

FEBRUARY 2023

BE ACTIVE & LIVE WELL

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



Love Yourself

February is the month of love. I encourage you to start with loving yourself. A quote from Wayne Dyer reads, "If you don't love yourself, nobody will. Not only that, you won't be good at loving anyone else. Loving starts with the self." This is so true. In order to love and treat others the way we want to be loved and treated, we must first know how to love ourselves. This includes allowing time for the things you enjoy so that you are refreshed and ready to do for others. I inspire you to take this month and find a hobby or activity you like. We have some great options at the center. There is a weekly sewing group (Sew & Sews) and looming (Loomers) group, and even a group called All Things Yarn. Perhaps you enjoy being creative in a different way. Nancy Reeves teaches a monthly painting class. Our own Kathy Nicholson regularly conducts card making and craft classes. Love to test your knowledge? We have a weekly Cranium Crunch sessions and monthly Trivia. Check out our calendar for dates and times. Whatever you decide to do, be sure you enjoy it and that it brightens your day!

Trips

In March, we are going to Jackson for a fun day at the Casey Jones Village. A flyer with more information is in this newsletter.

March is also the month when we head to Natchez, Mississippi for a weeklong trip on March 30-April 3, 2023. We still have spots available, but you need to sign up soon if you are interested. See promotional flyer for details or call Gena Batts for more information.

The dates for the Canadian Rockies and Glacier National Park trip had to be moved to July 11 - 17, 2023. Because the dates were adjusted, Collette has extended the date for signing up until March 1st. The cost of the trip will remain the same. See flyer for details or call Gena Batts for more information.

Dance

The Friday Night Dances were a success in January. Barry Brake began leasing the center for dances on January 13. He plans to host a dance each Friday night. Doors open at 7 p.m. and the cost is \$7.00 per person. A potluck meal is served and everyone is encouraged to bring a dish to share. The schedule of the bands performing are on our monthly calendar and are posted each week on our Facebook page.

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 Center at Ashland City
is supported by:**

The Town of Ashland City

Grants from:

Greater Nashville Regional Council

TN Council on Aging and Disability

West End Home Foundation

Friends of the Center Donations

The Community Foundation of Middle TN

Special Events This Month

Weds., February 1 at 11:00 a.m.

Bingo Lunch w/ The Waters of Cheatham

Join us for bingo lunch hosted by Ben Anderson w/ The Waters of Cheatham.



Friday, February 3 at 8:30 a.m.

Valentine Craft with Kathy

The cost will be \$3.00 each to cover the materials for a quart sized Valentine jar.

For more information and to sign up, please call Kathy by February 1st.



Weds., February 8 at 11:00

Bingo Lunch w/ A.C. Councilman Smith

Join us for free bingo lunch hosted by one of the Ashland City Councilman, Michael Smith. If you would like to attend, please call the Center to sign up by February 6th.



Weds., February 15 at 11:00

Lunch & Learn w/ AssureSource

Join us for a lunch & learn hosted by Don Bright and Tommy Cooke. They will discuss ways to keep your home, assets, & savings, while still qualifying for Medicaid.

Tues., February 21 at 10:00 a.m.

Card Making w/ Kathy

The cost of this class will be \$5.00. We will be making all occasion cards. For more information and to sign up, please call Kathy by February 17th.



Tuesdays in February at 1:00 p.m.

Nutrition Class w/ Aneta Eichler

She will be continuing her series on nutrition through the month of February. This is a great class with a lot of helpful tips!



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, February 4 – Mission of Hope Assembly at 6307 Hwy 41-A in Pleasant View from 10 am – 2 pm.

Ongoing – 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



Each Monday & Wednesday at 11:00

Kathy’s Kitchen Lunch Meal

See attached menu for more information.

Mondays at 10:00 a.m.

Brain Games

Cranium Crunch



This is a group that meets and works on improving memory and attention with fun brain games.

Monday, February 6 –

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.



Monday, February 6–

Lunch with the Law at 11:00 am

The Ashland City Police Dept. will be here to talk and answer questions. It is in conjunction with Kathy’s Kitchen, but you do not have to purchase a lunch to join the event.



Tuesday, February 7– Wings of Hope Meeting at 12:00 pm

This month’s theme is Valentine’s Day! Please bring supplies to make valentines for the nursing home’s food trays. Also, bring a red food or dessert to share. Don’t forget your red or Valentine’s Day attire!



Monday, February 13 – Trivia at 10:00 am

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



Tuesday, February 14 – 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.



Wednesday, February 15- 12:00pm

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.

Weds., February 22 – Jeopardy at 11:00



Debbie Davenport with Cigna 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.



Monday, February 27 at 11:00 a.m.

Music for Seniors

Donna Kay Anderson will be here to perform popular songs from the 50’s & 60’s! Join the fun!

FEBRUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Bingocize 10:00 Kathy's Kitchen 11 Bingo Lunch w/ The Waters 11:00 All Things Yarn 1:00 Dancercise 1:00 Tai Chi 2:00	2 Texas Holdem 8:00 S.A.I.L. 9:00 Loomers 10:00 Sew & Sews 10:00 Yoga 1:30	3 Craft w/ Kathy 8:30 Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 Dance 7:00- Fred Winston & The Stable Boys
6 Paint w/ Nancy-8:30 Arthritis Exercise - 9:00 Cranium Crunch 10 Kathy's Kitchen 11 Lunch w/ the Law- 11:00 Yoga 2:30	7 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Wings of Hope- 12:00 Nutrition Class 1:00	8 Bingocize 10:00 Kathy's Kitchen 11 Bingo Lunch w/ A.C. Councilman Smith 11 All Things Yarn 1:00 Dancercise 1:00 Tai Chi 2:30	9 Texas Holdem 8:00 S.A.I.L. 9:00 Loomers 10:00 Sew & Sews 10:00 Yoga 2:30	10 Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 Dance 7:00- Barry Brake & Still Kicking Country
13 Arthritis Exercise - 9:00 Trivia 10:00 Kathy's Kitchen 11 Yoga 2:30 Veteran's Meeting- 6:00	14 Texas Holdem 8:00 BP Checks 8:30 Foot Care 8:30 S.A.I.L. 9:00 FCE Mtg 10:00 Nutrition Class 1:00 	15 Bingocize 10:00 Kathy's Kitchen 11 Lunch & Learn w/ AssureSource 11:00 Diabetes Support Group- 12:00 All Things Yarn 1:00 Dancercise 1:00 Tai Chi 2:30	16 Texas Holdem 8:00 S.A.I.L. 9:00 Loomers 10:00 Sew & Sews 10:00 Yoga 2:30	17 Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 Dance 7:00- Kevin Dobson & Along for the Ride
20 Center Closed 	21 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Cards w/ Kathy 10:00 Nutrition Class 1:00	22 Bingocize 10:00 Kathy's Kitchen 11 Jeopardy w/ Cigna Medicare 11:00 All Things Yarn 1:00 Dancercise 1:00 Tai Chi 2:00	23 Texas Holdem 8:00 S.A.I.L. 9:00 FOC Mtg 10:00 Loomers 10:00 Sew & Sews 10:00 Yoga 1:00	24 Arthritis Exercise - 9:00 Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 Dance 7:00- Rode West
27 Arthritis Exercise - 9:00 Cranium Crunch 10 Kathy's Kitchen 11 Music for Seniors 11 Yoga 1:00	28 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Nutrition Class 1:00		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.

February Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Mattie	Hudgens	Feb 01	Andrea	Hand	Feb 24
Marly	Klemin	Feb 01	Mary	Balthrop	Feb 25
Sara	Waller	Feb 02	Rodger	Thaxton	Feb 25
Mickey	Franklin	Feb 02	Maria	Elliott	Feb 26
Dale	Smith	Feb 03	Alan	Cook	Feb 27
Anita	Horton	Feb 03	Candy	Holmes	Feb 27
Betsy	Bowman	Feb 04	Sam	Anderson	Feb 28
Steve	Temple	Feb 05	Carolyn	Dorris	Feb 28
Donna	Waggoner	Feb 05	Heidi	Pendas	Feb 28
Von	Oldham	Feb 05	Lisa	York	Feb 28
Sandra	Davenport	Feb 06			
David	Davidson	Feb 06			
Pam	Jones	Feb 07			
Tammy	Henley	Feb 07			
Frances	Gafford	Feb 08			
Daisy	Potts	Feb 08			
Gwen	WhiteOwl	Feb 08			
Brenda	Donaldson	Feb 09			
Mike	Childress	Feb 10			
Joan	Fussell-Cantrell	Feb 10			
Janice	Quillen	Feb 10			
Lavon	Sanders	Feb 10			
Jane	Bradley	Feb 12			
Helen	Hall	Feb 12			
Betty	Riddle	Feb 13			
Becky	Meredith	Feb 14			
Tiger	Hall	Feb 14			
Cindy	DeMott	Feb 15			
April	Esquivel	Feb 15			
Bobbie Sue	Hunter	Feb 15			
Imogene	Binkley	Feb 16			
Mallarie	Drake	Feb 16			
Linda	Carney	Feb 17			
Nancy	Darnell	Feb 17			
Anne	Culver	Feb 17			
Jane	Crisp	Feb 18			
Laura	Yarnes	Feb 18			
Betty	Broz	Feb 19			
Cowboy	Lasater	Feb 19			
Minnie	Baker	Feb 20			
Minnie	Cauthen	Feb 20			
Buster	Biggs	Feb 21			
Nelia Ann	Evans	Feb 21			
Mary	Johnson	Feb 21			
Tammy	Rich	Feb 21			
William	Davis	Feb 22			
Linda	Konkol	Feb 23			
Bob	Nunley	Feb 23			
Kathy	Thompson	Feb 23			
Ann	Binkley	Feb 24			
Pamela	Luna	Feb 24			



FREE BIRTHDAY LUNCH!

