

December 2021

# The 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,**  
AFEP Leader

## Center Hours

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

## Phone:

615-792-3629

## Website:

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

## Facebook:

The Senior Center at Ashland City

## Center Closed

**December 23rd & 24th –  
Christmas Holidays**

**December 30th & 31st –  
New Year's Holidays**

## Let There Be Peace on Earth

Great news!! Kathy and Alicia will be returning in December. I will be fully staffed again! Kathy's Kitchen will resume on Monday, December 6th. The menu with more information is included in the newsletter. Kathy is a great cook and her homecooked lunches will be a delicious addition to the center. We will even do the dishes for you!

We will also begin a new Arthritis Foundation Exercise Program (AFEP) on Mondays at 9:00 a.m. Barb Batson will be the program leader. Her career spans 20+ years with focus on leading group exercises for the active aging population. The first class will be Monday, December 6th at 9:00 a.m. More information is included in a flyer.

Our Bingocize classes on Wednesdays will now be at 10:00 a.m. This class time change will start on December 1st. Kathy Nicholson and Joanna Burcham will be leading classes in December on Wednesdays and Fridays at 10:00 a.m.

We had great attendance for our Friday Night Dances in November. Our next dance will be on Friday, December 10th at 7:00 p.m. Doors open at 6:00 p.m. Cost is \$6.00. Loaded Dogs will be playing. On Friday, December 17th, Kevin Dobson and Along for the Ride will be back. They bring in a great crowd. We are still planning a New Year's Eve Dance if we have enough interest. Cost is \$25.00 per person which includes dinner and dance. Please call Joanna at the center as soon as possible if you are interested.

We have two travel trips coming up in the Spring. The first one to Amelia Island, St. Augustine & Jacksonville, FL is a sponsored trip by our center. This trip is through Diamond Bus Tours and is April 3-9, 2022. The other trip to Dallas/Ft. Worth & Waco, TX on March 26-30, 2022, is through CG Travel in Dickson. This is not a center sponsored trip, but one I wanted to offer to our members as an extra travel opportunity. The Dickson Senior Center has used this company for many of their trips and Cherie from CG Travel wanted to include our center. Information flyers have been included with the newsletter. If you would like more information on these trips, please call Gena at the center.

As we enter this Christmas season and reflect on the past year, I think of how blessed I have been to be a part of this Senior Center family. I have enjoyed getting to know each of you better and look forward to making 2022 a successful one. My staff and I wish you all the best this Christmas and a new year filled with many blessings! Please join us on Friday, December 17th at 12:00 p.m. for our Christmas Party so we may give back to you a small portion of what you have given to us.

Let There Be Peace on Earth and Let It Begin With Me, *Gena*



## Special Events This Month

**\*\*NEW CLASS\*\*** Every Monday at 9:00 a.m.  
**AFEP Exercise Class with Barb Batson**



**Arthritis Foundation**

The Arthritis Foundation Exercise Program (AFEP) is a low-impact

physical activity program proven to reduce pain and decrease stiffness. We would love for you to join in!

**Each Monday and Wednesday at 11:00 a.m.**  
**Kathy's Kitchen Lunch Meal**

Our own Kathy Nicholson will be cooking up some delicious homecooked dishes. See attached menu for more information. You must sign up to eat.

**Thursday, December 2 from 9-11 a.m.**

**Medicare Q & A with Linda Staffen**



Linda from Core Insurance Advisors will be here to answer any last-minute Medicare Open Enrollment questions that you may have. She also plans to visit throughout the upcoming year as well.



**Thursday, December 9 at 11 a.m.**  
**Jolly Jeopardy with Debbie Davenport**



Debbie from Cigna is returning with a Christmas themed Jeopardy. She will also provide light snacks to enjoy. You don't want to miss it!

**Friday, December 10 at 1:00 p.m.**  
**Second Act: Plan for Positive Aging w/ Aneta Eichler from UT/TSU Extension**



The second session will be on using mindfulness tools towards healthy aging. This series is free, but you will need to call to register by December 8th for this class.

