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
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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

Facebook:

The Senior Center at Ashland City

The Senior Center at
Ashland City is supported by:
The Town of Ashland City
Greater Nashville Regional Council
Grants from
TN Council on Aging & Disability
Friends of the Center
Member Donations







Let All That You Do Be Done In Love

February may be the shortest month of the year, but we have packed it full with activities here at the center. Be sure to check out everything this month. Some additions include a four-part series on Joining the Journey: Living with Dementia or Alzheimer's. We must have at least five people to sign up and agree to attend all four sessions. We have also added a new diabetic support group that will meet on the third Wednesday of each month. The center has collaborated with other area agencies to present a six-week self-management workshop for any cancer survivors in the community. More details concerning all the above are in attached flyers.

Tax time has arrived!! Barbara Nash, one of our members and a tax preparer, has graciously offered her services to our members who need assistance in filing a short form. More information is attached. Please call the center if you have questions.

It is no secret that our members like to travel! You will see two day trips attached in this newsletter. The first one on February 22nd to the TN State Museum still has just a few spots left. Deadline is February 11th, so call soon. The other trip is a murder mystery train ride to Watertown on Saturday, March 12th. All pertinent information is provided in the attachments. There will not be any day trips in April as we will be on a weeklong trip to St. Augustine and Amelia Island from April 3-9. The Florida trip is full, but you can be added to the waiting list.

Our Friday Night Dance schedule is below. Hopefully, the weather and sickness will cooperate this month. In February, we will start having food and drinks for purchase. Coffee and water are still no charge.



Friday Night Dances at 7 p.m.

February 4th - Barry Brake & Still Kickin' Country

February 11th - Loaded Dogs

February 18th – Kevin Dobson & Along for the Ride Doors open at 6:00 p.m. Admission is \$7.00 per person

Do you like to play Pickleball or want to learn? If so, Pete Reilly has a group that meets each day at 10:00 a.m. at the Ashland City Tennis Courts, providing the temperature is 50 degrees and above. We are excited the pete has provided this opportunity for our members to join in the

that Pete has provided this opportunity for our members to join in the fun. If you would like more information, you can call Pete at 215-962-7374 or call the center.

In Love, Gera

Special Events This Month



Each Monday & Wednesday at 11:00 Kathy's Kitchen Lunch Meal

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

Two Dates - Thursday, February 3 and Thurs., February 17 at 10:00 a.m. Card Making with Kathy Nicholson



Kathy is doing a make-up class and a new one. The cost will be \$5.00 each to cover the cost of the materials. For more information and to sign up, please call Kathy at the center at 615-792-3629.



Joining the Journey: Living with the Joys and Challenges of Alzheimer's Disease or Dementia

with Lynn Wood from Mental Health America This is a four-part series beginning on February 8th. See attached flyer for more dates and details. Sign up by January 28th.

Thursday, February 10 at 11:00 a.m. Bingo Lunch with Shannon Stewart from Adoration Hospice



Join us for bingo and pizza. If you are attending, please call the center to register by February 7th.



Friday, February 11 at 2 p.m. - Valentine's Tea This special event is sure to be a fun one! See attached flyer for details.



Weds., February 16 at 12:00 p.m. **Navigating Life with Diabetes** w/Aneta Eichler from UT/TSU Ext.

This new support group is for pre-diabetic, diabetic, and family members to help navigate life with diabetes. See flyer for more details.

INSTITUTE OF AGRICULTURE

Friday, February 18 at 1:00 p.m. Second Act: Plan for Positive Aging w/ Aneta Eichler from UT/TSU Extension



The fourth session will be on pacing yourself with healthy exercise. This series is free, but you will need to call to register by February 15th for this class.



Thursday, February 24 at 11:00 a.m. Bingo Lunch with Jackie McGee from Caris Healthcare

Join us for bingo and sub sandwiches. If you are attending, please call the center to register by February 18th.



