

DECEMBER 2022

SENIOR ACTIVE LIFESTYLE

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



Tis' the Season of Giving

We hope each of you had a wonderful Thanksgiving. As we enter the season of giving, we are asking for help with our Santa to a Senior Project. We will be collecting items for some of our area seniors who need an extra blessing this year. See the attached flyer for more information.

Trips

Be sure to check our 2023 trip debut flyer. These are the proposed trips for 2023. We will also be having a trip presentation on December 20 with Colette Travel to discuss two of the trips. For more information and to sign up for the presentation meeting, please contact Gena Batts at the center.

We will have a day trip in January. I am still working out the details. Look for a flyer to be sent later with the information.

Holiday Closings

Our center will be closed December 23 and 26 for Christmas and December 30 and January 2 for New Year's. In addition, we have decided to close December 27-29 so we can do some needed cleaning and maintenance at the center. We appreciate your understanding. We hope you will take this time to be with family and friends and enjoy the holiday season.

Friday Night Dances

As some of you know, the attendance for our Friday Night Dance has remained low since we started the dances back after Covid. We are barely able to cover the cost of the band on most nights and some nights we do not have enough. Despite implementing suggested efforts to increase the attendance and much thought about what we should do in the future, we have decided to make a change starting in January. Some of the possible options include renting out the center for dances only, having only one dance per month, or ending the dances altogether. If you would like to discuss these options, please call Gena Batts at the center.

Dance Schedule for this month

- December 2 – Fred Winston & The Stable Boys
- December 9 – Rode West
- December 16 – Kevin Dobson & Along for the Ride
- December 23 & 30 – No Dance



Doors open at 6:00 pm. Dance starts at 7:00 pm. Admission is \$7.00 per person.

Calling All Card Players

Our Friday group of Card Players are looking for new people to join them! Some games they play are Hand & Foot, Rook, Scrabble, Canasta, Mexican Train, Phase 10, Rummikub and other card games. Come and join them on Fridays at 10:00 a.m

Wish List

Folgers or Maxwell House Coffee, Napkins, Heavy Duty Plates, and Plastic Cups

Center 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 Senior Center at Ashland City is supported by:

The Town of Ashland City

Grants from:


**Greater Nashville Regional Council
TN Council on Aging and Disability**

Friends of the Center Donations




Special Events This Month


Weds., December 7 at 11:00 a.m.

Lunch & Learn w/ Cumberland Connect 
Join us for a Lunch and Learn hosted by Cumberland Connect. If you would like to attend, please sign up by December 2nd.


Mon., December 12 at 11:00 a.m.

Bingo Lunch w/ Avalon Hospice 
Join us for a bingo lunch hosted by Charles Frederick from Avalon Hospice. If you would like to attend, please sign up by December 8th.

Mon., December 19 at 11:00 a.m.

Name that Tune w/ Core Insurance Advisors 
Linda Staffen will be here during lunch to test your knowledge on songs, maybe even some Christmas songs!

Weds., December 21 at 11:00a.m.

Annual Christmas Lunch 
Lunch is provided by the staff of the Senior Center. Please sign up for this lunch no later than December 12. Call to reserve your spot.

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 Vollevball at 11 am

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 3 – 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, December 5–

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.



VANTAGE POINT VILLAGE
an Ashland City

Monday, December 5 –

Trivia at 10:00 am

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



Tuesday, December 6– Wings of Hope Meeting at 12:00 pm

This month's theme is Christmas. The meat will be furnished, so please bring side dishes. You can bring donations for Christmas Anonymous such as toys, books, scarfs, hats, etc.

Lunch with the Law

The Ashland City Police Dept. will be here visiting sometime during the month of December instead of coming during our lunch time.



Tuesday, December 13 – 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.

Jeopardy!  

This event is on hold for the month of December.

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. **This group will start back in January!**

MUSIC for SENIORS

Wednesday, December 21 at 12:00 pm
Music for Seniors

Donna Kay Anderson will be here to perform at our annual Christmas Lunch. Join the fun!

