

April 2022

Senior Active Lifestyle



The Senior Center at Ashland City | 104 Ruth Drive | Ashland City, TN 37015

Center Staff

Gena Batts,
Director

Joanna Burcham,
Assistant Director

Roy Dye,
Program Coordinator

Kathy Nicholson,
Program Coordinator

Alicia Shaneyfelt,
Staff Support

Lindy Murff,
Health/Fitness Instructor

Barb Batson,
Health/Fitness Instructor

Center Hours

8:00 a.m. to 4:00 p.m.

Phone:

615-792-3629

Website:

ashlandcitytn.gov/senior

Facebook:

The Senior Center at Ashland City

**The Senior Center at
Ashland City is supported by:
The Town of Ashland City**

Grants from
Greater Nashville Regional Council
TN Council on Aging & Disability

Friends of the Center
Member Donations



Spring has Sprung!

Springtime ignites a renewal in all of us who have braved the cold winter weather and we eagerly seek the first signs of warmer temperatures. One thing we all look forward to attending is the annual picnic. The picnic will be held on Friday, May 13th from 11 a.m.- 1:00 p.m. at Riverbluff Park Pavilion. Please see flyer for more details.



The bus will be rolling again in May. We have a day trip planned to Kentucky with Jimmy the Cricket Tours who is sure to make this a very interesting trip! More details are included in the attached flyer.

Do you need a ride to the center? If so, please give us a call. We have a partnership with Mid-Cumberland Public Transit, and they may be able to assist you.



We have started a partnership with Second Harvest Food Bank to help provide non-perishable food boxes to any senior 50 and above in need. If you or someone you know needs a box, please stop by, or call us. We also post information about area food distributions each month on our website under Resources and Services and on our Facebook page.



National Volunteer Appreciation Week is April 17-23. We sincerely appreciate all of you who give of your time to help our center and our seniors! We couldn't do it without you!

Our Friday Night Dance schedule is below. Due to a center trip and Good Friday, the dance schedule for April changed. There will be concession food available for purchase. Coffee and water are still no charge.



Friday Night Dances at 7 p.m.

April 1st – Barry Brake & Still Kickin' Country
April 22nd – Kevin Dobson & Along for the Ride
April 29th – Perry Bolin & Loaded Dogs
Doors open at 6:00 p.m.
Admission is \$7.00 per person

The center is asking for donations of hard candy, peppermints, and small paper cups. If you would like to donate any of these items, it would be greatly appreciated.



Plant blessings wherever you go! *Gena*

Special Events This Month



**Each Monday & Wednesday at 11:00
Kathy's Kitchen Lunch Meal**

See attached menu for more information. You must sign up in advance to eat.

**Thursday, April 14 at 10:00
Easter Cookie Decorating**



Come join Kathy and make some beautiful Easter cookies! All supplies are provided. Space is limited to 12 people, so you must call by April 8th to sign up.



**Monday, April 18 at 11:15 a.m.
Lunch & Learn with Lynn Wood**
Lynn with Mental Health of America

will be doing a presentation on **Normal Aging vs Not Normal Aging**. As an Older Adult, you are not supposed to get dementia. However, just like our knees, eyesight, and lower back start helping us feel our age, our brain is going to age as well. Let's explore what Normal Aging looks like and when we should really start to worry.

**Tuesday, April 19 at 11:00
Bingo Lunch with Patricia Vest**



Join us for Bingo and a lunch. If you want to attend, please call the center to register by April 14th.



**Tuesday, April 26 at 10:00
Card Making with Kathy Nicholson**

The cost will be \$5.00 each to cover the cost of the materials. Cards to be made are Graduation, Mother's Day, and all occasion. For more information and to sign up, please call Kathy by April 20.

Community Food Bank & Services

Ongoing – Food boxes available here at the center.

Ongoing – Food available at Bethesda Center at 124 S. Main St. in Ashland City. Call them at 615-792-1389 for an appointment.

Ongoing – Mid-Cumberland Community Action Agency offers help with medical expenses, utility expenses, rental assistance, personal care and cleaning supplies, and assistive devices. Call 615-742-1113 ext. 1100 for more information.

