

AUGUST 2023

BE ACTIVE & LIVE WELL

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

"The world needs less heat and more light. It needs less of the heat of anger, revenge, retaliation, and more of the light of ideas, faith, courage, aspiration, joy, love and hope."

- Wilfred Peterson

As we prepare to go into one of the hottest months of the year, let us all remember to keep our cool. The above quote is a great reminder of the kind of light we should radiate each day. I challenge each of you to be a positive ray of sunshine in someone's life.

Hello Sunshine Boutique will be here on August 17 for you to do some in-house clothing and accessory shopping. Be sure to drop in between 9a - 1p to check it out.

If the dog days of summer seem to drain your energy and have you down, check out the emotional support group that meets each Monday at 12 in the library. The Insight Counseling Center is facilitating this group meeting, but individual sessions are also available. Please call us for more information.

We have a day trip to Miss Mary Bobo's Restaurant planned on September 12. See flyer for more details.

SAVE THE DATE - The center will host its 11th Annual Senior Service Day. This event is being given the new name of Health and Wellness Expo. It will be held on Friday, September 29 from 10a - 2p. There will be more details in the September newsletter but be sure to mark the date so you can attend this great event.

Wishlist - The center would appreciate donations of heavy duty disposable plates. Thank you!

Meet Our 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

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 fun 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 & fall prevention.

Bingocize (Exercise & Bingo)

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

Dancercize

This is an 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, August 5 – Mission of Hope Assembly at 6307 Hwy 41-A in Pleasant View from 10 am – 2 pm.

Transportation – 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 Providence Group 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. Lunch purchase not required.

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

August 1st: 11:00 am at Senior Center 
Bring salad items/desserts. Collecting school supplies.



AUGUST 2023



Daily Activities



Monday

Arthritis Exercise 9:00 a.m.
 Bridge Game 10:00 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.
 Billiards 11:00 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

August 4- Fred Winston & The Stable Boys
 August 11 - Barry Brake & Still Kicking Country
 August 18 - Kevin Dobson & Along for the Ride
 August 25 - Barry Brake & Still Kicking Country

Monday

Tuesday

Wednesday

Thursday

Friday

	1 Wings of Hope 11:00 am	2 Tennova Hospice Price is Right w/ Tennova Hospice- 11:00am Host: Marie Eppes 	3	4
7 Paint with Nancy- 8:30 am	8 FCE Mtg 10:00 am Bread Class 11:00 am	9 CARIS Lunch & Learn w/ Caris- 11:00am Host: Jackie McGee Topic: Volunteering & Vet. Benefits	10	11
Lunch w/ Law 11:00 am	Square Dancing 1:00 pm	Emotional Support- 12:00	17	18
14 aveanna Bingo Lunch w/ Aveanna -11:00 am	15 Foot Care 8:30 am	16	Hello Sunshine Boutique 9:00am-1:00pm	
Speaker: Chris Greene Emotional Support- 12:00 Veterans Meeting- 6pm	Square Dancing 1:00 pm		Resin Craft w/ Kathy- 10 am	
21 Trivia - 10 am w/ Zachary Fulton	22 Square Dancing 1:00 pm	23	24	25
Emotional Support- 12:00				
28 MUSIC for SENIORS Music for Seniors- 11:00 am Performing: Sheldon Kahan Emotional Support- 12:00	29 Cards w/ Kathy- 10 am Square Dancing 1:00 pm	30 JEOPARDY! Jeopardy w/ Providence Group-11:00am Host: Debbie Davenport 	31	
		The Center at Ashland City 104 Ruth Drive, Ashland City, TN 37015 Phone: 615-792-3629		

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

August Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Stanley	Fedyshyn	Aug 01	Mary	Stahl	Aug 14
Marion	Koch	Aug 01	Barbara	Nash	Aug 15
Nick	Noble	Aug 01	Jon	Sproat	Aug 15
Adrienne	Sartorious	Aug 01	Pamela	Hampton	Aug 16
Karen	Mitchell	Aug 01	Dale	Lowery	Aug 16
Paul	Binkley	Aug 02	Marc	Bruce	Aug 17
Judy	Carson	Aug 02	Jerry	Potter	Aug 17
Adrian	Johnson	Aug 02	Margie	Allen	Aug 18
Barbara	McAlister	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	Karen	Buckland	Aug 19
Charlene	Freeland	Aug 04	Joyce	Drake	Aug 19
Frankie	Leftwich	Aug 04	Scarlett	Donegan	Aug 20
Cathy	Gibson	Aug 04	Francis	Peachy	Aug 20
Marsha	Heim	Aug 04	Charlotte	Haggard	Aug 20
Penny	Meek	Aug 04	Diana	Acevedo	Aug 20
Sandy	Sparks	Aug 04	Doreen	Flash	Aug 21
Elouise	Chauvin	Aug 05	Peggy	Boyd	Aug 21
Bonnie	Stanley	Aug 05	Don	Harris	Aug 22
Cathy	Conners	Aug 05	Cindy	Fry	Aug 22
Diana	Gibson	Aug 05	James	Brooks	Aug 23
Timothy	Owen	Aug 05	Nellie	Perry	Aug 23
Annette	Bussell	Aug 05	Jerry	Binkley	Aug 24
Ginger	Nixon	Aug 05	Ro	Milliken	Aug 25
Ronnie	Meadows	Aug 06	Gary	Syx	Aug 26
Gloria	Whitaker	Aug 06	Leslie	Mader	Aug 26
Jerry	Dutton	Aug 07	Betsey	Duke	Aug 27
Kathy	Wahlers	Aug 07	Pat	Quezada	Aug 27
Becky	Forster	Aug 07	Scott	Terranova	Aug 27
Glenda	Batts	Aug 07	Debbie	Mallard	Aug 27
Linda	Davis	Aug 07	Charlotte	Reames	Aug 27
Barbara	Harper	Aug 07	Ginny	Beachy-Abbott	Aug 28
Elaine	Sensing	Aug 08	Ricky	Felts	Aug 28
John	Hampton Jr	Aug 09	Linda	Jackson	Aug 28
Sammie	Hayes	Aug 09	Wanda	Bracy	Aug 29
Barb	Johnston	Aug 09	Joyce	Hall	Aug 29
Maria	Holimon	Aug 09	Frances	King	Aug 29
Peggy	Eads	Aug 10	Darrell	Austin	Aug 29
Sandy	England	Aug 11	Brenda	Ferrell	Aug 30
Eljie	Franklin	Aug 12	Linda	Green	Aug 30
Carolyn	Taylor	Aug 12	Joyce	Vann	Aug 30
Helga	Childers	Aug 13	Wayne	Young	Aug 30
Melissa	Womack	Aug 13	Claudia	Bolton	Aug 31
Kenneth	Harp	Aug 13	Sherry	Cook	Aug 31
Nell	Stack	Aug 13	Ken	Karter	Aug 31
Sandy	Brown	Aug 14	Pat	Knox	Aug 31
Wilma	Burgess	Aug 14	Glenola	Maxwell	Aug 31
Jenny	Oles	Aug 14			



