 4th of July. Let us not forget those who have fought and given the ultimate sacrifice to ensure we have life, liberty and the pursuit of happiness. May you all enjoy this holiday with family and friends celebrating our great country!

In spite of a hot day, we had a successful first Walk to End Alzheimer's. I am so thankful to those who came out to show their support and helped raise awareness in our community. In addition, we had several businesses throughout Ashland City who "Painted the Town Purple" during the week of June 16. Please check out our Facebook page to see pictures from the walk as well as the area businesses who participated.

Many changes occurred at our center during June. As many know by now, Joanna Burcham has taken another job. She will be greatly missed. We wish her all the best in her new endeavors. We are happy to announce that Judi Johns is our new Assistant Director. Judi has been with us for almost two years as the Program Coordinator. This year, 2024, is one Judi will not forget! She and her fiancé, Hunter, are getting married in October, building a house, and now she has a new job title. Join us on August 9 for their wedding shower. In addition, we are excited that Tammany Carter will be working full-time as our Program Coordinator. She has been our "top chef" since January serving up some delicious meals. Thankfully, Tammany has agreed to continue preparing our meals in addition to her other new responsibilities. We are currently working to fill our remaining part-time position as Program Assistant.

Programs and Events:

Because this summer has been a hot one so far, I wanted to remind you of the importance of staying hydrated. Amber Work with the UT/TSU Extension Office has an H2Olympics: Quench Quest Challenge for us. This challenge will be July 1-31. You can sign up by going to their website at https://tiny.utk.edu/hydration2024 or you can follow the link on our Facebook page. Amber will also begin an 8-week class series on Matter of Balance in August. Please call us to sign up. More information is included in this newsletter.

Check out the information about our upcoming Summer Bazaar in July as well as our Crafting Day in August. More information is included.

Trips:

We have a day trip planned to the Loretta Lynn Ranch on August 22. Most activities will be inside. Details are in the included flyer.

Want to see the Ark Encounter and Creation Museum lit up this Christmas season? Join us for this Diamond Tours 3-night trip on December 2-5, 2024.. An informational flyer with cost and itinerary is provided. For more pricing and travel insurance information, please call our center.

Wishlist:

Small 20 oz. Cannisters of Regular Sugar, Heavy-Duty Plastic Forks, and Heavy-Duty Plates

Keep thriving! ~ Gena

Meet Our Staff

Gena Batts,
Director
Judi Johns,
Assistant Director
Tammany Carter,
Program Coordinator
Dennis Hughes,
Staff Assistant
Lindy Murff,
Health/Fitness Instructor
Barb Batson,
Health/Fitness Instructor
Juli Watson
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
West End Home Foundation
The Community Foundation of Middle TN

Health and Fitness Classes

Arthritis Foundation Exercise
This fun class helps improve functional ability, mobility, muscle strength and coordination.

Yoga
This class meets on Monday and Thursday. It helps to align, strengthen, and promote flexibility in the body. It also incorporates meditation and breathing techniques.

SAIL(Staying Active & Independent for Life)
This is an evidence-based class to help improve strength, balance, cardiovascular health & fall prevention.

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 for a few hours, but anyone is welcome to come and play as long as they would like.

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

Regular Happenings This Month

Bingo Lunch
We have our senior service partners out each month to host bingo. You do not have to purchase a lunch to join this event. Check our monthly calendar for dates for bingo lunches.

Cranium Crunch
This is a group that meets and works on improving memory and attention with fun brain games.

Regular Happenings This Month Cont.

Foot Care
Tracy Reeves treats our members to foot care once a month. She will be in the library area. Look for the date on our monthly calendar.

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 a lunch to join the event.

Lunch Meal
Every Monday & Wednesday we have lunch available for purchase. The cost is $5.00, and lunch is served at 11:00 a.m. See attached menu for details.

Lunch with the Locals
Local officials come to talk/answer questions during lunch one day each month. It is in conjunction with lunch, but you do not have to purchase a lunch to join the 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. See our bulletin board for paint choices for this class. Look for class date on monthly calendar.

Price is Right
Marie Eppes with Tennova Hospice will be your host for this fun, interactive game. It is in conjunction with lunch, but you do not have to purchase a lunch to join this event.

Trivia
Come out and test your trivia knowledge with Zachary Fulton from Vantage Point Village.

