

APRIL 2023

# BE ACTIVE & LIVE WELL

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



## Check Out Our New Look!

“Change the way you look at things and the things you look at change.”  
- Wayne W. Dyer

The format of our newsletter and calendar has changed. We believe it will be easier for you to read. Please let us know how you like it!

Speaking of giving feedback, it is time for our annual satisfaction survey. This is an anonymous survey, and your responses are very important to us. Beginning April 1st, you can complete the survey online by following the website link which is provided on a flyer in this newsletter. The link will be emailed to everyone with an email on file. We will also have the survey available in paper format at the center. It only takes a few minutes of your time, so please be sure to complete the survey by April 30th.

### Mission:

The mission of our center is to assist every adult fifty years of age or older in realizing their full social, emotional, physical, and educational potential. We offer a positive and welcoming environment with many programs and activities for older adults.

### Registration/Membership:

Our center does not charge a membership fee. You only need to come in to register to become a member. We would love for you to join us!

### Inclement Weather Policy:

The Center will close only in the event that the Town of Ashland City offices close. We can choose to cancel or postpone programs and events as we deem necessary for the safety of our participants and staff. Closings will be posted on our website, Facebook page, and an automated call will be sent out for specific programs scheduled that are affected by the closing.

### Photo/Video Policy:

The staff will occasionally take photos and videos at our programs or events. These photos or videos may be used in our newsletter, website, Facebook page, or other publications by the center. If you do not wish to have your photo taken or be in a video, please see a staff member.

## Center Staff

**Gena Batts,**  
Director

**Joanna Burcham,**  
Assistant Director

**Judi Johns,**  
Program Coordinator

**Kathy Nicholson,**  
Program Coordinator

**Dennis Hughes,**  
Staff Assistant

**Lindy Murff,**  
Health/Fitness Instructor

**Barb Batson,**  
Health/Fitness Instructor

### Center Hours

Monday-Friday

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

### Phone:

615-792-3629

### Website:

[ashlandcitytn.gov/senior](http://ashlandcitytn.gov/senior)

### Facebook:

The Senior Center at Ashland City

**The Center at 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 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.

### Bingocize (Exercise & Bingo)

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

### Dancercize

This is a line dancing based aerobic dance class. It is great for any dance lovers ready to learn some new steps!

### 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.

**Be Active &  
Live Well** 

## Community Food Banks & Services

**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 8** – Mission of Hope Assembly at 6307 Hwy 41-A in Pleasant View from 10 am – 2 pm.

**Ongoing** – Rick Hackett aka “Ricky Rider”, has offered his services for a minimal fee to drive people to their doctor’s appointments to surrounding areas. He is a long time Cheatham County resident and well known. To schedule a ride with him, call 615-627-8041.

## 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.

### Card/Craft Classes with Kathy

Kathy teaches these classes each month. For details on pricing for these classes, call Kathy at the Center. Look for class dates on the monthly calendar.

### Foot Care

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

### Jeopardy

Debbie Davenport with Cigna will be here to host this fun game. It is in conjunction with Kathy’s Kitchen, but you do not have to purchase a lunch to join the event.

### Kathy’s Kitchen Lunch Meal

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

### Lunch with the Law

Local law enforcement come to talk/ answer questions during lunch one day each month. It is in conjunction with Kathy’s Kitchen, but you do not have to purchase a lunch to join the event.

### Lunch & Learn

We have our senior service partners out to speak about the services they offer during Kathy’s Kitchen. You do not have to purchase a meal to attend these events.

### Music for Seniors

On the last Monday of each month, Music for Seniors joins us during Kathy’s Kitchen. The singers/musicians play all genres of music.

### 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.

### Trivia

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

### Wings of Hope

This group meets on the first Tuesday of each month. This is for any single woman to join.



# APRIL 2023

## Daily Activities

### Monday

Arthritis Exercise 9:00 a.m.  
 Cranium Crunch 10:00 a.m.  
 Kathy's Kitchen 11:00 a.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)

### Wednesday

Bingocize 10:00 a.m.  
 Kathy's Kitchen 11:00 a.m.  
 All Things Yarn 1:00 p.m.  
 Dancercize 1:00 p.m.  
 Tai Chi 2:00 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 10:00 a.m.  
 Yoga 1:00 p.m.