DECEMBER 2022

Monday

Tuesday

Wednesday

Thursday

Friday

<p>The Senior Center at Ashland City 104 Ruth Drive, Ashland City, TN 37015 Phone: 615-792-3629</p>			<p>1 Texas Holdem 8:00 S.A.I.L. 9:00 Hello Sunshine Boutique 9-12 Sew & Sews 10:00 Yoga 1:30</p>	<p>2 Loomers 10:00 Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 Dance 7:00- Fred Winston & The Stable Boys</p>
<p>5 Paint w/ Nancy - 8:30 Arthritis Exercise - 9:00 Trivia 10:00 Kathy's Kitchen 11 Yoga 1:00</p>	<p>6 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Wings of Hope - 12:00</p>	<p>7 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen 11 Lunch & Learn w/ Cumberland Connect 11:00 Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00</p>	<p>8 Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 1:00</p>	<p>9 Loomers 10:00 Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 Dance 7:00- Rode West</p>
<p>12 Arthritis Exercise - 9:00 Kathy's Kitchen 11 Bingo Lunch w/ Avalon Hospice 11:00 Yoga 1:00 Veterans Meeting 6:00pm</p>	<p>13 Texas Holdem 8:00 BP Checks 8:30 Foot Care 8:30 S.A.I.L. 9:00 FCE Mtg 2:00</p>	<p>14 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen 11 Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00</p>	<p>15 Texas Holdem 8:00 S.A.I.L. 9:00 Christmas Cookie Contest 9:00 Sew & Sews 10:00 Yoga 1:00</p>	<p>16 Loomers 10:00 Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 Dance 7:00- Kevin Dobson & Along for the Ride</p>
<p>19 Arthritis Exercise - 9:00 Kathy's Kitchen 11 Name that Tune 11 Yoga 1:00</p>	<p>20 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Trip Mtg 11:00</p>	<p>21 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen 11 Christmas Lunch 11 Music for Seniors 12 All Things Yarn 1:00 Dancercize 1:30 Tai Chi 2:30</p>	<p>22 Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 1:00</p>	<p>23 Center Closed <i>Merry Christmas</i> No Dance</p>
<p>26 Center Closed <i>Merry Christmas</i></p>	<p>27 Center Closed for Maintenance</p>	<p>28 Center Closed for Maintenance</p>	<p>29 Center Closed for Maintenance</p>	<p>30 Center Closed <i>HAPPY NEW YEAR</i> No Dance</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	Caroline	Borum	Dec 25
Sondra	Fisher	Dec 01	Linda	Moore	Dec 25
Carolyn	Beaumont	Dec 02	Merrie Sue	Guy	Dec 26
Heather	Buchholz	Dec 03	Kathy	Walz	Dec 26
Edith	Potter	Dec 03	Rhonda	Bernhardt	Dec 27
Deborah	Morrison	Dec 04	Betty	Sanders	Dec 27
Lawson	Raymer	Dec 04	Patricia	King	Dec 27
Linda	Minnear	Dec 04	Linda	Head	Dec 27
Mildred	Biggs	Dec 05	Brenda	Clark	Dec 28
Doug	Armstrong	Dec 06	Betty	Corn	Dec 28
Scott	Sampson	Dec 06	Pat	Edwards	Dec 28
Debra	Patterson	Dec 06	Larry	Smith	Dec 28
Darlene	Hampton	Dec 07	Clyde	Bell	Dec 28
Tina	Parker	Dec 07	Aneta	Eichler	Dec 29
Paul	Gupton	Dec 08	Carol	Bone	Dec 30
Joan	Hunter	Dec 08	Lois	Cantrell	Dec 30
Rayella	Dudley	Dec 09	Carin	Casey	Dec 30
Sandra	Edens	Dec 09	Charlie	Cothorn	Dec 30
Chris	Johnsen	Dec 09	Jerry	Dobbins	Dec 31
Judy Ann	Johnson	Dec 09			
Rhonda	Lain	Dec 09			
Jean	Wix	Dec 09			
Jeanne	Rose	Dec 10			
Anita	Whitt	Dec 10			
Gary	Kerley	Dec 12			
Geraldine	Christy	Dec 13			
Jim	Hutchens	Dec 13			
Elaine	Reeder	Dec 14			
Carol	Herlein	Dec 14			
Jerrie	Cox	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			
Sherry	Biggs	Dec 18			
Yvonne	Ross	Dec 18			
Wilma	McHenry	Dec 18			
Thom	Munn	Dec 18			
Ann	Bishop	Dec 19			
Nancy	Chandler	Dec 19			
Dean	Potts	Dec 19			
Jackie	Hampton	Dec 20			
Stanley	Christy	Dec 21			
Mildred	Puckett	Dec 21			
Ann	Smith	Dec 21			
Carolyn	Langford	Dec 21			
Darlene	Hamilton	Dec 23			
William	Davis	Dec 24			
Sandra	Anderson	Dec 25			



FREE BIRTHDAY LUNCH

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, December 19th at 11:00am at our own Kathy's Kitchen.

