

August 2021

The Senior Active Lifestyle

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



Center Staff

Gena Batts,

Director

Roy Dye,

Program Coordinator

Kathy Nicholson,

Program Coordinator

Alicia Shaneyfelt,

Staff Support

Lindy Murff,

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

**Happiness is a
cold watermelon!**



Serving Our Seniors

We are planning our 9th Annual Senior Service Day for Wednesday, September 22 from 9:00 a.m. to 2:00 p.m. Please mark your calendar for this event. The location is still to be determined and more details will be forthcoming in the September newsletter. This event will be full of fun and excitement as well as educational information from our Senior Service Network Partners. Please note that the Mobile Mammogram Truck will not be here this year. They were not able to work us into their schedule. We do have them booked for next September 2022. If you had your yearly mammogram through the Senior Center, you will need to schedule this year's mammogram for August or the first of September at another location so that you will still be on the same yearly schedule.

We continue to add additional network partners each month to make sure you are aware of the many services available to our seniors. In addition, we are working to add new activities and programs to meet the needs and interests of our members. We ask that you be patient as we find the "new normal" after Covid. Some changes may be necessary. Just know that my staff and I want the very best for our members.

The Friday Night Dance is returning each week. Please see the attached flyer for more details. There are some great bands scheduled each week so come out and join us!

Be well, do good deeds, and may you be blessed, *Gena*

ATTENTION PLEASE

Due to the rise of the Delta variant of Covid, we are asking that you do not bring young children into the building at this time because the Covid vaccine is not yet available to children 12 and under. Our center is a designated place for seniors 50 and above and we must do everything possible to keep them safe. Thank you for understanding.

Special Events This Month

August 10 – Campfire Bingo Lunch with Christie Powers w/CapTel® at 11:00 

Want s'more bingo? Then join us for this bingo lunch event at 11:00 a.m. Christie Powers with CapTel (Captioned Telephone) will be a first-time host for us. We are excited to welcome her. Please register for this event by August 5th by calling the center at 615-792-3629.

**Christie Powers
615-674-4220**



August 17 – Music for Seniors at 10:30 a.m.



This event is returning this month. We had a small intimate crowd last month who really enjoyed the percussion-based sing-along session. If you would like to join in on the fun, call the center at 615-792-3629 or come in that day.

August 24 – Bingo Lunch with Shannon Stewart w/Adoration Home Health at 11:00

Shannon Stewart will be here to conduct this bingo lunch starting at 11:00 a.m. Please register for this event by August 20th by calling the center at 615-792-3629.

**Shannon Stewart
931-221-4890**



August 25 – Breakfast Trivia with Zachary Fulton w/ Vantage Pointe Village at 9:00

Come out and test your trivia knowledge with Zachary Fulton from Vantage Point Village. This event will begin at 9:00 a.m. Coffee and yummy breakfast treats will be served. Please register by August 20 by calling the center at 615-792-3629.

**Zachary Fulton
615-246-0000**



Happenings This Month

Monday, August 2 and Monday, August 30 – Paint with Nancy from 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 at reeves.nancy@gmail.com. Class size is limited, so sign up soon.

Tuesday, August 3 – Wings of Hope Widow Support Group Meeting at 12:00 p.m.

The Wings of Hope group meets on the 1st Tuesday of each month. This month the First Saturday Garden Club will be hosting and providing the meal. Wings of Hope is a nondenominational ministry reaching out to all single women.

Tuesday, August 10 – 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, August 16 – Tie Dye Class with Kathy at 9:00 a.m.



Cost for this class is \$5.00. Participants will need to bring your own t-shirt, socks, scarf, etc. to tie dye. Please bring no more than two items. The materials will be provided. Call Kathy at 615-792-3629 to sign up.

Monday, August 23 – Greeting Cards with Kathy at 9:00 a.m.



Cost for this class is \$5.00. Participants will be making fall-themed cards. Call Kathy at 615-792-3629 to sign up.



wish list

If you would like to donate any of the items below it would be greatly appreciated.

- | | |
|--------------------|-----------------------|
| Bleach | Sanitizing Wipes |
| Kleenex tissues | Forks |
| Coffee | Spoons |
| Coffee Creamer | Napkins |
| Coffee Stir Sticks | Paper or Plastic Cups |



The term, "Dog Days of Summer", was coined by Greeks and Romans to describe the hottest days of summer that coincided with the rising of the Dog Star, Sirius.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Paint w/Nancy 8:30-4:00	3 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Wings of Hope – 12:00	4 Loomers 10:00 Bingocize 12:00 Card Games 12:00 Dancercize 1:00 Tai Chi 2:00	5 Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 9:30 Yoga 1:00	6 Loomers 10:00 Bingocize 10:00 Card Games 12:00 Friday Night Dance – 7:00 Joe Diamond Band	7
8	9 FCE – 9:00 Yoga 1:00 Veterans Meeting 6:00 	10 Texas Holdem 8:00 BP Checks 8:30 Foot Care 8:30 S.A.I.L. 9:00 Campfire Bingo w/Christie Powers w/ Cap Tel 11:00	11 Loomers 10:00 Bingocize 12:00 Card Games 12:00 Dancercize 1:00 Tai Chi 2:00	12 Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 9:30 Yoga 1:00	13 Loomers 10:00 Bingocize 10:00 Card Games 12:00 Friday Night Dance – 7:00 Perry Bolin & Loaded Dogs	14
15	16 Tie Dye w/Kathy – 9:00 Yoga 1:00	17 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Music for Seniors 10:30	18 Loomers 10:00 Bingocize 12:00 Card Games 12:00 Dancercize 1:00 Tai Chi 2:00	19 Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 9:30 Yoga 1:00	20 Patti's Trip 9:00 Loomers 10:00 Bingocize 10:00 Card Games 12:00 Friday Night Dance – 7:00 Kevin Dobson & Along for The Ride	21
22	23 Cards w/Kathy – 9:00 Yoga 1:00	24 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Bingo w/Shannon Stewart w/Adoration 11:00	25 Breakfast Trivia 9:00 Loomers 10:00 Bingocize 12:00 Card Games 12:00 Dancercize 1:00 Tai Chi 2:00	26 Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 9:30 Yoga 1:00	27 Loomers 10:00 Bingocize 10:00 Card Games 12:00 Friday Night Dance – 7:00 Fred Winston & The Stable Boys	28
29	30 Paint w/Nancy 8:30-4:00 Yoga 1:00	31 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00				