**Tuesday, Dec. 14 at 11:00 a.m.**  
**Name that Christmas Tune with Linda Staffen**



Linda from Core Insurance Advisors is coming back to "Rock Around the Christmas Tree" and test your knowledge of some of our favorite Christmas tunes.



**Friday, December 17 at 12 p.m.**  
**Center Christmas Party**

Join us for an afternoon of food and fun! Lunch is being provided by Music City Catering of Pleasant View. The fun will be provided by the staff at the Senior Center. Please let us know you will be attending by December 13<sup>th</sup>.

**Lee & Cindy McWright**



## Happenings This Month



**Wednesdays \*\*NEW TIME\*\***

**Bingocize Class at 10:00 a.m.**

The time for Bingocize class on Wednesdays will now be at 10:00 a.m. instead of 12:00 p.m.



**Monday, December 6 –**

**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.



**Tuesday, December 7– Wings of Hope Meeting at 12:00 p.m.**

This month will be a celebration of Christmas. Ham will be provided, and everyone is asked to bring a covered dish and/or dessert. There will be a \$5.00 white elephant gift exchange. Wings of Hope is a nondenominational ministry support group reaching out to all single women.



**Friday, December 10 –**

**Coffee with a Cop at 9:00 a.m.**

The Ashland City Police Dept. will return to answer any questions. If you have a topic you want to discuss, please let us know ahead of time. Breakfast pastries will be served along with fresh hot coffee!



**Tuesday, December 14 – 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.



**Tuesday, December 21 –**

**Music for Seniors at 10:30 a.m.**

Bob Tigert will be here with his ukulele to share some Rootsy Gospel, Americana, and Old Rock n'Roll along with some great Christmas tunes.

**Tuesday, December 21 – Chair Volleyball at 1:00 p.m. \*\*New Day & Time\*\***



This fun activity has been moved to a different day and time to allow more time to play, laugh and have fun.



**Wednesday, December 29 – Breakfast Trivia at 9:00 a.m.**

**Zachary Fulton w/Vantage Pointe Village**

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
	<b>5</b> AFEP 9:00 Painting w/Nancy 8:30-4:00 Kathy's Kitchen - 11:00 Yoga 1:00	<b>6</b> Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Wings of Hope - 12:00	<b>7</b> Loomers 10:00 Bingocize 10:00 Kathy's Kitchen - 11:00 Dancercize 1:00 Tai Chi 2:00 Opry Christmas Trip 4:00	<b>8</b> Loomers 10:00 Bingocize 10:00 Kathy's Kitchen - 11:00 Dancercize 1:00 Tai Chi 2:00 Opry Christmas Trip 4:00	<b>9</b> Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 9:30 Jolly Jeopardy 11:00 Yoga 1:00	<b>10</b> Coffee with a Cop 9:00 Loomers 10:00 Bingocize 10:00 Card Games 12:00 Aging Mindfully 1:00 Friday Night Dance 7:00 Loaded Dogs
<b>12</b>	<b>13</b> AFEP 9:00 FCE 10:00 (Party) Kathy's Kitchen - 11:00 Yoga 1:00 Veterans' Meeting 6:00	<b>14</b> Texas Holdem 8:00 Foot Care 8:30 - 10 BP Checks 8:30 S.A.I.L. 9:00 Name That Christmas Tune - 11:00	<b>15</b> Loomers 10:00 Bingocize 10:00 Kathy's Kitchen - 11:00 Dancercize 1:00 Tai Chi 2:00	<b>16</b> Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 9:30 Yoga 1:00	<b>17</b> Loomers 10:00 Bingocize 10:00 Christmas Party - 12:00 Card Games 12:00 Friday Night Dance 7:00 Kevin Dobson	<b>18</b>
<b>19</b>	<b>20</b> AFEP 9:00 Kathy's Kitchen - 11:00 Yoga 1:00	<b>21</b> Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Music for Seniors 10:30 Chair Volleyball - 1:00 <small>Winter Begins</small>	<b>22</b> Loomers 10:00 Bingocize 10:00 Kathy's Kitchen - 11:00 Dancercize 1:00 Tai Chi 2:00	<b>23</b> <b>Closed</b>	<b>24</b> <b>Closed</b>	
<b>26</b>	<b>27</b> AFEP 9:00 Kathy's Kitchen - 11:00 Yoga 1:00	<b>28</b> Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00	<b>29</b> Breakfast Trivia 9:00 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen - 11:00 Dancercize 1:00 Tai Chi 2:00	<b>30</b> <b>Closed</b>	<b>31</b> <b>Closed</b>	

