

The Senior Active Lifestyle

The Senior Center at Ashland City 104 Ruth Drive Ashland City, TN. 37015 615-792-3629



Easter Sunday
4



**Let's start a
new beginning
at the senior center!**

New Beginnings

Spring is here and we are becoming post Covid -19 with new beginnings at the center. Several programs have been back for several months and are going strong. Adding to the list this month are "Loomers" and games and cards. Please see the calendar for dates and times.

Although programs are returning, we still must operate with some restrictions, which we anticipate that by May some will be lifted.

Come out this month and visit your friends at the center. If you have not gotten your new key tag for signing in, please stop in and update your file and receive your key tag.

We miss you and look forward to visiting with you soon.

Dance Information

At this time, we have word from the Tennessee Council on Aging that dancing is still not allowed. We are keeping a close watch to when the dances can start back. We will inform you as soon as we know differently.

Travel

I am working with the bus and tour companies to see who is rolling and who is not. We will be looking at options as soon as everyone feels comfortable to travel. We want you to let us know. When you get your newsletter drop us a line back if you are ready and would feel comfortable traveling.

Special Events This Month

**April 14th - Advance Care
Directive Planning at 9**



You may think of Advance Care Planning as being about death and dying, but it is really about how you want to live in the time you have left. Discussing values, personal preferences, and end-of-life care can provide a shared understanding of what matters most.

No one knows what the future holds, and we cannot control or predict our health. We can plan ahead, share with our loved ones what really matters, and – when that time comes – help make the decisions easier.

Have you asked your loved ones what sort of medical care they want in a terminal situation? Have you told them what you want? These issues aren't always easy to talk about, and many of us have no idea where to start. But you don't want to wait for a crisis! Alive Hospice can help.

Please join us on to learn more about how you and your loved ones can take advantage of this free service. **Call the center at 615-792-3629 to sign up.** Donuts and coffee will be served!



**April 15th - Get Fit Giveaway
8:30 – 12:30**

Ashley McDonald will be here during our SAIL and Yoga classes to get you motivated and keep you motivated to stay active! All participants will receive a free pedometer (step tracker), a healthy living tips pamphlet, and a healthy “pre-packaged” snack...AND a change to win an edible bouquet that will be raffled off at the end of the event. **If you plan to attend, please call the center at 615-792-3629 so we have enough giveaways.**

Happenings This Month

4/5 - Paint with Nancy from 8:30 a – 4:00 p

To sign up for this class, please contact Nancy Reeves at 615-294-2578 or email her at reeves.nancy@gmail.com. Class size is limited, so sign up soon.

4/26 – Greeting Cards with Kathy at 9:00

Cost for this class is \$5.00 per participant. Call Kathy at 615-792-3629 to sign up.

Cards and Games Resume

Come out on Wednesdays and Fridays at 12:00 p.m. to join a group and play.

Loomers Return

Our group of loomers will meet every Wednesday and Friday at 10:00 a.m.

Exercise Classes Still Going Strong

For information on class dates, times, and descriptions, please check out the calendar and our website at ashlandcitytn.gov/senior



**Reminder for COVID Vaccines
for 2nd Dose Only**

If you came to the center on March 11th to get your first COVID vaccine, you will return here at your same appointment time on April 8th for your second shot.

If you came on March 16th for your first vaccine, you will return here at your same appointment time on April 13th for your second shot.

Call Connect System



Several people have told us our phone number is showing up as “potential spam” when we call with our new automated calling system. Please know we are working to resolve this issue. These phone calls contain important information about our center, and we want to be sure you are receiving the calls. We suggest you program our phone number (615-792-3629) in your phone so that you will not miss a call.

Hello, April.

Be a month of
Rebirth, Regrowth
and Renewal.