Each Wednesday – 24 Church at 1502 Substation Rd in Pleasant View from 6-7 pm.

Saturday, April 9 – Mission of Hope Assembly at 6307 Hwy 41-A in Pleasant View from 10 am – 2 pm.

Regular Happenings This Month



**Friday, April 1–
Coffee with a Cop at 9:00 a.m.**

The Ashland City Police Dept. will return to answer any questions. Breakfast pastries will be served along with fresh hot coffee or tea!

**Tuesday, April 5– Wings of Hope
Meeting at 12:00 p.m.**



The theme is Easter. Ham and turkey will be provided, but everyone is asked to bring a side dish, drinks, or dessert. There will also be an Easter bonnet parade/contest so don your favorite hat and come join the fun!



**Friday, April 8 and 22 – Chair Volleyball
at 11:00 a.m.**

Our players have so much fun that we have added another day to play. Please join for two days of fun!

**Tuesday, April 12 – Foot Care
with Tracy Reeves from 8:30 – 10 a.m.**



Tracy Reeves will be here to treat our members to foot care. She will be in the library area.



**Monday, April 18 –
Paint with Nancy 8:30 a – 4:00 p**

To sign up for these classes 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.

DIABETES **Weds., April 20 at 12:00 p.m.
Navigating Life with Diabetes with
Aneta Eichler from UT/TSU Ext.**

This new support group is for pre-diabetic, diabetic, and family members to help navigate life with diabetes. This program meets on the 3rd Wednesday of each month

MUSIC for SENIORS **Monday, April 25 at 11:00 a.m.
Music for Seniors**

Bob Tigert will be back with his ukulele to play us some more Roots Gospel, Americana, and Old Rock & Roll.

**Friday, April 29 –
Breakfast Trivia at 9:00 a.m.**



Come out and test your trivia knowledge with Zachary Fulton from Vantage Point Village. Coffee and yummy homemade breakfast treats will be served.

Check out all our exercise classes as well!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="color: red; font-family: cursive;">April 2022</h1> <p style="color: red; font-weight: bold;">Be sure to check our Facebook Page & Website for updates and changes.</p>						
3 Florida Trip April 3-9 	4 Arthritis Exercise - 9:00 Kathy's Kitchen 11:00 Yoga 1:00	5 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Wings of Hope 12:00	6 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen - 11:00 Dancercize 1:00 Tai Chi 2:00	7 Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 1:00	8 Loomers 10:00 Bingocize 10:00 Chair Volleyball 11:00 Card Games 12:00 No Dance	9 <small>Ramadan Begins</small>
10  <i>Easter Sunday</i>	11 Arthritis Exercise - 9:00 Kathy's Kitchen - 11:00 Yoga 1:00 Veteran's Mtg. 6:00	12 Texas Holdem 8:00 Foot Care 8:30 BP Checks 8:30 S.A.I.L. 9:00 FCE 10:00	13 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen - 11:00 Easter Lunch Dancercize 1:00 Tai Chi 2:00	14 Texas Holdem 8:00 S.A.I.L. 9:00 Easter Cookie Decorating 10:00 Sew & Sews 10:00 Yoga 1:00	15  Center Closed No Dance	16
17 	18 Paint w/Nancy -8:30 Arthritis Exercise - 9:00 Kathy's Kitchen - 11:00 Lunch & Learn 11:15 Yoga 1:00	19 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Bingo Lunch 11:00	20 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen - 11:00 Diabetes Support Group - 12:00 Dancercize 1:00 Tai Chi 2:00	21 Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 1:00	22 Loomers 10:00 Bingocize 10:00 Chair Volleyball 11:00 Card Games 12:00 Dance 7:00 - Kevin Dobson & Along for the Ride	23
24	25 Arthritis Exercise - 9:00 Kathy's Kitchen - 11:00 Music for Seniors 11:00 Yoga 1:00	26 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Kathy's Cards 10:00	27 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen 11:00 Dancercize 1:00 Tai Chi 2:00	28 Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Friends of the Center Mtg. - 10:15 Yoga 1:00	29 Breakfast Trivia 9 Loomers 10:00 Bingocize 10:00 Card Games 12:00 Dance 7:00 - Perrin Bolin & Loaded Dogs	30