AUGUST BIRTHDAYS

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Stanley	Fedyshyn	Aug 01	Melissa	Womack	Aug 13
Franklin (Dale)	Hewitt	Aug 01	Sandra	Brown	Aug 14
Gary	Hollman	Aug 01	Wilma	Burgess	Aug 14
Jean	Hughes	Aug 01	Jenny	Oles	Aug 14
Marion	Koch	Aug 01	Mary	Stahl	Aug 14
Janice	Meador	Aug 01	Martha	Winrow	Aug 14
Nickey (Nick)	Noble	Aug 01	Mary	Herbert	Aug 15
Adrienne	Sartorious	Aug 01	Barbara	Nash	Aug 15
Paul	Binkley	Aug 02	Helen	Ellis	Aug 16
Judy	Carson	Aug 02	Pamela	Hampton	Aug 16
Adrian	Johnson	Aug 02	Dale	Lowery	Aug 16
Joyce	King	Aug 02	Freida	Proctor	Aug 16
Barbara	McAlister	Aug 02	Grace	Albright	Aug 17
Jess	Perdue	Aug 02	Gwendolyn	Lundy	Aug 17
Sarah (Janie)	Woodard	Aug 02	Margie	Allen	Aug 18
Karen	Cannon	Aug 02	Mary	Meadows	Aug 18
George	Crosswhite	Aug 03	Amy	Bornstein	Aug 19
William	Miller	Aug 03	Betty Lou	Chappell	Aug 19
Minnie (Charlene)	Freeland	Aug 04	Marion "Ed"	Hopper	Aug 19
Frances	Leftwich	Aug 04	Mary	Mills	Aug 19
Donna	Randall	Aug 04	Louada	Tant	Aug 19
Elouise	Chauvin	Aug 05	Scarlett	Donegan	Aug 20
Cleveland (James)	McGee	Aug 05	Francis	Peachy	Aug 20
Bonnie	Stanley	Aug 05	Doreen	Flash	Aug 21
Mary	Connors	Aug 05	Shelia	Odle	Aug 21
Diana	Gibson	Aug 05	Patsy	Sloan	Aug 21
Dainty	Harris	Aug 06	William	Harris	Aug 22
Ronnie	Meadows	Aug 06	Doye	Latimer	Aug 22
Alice	Waffird	Aug 06	Cynthia	Fry	Aug 22
Gloria	Whitaker	Aug 06	James	Brooks	Aug 23
Jerome	Dutton	Aug 07	Arion	Cole	Aug 23
Judy	Patterson	Aug 07	Nellie	Perry	Aug 23
Kelly	Sanders	Aug 07	Patricia	Nagy	Aug 24
Kathy	Wahlers	Aug 07	Roanda	Milliken	Aug 25
Faye	DeGraffenreid	Aug 08	Gary	Syx	Aug 26
Robert	Kerr	Aug 08	Betsey	Duke	Aug 27
Colin	Pipkin	Aug 08	Phillip	LaCrosse	Aug 27
Milbra	Sensing	Aug 08	Patricia	Quezada Munoz	Aug 27
Jo	Caldwell	Aug 09	Scott	Terranova	Aug 27
Debbie	Gray	Aug 09	Virginia (Ginny)	Beachy-Abbott	Aug 28
John	Hampton Jr	Aug 09	Mary (Wanda)	Bracy	Aug 29
Sammie	Hayes	Aug 09	Joyce	Hall	Aug 29
Peggy	Eads	Aug 10	Jean	Hopwood	Aug 29
Psyletta	Jackson	Aug 11	Frances	King	Aug 29
Eljie	Franklin	Aug 12	Darrell	Austin	Aug 29
Carol	Welch	Aug 12	Brenda	Ferrell	Aug 30
Helga	Childers	Aug 13	Linda	Green	Aug 30
Fred	Wetmore	Aug 13	Joyce	Vann	Aug 30
			Claudia	Bolton	Aug 31
			Sherry	Cook	Aug 31
			Anetta	Jenkins	Aug 31
			Ken	Karter	Aug 31
			Patricia	Knox	Aug 31

Happenings from the Month of July

Wings of Hope Widow Support Group
Hosted by Debbie Davenport



Cup Weaving



BBQ Bingo Lunch
Sponsored by AHA



1st Meeting of the
Gather at the River Kayak Group



Friday Night Dance



Magic Marker Tie Dye



1st Saturday Garden Club
Gold Star Marker Dedication at Veteran's Park



Music for Seniors



Sew and Sews
Donte Buddy
Bears for school's
reading program.

Friday Afternoon
Tripoley Players



Friday Night Dance



Doors Open at 6:00 p.m.

Dance: 7:00 – 9:30 p.m.

Cost: \$6.00 per person

Band Line-Up

August 6 – Joe Diamond Band

August 13 – Perry Bolin & Loaded Dogs

August 20 – Kevin Dobson & Along for the Ride

August 27 – Fred Winston & The Stable Boys

Food will not be available. Soft drinks may be purchased.

Coffee and water provided.

Volunteers are needed to help with future dances.