The menu for the day is Pork Roast, Baked Corn, Green Beans, Ice cream & Cupcake.

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



Spots do fill quickly so call us by December 15th 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 & Wednesdays at 11 a.m.

Cost is \$5.00 per person

Includes meal, dessert, and drink.

December Lunch Menu 2022

Monday, Dec. 5th

Baked Garlic Chicken Breast, Green Beans, Roasted Potatoes, Rolls, Pina Colada Cake

Wednesday, Dec. 7th

Beef Stew, Biscuits, Cheesecake

Monday, Dec. 12th

Turkey Pot Pie, Corn Muffins, Fresh Fruit

Wednesday, Dec. 14th

Chicken Enchiladas, Black Beans, Apple Cake

Monday, Dec. 19th

Pork Roast, Baked Corn, Green Beans, Cupcake, Ice Cream

Wednesday, Dec. 21st

Our Annual Christmas Lunch

Please sign up for this lunch no later than December 12.

Monday, Dec. 26th

Closed

Wednesday, Dec. 28th

Closed

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 40 people per day.





SPOTLIGHT

SENIOR SERVICE



Tommy Cooke

Assure Source

112 Confederate Drive

Franklin, TN 37064

Cell: 615-714-7993

Fax: 615-861-8928

Email: tcooke@assuresource.com

Website: <https://www.assuresource.com/>



AssureSource Medicaid Success has a unique blend of Certified Medicaid Planners, Senior Attorneys, and experienced long-term care insurance experts that help families keep the assets, homes, and savings, while still qualifying for Medicaid. Don Bright and Tommy Cooke will be giving a presentation with case studies of solutions at our January Lunch and Learn.



AssureSource

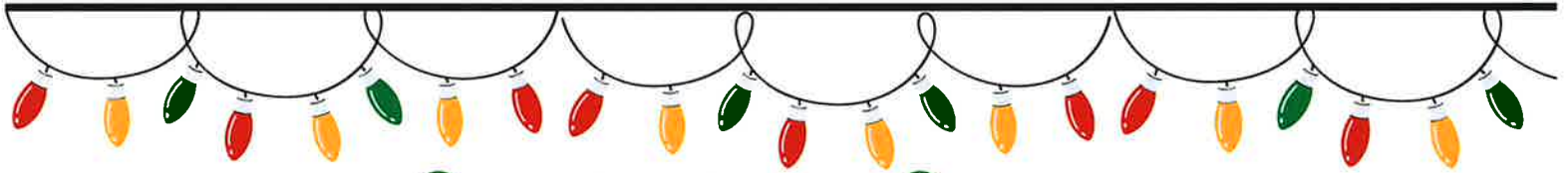
Hello Sunshine Boutique



December 1st: 9am - 12pm



Crystal strives to offer quality clothing, accessories, and gifts for sizes S-3X at affordable prices.



Santa to a Senior

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

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

Items needed:

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





CALLING ALL
BAKERS!



CHRISTMAS COOKIE CONTEST

Find out who has the best cookie recipe!
We will have special guests from City Hall to judge
the cookies!

**Be sure to bring at least a dozen of the cookie you make.
The cookies that are left over will be shared with the other
contest participants, so please be willing to share!**



DEC. 15 @ 9 AM

PLEASE HAVE COOKIES
HERE NO LATER THAN
8:45AM!

If you have any questions, Call Kathy or Judi!

Travel 2023



Natchez, Mississippi
March 27 – 31, 2023
\$1,795 per person (double occupancy)
Jimmy the Cricket Tours



Canadian Rockies & Glacier National Park



July 8 – 14, 2023
\$3,699 per person (double occupancy)
Collette Tours



Postcards from Vermont
October 1 – 7, 2023
\$3,199 per person (double occupancy)
Collette Tours



Christmas at the Biltmore
November 6 – 9, 2023
\$729 per person (double occupancy)
White Star Tours



Call Gena Batts at 615-792-3629 for more information.