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Charlie	Wrather	Dec 01	Howard	Staggs	Dec 17
Carolyn	Beaumont	Dec 02	Sherry	Biggs	Dec 18
Marvis	Krantz	Dec 02	Frances	Ross	Dec 18
Heather	Buchholz	Dec 03	John`	Zieseniss	Dec 18
Edith	Potter	Dec 03	Ann	Bishop	Dec 19
Mildred	Sullivan	Dec 03	Nancy	Chandler	Dec 19
Lynn	Logan	Dec 04	Dean	Potts	Dec 19
Rich	Van Etten	Dec 04	Jackie	Hampton	Dec 20
Deborah	Morrison	Dec 04	Jackie	Hatcher	Dec 20
Lawson	Raymer	Dec 04	Stanley	Christy	Dec 21
Mildred	Biggs	Dec 05	Mildred	Puckett	Dec 21
Gwin	Taylor	Dec 05	Ann	Smith	Dec 21
Jonathan	Vickers	Dec 05	Carolyn	Langford	Dec 21
Doug	Armstrong	Dec 06	Audrey	Warfield	Dec 22
Patricia	Hunter	Dec 06	Bill	Edwards	Dec 22
Darlene	Hampton	Dec 07	Darlene	Hamilton	Dec 23
James	Meadows	Dec 07	Gerald	Shepler	Dec 23
Naomi	Smith	Dec 07	Angela	Webb	Dec 23
Tina	Parker	Dec 07	William	Davis	Dec 24
Paul	Gupton	Dec 08	Marsha	Odegard	Dec 24
David	Jenkins	Dec 08	Sandra	Anderson	Dec 25
Deborah	Mockridge	Dec 08	Caroline	Borum	Dec 25
Linda	Shaw-Harmon	Dec 08	Vernon	Parizek	Dec 25
Joan	Hunter	Dec 08	Merrie	Guy	Dec 26
Rayella	Dudley	Dec 09	Rhonda	Bernhardt	Dec 27
Sandra	Edens	Dec 09	Suzanne	Lindsey	Dec 27
Chris	Johnsen	Dec 09	Betty	Sanders	Dec 27
Judy Ann	Johnson	Dec 09	Patricia	King	Dec 27
Rhonda	Lain	Dec 09	Brenda	Clark	Dec 28
Jeanne	Wix	Dec 09	Betty	Corn	Dec 28
Sandra	Harvey	Dec 10	Patrick	Edwards	Dec 28
Jeanne	Rose	Dec 10	Larry	Smith	Dec 28
Alicia	Shaneyfelt	Dec 10	Jim	Vaughn	Dec 29
Gary	Kerley	Dec 12	Aneta	Eichler	Dec 29
Alyce	Peachy	Dec 12	Carol	Bone	Dec 30
Geraldine	Christy	Dec 13	Lois	Cantrell	Dec 30
Nancy	Weatherspoon	Dec 13	Carin	Casey	Dec 30
Ayla	Dumont	Dec 13	Paulette	Cothorn	Dec 30
Diane	Kirby	Dec 14	Tom	Salisbury	Dec 30
Elaine	Reeder	Dec 14	Kymberli	Watson	Dec 30
Carol	Herlein	Dec 14	Charlie	Cothorn	Dec 30
Jerrie	Cox	Dec 15	Jerry	Dobbins	Dec 31
Bill	Lambert	Dec 15			
Barbara	Singer	Dec 16			
Barbara	Stack	Dec 16			
Carl	Henderson	Dec 16			
Sheila	Beard	Dec 17			
Reva	Hodges	Dec 17			