See information in newsletter about Friday Night Dances and New Pickleball Group

Regular Happenings This Month

Tuesday, February 1– Wings of Hope Meeting at 12:00 p.m.



Everyone is asked to bring a "red" food dish, drinks, or dessert and wear red. Also, bring supplies to make Valentine's cards for the nursing home. Wings of Hope is a nondenominational ministry support group reaching out to all single women.



Friday, February 4 -Coffee with a Cop at 9:00 a.m.

The Ashland City Police Dept. will return to answer any questions. Breakfast pastries will be served along with fresh hot coffee or tea!

Monday, February 7 -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, February 8 – 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.

Wednesday, February 9 – Jeopardy w/ Debbie Davenport at 11:00



Debbie from Cigna will bring a new set of questions to challenge our brain.

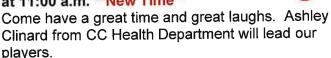
This event will also be held at the same time as Kathy's Kitchen. You do not have to purchase a lunch to join in the fun, however, if you do want a meal, please call to sign up by Monday, February 7th.



Friday, February 25 -VANTAGEPOINTE VILLAGE Breakfast Trivia at 9:00 a.m.

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

Friday, February 25 - Chair Volleyball at 11:00 a.m. **New Time**



MUSICen Monday, February 28 -**SENIORS** Music for Seniors at 10:30 a.m.

Dave Skore will be here to jazz us up. He has over 45 years of experience in playing jazz and blues tunes. He also plays pop, Italian, and movie themes. Come enjoy this great guitarist.

	ις	12	19	26	-
Saturday					Updates:
Friday	Coffee with a Cop - 4 9:00 Loomers 10:00 Bingocize 10:00 Card Games 12:00 Friday Night Dance 7:00 – Barry Brake & Still Kickin' Country	Loomers 10:00 Bingocize 10:00 Card Games 12:00 Valentine's Tea – 2:00 Friday Night Dance 7:00 – Perry Bolin & Loaded Dogs	Loomers 10:00 18 Bingocize 10:00 Card Games 12:00 Second Act — 1:00 Friday Night Dance 7:00 — Kevin Dobson & Along for the Ride	Breakfast Trivia - 25 9:00 Loomers 10:00 Bingocize 10:00 Chair Volleyball 11:00 Card Games 12:00	Sure to Check our Facebook Page & Website for Changes & Updates: Facebook: The Senior Center At Ashland City Website: AshlandCityTn.Gov/Senior
Thursday	Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 9:30 Kathy's Cards 10:00 Yoga 2:30	Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 9:30 FCE 10:00 Bingo 11:00 Yoga 2:30	17 Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 9:30 Kathy's Cards 10:00 Yoga 2:30	Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 9:30 Bingo 11:00 Yoga 1:00 Cancer Support Group Mtg – 6:00	EDITURATE 2022 eck our Facebook Page Website for Change Facebook: The Senior Center At Ashland City Website: AshlandCityIn.Gov/Senior
Wednesday	Loomers 10:00 Bingocize 10:00 Kathy's Kitchen - 11:00 Dancercize 1:00 Tai Chi 2:00 Georgianos	Loomers 10:00 Bingocize 10:00 Kathy's Kitchen - 11:00 Jeopardy 11:00 Dancercize 1:00	Loomers 10:00 16 Bingocize 10:00 Kathy's Kitchen - 11:00 Diabetes Support Group 12:00 Dancercize 1:00		Fell to Check our Fac Facebook: T
Tuesday	Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Journey Class 10:15 Wings of Hope 12:00 Chinese New Year (Year of the Toar)	8 Texas Holdem 8:00 Foot Care 8:30 BP Checks 8:30 S.A.I.L. 9:00 Journey Class 10:15	Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Journey Class 10:15	Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Journey Class 10:15 Trip to Monell's & State Museum	Be
Monday		Paint w/Nancy 8:30 AFEP - 9:00 Kathy's Kitchen - 11:00	AFEP - 9:00 14 Kathy's Kitchen - 11:00 Veteran's Meeting 6:00	Center 21 Closed	28 Music for Seniors – 10:30 Kathy's Kitchen - 11:00 Yoga 1:00
Sunday		O	13	20	27

