

August 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

Judi Johns,
Program Coordinator

Kathy Nicholson,
Program Coordinator

Lindy Murff,
Health/Fitness Instructor

Barb Batson,
Health/Fitness Instructor

Center Hours

Monday - Friday
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**



Dog Days of Summer

The excessive heat lately has made this summer a hard one to bear. The center is a great place to come in, cool off, and have fun! Be sure to check out all we have to offer this month.

Welcome to Our Staff!

Judi Johns is our new program coordinator. She will join us on July 25. Judi is a lifetime resident of Cheatham County. She looks forward to working with many of the people she has known most of her life. Judi enjoys hiking, sewing, quilting, and especially spending time with her family. She knows firsthand how much the center means to our members and wants to help continue the work here and move it forward with some new activities. We know she will be a great asset to the center.



Trips

The day trip on the General Jackson Showboat on August 9th is full. For those going, be sure to be at the upper parking lot of Tractor Supply no later than 10:15 a.m. The bus will promptly leave at 10:30. We will return around 3:30 p.m. The boat is air-conditioned inside.

Reminders and Info

Harvest Time – Do you have extra garden vegetables that you wish to share? Bring them and place in our Share the Harvest Basket.

Senior Day at the Fair – There will be a special fun day for our seniors to enjoy the Cheatham County Fair on Friday, August 19th from 9:00 – 11:00 am. Admission is free. More information is included in the newsletter. Our members are encouraged to start preparing your fair entries. The class entries include Adult Agriculture, Horticulture, and Creative Arts. A complete list of entry details is available at the center. Aneta Eicher from UT/TSU Extension will be here on Thursday, August 11 from 12-2 pm to pick up your fair entries.

Senior Service Day – Our annual Senior Service Day will be Thursday, September 1. The St. Thomas Ascension Mobile Mammography Unit will be here that day, so please plan for your annual exam. More information is included in an attached flyer.

Friday Night Dances at 7 p.m.

August 5 – Barry Brake & Still Kickin' Country
August 12 – Fred Winston & The Stable Boys
August 19 – Kevin Dobson & Along for the Ride
August 26 – No Dance

Doors open at 6:00 p.m. Admission is \$7.00 per person.

Wish List

Peppermint candy or hard candy would be greatly appreciated.

Special Events This Month

Weds., August 3 at 11:00 a.m.
Lunch & Learn

Spencer Hamlin, local Attorney, will be here to talk about the importance of having a will. It is in conjunction with Kathy's Kitchen, but you do not have to purchase a lunch to join the event.



Weds., August 17 at 11:00

Bingo Lunch w/ AseraCare Hospice

Join us for this free BBQ bingo lunch hosted by Tabitha Barnett. If you would like to attend, call us to register by August 12.

Tuesday, August 23 at 10:00 a.m.

Basket Making with Kathy

The cost will be \$20.00 each to cover the materials for making a small tobacco basket.

For more information and to sign up, please call Kathy by August 15th.



Health and Fitness Classes

(Class times and dates are subject to change.)

Monday –

Arthritis Foundation Exercise at 9:00 am

Yoga at 1:00 pm



Tuesday –

SAIL(Staying Active & Independent for Life) at 9:00 am

Wednesday –

Bingocize (Exercise & Bingo) at 10:00 am

Dancercize at 1:00 pm

Tai Chi at 2:00 pm

Thursday –

SAIL(Staying Active & Independent for Life) at 9:00 am

Yoga at 1:00

Friday –

Bingocize (Exercise & Bingo) at 10:00 am

Chair Volleball at 11 am

Community Food Banks & Services

We currently have around 25 food boxes available here at the center for anyone in need. This will be the last month we are able to offer these boxes.

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, August 6 – Mission of Hope Assembly at 6307 Hwy 41-A in Pleasant View from 10 am – 2 pm.

Regular Happenings 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. Please call as soon as possible if you will not be able to come to the lunch.

Monday, August 1 –

Paint with Nancy 8:30 am – 4:00 pm

To sign up 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.



BBQ BINGO Tuesday, August 2– Wings of Hope Meeting at 12:00 pm

This month's theme is BBQ & Bingo. Bring an inexpensive prize item for bingo prizes. The barbeque will be furnished by the Senior Center. Attendees are encouraged to bring a side dish, dessert, or drinks. This group is for any single woman.

Monday, August 8–

Lunch with the Law at 11:00 am

The Ashland City Police Dept. will be here to talk and answer questions. It is in conjunction with Kathy's Kitchen, but you do not have to purchase a lunch to join the event.