**Lunch Served Mondays and Wednesdays at 11 a.m.**

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

## **December Menu**

**Monday, December 6th**

Baked Garlic Chicken Breast - Green Beans – Roasted Potatoes – Dessert

**Wednesday, December 8th**

Pork Chop – Cabbage – Carrots – Dessert

**Monday, December 13th**

BBQ – Potato Salad – Dessert

**Wednesday, December 15th**

Chicken Enchilada – Black Beans – Rice – Dessert

**Monday, December 20th**

Spaghetti w/meat sauce – Garlic Bread – Tossed Salad – Dessert

**Wednesday, December 22nd**

Chicken Vegetable Soup – Cornbread – Dessert

**Monday, December 27th**

Meatloaf – Cheesy Potatoes – Peas – Dessert

**Wednesday, December 29th**

Chicken Supreme Casserole – Sweet Potatoes - Peas – Dessert



**Please call the Senior Center at 615-792-3629 to sign up.  
Space is limited to 25 people per day.**





**This effective program is suitable for people with arthritis and proven to reduce pain.**  
- Arthritis Foundation

**These exercise classes are enjoyable and help me stay healthy and active.**  
- Marilyn G.

**AFA** Aquatic Exercise Association



# Exercise Program

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The sessions include gentle range-of-motion exercises that are suitable for every fitness level and ability. Led by a trained program leader, these enjoyable and motivational classes may be taken either standing or sitting in a chair.

#### About the Program...

- Led by trained program leaders
- One-hour sessions
- Fun, safe and effective way to promote better health

#### The Exercise Program will help you...

- Keep joints flexible and muscles strong
- Increase energy
- Improve your well-being
- Sleep better

#### Proven Results...

- Less pain
- Improved joint function
- Increased muscular strength
- Overall sense of well-being
- Better quality of life

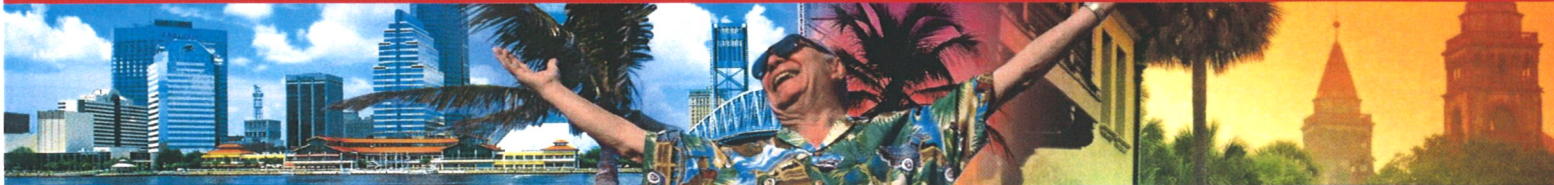
## Meet Your AFEP Instructor and Fellow Center Member

Barb Batson's fitness career spans 20+ years with focus on leading group exercises for Mid-TN active older adults. Her specialty is exercise to support active aging populations including those living with Arthritis, MS, PD, and Stroke Recovery. She is a lifelong learner holding a variety of current certifications including Arthritis Foundation Exercise Program and she looks forward to seeing you Monday's at 9am for this joint friendly, fun movement experience.



# THE SENIOR CENTER AT ASHLAND CITY PRESENTS

## Amelia Island, St. Augustine & Jacksonville, FL



### INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 6 nights lodging including 4 consecutive nights in Florida
- ◆ 10 meals: 6 breakfasts and 4 dinners
- ◆ Visit to the Fountain of Youth
- ◆ Narrated Cruise on the St. John's River
- ◆ Guided Tours of Amelia Island, St. Augustine and Jacksonville
- ◆ Dinner Party with Entertainment

For more pictures, video, and information visit:  
[www.GroupTrips.com/AshlandCity](http://www.GroupTrips.com/AshlandCity)

# \$650\*

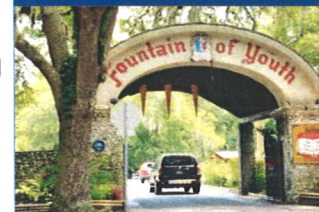
## 7 Days 6 Nights

\*PER PERSON, DOUBLE OCCUPANCY

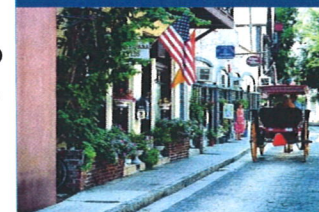
(Sun - Sat)  
Apr 3 - 9  
2022



St. Augustine, our Nation's  
Oldest City



Famous "Fountain of  
Youth"



Historic St. George St



Aerial view of Amelia  
Island

**Departure: Tractor Supply, 356 Frey St, Ashland City, TN @ 8 am**

**Day 1:** Board your spacious, video and restroom equipped Motorcoach and set off for the sunshine of Jacksonville, Florida! Tonight, check into an en route hotel for a good night's rest.