The Senior Center at Ashland City, 104 Ruth Drive, Ashland City, Tennessee 37015 615-792-3629

February Birthdays

Mattie	Hudgens	Feb 01	Patsy	Smiley	Feb 15
Tom	Carlton	Feb 02	Imogene	Binkley	Feb 16
Michael	Glasgow	Feb 02	Mallarie	Drake	Feb 16
Bobby	Volonik	Feb 02	Lillian	Lewis	Feb 16
Sara	Waller	Feb 02	Barbee	Wright	Feb 16
Eddie	Kerr	Feb 03	Linda	Carney	Feb 17
Ann	Mitchell	Feb 03	Brenda	Lancaster	Feb 17
Jesse	Smith	Feb 03	Harriett	Van Pelt	Feb 17
Anita	Horton	Feb 03	Ada	Walker	Feb 17
Linda	Lee	Feb 03	Jane	Crisp	Feb 18
Steve	Temple	Feb 05	Laura	Yarnes	Feb 18
Donna	Waggoner	Feb 05	Betty	Broz	Feb 19
Brenda	Wiser	Feb 05	Brenda	Pursley	Feb 19
Sandra	Davenport	Feb o6	Shelley	Alexander	Feb 20
Brenda	Jerik	Feb 06	Minnie	Baker	Feb 20
	Jones	Feb 06	Minnie	Cauthen	Feb 20
Becky	Morgan	Feb 06	Sandra	Noe	Feb 20
Myrtle	Davidson	Feb 06	Beverly	Stevens	Feb 20
David		Feb 07	Buster	Biggs	Feb 21
Pam	Jones Shearon	Feb 07	Neila Ann	Evans	Feb 21
Glenda		Feb 07	Mary	Johnson	Feb 21
Cathy	Tramell	Feb 07	Tammy	Rich	Feb 21
Tammy	Henley	Feb 07	William	Davis	Feb 22
Frances	Gafford			Hollingsworth	Feb 22
Daisy	Potts	Feb o8	Danny	Thurman	Feb 22
Alice	Bedwell	Feb 09	Martha	Konkol	Feb 23
Ronda	Taylor	Feb 09	Linda		_
Mike	Childress	Feb 10	Deborah	Nalls	Feb 23
Joan	Fussell-Cantrell	Feb 10	Bob	Nunley	Feb 23
Diane	Meadows	Feb 10	Ann	Binkley	Feb 24
Brenda	Presson	Feb 10	Pamela	Luna	Feb 24
Janice	Quillen	Feb 10	Deanne	Troxel	Feb 24
Janie	Binkley	Feb 11	Mary	Balthrop	Feb 25
Monte	Binkley	Feb 11	Stephanie		Feb 25
Jane	Bradley	Feb 12	Rodger	Thaxton	Feb 25
Helen	Hall	Feb 12	David	Deardorff	Feb 26
Brenda	Turrentine	Feb 12	Maria	Elliott	Feb 26
Franklin	Bryant	Feb 13	Barbara	Hollingsworth	Feb 26
Betty	Riddle	Feb 13	Alan	Cook	Feb 27
Susan	Smith	Feb 13	Candace	Holmes	Feb 27
Becky	Meredith	Feb 14	Sam	Anderson	Feb 28
Peggy	Osborne	Feb 14	Carolyn	Dorris	Feb 28
James	Smith	Feb 14	Brookie	Tribo	Feb 29
Tiger	Hall	Feb 14			
Cindy	DeMott	Feb 15			and lives
April	Esquivel	Feb 15			
Linda	Groves	Feb 15		- Han	DV
Dobbio Cuo	Hunter	Feb 15			

Feb 15

Feb 15

Hunter

Richardson

Bobbie Sue Vickie





Lunch Served Mondays and Wednesdays at 11 a.m.