Free Birthday Lunch

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, August 28th at 11:00am at our own Kathy's Kitchen.

**The menu for the day is
BBQ Chicken
Sandwiches, Baked
Beans, Macaroni 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!

Birthday Lunch: August 28th at 11:00 a.m.



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

August 2023 Menu

Wednesday, August 2nd

Pizza, Salad, Assorted Desserts from FCE Club

Monday, August 7th

Ham & Scallop Potatoes, Green Beans, Rolls, Cheesecake

Wednesday, August 9th

Hot Chicken Salad, Corn & Black Bean Salad, Rolls, Fresh Fruit

Monday, August 14th

Beef Casserole, Peas, Rolls, Chocolate Cake

Wednesday, August 16th

Crusted Pork Tenderloin, Broccoli, Cheesy Potatoes, Rolls, Apple Dumplings

Monday, August 21st

Hamburger Stew, Broccoli Cheddar Cornbread, Blueberry Delight

Wednesday, August 23rd

Alfredo Spaghetti, Monterey Jack Bread, Million Dollar Pie

Monday, August 28th

BBQ Chicken Sandwiches, Baked Beans, Macaroni Salad, Ice Cream & Cupcakes

Wednesday, August 30th

Meatloaf, Cream Potatoes, Peas, Rolls, Lemon Bars

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



BRIDGE GROUP

We have a group that is playing Bridge on Mondays at 10:00 a.m. They will teach anyone how to play and would love for more people to join them!



Come check it out!



Buddy Bear Project

The ladies from our Sew-n-Sews group made 50 bears to donate to the nonprofit organization, Smart Art+Craft Supplies. The bears will be given to students at elementary schools. Great job, ladies! We are so thankful for you and your giving hearts!



BREAD MAKING CLASS

Date: August 8th

Time: 11:00 am

It's free to attend the class. You will experience the whole process, from the starter to mixing and even tasting some bread at the end. If you would like a sourdough starter, you must pre-pay \$10. You can drop payment by the center no later than August 3rd.

If you have any questions or to sign up, call us at the Center.

Emotional Support

This group discussion is on Mondays at 12:00 p.m. 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.

****If you would feel more comfortable with private sessions, call the Center to let us know. We can get you in touch with Insight to arrange that.**

In partnership
with:



KATHY'S CRAFT CLASS

EXAMPLES:



Date: August 17th

Time: 10:00 am

Cost: \$5.00



****If you would like to bring a picture to use instead of flowers, please make sure it is no larger than a 4x6.**

Please be sure to wear clothes that you won't mind getting messy, just in case!

Call Kathy to sign-up or if you have any questions.
615-792-3629

**Miss Mary Bobo's Restaurant
In Lynchburg, TN
Tuesday, September 12, 2023
8:30 a.m. – 6:00 p.m.**

**DAY
TRIP**



Cost \$50.00 per person (non-refundable)

**Includes meal, tour of Lynchburg Cake & Candy Co.,
bus transportation, and all gratuities.**

Deadline to sign up and pay is September 5.

Please call the center at 615-792-3629 for more information.

Lunch Menu: Here's a sampling, but the menu is subject to change. Entrees: fried chicken, meatloaf, chicken pastry, fried catfish, and BBQ ribs. Sides: seasoned greens, fried okra, candied apples, broccoli rice casserole, mac & cheese, mashed potatoes, cornbread & biscuits. Pies: chess, fudge, pecan, oatmeal, or buttermilk, served with Jack Daniel's whipped cream.

Shopping: You will have the opportunity to browse the town of Lynchburg and visit their quaint shops. If time permits, we may stop in Bell Buckle on our return trip for some extra shopping.

Tours: We will take a short tour of the Lynchburg Cake and Candy Co. after lunch. This trip does not include a tour of the Jack Daniels Distillery as it is not accessible for all our group. You can go to their visitor's center during our free time in Lynchburg.



Bus will leave promptly at 8:30 a.m. from upper parking lot of Tractor Supply. We will arrive in Lynchburg around 10:30 a.m. to eat at 11:00. After the meal, there will be time for shopping. We will then tour Lynchburg Cake & Candy Company. Bus will arrive back in Ashland City around 6:00 p.m.