Sunday

Monday

Tuesday

Wednesday

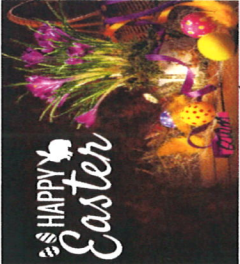

Thursday

Friday

Saturday

April 2021

Be Sure to check our Website and Facebook Page for changes and updates:
Website: AshlandCityTN.Gov/Senior
Facebook: [The Senior Center At Ashland City](https://www.facebook.com/TheSeniorCenterAtAshlandCity)

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11 FCE Meeting 9:00 Yoga 1:00	12 FCE Meeting 9:00 Yoga 1:00 Ramadan Begins	13 Texas Holdem 8:30 S.A.I.L.L. 9:00	14 Presentation w/ Alive Hospice 9:00 Loomers 10:00 Bingocize 12:00 Card Games 12:00 Dancercize 1:00 Tai Chi 2:00	15 Texas Holdem 8:30 Sew & Sews 9:30 Get Fit Giveaway w/ Ashley McDonald for S.A.I.L.L. & Yoga 8:30-12:30 S.A.I.L.L. 9:00 Yoga 1:00	16 Loomers 10:00 Bingocize 10:00 Card Games 12:00	17 Loomers 10:00 Bingocize 10:00 Card Games 12:00
18 Yoga 1:00	19 Yoga 1:00	20 Texas Holdem 8:30 S.A.I.L.L. 9:00	21 Loomers 10:00 Bingocize 12:00 Card Games 12:00 Dancercize 1:00 Tai Chi 2:00	22 Texas Holdem 8:30 Sew & Sews 9:30 S.A.I.L.L. 9:00 Yoga 1:00	23 Loomers 10:00 Bingocize 10:00 Card Games 12:00	24 Loomers 10:00 Bingocize 10:00 Card Games 12:00
25 Greeting Cards w/ Kathy 9:00 Yoga 1:00	26 Greeting Cards w/ Kathy 9:00 Yoga 1:00	27 Texas Holdem 8:30 S.A.I.L.L. 9:00	28 Loomers 10:00 Bingocize 12:00 Card Games 12:00 Dancercize 1:00 Tai Chi 2:00	29 Texas Holdem 8:30 Sew & Sews 9:30 S.A.I.L.L. 9:00 Yoga 1:00	30 Loomers 10:00 Bingocize 10:00 Card Games 12:00 	

First Name	Last Name	Birthday			
Roy	Christoffer	Apr 01	Marilyn	Turrentine	Apr 21
Cathy	Hamblin	Apr 01	Jerry	Donegan	Apr 22
Carolyn	Moore	Apr 02	Susan	Herron	Apr 22
Ginger	Gupton	Apr 04	Teresa	Lee	Apr 22
Earl	Bradley	Apr 05	Frank	McKeon	Apr 22
Phil	Moore	Apr 05	Mildred	Burton	Apr 23
Deborah	Sanders	Apr 05	Brenda	Frederick	Apr 23
Patricia (Patsy)	Barbee	Apr 06	Anne	Cassista	Apr 24
Robert	Casey	Apr 06	Wayne	Justice	Apr 24
Betty	Davidson	Apr 06	Judy	Temple	Apr 24
Linda	Hitt	Apr 06	Emerson	Brown	Apr 25
Peggy	Williamson	Apr 06	Paul	Davidson	Apr 25
Carol	Balthrop	Apr 07	Elaine	Jackson	Apr 25
Linda	Hicks	Apr 08	Nola	Thomas	Apr 25
Judy	Morrison	Apr 08	Ann	Salisbury	Apr 27
June	Pace	Apr 08	Elman (Mac)	McGlasson	Apr 28
Dick	Spurlock	Apr 08	Ronald	Kizer	Apr 29
Allie	Crutcher	Apr 09	Debbe	Hershey	Apr 30
Carolyn	Greer	Apr 09	Larry	Moore	Apr 30
William	Henderson	Apr 10			
Peggy	Justice	Apr 10			
Thomas Bryant	Kilgore	Apr 10			
Carol	Yost	Apr 10			
Kenneth	Caldwell	Apr 12			
Roy	Hughes	Apr 12			
Tammy	Stacey	Apr 12			
Chester	Vaughn	Apr 12			
William	Binkley	Apr 13			
Bonnie	Connell	Apr 13			
Mary	Dowlen	Apr 13			
Claudia	Curtis	Apr 14			
Dorothy	Brewer	Apr 15			
Holly	Spann	Apr 15			
Norma	Hardin	Apr 16			
Christy	McPherson	Apr 16			
Sandra	Reeves	Apr 16			
George	Cantrell	Apr 17			
Myra	Evans	Apr 17			
Carl	Overstreet	Apr 17			
Patsy	Ragsdale	Apr 17			
John	Kincer	Apr 20			
Doreen	Flash	Apr 21			
Teresa	Jones	Apr 21			