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

February Menu

Wednesday, February 2nd

Baked Potato Bar – Fresh Veggie Cup w/dip – Chocolate Cake

Monday, February 7th

Chicken & Rice Casserole – Green Peas – Apple Dumplings

Wednesday, February 9th

Superbowl Chili – Appetizers – Variety of Cookies

Monday, February 14th

Stuffed Pork Loin – Mac & Cheese – Baked Apples – Red Velvet Cake w/Cream Cheese

Wednesday, February 16th

Baked BBQ Chicken Leg Quarters – Green Beans – Mashed Potatoes – Fruit Cup

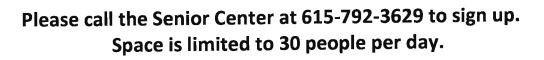
Monday, February 21st CLOSED – President's Day – No Meal

Wednesday, February 23rd

Turkey Vegetable Soup w/Cornbread – Cherry Cheesecake

Monday, February 28th

Spaghetti – Salad – Cobbler









Shannon Stewart

Adoration Hospice provides quality compassionate care for people facing advanced illnesses. The care we provide is individualized according to the patient's needs. We have a local office in Cheatham County serving patients and families in the Cheatham and Dickson community. Our local team consists of an RN, CNA, Social Worker, and Chaplain. The team loves serving the communities in which they live. Our Medical Director, Dr. Kyle Kakac, is a local in the community and loves being able to serve his patients in the community. We are available 24/7, 365 days of the year to help you when you need it most. Hospice services are covered 100% by Medicare and other insurances provide coverage as well. Shannon Stewart is the local Hospice Liaison and you can reach her anytime at 615-414-9521.







Aneta Eichler

The UT/TSU Extension Service loves to partner with the Senior Center at Ashland City. Family and Consumer Sciences programs include topics such as nutrition, food safety, financial planning (including later in life), stress management, physical activity, managing chronic conditions, cancer support and diabetes support. We currently have the following programs scheduled at the Senior Center:

February 16 – Navigating Life with Diabetes at noon. We will meet on the 3rd Wednesday of the month. A free support group for those with Diabetes and their caregivers

February 18 - Second Act: Pace Yourself - We will be looking at the importance of exercise

February 24 — Cancer: Thriving and Surviving — This group will meet for six consecutive Thursday evenings from 6:00 — 8:00 p.m.

All programs are free, but we ask that you RSVP with the Senior center or by calling Aneta Eichler at 615-691-1494.





Tax Preparation by Barbara Nash

If you are a member and need assistance with your 2021 taxes, Barbara Nash is kindly offering her services during the month of February only from February 1-18. You can drop off your tax information by the Senior Center for her to pick up. When done, Barbara will bring it back to the center for your signature and you can pick up your copy.

Be sure that your information is in a secured envelope. Along with your tax documents, you will need to include your telephone number, social security number, and date of birth.

New information is needed for 2021 taxes.

If you received stimulus money, please indicate so and how much. If you did not, please indicate that as well. Also, a small deduction for donations made to charitable organizations is allowed even if you do not itemize. Include this documentation as well.

This service is for short form tax preparation only.

Call the center at 615-792-3629 if you have questions.



TN State Museum and Monell's Restaurant Tuesday, February 22, 2022 10:00 a.m. – 5:00 p.m.



Cost \$35.00 per person (non-refundable)

Includes meal at Monell's Restaurant, museum, bus, and all gratuities.

Deadline to sign up and pay is February 11, 2022. Please call Gena Batts at the center at 615-792-3629 for more information.



Dinner Menu: All meals served family-style with their famous fried chicken, spinach stuffed shells, pot roast, hot southern vegetables, salads, biscuits, drink, and dessert. Gratuity is included.

Tennessee State Museum

The Tennessee State Museum can be characterized as the "Smithsonian of Tennessee," based on its mission to collect, preserve, and interpret the material culture of Tennessee and Tennesseans.