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, February 27th at 11:00am at our own Kathy's Kitchen.

The menu for the day is Sheet Pan Sausage & Vegetables, Cornbread, 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!



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

February 2023 Menu

Wednesday, Feb. 1st

Broccoli Cheese Soup, Cornbread, Dessert

Monday, Feb. 6th

BBQ Sandwich, Coleslaw, Pickle, Chips, Apple Cake

Wednesday, Feb. 8th

"Soup-er" Bowl Soup (Taco Soup)

This is a free bingo lunch day, so please call and sign up for this day!

Monday, Feb. 13th

Spaghetti & Meatballs, Salad, Garlic Bread, Orange Cake

Wednesday, Feb 15th

Hamburgers, Fries, Chips, Pina Colada Cake

Monday, Feb. 20th

Center Closed for Presidents' Day

Wednesday, Feb. 22nd

Ground Turkey Taco Salad, Chips & Dip, Peach Cobbler

Monday, Feb. 27th

Sheet Pan Sausage & Vegetables, Cornbread, Cupcake & Ice Cream

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





TAX PREPARATION by Barbara Nash



If you are a member and need assistance with your 2022 taxes, Barbara Nash is kindly offering her services again this year. You can drop off your tax information by the Senior Center for her to pick up. **The deadline to drop off is February 20.** 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 2022 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.

DAY TRIP

We're Going to Jackson!
Tuesday, March 21, 2023
8:00 a.m. – 6:00 p.m.



Cost \$ 35.00 per person (non-refundable)

Includes world famous buffet meal at The Old Country Store, admission to the Casey Jones Railroad Museum and Rusty's TV and Movie Car Museum and all gratuities.

Deadline to sign up and pay is March 7.

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

Lunch Menu: All you can eat buffet at The Old Country Store with fried chicken, beef liver & onions, smoked turkey, smoked chicken quarters, beef stroganoff, chicken pot pie, hamburger steak, a variety of homemade vegetables, soup, and dessert. Beverage and gratuity are included.

Museums: The **Casey Jones Railroad Museum** contains many exhibits dedicated to Casey's life and famous last ride. Enjoy a short film about the story of Casey Jones, a walk through Casey Jones' historic home, and pictures with our 35-ton locomotive, our version of Casey's engine 382. Civil War enthusiasts will enjoy our permanent exhibit entitled "The Railroads & The Civil War In Tennessee."

At **Rusty's TV & Movie Car Museum**, they have over 50 cars that have been used in movies and TV as well as TV and movie memorabilia. There's something for all ages! Many of the cars are the actual cars used in the shows and can only be seen here.

Shopping: You will have the opportunity to browse through Miss Juanita's Gift Shop, Miss Anne's Ice Cream Shoppe, and The Shoppes at Casey Jones Village.

Bus will leave promptly at 8:00 a.m. from upper parking lot of Tractor Supply. We will arrive in Jackson around 10:30 a.m. and tour the railroad museum. We will eat around 11:45 a.m. After the meal, there will be time for shopping. We will then tour the car museum. Bus will arrive back in Ashland City no later than 6:00 p.m.

Travel 2023



Natchez, Mississippi
March 30 – April 3, 2023
\$1,795 a person (dbl. occupancy)

Jimmy The Cricket Tours



All Inclusive Package:

4 Nights Lodging at the Renowned Natchez Grand Hotel overlooking the Mississippi River
All Meals in Beautiful Homes of Natchez
Exclusive Guided Service of Jimmy the Cricket
Bus Transportation by Gray Line with Lee McClendon, Driver

Canadian Rockies & Glacier National Park

July 11 – 17, 2023

\$3,699 per person (double occupancy)

collette

7 Days:

Highlights... Calgary, Head-Smashed-In Buffalo Jump, Waterton Lakes National Park, Glacier National Park, Going-to-the-Sun Road, Banff, Athabasca Glacier, Lake Louise

10 Meals Included: 6 Breakfasts, 1 Lunch, 3 Dinners

Hotel Accommodations and Air Fare Included:

2 nights at Calgary Marriott Downtown, Calgary, Alberta
2 nights at Bayshore Inn, Waterton Lakes National Park, Alberta
2 nights at Banff Ptarmigan Inn, Banff, Alberta

Transportation to and from BNA Airport
Airfare to and from Canada (Passport Required)
Guide from Collette for Entire Tour

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