### Friday

Bingocize 10:00 a.m.  
 Card Games 10:00 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\*

### Friday Night Dance Schedule

April 7- Fred Winston & The Stable Boys  
 April 14 – Barry Brake & Still Kicking Country  
 April 21 – Kevin Dobson & Along for the Ride  
 April 28 – Barry Brake & Still Kicking Country

Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>3</b>                  Paint with Nancy- 8:30 am                  Lunch w/ Law 11:00 am</p>	<p><b>4</b>                  Wings of Hope- 12:00 pm                  Easter Theme: Collecting canned goods for Bethesda Center. Ham provided, bring side dishes</p>	<p><b>5</b></p>	<p><b>6</b>                  *Yoga 2:30*</p>	<p><b>7</b>                  GOOD FRIDAY                  Closed for Good Friday</p>
<p><b>10</b>                  Bingo Lunch w/ United Healthcare 11:00 am                  Veterans Meeting- 6:00</p>	<p><b>11</b>                  Foot Care 8:30 am                  FCE Mtg 10:00 am</p>	<p><b>12</b>                  Jeopardy w/ Cigna Medicare - 11:00 am</p>	<p><b>13</b></p>	<p><b>14</b></p>
<p><b>17</b>                  Trivia - 10 am w/ Zachary Fulton                  Lunch &amp; Learn w/ Veterans Services Office 11:00 am                  Speaking: Lloyd Sharp</p>	<p><b>18</b></p>	<p><b>19</b>                  Bingo Lunch - 11:00 am                  Sponsored by: Danny Holder</p>	<p><b>20</b></p>	<p><b>21</b></p>
<p><b>24</b>                  Music for Seniors- 11:00 am                  Performing: Sheldon Kahan</p>	<p><b>25</b></p>	<p><b>26</b>                  Lunch &amp; Learn w/ NPT- 11:00                  Topic: Scams                  *Tai Chi 2:30*</p>	<p><b>27</b>                  *Yoga 2:30*</p>	<p><b>28</b></p>
				
<p><b>The Center at Ashland City</b>                  104 Ruth Drive,                  Ashland City, TN 37015                  Phone: 615-792-3629</p>				

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

# April Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Roy	Christoffer	Apr 01	Patsy	Ragsdale	Apr 17
Cathy	Hamblin	Apr 01	Dorothy	Knight	Apr 17
Wanda	Proctor	Apr 01	Jeannie	Lewis	Apr 18
Carolyn	Moore	Apr 02	Margaret	Martinez	Apr 20
Kent	Swindell	Apr 03	Dennis	Hughes	Apr 20
Florencio	Acevedo	Apr 03	Heather	Allen	Apr 20
Carolyn	Lewis	Apr 03	Teresa	Jones	Apr 21
Ginger	Gupton	Apr 04	Marilyn	Turrentine	Apr 21
Earl	Bradley	Apr 05	Jeannie	Patterson	Apr 21
Mike	Moore	Apr 05	Jerry	Donegan	Apr 22
Deborah	Sanders	Apr 05	Susan	Herron	Apr 22
Patricia	Garton	Apr 05	Teresa	Lee	Apr 22
Patsy	Barbee	Apr 06	Frank	McKeon	Apr 22
Bob	Casey	Apr 06	Steve	Jackson	Apr 22
Betty	Davidson	Apr 06	Linda	Batson	Apr 22
Linda	Hitt	Apr 06	Mildred	Burton	Apr 23
Peggy	Williamson	Apr 06	Brenda	Frederick	Apr 23
Janice	Revis	Apr 06	JoAnn	Allen	Apr 23
Carol	Balthrop	Apr 07	Joyce	Anderson	Apr 23
Linda	Grenier	Apr 07	Anne	Cassista	Apr 24
Linda	Hicks	Apr 08	Wayne	Justice	Apr 24
Judy	Morrison	Apr 08	Judy	Temple	Apr 24
June	Pace	Apr 08	Clara	Coleman	Apr 24
Dick	Spurlock	Apr 08	Anna Jean	Venable	Apr 24
Steve	Vann	Apr 08	Lee	Brown	Apr 25
Pat	Richardson	Apr 08	Paul	Davidson	Apr 25
Mai	Crutcher	Apr 09	Elaine	Jackson	Apr 25
Carolyn	Greer	Apr 09	Nola	Thomas	Apr 25
Bill	Henderson	Apr 10	Barbara	Jackson	Apr 26
Peggy	Justice	Apr 10	Ann	Salisbury	Apr 27
Bryant	Kilgore	Apr 10	Mac	McGlasson	Apr 28
Carol	Yost	Apr 10	Jim	Absher	Apr 28
Tim	Stanley	Apr 10	Kevin	Thompson	Apr 28
Shag	Binkley	Apr 10	Ron	Kizer	Apr 29
Kenneth	Caldwell	Apr 12	Margie	Pedigo	Apr 29
Roy	Hughes	Apr 12	Debbe	Hershey	Apr 30
Tammy	Stacey	Apr 12	Larry	Moore	Apr 30
Chester	Vaughn	Apr 12	Carolyn	Jeans	Apr 30
William	Binkley	Apr 13	Mike	Sebexen	Apr 30
Bonnie	Connell	Apr 13	Ann	Slocum	Apr 30
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			
Wanda	Phillips	Apr 16			
George	Cantrell	Apr 17			
Myra	Evans	Apr 17			
Carl	Overstreet	Apr 17			