Wings of Hope- Widow/Single Ladies Group
July 2nd: 11:00 am
We will have "Lunch on the Porch" at Riverview Restaurant. The address is 110 Old River Rd, Ashland City, TN 37015. This will be dutch treat. RSVP to Doris by call/text 615-521-2174

JULY 2024

Daily Activities

Monday

Arthritis Exercise	9:00 a.m.
Cranium Crunch	10:00 a.m.
Lunch	11:00 a.m.
Yoga	1:00 p.m.
Tai Chi	2:15 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)

Wednesday

Bingocize	10:00 a.m.
Lunch	11:00 a.m.
All Things Yarn	1:00 p.m.
Pilates	4:30 p.m.

Thursday

Texas Holdem	8:00 a.m.
S.A.I.L.	9:00 a.m.

(Staying Active & Independent for Life)

Loomers	10:00 a.m.
Sew & Sews	1:00 p.m.
Yoga	1:00 p.m.

Friday

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	Tuesday	Wednesday	Thursday	Friday
1 **Paint with Nancy- 8:30 am** **Bingo Lunch w/ TN Quality Care -11:00am** **Host: Maegan Wilson**	**2** **Wings of Hope 11:00 am-** @ Riverview Marina and Restaurant **Harmonicas for Health- 1:00pm**	**3** **Price is Right w/ Tennova Hospice- 11:00am** Host: Marie Eppes	**4** **CENTER CLOSED IN OBSERVANCE OF JULY 4TH HOLIDAY**	**5** **Dance- 7:00pm**
8 **Lunch w/ Locals -11:00am** Host: Pam Frejosky (Cheatham Co. Elections Office) **Veterans Mtg- 6pm**	**9** **FCE Mtg -10am** **Harmonicas for Health- 1:00pm**	**10** **Bingo Lunch w/ Vice Mayor Gerald Greer -11:00am** **Bob Nardini (TNSHIP)- 12-1pm**	**11**	**12** **Dance- 7:00pm**
15 **NO ARTHRITIS EXERCISE!** **Bingo Lunch w/ NP Housecalls -11:00am** **Host: Christie Wheeley**	**16** **Foot Care- 8:30am** **Harmonicas for Health- 1:00pm**	**17** **Summer Bazaar- 9:00am- 2:00pm** **Jeopardy w/ Debbie Davenport- 11:00am**	**18** **Walking Club- 10:30am** Meeting at Riverbluff Park to walk/tally month step totals	**19** **Arthritis Exercise/ Bingocize- 10am** **Dance- 7:00pm**
22 **Trivia - 10 am w/ Zachary Fulton** **Bingo Lunch w/ United Healthcare -11:00am** **Host: Kay Zwan**	**23** **Harmonicas for Health- 1:00pm**	**24** **Bingo Lunch w/ Kim Fry Johnson -11:00am**	**25** **FOC Mtg- 10:15am**	**26** **Dance- 7:00pm**
29 **Birthday Lunch- 11:00am** Host: Linda Staffen & Susie Ryan	**30** **Harmonicas for Health- 1:00pm**	**31** **Lunch & Learn w/ Mid-Cumberland -11:00am** Speaker: Stormy Vaughn	**Thrive 55+ Ashland City** 104 Ruth Drive, Ashland City, TN 37015 Phone: 615-792-3629	

Friday Night Dance Schedule

July 5- Fred Winston & The Stable Boys
July 12 – Rough Mix
July 19 – Kevin Dobson & Along for the Ride
July 26 – Tom Campbell & Souper Pickers

Hours: Monday-Friday 8:00am to 4:00pm.
Be sure to check our Facebook page and website for updates.