The Museum's collection contains a representation of Tennessee, its land, and its people, from Prehistoric times to present day. Significant artifacts related to the state's history have been acquired over several decades which include art, furniture, textiles, and photographs produced by Tennesseans.

Bus will leave promptly at 10:15 a.m. from Riverbluff Park. We will arrive at Monell's around 10:45 a.m. and be seated around 11:00 a.m. After the meal, we will tour the TN State Museum. If time allows, we may go next door to the Farmer's Market House Shops. Bus will arrive back in Ashland City no later than 5:00 p.m.







Murder Mystery Excursion Train with the TN Central Railway Museum Saturday, March 12, 2022 8:00 a.m. – 6:00 p.m.

Cost \$65.00 per person (non-refundable)

Includes train ride, show, bus, and bus gratuities. Lunch is on your own on the train or in Watertown.

Deadline to sign up and pay is February 25, 2022. Please call Gena Batts at the center at 615-792-3629 for more information.

Enjoy an excursion train ride on a restored classic streamlined stainless steel passenger train! During this 90-mile round trip, enjoy a short progressive murder mystery play performed right in your car during the trip to and from Watertown! Act one takes place on the Eastbound trip

and Act 2 takes place on the Westbound trip. Each Act is about 5 minutes long since the play actors repeat the play in every car on the train. In addition to the progressive play, Grand Ole Opry's Buddy Jewel will be performing live on the train!



During the layover in Watertown, visit the restaurants for lunch and shop the stores around the square. Souvenirs are also for sale on board the train. Cold drinks and food will be for sale in the dining car. No food or drink may be brought on board the train. Arrival time back in Nashville will be approximately 4:15 PM.

Bus will leave promptly at 8:00 a.m. from Riverbluff Park. We will arrive at the TN Central Railway Museum around 9:00 a.m. and begin boarding. Train leaves at 10:00 a.m and arrives back at the station at approximately 4:15 p.m. Bus will be back in Ashland City no later than 6:00 p.m.

DO YOU KNOW SOMEONE WITH ALZHEIMER'S DISEASE OR DEMENTIA?

Joining the Journey Class

Designed for family members and friends learning to live with the joys and challenges of caring for someone with dementia or Alzheimer's Disease.

This four-part series covers the following:

- Week 1: Diagnosis, medications and the difference between dementia, Alzheimer's, depression and normal aging
- Week 2: Communication Do's and Don'ts and how we use all of our senses to take in data and communicate.
- Week 3: Dealing with difficult behaviors and redirection technique problems
- Week 4: Caregiver Stress and community resources

February 8th/15th/22nd & March 1st 10:15 am

Each class builds on the previous, so participants need to attend every week.

Please call the center at 615-792-3629 by January 28th to sign up.







UT/TSU EXTENSION - CHEATHAM

NAVIGATING LIFE WITH DIABETES

Pre-diabetic, diabetic or family members

Find a welcoming support group of
individuals seeking to navigate life with
diabetes.

3RD WEDNESDAY OF EACH MONTH 12:00 P.M. @ SENIOR CENTER







Learning to Improve Quality of Life

This six-week self-management workshop is designed to help cancer survivors to live more active and fulfilling lives. Each session provides information and practical tools to help individuals manage symptoms, challenges, and day-to-day tasks in small supportive classes.

Date/Time: Thursdays, February 24 - March 31, 2022 / 6:00 - 8:00 p.m.

Location: 104 Ruth Dr., Ashland City, TN 37015 (Sr. Center at Ashland City)

To Register, Contact: Aneta Eichler/ 615-792-4420/ adodd2@utk.edu

Register on-line: https://tiny.utk.edu/thriving

Learn how to:

- Make decisions about treatment and complimentary therapies
- Exercise for regaining and maintaining flexibility and endurance
- Deal with frustration, fatigue, pain, isolation, poor sleep, and living with uncertainty
- Communicate effectively with family, friends, and health professionals
- Make good food decisions
- Set priorities