April Birthday List

<u>First Name</u>	<u>Last Name</u>	<u>Birthday</u>	<u>First Name</u>	<u>Last Name</u>	<u>Birthday</u>
Roy	Christoffer	Apr 01	Jerry	Donegan	Apr 22
Cathy	Hamblin	Apr 01	Susan	Herron	Apr 22
Wanda	Proctor	Apr 01	Teresa	Lee	Apr 22
Carolyn	Moore	Apr 02	Frank	McKeon	Apr 22
Kent	Swindell	Apr 03	Mildred	Burton	Apr 23
Ginger	Gupton	Apr 04	Brenda	Frederick	Apr 23
Earl	Bradley	Apr 05	JoAnn	Allen	Apr 23
Mike	Moore	Apr 05	Anne	Cassista	Apr 24
Deborah	Sanders	Apr 05	Wayne	Justice	Apr 24
Patsy	Barbee	Apr 06	Judy	Temple	Apr 24
Bob	Casey	Apr 06	Clara	Coleman	Apr 24
Betty	Davidson	Apr 06	Lee	Brown	Apr 25
Linda	Hitt	Apr 06	Paul	Davidson	Apr 25
Peggy	Williamson	Apr 06	Elaine	Jackson	Apr 25
Janice	Revis	Apr 06	Nola	Thomas	Apr 25
Carol	Balthrop	Apr 07	Barbara	Jackson	Apr 26
Linda	Hicks	Apr 08	Ann	Salisbury	Apr 27
Judy	Morrison	Apr 08	Mac	McGlasson	Apr 28
June	Pace	Apr 08	Jim	Absher	Apr 28
Dick	Spurlock	Apr 08	Kevin	Thompson	Apr 28
Steve	Vann	Apr 08	Ronald	Kizer	Apr 29
Allie	Crutcher	Apr 09	Margie	Pedigo	Apr 29
Carolyn	Greer	Apr 09	Debbe	Hershey	Apr 30
Bill	Henderson	Apr 10	Larry	Moore	Apr 30
Peggy	Justice	Apr 10	Carolyn	Jeans	Apr 30
Bryant	Kilgore	Apr 10	Mike	Sebexen	Apr 30
Carol	Yost	Apr 10	Ann	Slocum	Apr 30
Tim	Stanley	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			
Sandy	Reeves	Apr 16			
George	Cantrell	Apr 17			
Myra	Evans	Apr 17			
Carl	Overstreet	Apr 17			
Patsy	Ragsdale	Apr 17			
Jeannie	Lewis	Apr 18			
Margaret	Martinez	Apr 20			
Dennis	Hughes	Apr 20			
Teresa	Jones	Apr 21			
Marilyn	Turrentine	Apr 21			
Jeannie	Patterson	Apr 21			



We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, April 25 at 11:00 a.m. at our own Kathy's Kitchen. The menu for the day is cobb salad with chicken and pita bread chips. Cake and ice cream will be served for dessert and sponsored by Linda Staffen with Core Insurance Advisors.



Spots do fill quickly, so call us by April 10th at 615-792-3629 to reserve your spot.

We hope your birthday will be a special one and we look forward to seeing you for lunch!



Lunch Served Mondays and Wednesdays at 11 a.m.

