

DECEMBER 2023

BE ACTIVE & LIVE WELL

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



Merry Christmas to All!

"Christmas is most truly Christmas when we celebrate it by giving the light of love to those who need it most."

— Ruth Carter Stapleton

Can you believe we are approaching the end of 2023? This year has flown by. As we near the end of this year, we will say goodbye to our Kathy Nicholson as an employee of the center. Our hope is that she will still be a regular here. We are actively seeking applicants to fill the position. We plan to continue our meals as normal after the beginning of the year. To thank Kathy for her years of serving the center and the Town of Ashland City, we will have a retirement celebration in conjunction with our Christmas Party on December 22. Due to limited capacity in the building, you must call if you plan to attend.

It is the season of giving and we hope you will join us in collecting items for our Santa to a Senior campaign. See the included flyer for more information.

There is a day trip planned to the Oak Grove Gaming in Oak Grove, KY. See the flyer for details. Please know that the amount is to help cover only some of the transportation costs and all of the gratuity for the driver. Transportation costs have significantly increased since the pandemic.

Also, we have again included the trip flyer for some of the trips in 2024. We have more information here at the center or it is on our website, <https://www.ashlandcitytn.gov/senior>, under "Center Trips".

We have some end of the year maintenance needs to address, so we will be closed to the public from December 27-29. The center will be closed for the Christmas holiday on December 25-26 and for the New Year's holiday on January 1-2. There will however be a New Year's Dance on Friday, December 29. We appreciate your understanding. We hope you have a blessed holiday season and enjoy it with those you love!

Wish List: Hot Chocolate Packets and Apple Cider Packets

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](https://www.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, December 9 – Mission of Hope Assembly at 6307 Hwy 41-A in Pleasant View from 7 am – 9 am.

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 the date on our 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 Locals

Local officials 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.

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.

Price is Right

Marie Eppes with Tennova Hospice will be your host for this fun, interactive game. It is in conjunction with Kathy’s Kitchen, but you do not have to purchase a lunch to join this event.

Trivia

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

Wings of Hope

December 5th: 11:00 am at Senior Center

Ham furnished. Please bring side dishes or desserts. Also, bring stamps or money for postage for Christmas cards to send to our military. Cards will be provided.



DECEMBER 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.
 Dancercise 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

December 1- Fred Winston & The Stable Boys
 Decemer 8 - Barry Brake & Still Kicking Country
 December 15 - Kevin Dobson & Along for the Ride
 December 22 - Barry Brake & Still Kicking Country
 December 29 - Rode West

Monday

Tuesday

Wednesday

Thursday

Friday

<p>The Center at Ashland City 104 Ruth Drive, Ashland City, TN 37015 Phone: 615-792-3629</p>		<p>MERRY CHRISTMAS</p>		1
<p>4 Paint with Nancy- 8:30 am Bingo Lunch w/ Lifeline HHC -11:00am Host: Kaci Hills </p>	<p>5 Wings of Hope 11:00 am Please bring side dishes/desserts </p>	<p>6 Price is Right w/ Tennova Hospice- 11:00am Host: Marie Eppes </p>	<p>7</p>	8
<p>11 Jeopardy w/ Providence Group-11:00am Host: Debbie Davenport Veterans Meeting- 6pm</p>	<p>12 Foot Care- 8:30am FCE Mtg - 10am</p>	<p>13 Lunch & Learn w/ Interim Healthcare -11:00am Host: Erica Pahua </p>	<p>14</p>	<p>15 Last day to drop off Santa to a Senior Donations! </p>
<p>18 Trivia - 10 am w/ Zachary Fulton Birthday Lunch & Name That Tune Christmas Edition- 11:00am Host: Linda Staffen </p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22 Annual Christmas Party -12:00 pm See attached flyer! </p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29 </p>
<p>Center Closed</p> <p>We will be closed the 25th-29th for the Christmas holiday and maintenance.</p>				