**Day 2:** After enjoying a Continental Breakfast, you'll depart for sunny Florida. Enjoy a leisurely Dinner at a local restaurant and check into your Jacksonville area hotel for a four-night stay.

**Day 3:** After a Continental Breakfast, enjoy a scenic drive along the coast accompanied by your guide. Learn about the Kingsley plantation and Florida's unusual history as you head to AMELIA ISLAND, southernmost of the Atlantic coast barrier islands. After taking a GUIDED TOUR of this beautiful island, you'll visit the historical district in Fernandina Beach and have an opportunity to stroll along this stunning beach. Tonight, you'll relax and enjoy Dinner at a local area restaurant.

**Day 4:** Today after enjoying a Continental Breakfast, you'll take a GUIDED TOUR of charming ST. AUGUSTINE, America's 1st city. Later, you'll have lunch on your own and some free time to browse the shoppes on historic ST. GEORGE STREET. Next, you'll stop for a visit to the famous "FOUNTAIN OF YOUTH." This evening, enjoy a Dinner Party with Entertainment.

**Day 5:** Today, you'll enjoy a Continental Breakfast and start the day with a GUIDED TOUR of beautiful JACKSONVILLE, FLORIDA. Afterwards, you'll experience a NARRATED CRUISE on the ST. JOHN'S RIVER. This evening, you'll enjoy Dinner at a local area restaurant.

**Day 6:** Enjoy a Continental Breakfast at your hotel before leaving for a visit to Historic River Street in Savannah, GA. This evening, relax at your en route hotel.

**Day 7:** After enjoying a Continental Breakfast, you will depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

### ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive *Travel Confident*® Protection Plan.  
See separate advertisement...

\$75 Due Upon Signing. \*Price per person, based on double occupancy. Add \$254 for single occupancy.  
Final Payment Due: 1/27/2022

FOR INFORMATION & RESERVATIONS CONTACT:

**Gena Batts @ (615) 792-3629**



# MAGNOLIA TRAIL & THE HEART OF TEXAS



5 Days • 6 Meals • Magnolia Market at the Silos • HGTV Fixer Upper Tour • Dallas & Waco

from **\$2,425** pp dbl

2022 VACATION DATES

**Mar 26-30, 2022**

## HIGHLIGHTS

- Round Trip Group Pick-up\*
- Round Trip Airfare out of BNA
- 6 Meals: 4-Breakfasts, 2-Dinners
- Dallas City Tour with AT&T Stadium
- Historic JFK Sites & Locations
- Six Floor Museum at Dealey Plaza
- George W. Bush Presidential Library
- Fort Worth Stockyards Historic District & Cattle Drive Viewing
- Southfork Ranch
- Waco City Tour & HGTV Series Sites
- Magnolia Markets at The Silos
- Silos Baking Company
- Dr. Pepper Museum
- Deluxe Motorcoach with Restroom
- AFC Tour Manager **Chuck Denny** (Mar)
- Tips included in rate
- Hotel Transfers & Baggage at Hotels

## FEATURED HOTELS

Dallas (2) - **Holiday Inn or Embassy Suites**  
Waco (2) - **Hilton, Hotel Indigo,**  
**or Homewood Suites**