## FREE BIRTHDAY LUNCH

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, April 24th at 11:00am at our own Kathy's Kitchen.

**The menu for the day is BBQ Chicken, Baked Beans, Potato Salad, Ice Cream & Cupcake.**

Linda Staffen with Core Insurance Advisors graciously sponsors our birthday cake each month.



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!





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

### **April 2023 Menu**

**Monday, Apr. 3rd**

Baked Chicken Breast, Sweet Potatoes, Tossed Salad, Fresh Fruit

**Wednesday, Apr. 5th**

Ham, Green Bean Casserole, Baked Corn, Deviled Eggs,  
Pineapple Upside Down Cake

**Monday, Apr. 10th**

Hamburgers, Chips, Coleslaw, Banana Pudding

**Wednesday, Apr. 12th**

Hot Chicken Salad, Broccoli, Apple Pie

**Monday, Apr. 17th**

Pork Chops, Roasted Potatoes, Carrots, Cherry Cheesecake

**Wednesday, Apr. 19th**

Meatloaf, Cream Potatoes, Green Beans, Jell-O w/ Fruit

**Monday, Apr. 24th**

BBQ Chicken, Baked Beans, Potato Salad, Cupcake & Ice Cream

**Wednesday, Apr. 26th**

Pork Roast, Peas, Mac & Cheese, Banana Spice Cake



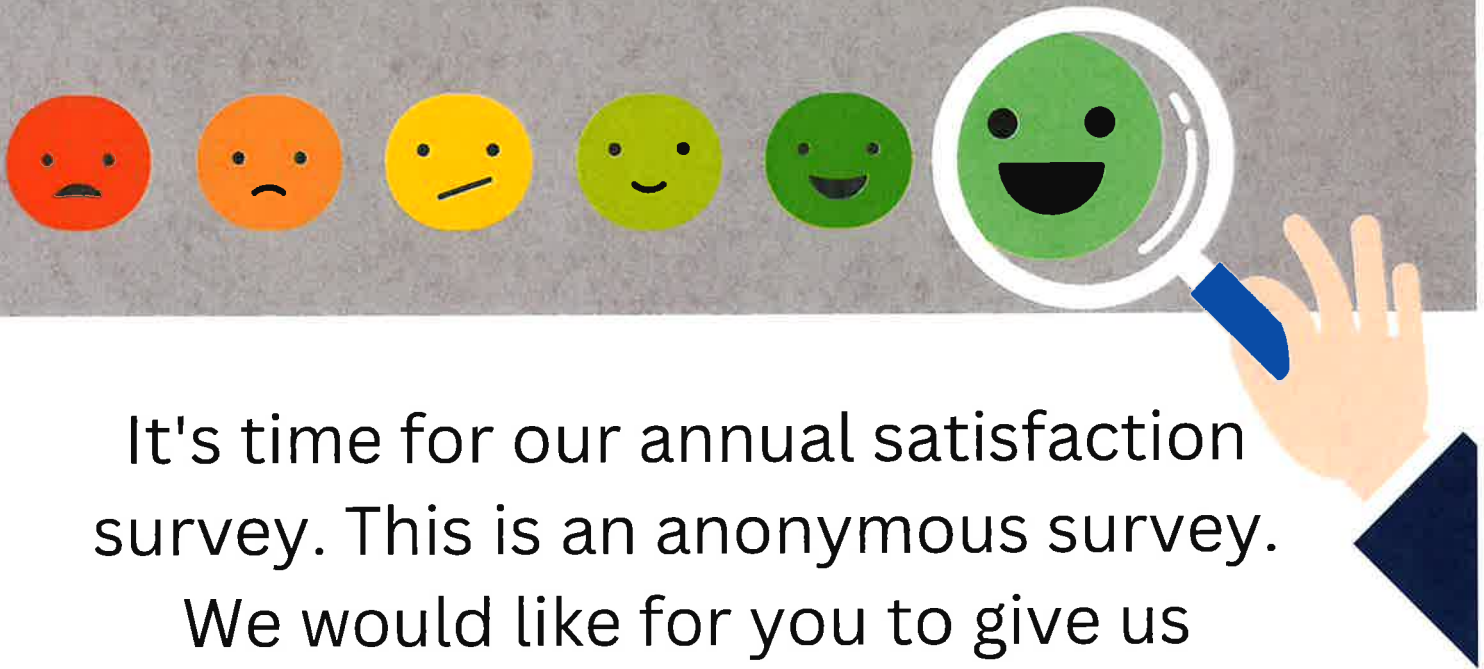
**Space is limited to 40 people on Mondays  
& 50 people on Wednesdays.  
This is on a first come first serve basis.**





# **WE WANT YOUR FEEDBACK!**

# **TAKE THE SURVEY**



It's time for our annual satisfaction survey. This is an anonymous survey.

We would like for you to give us feedback about our staff and the center. This helps us to make improvements and provide needed programs in the center.