July 2024 Birthdays

First Name	Last Name	Birthday
Judy	Hale	Jul 01
Janet	Holloway	Jul 01
Dolores	Noland	Jul 01
Carol	Bracey	Jul 02
Maggie	Van Eeden	Jul 02
Marsha	Terry	Jul 02
Andy	Buck	Jul 03
Bo	Forsythe	Jul 03
Nina	Zweep	Jul 03
LeAllyn	Steele	Jul 03
Evelyn	Stewart	Jul 04
John	Gibson	Jul 05
Clayton	McCool Jr.	Jul 06
Helen	Wall	Jul 06
Pete	Whittaker	Jul 06
Nancy	Kidd	Jul 06
Ramona	Trusty	Jul 07
Eileen	Herbert	Jul 07
Judy	Ragan	Jul 08
Geraldine	Wade	Jul 08
Judy	Smith	Jul 08
Reta	Troxtel	Jul 08
Vickey	Morris	Jul 09
Ray	White	Jul 09
Allison	Gilliam	Jul 09
Max	Vick	Jul 10
Carol	Calkin	Jul 10
Myrtle	Oliver	Jul 11
Darlene	Gnegy	Jul 11
June	Nicholson	Jul 12
Stacie	Koslen	Jul 13
Pooh	Rippetoe	Jul 13
Brenda	Collins	Jul 14
Jo	Jones	Jul 14
Kay	Phillips	Jul 14
Dianne	Tomlin	Jul 14
Angie	Zurawski	Jul 14
Kathy	Krantz	Jul 15
Nancy	Scott	Jul 15
Sandra	Brumit	Jul 15
Dianne	Johnson	Jul 16
Anna	Winberg	Jul 16
Debra	Meador	Jul 16
Sherry	King	Jul 16
Betty	Johnson	Jul 16
Larry	Nunnally	Jul 18
Mo	Potter	Jul 18
Juli	Watson	Jul 18
Bonnie	Feltman	Jul 19
Reba	Goewey	Jul 19
Jayme	Forsythe	Jul 19
Bill	Alderson	Jul 20
Margie	McFann	Jul 21
David	Mundy	Jul 21
Paulette	Cothern	Jul 22
Jesse	Shivers	Jul 23
Jamie	Douglas	Jul 24
Sue	Havens	Jul 25
Linda	Lange	Jul 25
Janice	Nixon	Jul 26
Wanda	Hunter	Jul 26
GeorgeAnne	Raines	Jul 27
RD	Huffines	Jul 28
Judy	Bennett Smith	Jul 30
Virginia	Easley	Jul 30
Esther	Cote	Jul 31
Yvonne	Stinnett	Jul 31
Lolly	Reynolds	Jul 31



Free Birthday Lunch

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, July 29th at 11:00am.

The menu for the day is Meatball Spaghetti, Corn, Salad, Garlic Bread, Cupcakes & Ice Cream.

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

CORE Insurance ADVISORS

Devoted HEALTH PLANS

Please call us at 615-792-3629 to let us know if you plan to attend the birthday lunch. We hope your birthday will be a special one and we look forward to seeing you for lunch!

Birthday Lunch: July 29th @ 11:00 a.m.

July 2024 Lunch Menu

Lunch served Mondays & Wednesdays at 11 a.m.
Cost is $5.00 per person.
Includes Meal, Dessert, and Drink.

Monday, July 1st
Grilled Chicken Tenders, Mac-n- Cheese, Roasted Broccoli, Roll, Brownie
Wednesday, July 3rd
Sailsbury Steaks, Mashed Potatoes, Mixed Veggies, Roll, Cookies
Monday, July 8th
Grilled Ham and Cheese Sandwich, Chips, Fruit, Angel Food Cake
Wednesday, July 10th
Turkey and Dressing, Yams, Green Peas, Roll, Pecan Pie
Monday, July 15th
Shredded Chicken Soft Tacos, Black Beans, Side Salad, Cookies
Wednesday, July 17th
Meatloaf, Mashed Potatoes, Green Beans, Cornbread, Strawberry Cake
Monday, July 22nd
BLT Sandwich, Fries, Potato Salad, Fruit Jell-o
Wednesday, July 24th
Chicken and Rice Casserole, Salad, Roll, Apple Dumplings
Monday, July 29th - Birthday Lunch
Spaghetti & Meatballs , Corn, Salad, Garlic Bread, Cupcakes and Ice Cream
Wednesday, July 31st
Shepherd's Pie, Cabbage, Roll, Fudge Pie

This is on a first come first serve basis.

Summer Bazaar

PLEASE JOIN US FOR SUMMER SHOPPING!

JULY 17TH: 9:00AM-1:00PM

Vendors:

Jo Jones
Jewelry/Crafts



Mary Kay
w/ Maribeth

MARY KAY

Weenies
N Beez



Mama J's
Ice Cream



Merekins
Crafts



We "HERD" Judi is getting married!



August 9th: 1-3pm

We are throwing a wedding shower to honor Judi and her fiancé Hunter! There will be light refreshments served. She is registered at Amazon, Walmart and Target under Judianna Johns. Come by and wish her well on her upcoming marriage!



JOIN US FOR A CRAFTING DAY!

August 13th: 12-3pm

Once you choose the craft you would like to do, you may pay for it at the center. You must pay by August 1st, so we can be sure we have enough supplies.

Crafts that will be available that day:

Make a gnome. $5.00







Learn to make a rag rug. $5.00

Cards with Kathy:
2 greeting cards for $5.00





Make a decoupage picture-$5.00





Coloring a page.
Assorted pictures to pick from $5.00

Embroider a dish towel -$10.00

Diamond Painting:
Assorted item to pick from $5.00





A Matter of Balance coming in August!