Tuesday, August 9 – Foot Care

with Tracy Reeves from 8:30 – 10 am

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

Wednesday, August 17 at 12:00 pm

Navigating Life with Diabetes with Aneta Eichler from UT/TSU Ext.



This 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



VANTAGE POINTE VILLAGE
at Ashland City

Monday, August 22 –

Breakfast Trivia at 10:00 am

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

Weds., August 24 – Jeopardy at 11:00



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.

MUSIC for SENIORS Monday, August 29 at 11:00 a.m.
Music for Seniors

Sheldon Kahan will be here to play some of your favorite 50's, 60's, and 70's music. Join the fun!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Paint w/Nancy – 8 :30 Arthritis Exercise – 9:00 Kathy’s Kitchen 11 Yoga 1:00</p>	<p>2</p> <p>Texas Holdem 8:00 BP Checks 8:30 S.A.I.L 9:00 Wings of Hope - 12:00 BBQ & Bingo</p>	<p>3</p> <p>Loomers 10:00 Bingocize 10:00 Kathy’s Kitchen 11 Lunch & Learn 11 with Spencer Hamlin, Attorney Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00</p>	<p>4</p> <p>Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 1:00</p>	<p>5</p> <p>Loomers 10:00 Bingocize 10:00 Chair Volleyball 11 Card Games 11:00 Dance 7:00 – Barry Brake & Still Kickin’ Country</p>
<p>8</p> <p>Arthritis Exercise – 9:00 Kathy’s Kitchen 11 Lunch w/the Law – 11:00 Yoga 1:00 Veteran’s Meeting 6:00</p>	<p>9</p> <p>Texas Holdem 8:00 Foot Care 8:30 BP Checks 8:30 S.A.I.L 9:00 FCE Mtg. 10:00 Gen. Jackson Trip 10:30 a– 3:30p</p>	<p>10</p> <p>Loomers 10:00 Bingocize 10:00 Kathy’s Kitchen 11 Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00</p>	<p>11</p> <p>Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 1:00 Cheatham Co. Fair Entries 12-2 pm by Aneta Eicher</p>	<p>12</p> <p>Loomers 10:00 Bingocize 10:00 Chair Volleyball 11 Card Games 11:00 Dance 7:00 – Fred Winston & The Stable Boys</p>
<p>15</p> <p>Arthritis Exercise – 9:00 Kathy’s Kitchen 11 Yoga 1:00</p>	<p>16</p> <p>Texas Holdem 8:00 BP Checks 8:30 S.A.I.L 9:00</p>	<p>17</p> <p>Loomers 10:00 Bingocize 10:00 Bingo Lunch by AseraCare 11:00 Diabetes Support Group – 12:00 Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00</p>	<p>18</p> <p>Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 1:00</p>	<p>19</p> <p>Senior Day at the Fair 9-11 Chair Volleyball 11 Card Games 11:00 Dance 7:00 – Kevin Dobson & Along for the Ride</p>
<p>22</p> <p>Arthritis Exercise – 9:00 Breakfast Trivia 10 Kathy’s Kitchen 11 Yoga 1:00</p>	<p>23</p> <p>Texas Holdem 8:00 BP Checks 8:30 S.A.I.L 9:00 Tobacco Basket Craft with Kathy 10:00</p>	<p>24</p> <p>Loomers 10:00 Bingocize 10:00 Kathy’s Kitchen 11 Jeopardy 11:00 w/Cigna Medicare Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00</p>	<p>25</p> <p>Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 1:00</p>	<p>26</p> <p>Loomers 10:00 Bingocize 10:00 Chair Volleyball 11 Card Games 11:00 No Dance</p>
<p>29</p> <p>Arthritis Exercise – 9:00 Kathy’s Kitchen 11 Music for Seniors - 11:00 Yoga 1:00</p>	<p>30</p> <p>Texas Holdem 8:00 BP Checks 8:30 S.A.I.L 9:00</p>	<p>31</p> <p>Loomers 10:00 Bingocize 10:00 Kathy’s Kitchen 11 Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00</p>		

Hours: Monday – Friday 8:00 a.m. to 4:00 p.m. Be sure to check our Facebook page and website for updates.

August Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday	First Name	Last Name	Birthday
Stanley	Fedyshyn	Aug 01	Kenneth	Harp	Aug 13	Brenda	Ferrell	Aug 30
Gary	Hollman	Aug 01	Sandy	Brown	Aug 14	Linda	Green	Aug 30
Jean	Hughes	Aug 01	Wilma	Burgess	Aug 14	Joyce	Vann	Aug 30
Marion	Koch	Aug 01	Jenny	Oles	Aug 14	Claudia	Bolton	Aug 31
Janice	Meador	Aug 01	Mary	Stahl	Aug 14	Sherry	Cook	Aug 31
Nick	Noble	Aug 01	Martha	Winrow	Aug 14	Anetta	Jenkins	Aug 31
Adrienne	Sartorious	Aug 01	Mary	Herbert	Aug 15	Ken	Karter	Aug 31
Karen	Mitchell	Aug 01	Barbara	Nash	Aug 15	Pat	Knox	Aug 31
Paul	Binkley	Aug 02	Pamela	Hampton	Aug 16	Glenola	Maxwell	Aug 31
Judy	Carson	Aug 02	Dale	Lowery	Aug 16			
Adrian	Johnson	Aug 02	Freida	Proctor	Aug 16			
Joyce	King	Aug 02	Grace	Albright	Aug 17			
Barbara	McAlister	Aug 02	Gwendolyn	Lundy	Aug 17			
Jess	Perdue	Aug 02	Margie	Allen	Aug 18			
Janie	Woodard	Aug 02	Mary	Meadows	Aug 18			
Karen	Cannon	Aug 02	Gilbert	Donaldson	Aug 18			
Pansy	Ellis	Aug 02	Amy	Bornstein	Aug 19			
George	Crosswhite	Aug 03	Betty Lou	Chappell	Aug 19			
Bill	Miller	Aug 03	Ed	Hopper	Aug 19			
Charlene	Freeland	Aug 04	Mary	Mills	Aug 19			
Frances	Leftwich	Aug 04	Louada	Tant	Aug 19			
Donna	Randall	Aug 04	Karen	Buckland	Aug 19			
Judy	Spurlock	Aug 04	Joyce	Drake	Aug 19			
Cathy	Gibson	Aug 04	Faye	Donegan	Aug 20			
Elouise	Chauvin	Aug 05	Francis	Peachy	Aug 20			
James	McGee	Aug 05	Charlotte	Haggard	Aug 20			
Bonnie	Stanley	Aug 05	Diana	Acevedo	Aug 20			
Cathy	Connors	Aug 05	Doreen	Flash	Aug 21			
Diana	Gibson	Aug 05	Shelia	Odle	Aug 21			
Tim	Owen	Aug 05	Patsy	Sloan	Aug 21			
Annette	Bussell	Aug 05	Peggy	Boyd	Aug 21			
Ronnie	Meadows	Aug 06	Don	Harris	Aug 22			
Alice	Waffird	Aug 06	Doye	Latimer	Aug 22			
Gloria	Whitaker	Aug 06	Cindy	Fry	Aug 22			
Jerome	Dutton	Aug 07	James	Brooks	Aug 23			
Judy	Patterson	Aug 07	Nellie	Perry	Aug 23			
Kelly	Sanders	Aug 07	Patricia	Nagy	Aug 24			
Becky	Forster	Aug 07	Jerry	Binkley	Aug 24			
Faye	DeGraffenreid	Aug 08	Roanda	Milliken	Aug 25			
Robert	Kerr	Aug 08	Gary	Syx	Aug 26			
Colin	Pipkin	Aug 08	Leslie	Mader	Aug 26			
Elaine	Sensing	Aug 08	Betsey	Duke	Aug 27			
Jo	Caldwell	Aug 09	Phillip	LaCrosse	Aug 27			
Debbie	Gray	Aug 09	Pat	Quezada	Aug 27			
John	Hampton Jr	Aug 09	Scott	Terranova	Aug 27			
Sammie	Hayes	Aug 09	Debbie	Mallard	Aug 27			
Peggy	Eads	Aug 10	Charlotte	Reames	Aug 27			
Psyletta	Jackson	Aug 11	Ginny	Beachy-Abbott	Aug 28			
Eljie	Franklin	Aug 12	Ricky	Felts	Aug 28			
Carol	Welch	Aug 12	Wanda	Bracy	Aug 29			
Carolyn	Taylor	Aug 12	Joyce	Hall	Aug 29			
Helga	Childers	Aug 13	Jean	Hopwood	Aug 29			
Fred	Wetmore	Aug 13	Frances	King	Aug 29			
Melissa	Womack	Aug 13	Darrell	Austin	Aug 29			



FREE BIRTHDAY LUNCH

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, August 29th at 11:00 a.m. at our own Kathy's Kitchen.

The menu for the day is Meatloaf, Carrots, and Mashed Potatoes. Cake and ice cream will be served for dessert.