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

December Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Richard	Hoover	Dec 01	Thom	Munn	Dec 18
Sondra	Fisher	Dec 01	Kathy	Collins	Dec 18
Carolyn	Beaumont	Dec 02	Ann	Bishop	Dec 19
Jamie	Morgan	Dec 02	Nancy	Chandler	Dec 19
R. Joseph	Lumley	Dec 02	Dean	Potts	Dec 19
Heather	Buchholz	Dec 03	Jackie	Hampton	Dec 20
Edith	Potter	Dec 03	Stanley	Christy	Dec 21
Debbie	Morrison	Dec 04	Mildred	Puckett	Dec 21
Lawson	Raymer	Dec 04	Ann	Smith	Dec 21
Linda	Minnear	Dec 04	Carolyn	Langford	Dec 21
Mildred	Biggs	Dec 05	Cindy	Marshall	Dec 21
Doug	Armstrong	Dec 06	Darlene	Hamilton	Dec 23
Scott	Sampson	Dec 06	William	Davis	Dec 24
Debra	Patterson	Dec 06	Nadine	Davis	Dec 24
Lorraine	Hoffman	Dec 06	Sandra	Anderson	Dec 25
Darlene	Hampton	Dec 07	Caroline	Borum	Dec 25
Naomi	Smith	Dec 07	Linda	Moore	Dec 25
Tina	Parker	Dec 07	Merrie Sue	Guy	Dec 26
Paul	Gupton	Dec 08	Kathy	Walz	Dec 26
Joan	Hunter	Dec 08	Rhonda	Bernhardt	Dec 27
Cathy	Binkley	Dec 08	Betty	Sanders	Dec 27
Rayella	Dudley	Dec 09	Patricia	King	Dec 27
Sandra	Edens	Dec 09	Linda	Head	Dec 27
Chris	Johnsen	Dec 09	Brenda	Clark	Dec 28
Judy Ann	Johnson	Dec 09	Betty	Corn	Dec 28
Rhonda	Lain	Dec 09	Pat	Edwards	Dec 28
Jean	Wix	Dec 09	Larry	Smith	Dec 28
Jack	Burnette	Dec 09	Clyde	Bell	Dec 28
Roy	Walker	Dec 09	Aneta	Eichler	Dec 29
Jeanne	Rose	Dec 10	Carol	Bone	Dec 30
Anita	Whitt	Dec 10	Lois	Cantrell	Dec 30
Becky	Troyani	Dec 10	Carin	Casey	Dec 30
Valerie	Cole-King	Dec 10	Tom	Salisbury	Dec 30
Gary	Kerley	Dec 12	Charlie	Cothorn	Dec 30
Geraldine	Christy	Dec 13	Rhonda	Batts	Dec 30
Jim	Hutchens	Dec 13	Jerry	Dobbins	Dec 31
Elaine	Reeder	Dec 14			
Carol	Herlein	Dec 14			
Jerrie	Cox	Dec 15			
Carolyn	Robinson-Hayden	Dec 15			
Vic	Herbert	Dec 15			
Carl	Henderson	Dec 16			
Debbie	Boyd	Dec 16			
Sheila	Beard	Dec 17			
Howard	Staggs	Dec 17			
Holly	Rang	Dec 17			
Noelle	Moon	Dec 17			
Edna	Broadbent	Dec 17			
Sherry	Biggs	Dec 18			
Yvonne	Ross	Dec 18			
Wilma	McHenry	Dec 18			

Free Birthday Lunch

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, December 18th at 11:00am at our own Kathy's Kitchen.

The menu for the day is Meatloaf, Candied Carrots, Peas, Cupcakes & Ice Cream

Linda Staffen with Core Insurance Advisors & Susie Ryan with Devoted Health Plans graciously sponsor 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!

Happy Birthday



December Babies!

Birthday Lunch: December 18th @ 11:00 a.m.



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

December 2023 Menu

Monday, December 4th

Chicken Casserole, Steamed Broccoli, Sweet Whole Kernel Corn, Brownies

Wednesday, December 6th

Hungry Jack Beef, Pork & Beans Casserole, Salad, Pineapple Upside Down Cake

Monday, December 11th

Ham Sliders, Pasta Salad, Chips, Pickle, Chess Squares

Wednesday, December 13th

Garlic Butter Baked Chicken, Butter Peas, Chocolate Cake

Monday, December 18th

Meatloaf, Candied Carrots, Peas, Cupcake & Ice Cream

Wednesday, December 20th (Christmas Lunch)

Sliced Ham & Turkey, Dressing, Sweet Potatoes, Green Beans, Cranberry Sauce,
Coconut Cake



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



Santa to a Senior

We are collecting items for some of our area seniors who need an extra blessing this Christmas!

Items needed:

gloves, hats, socks, unscented lotions, paper goods, blankets, or any other items you would like to donate.



Feel free to drop any of these items off at the center to donate to our project. Please have donations to us by December 15th.



Please join us for a

Christmas Party

This is a Christmas celebration
for our current active
members!

December **22** 12 PM

There will be a limited number
able to attend. Please call the
Center to sign up no later than
December 18.

CASINO

**Oak Grove Gaming
Tuesday, January 23, 2024
8:30 a.m. – 4:00 p.m.**



Cost \$25.00 per person (non-refundable)

Includes bus and driver gratuity.

Lunch is on your own at one of the casino restaurants.

You will receive a \$10 food voucher with the Golden Gamers Promotion.

The deadline to sign up and pay is January 12.

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

Bus will leave promptly at 8:30 a.m. from upper parking lot of Tractor Supply. We will arrive in Oak Grove around 9:30 a.m. Bus will arrive back in Ashland City around 4:00 p.m.



Explore THE WORLD

Travel Through Us in 2024!

Call the center at 615-792-3629 for pricing and more information.

Spring 2024

Pigeon Forge/Gatlinburg

May 14-17, 2024

Enrichment Travel Services



Summer 2024

California Rail Discovery

Lake Tahoe, San Francisco, Sierra Nevada Rail

June 5-12, 2024

CG Travel in conjunction with AFC Vacations



WE TRAVEL
not to escape life,
BUT FOR LIFE
not to escape us.

Fall 2024

Tour of Scotland

With Northern Ireland and Dublin

September 19-28, 2024

Enrichment Travel Services



Fall 2024

America's Cowboy Country

Mt. Rushmore, Yellowstone, Grand Teton

October 6-13, 2024

CG Group Travel

in Conjunction with Collette