**Cost is \$5.00 per person
Includes meal, dessert, and drink**

April Menu

Monday, April 4th

Honey Baked Chicken, Carrots, Peas, Rolls, Chocolate Cake

Wednesday, April 6th

Pork Tenderloin, Green Beans w/Baby Potatoes, Sweet Corn, Cheesecake

Monday, April 11th

Roast Beef w/Vegetables, Hot Rolls, Fruit Ambrosia

Wednesday, April 13th

Hot Chicken Salad, Baked Sweet Potato Sticks, Deviled Eggs, Banana Pudding

Monday, April 18th

Bacon-Corn Stuffed Peppers, Potato Wedges, Apple Enchiladas

Wednesday, April 20th

BBQ Sandwiches, Baked Beans, Baked Parmesan Breaded Squash, Fruit Parfait

Monday, April 25th Birthday Lunch

Cobb Salad w/Chicken, Pita Bread Chips, Birthday Cake

Wednesday, April 27th

Creamy Chicken Enchiladas, Chips & Dip, Peach Cobbler



**Please call the Senior Center at 615-792-3629 to sign up.
Space is limited to 30 people per meal.**



SPOTLIGHT

SENIOR SERVICE



Jackie McGee
Volunteer Coordinator
Springfield Location
866-694-4848

Caris believes all patients and their family members deserve the best care and treatment throughout their time with us. Our nursing professionals, staff and volunteers are committed to excellence, while reflecting our core values of compassion, accountability, respect, integrity, and service the Caris promise to you.

Caris has 28 offices in Tennessee, Virginia, Missouri, South Carolina, and Georgia, and we are grateful to have been trusted with the well-being of more than 40,000 patients and their family members. Our unwavering commitment is to provide a graceful and peaceful end-of-life journey. Our services can be provided at home, nursing care facilities, and assisted living facilities. We are VA contracted and covered by Medicare.

If you have more questions, please reach out to Jackie McGee at 866-694-4848.



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Christie Powers
615-674-4220

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What is CapTel®? Ideal for people with hearing loss, the CapTel® Captioned Telephone works like any other phone with one important addition: It shows captions of everything the caller says. You can listen to the caller and also read captions of what they say in the CapTel® display screen. All CapTel® phones include a large screen display, adjustable font sizes and colors, and a built-in answering machine that shows captions of your messages. Additional options include Bluetooth connectivity and speaker phone.

The CapTel® phone is available at no cost with a signed certification from a professional qualified to evaluate hearing loss, such as your audiologist or doctor. CapTel® service is provided at no cost to the user through a fund set up by the FCC exclusively for people with hearing loss. Your local Outreach Educator, Christie Powers, offers free in-home or over-the-phone installation and makes sure you are comfortable using your new CapTel®.

For more information, contact your local Outreach Educator Christie Powers at christie.powers@oeius.org, or call/text Christie at 615-674-4220.



Picnic
in  **the**
PARK

Join us for our Annual Picnic

**Riverbluff Park Pavilion
175 Old Cumberland Street
(off the TN Waltz Pkwy. By-Pass)**

**Friday, May 13th
11:00 a.m. to 1:00 p.m.**

**Lunch furnished by
Music City Catering**

**Entertainment by
Rode West Band**

**Please call the Senior Center at 615-792-3629
by May 6th if you plan to attend.**

DAY & TRIP



Southern Kentucky with Jimmy The Cricket Tours

Thursday, May 19, 2022
8:00 a.m. – 5:30 p.m.

Cost \$90.00 per person (non-refundable)

Includes meal at Shaker Tavern, ice cream at Cheney's Dairy, entry fees, guide service, bus, and all gratuities.

**Deadline to sign up and pay is May 9, 2022.
Please call Gena Batts at the center at 615-792-3629
to sign up or for more information.**



South Union Shaker Village: A visit to this little-known Shaker village will be a delight for the senses. Come learn about one of the least understood religions in American history and how they changed how we lived today—giving us things like the washing machine, the clothes pin and the broom. Nestled in the rolling pastures of Southern Kentucky, our tour will be conducted by the expert curator of these historic structures which were formerly occupied by this curious sect.

Right next door we will visit a lovely monastery and Catholic Basilica which occupies some of the old Shaker buildings and be entertained by the Monsignor himself.



A big and delicious catered luncheon will follow at the historic Shaker Tavern where we will also enjoy a personal talk with Kaelin Vernon, local farmer and expert Shaker scholar.

Next, we will visit Cheney's dairy farm to visit the sixth generation and tour one of the first fully-computerized milk operations in the country. Following, choose from many select seasonal flavors of their homemade ice cream!!



Bus will leave promptly at 8:00 a.m. from Riverbluff Park. We will arrive at Shaker Village around 9:30 a.m. Bus will return to Ashland City no later than 5:30 p.m.