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



Spots do fill quickly, so call us by August 25 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**

August Menu

Monday, August 1st

Smoked Sausage and Mac & Cheese, Steamed Broccoli, Baked Apples

Wednesday, August 3rd (Lunch & Learn)

Chicken Casserole, Green Peas, Rolls, Cheesecake

Monday, August 8th (Lunch with the Law)

Rainbow Wrap w/Beef, Chips & Dip, Fruit

Wednesday, August 10th

Ham and Cheese Sliders, Pasta Salad, Banana Pudding

Monday, August 15th

Million Dollar Spaghetti Casserole, Tossed Salad, Garlic Bread, Heath Bar Cake

Wednesday, August 17th (Bingo Lunch – Free)

BBQ, Baked Beans, Coleslaw, Brownies

Monday, August 22nd

Cobb Salad w/Grilled Chicken, Crackers, Cherry Delight

Wednesday, August 24th (Jeopardy)

White Bean Soup w/Ham, Sliced Onions, Cornbread, Pineapple Upside Down Cake

Monday, August 29th (Birthday Lunch)

Meatloaf, Carrots, Mashed Potatoes, Cupcakes & Ice Cream

Wednesday, August 31st

Hot Chicken Salad, Crescent Rolls, Sliced Tomatoes, Watermelon Slices

**Please call the Senior Center by 11:00 on the Friday
before the scheduled meal at 615-792-3629 to sign up.
Space is limited to 30 people per day.**





SPOTLIGHT

SENIOR SERVICE



Tabitha Barnett

AseraCare Hospice

1539 C. Ashland City Road

Clarksville, TN 37040

Cell: (931) 220-7954

Office: (931) 551-4100

Fax: (931) 551-8710

Email: tabitha.barnett@amedisys.com

Website: www.amedisys.com



AseraCare Hospice gives patients facing a terminal illness the freedom to live each day to its fullest by offering comfort, dignity, quality of life, and time. We work in close coordination with you, your family, and your doctor to deliver high-quality hospice care, and we're here for you around the clock. We are blessed and humbled to be a part of each patient's journey and will treat you and your loved ones with the highest respect. At AseraCare Hospice, it isn't enough for us to provide expert medical care. We get to know our patients and their families and develop genuine connections. This allows us to fulfill your wishes and become part of a strong support system. Hospice care can be provided in the comfort of your own home, wherever you call home. This includes a private residence, assisted living, and other settings. Hospice costs are typically 100% covered by Medicare, Medicaid, the Veterans Administration, and private insurance for eligible patients. AseraCare Hospice provides education, resources, respite care, and bereavement support for loved ones.

When you or a loved one is faced with a terminal illness, deciding what to do next can be overwhelming. Call AseraCare Hospice at (931) 551-4100. Our team can answer any questions you have and talk through your needs and wishes.

AseraCare 

HOSPICE®

an Amedisys company

**Senior
Day
at the**



Friday, August 19th

9:00 to 11:00 a.m.

Breakfast Buffet – 9:00 – 9:45 a.m.

Sponsored by VANTAGE POINTE VILLAGE
as Ashland City



Entertainment – 9:15 – 9:45 a.m.

Performed by the Sycamore High School Choir



Senior King and Queen Contest – 10:00 a.m.

Sponsored by Cigna Medicare
(See the center for entry form)



Contest Door Prizes – 10:30 a.m.

**Sponsored by Cheatham County Funeral Home
and Core Insurance Advisors**



Bingo – 10:30 a.m.

**Prizes Sponsored by
Cheatham Co. Government Representatives**

Table Decorations – First Saturday Garden Club



Exhibit Halls Open for Viewing

(See the center for exhibit entry information)



SENIOR SERVICE DAY

Thursday, September 1st
9:00 a.m. to 2:00 p.m.
at The Senior Center

Lunch Provided

Door Prizes

“Emergency Preparedness”
Presentation by Aneta Eichler
from UT/TSU Extension Office

Our Senior Service Partners



Ascension St. Thomas Mobile Mammography Bus

Shirley Bradley - Pink Out for Hope Breast Cancer Awareness

Debbie Davenport - Cigna Medicare

Lisa Beeler - Aveanna Home Health Care and Hospice

Linda Staffen - Core Insurance Advisors

Tabitha Barnett - AseraCare - Amedisys Co.

Robin Last - TNCSA Senior Community Service Employment Program

Kalynn Jackson - Amerigroup Real Solutions

Cindy Moore - At Home Healthcare

Zachary Fulton - Vantage Pointe Village

Teresa Eads - Cheatham County Funeral Home

Ashley Clinard - Cheatham County Health Department

Patricia Vest - TN Quality Care

Rachel Solava - Greater Nashville Regional Council

Christine Mather - TN SHIP

Aneta Eichler - UT/TSU Extension Office

Christie Powers - CapTel/OEI

Kevin Fowler - Legal Aid Society of Middle TN

Shannon Stewart - Adoration Hospice