August 7th- September 25th
Wednesdays 1-3pm

We are offering a new 8 week class series through the UT Extension office. A Matter of Balance uses a variety of activities to address the fear of falling and teach fall prevention strategies. Activities include group discussion, problem-solving, skill-building, assertiveness training, videos and exercise training. Participants receive a workbook to use during the sessions, and to keep as a reference when the class is over.

Please call the center to sign up for this class!

UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

TSU COOPERATIVE EXTENSION
COLLEGE OF AGRICULTURE
TENNESSEE STATE UNIVERSITY

MAINTAIN BALANCE

DAY TRIP

Loretta Lynn's Ranch Tour

Thursday, August 22, 2024

7:30 a.m. to 4:30 p.m







Cost: $65.00 per person (non-refundable)

Includes guided tours of Loretta's Historic Home, Butcher Holler Home Replica and the Museum, meal at The Log Cabin Restaurant, transportation, and all gratuities.



The deadline to sign up is Monday, August 12. Payment must be made to confirm your spot.



Please call the center at 615-792-3629 for more info or to sign up.

The bus will leave promptly at 7:30 a.m. from the upper parking lot of Tractor Supply. We will arrive at the Ranch around 9:00. We will eat at the restaurant around 12:30 p.m. After the meal, we will make a shopping stop at Overholt's Amish Farm Market. The bus will arrive back in Ashland City around 4:30 p.m. Bottled water will be provided on the trip. All activities except the ranch grounds are air-conditioned.

THRIVE 55 PLUS ASHLAND CITY PRESENTS

The Ark Encounter & Creation Museum



INCREDIBLE PRICE INCLUDES:

- **Motorcoach transportation**
- **3 nights lodging in the Cincinnati area**
- **6 meals: 3 breakfasts and 3 dinners**
- **Admission to the Stunning – ARK ENCOUNTER!**
- **Admission to the Famous CREATION MUSEUM**

For more pictures, video, and information visit:
www.GroupTrips.com/AshlandCity

$600*

4 Days 3 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Mon - Thu)
Dec 2 - 5
2024



View from Inside the Ark Encounter



Visit to the Amazing Creation Museum!



Enjoy the Bible Scroll Exhibit at the Ark Encounter



Incredible Ark Encounter

Departure: Tractor Supply, 356 Frey St, Ashland City, TN @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped Motorcoach as you head for your destination: The Ark Encounter & Creation Museum! This evening, you will have Dinner and check into your Cincinnati area hotel for a three night stay.

Day 2: Start the day with a Continental Breakfast before the big event you've been waiting for: THE ARK ENCOUNTER! Bigger than imagination, this life-sized Noah's Ark Experience will amaze you. The Ark Encounter features a full-size Noah's Ark, built according to the dimensions given in the Bible. Spanning 510 feet long, 85 feet wide, and 51 feet high, this modern engineering marvel amazes visitors young and old. From the moment you turn the corner and the towering Ark comes into view, to the friendly animals in the zoo, or the jaw-dropping exhibits inside the Ark, you'll experience the pages of the Bible like never before. For Christmas, the enormous grounds of all of the Ark Encounter will be all lit up for Christmas. 35,000 people a week go here during this special time of year to see their Christmastime displays for the Holidays. It's an experience you'll always remember! This evening, enjoy Dinner before heading back to your hotel.

Day 3: Start the day with a Continental Breakfast before you head to The Ark Encounter's sister attraction: THE CREATION MUSEUM. Prepare to believe as you explore 75,000 square feet of state-of-the-art exhibits, full-size Allosaurus skeleton, stunning botanical gardens, petting zoo, and more. The state-of-the-art Creation Museum allows you to venture through biblical history. For Christmas, Creation Museum celebrates the holiday season with their "Garden of Lights" display. Stroll through the museum's botanical gardens amid the breathtaking display of thousands of multi-colored lights. Each year, new designs and more color are added throughout the garden trails so the experience is never the same! This evening, enjoy Dinner before heading back to your hotel.

Day 4: Today, after enjoying a Continental Breakfast, you will depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

ADD SOME PEACE OF MIND TO YOUR TRIP...
With Diamond Tours Exclusive *Travel Confident*® Protection Plan.
See separate advertisement...

$85 Due Upon Signing. *Price per person, based on double occupancy. $780 for single occupancy. Triple occupancy $580. Final Payment Due: 9/25/2024

FOR INFORMATION & RESERVATIONS CONTACT:

Gena Batts @ (615) 792-3629