**The link for the survey will be on our Facebook page and website.**  
**Paper copies will also be available for you to complete at the center.**

# Grief & Loss Support

This 8 week group discussion will begin on April 11th. Joshua Medeiros, from Insight Counseling Centers will be facilitating the discussion. If this is something you would like to attend, please call us at the Center to sign up.

Tuesdays at 2:00 p.m.

**Start Date: April 11th**

**End Date: May 30th**

In partnership  
with:



**Insight**  
COUNSELING  
CENTERS

# PICNIC IN THE PARK



Food, Fun & Fellowship!

## **Location:**

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



## **Date & Time:**

Friday, May 5th  
11:00 am - 1:00 pm



**Lunch and entertainment will be provided!**

**\*You must call the Center to sign up  
for this no later than May 1st!!\***



# 41st Annual Sunday Mornin' Country<sup>®</sup>

June 11, 2023 • 4:30pm

Warm Up Show 4pm



Grand Ole Opry<sup>®</sup> House  
Nashville, Tennessee



Hosted by  
*Brenda Lee*



Warm-up show:



Sponsored in part by ...



A production of the  
**MusicCityChristianFellowship.org**  
A Nonprofit 501(c)3 Organization

# DAY TRIP

**Cost \$65.00 per person (non-refundable)**



Includes admission to the show, meal at  
**Cock of the Walk Restaurant, bus, and all gratuities.**  
Deadline to sign up and pay is May 12, 2023.

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

**Lunch Menu:** Piece of Catfish and Piece of Chicken, Fries, Coleslaw, Hushpuppies, Skillet Bread, and Pickled Onions. Drink and gratuity included.

Bus will leave promptly at 1:15 p.m. from upper parking lot of Tractor Supply. We will arrive at the restaurant around 2:00 p.m. for the meal. After the meal, we will go to the Opry House for the 4:00 p.m. show. Bus will arrive back in Ashland City no later than 8:00 p.m.