*Alternate hotels may be used*

## DEPARTURE CITIES & PRICES

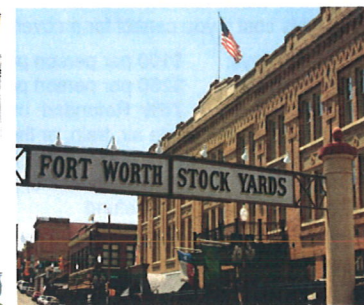
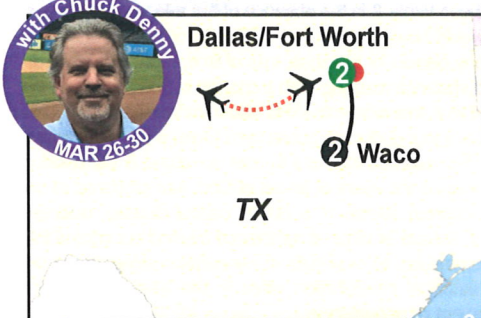
Prices include Round Trip Air, Travel Protection Insurance Tips & Group Pick-up  
\$150 Air Taxes/Fees/Hotel Transfers included  
Prices per person double - Other airports available

**DOUBLE \$2,425 per person**  
**SINGLE \$3,005**  
**TRIPLE \$2,395 per person**

Singles Add \$580  
Triple (in 2 Beds), please Deduct \$30  
Land Only \$1,799

## VACATION PACE

Easy Pace    3  Active



### Day 1 Fly to Texas (D)

Arrive and meet your Tour Manager. Transfer to your hotel to check-in for a two-night stay. The late afternoon is at leisure to relax and settle in. Enjoy a Welcome Dinner tonight at a local restaurant.

### Day 2 Dallas Sightseeing (B)

After breakfast, depart for your "Presidential Day in Dallas". A local guide will join us for a Dallas City Tour. See the Perot Museum, Pioneer Plaza, American Airlines Center, home of the Dallas Mavericks and Dallas Stars, the Deep Ellum neighborhood, and Thanks-Giving Square. Also see sights and locations forever tied to the tragic events of November 22, 1963, and the assassination of President John Fitzgerald Kennedy. Relive history with a visit to the sixth floor Texas School Book Depository Museum at Dealey Plaza. See the Presidential Motorcade Route and JFK Memorial Plaza. Next, arrive at the George W Bush Presidential Library & Museum for a self-guided tour of the presidential archives, an exhibit dedicated to the remembrance of 9/11, and an exact, scale replica of the Oval Office. Travel to the Hollywood-Famous Southfork Ranch. At one time, there was not a more important question posed to TV viewers than "Who shot J.R.?" Explore the ranch that the Ewing's called home for thirteen years, on a guided tour. Return to the hotel for your last night in Dallas.

### Day 3 Ft. Worth Stockyards / Waco (B)

Following breakfast explore Dallas and Fort Worth, "The Cowboy Way." Tour AT&T Stadium, home of the Dallas Cowboys. See the press box,

post-game interview room, field access and other stadium areas. Next, head to the Historic Fort Worth Stockyard District, where you'll explore and have lunch on your own. Tour the Fort Worth Stockyard, followed by a viewing of the afternoon Cattle Drive. Depart for Waco with a dinner stop enroute. Check into your hotel for two-night stay.

### Day 4 Magnolia Trail / HGTV Fixer Upper Tour (BD)

Explore Waco, a small Texas town, made famous by Chip and Joanna Gaines and their HGTV hit series, *Fixer Upper*. A local step-on guide will take us on a Waco and HGTV Tour, pointing out some homes that have been featured on *Fixer Upper*, as well as a stop at Harp Design and Jimmy Don's Place also both featured on *Fixer Upper*. Head to Magnolia Market at the Silos where there's something for everyone. Ample free time this afternoon to explore the shops, visit the garden, the big green lawn, or grab lunch on your own at Magnolia Table or one of the many on-site food trucks. You'll find more great items and shopping at the "Findery" just across the street. The Silos Baking Company offers an assortment of sweet and savory baked goods. Later enjoy a guided tour of the Dr. Pepper Museum and the historic bottling factory. The museum also holds one of the finest collections of soft drink memorabilia in the world. Tonight enjoy a Texas Style BBQ Farewell Dinner with new friends at a local restaurant.

### Day 5 Dallas / Fly Home (B)

Travel back to Dallas for your return flight home.

To Book this Vacation, contact Cherie Greene at CG Travel at (615) 478-7643 or email [cgravelclub@gmail.com](mailto:cgravelclub@gmail.com)