

FEBRUARY 2024

THRIVE 55+ ASHLAND CITY

104 RUTH DRIVE,
ASHLAND CITY, TN 37015



Spread Love Everywhere You Go

“Spread love everywhere you go. Let no one ever come to you without leaving happier.” ~ Mother Teresa

February is a month focused on love. It can also be a time that we think of how we treat and speak to others. Please give this some thought and be slow to speak when your words may not be uplifting to others. We want our center to be a welcoming environment for everyone.

This month is also American Heart Month. We will have speakers and activities this month to help us focus on keeping active and being more heart healthy. We encourage you to join us and learn more about how your lifestyle can make a difference!

News

Let's Celebrate! Come join us as we finally are able to host the Retirement Celebration for Kathy Nicholson. It will be held on Friday, February 2nd from 1:00 – 3:00 p.m. Everyone is welcome to stop by during this time to give your well wishes to Kathy as she embarks on her new journey in life. Cake, coffee and tea will be provided.

We appreciate all of you who took the time to complete our annual survey in January. Your opinions and suggestions are very important to us. Please know that all suggestions may not be possible to address, but we will definitely look into the issues that can be addressed. You are always welcome to speak with the Center Director, Gena Batts, if you have any concerns or suggestions.

Free Tax Preparation Assistance is available beginning this month. We have two options to offer. The first one is offered by Barbara Nash who is a center member and longtime tax preparer. The other option is through the AARP Foundation Tax-Aide Program. Appointments must be made for the AARP program as they provide onsite preparers. Flyers for both options are included in this newsletter.

Trips

We have a trip planned through Enrichment Travel Services to Gatlinburg for May 14-17. An informational flyer is included in this newsletter with more details. Spots are filling quickly.

There will be an informational meeting for the Scotland trip on Thursday, February 8 at 3:00 p.m. This trip is September 19-28, 2024. Brenda Willis from Enrichment Travel Services will be here to answer any questions you may have. If you are interested in this trip, I highly encourage you to attend the meeting or call the center and speak with Gena Batts.

Meet Our Staff

Gena Batts,
Director

Joanna Burcham,
Assistant Director

Judi Johns,
Program Coordinator

Tammany Carter,
Program Assistant

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:

Thrive 55+ Ashland City

Thrive 55+ 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, February 3 – 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.

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 lunch, but you do not have to purchase a lunch to join the event.

Lunch Meal

Every Monday & Wednesday we have lunch available for purchase. The cost is \$5.00, and lunch is served at 11:00 a.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 lunch, but you do not have to purchase a lunch to join the event.

Lunch & Learn

During lunch, our senior service partners speak and answer questions about the services they offer. 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 lunch, 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- Widow/Single Ladies Group

February 6th: 11:00 am at Senior Center

Please bring red foods to share and valentines for nursing home food trays! Wear your valentine red attire!



FEBRUARY 2024



Daily Activities

Monday

Arthritis Exercise 9:00 a.m.
 Cranium Crunch 10:00 a.m.
 Lunch 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.
 Lunch 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

Monday

Thrive 55+
Ashland City
 104 Ruth Drive,
 Ashland City, TN 37015
 Phone: 615-792-3629

Tuesday

5
 Paint with Nancy- 8:30 am
 Lunch & Learn w/ Family Health Care -11:00am

6
 Wings of Hope 11:00 am-
 Come meet the new officers and co-founder Pat Brandenstein!
 Harmonicas for Health- 1:00pm

Wednesday

7
 Emotional Support- 10 am
 Lunch & Learn w/ Tommy Cooke from Medicaid Success-11:00am
 Topic: Saving Assets

Thursday

8
 Scotland Trip Information Meeting- 3:00pm

Friday

2
 Kathy Retirement Celebration 1pm-3pm

12
 Trivia - 10 am w/ Zachary Fulton
 Bingo Lunch w/ CapTel-11:00am
 Host: Gary Gallon
 Veterans Mtg- 6pm

13
 Foot Care- 8:30am
 FCE Mtg - 10am
 Harmonicas for Health- 1:00pm

14
 Emotional Support- 10 am
 Price is Right w/ Tennova Hospice- 11:00am
 Host: Marie Eppes

15

16

19
CENTER CLOSED
 IN OBSERVANCE OF PRESIDENT'S DAY

20
 Harmonicas for Health- 1:00pm

21
 Emotional Support- 10 am
 Jeopardy w/ Providence Group-11:00am
 Host: Debbie Davenport

22
 FOC Mtg - 10:15am

23

26
 Birthday Lunch- 11:00am
 Host: Linda Staffen & Susie Ryan

27
 Harmonicas for Health- 1:00pm

28
 Emotional Support- 10 am
 Lunch & Learn w/ Diane Gomez -11:00am
 Topic: Health & Nutrition

29

Friday Night Dance Schedule

February 2- Fred Winston & The Stable Boys
 February 9 – Barry Brake & Still Kicking Country
 February 16 – Kevin Dobson & Along for the Ride
 February 23 – Barry Brake & Still Kicking Country

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	Kathy	Thompson	Feb 23
Marly	Klemin	Feb 01	Pamela	Luna	Feb 24
Georgia	Lee	Feb 01	Andrea	Hand	Feb 24
Brenda	Boyte	Feb 01	Betsy	Baum	Feb 24
Sara	Waller	Feb 02	Rodger	Thaxton	Feb 25
Mickey	Franklin	Feb 02	Candace	Holmes	Feb 27
Ernest	Boyd	Feb 02	Sam	Anderson	Feb 28
Dale	Smith	Feb 03	Carolyn	Dorris	Feb 28
Anita	Horton	Feb 03	Heidi	Pendas	Feb 28
Betsy	Bowman	Feb 04	Lisa	York	Feb 28
Steve	Temple	Feb 05	Patsy	DeLange	Feb 28
Donna	Waggoner	Feb 05			
Von	Oldham	Feb 05			
Sandra	Davenport	Feb 06			
Brenda	Jerik	Feb 06			
David	Davidson	Feb 06			
Roberta	Sutton	Feb 06			
Pam	Jones	Feb 07			
Tammy	Henley	Feb 07			
Evelyn	Clark	Feb 07			
Gwen	WhiteOwl	Feb 08			
Mike	Broad	Feb 08			
Wade	Reed	Feb 09			
Mike	Childress	Feb 10			
Joan	Fussell-Cantrell	Feb 10			
Janice	Quillen	Feb 10			
Lavon	Sanders	Feb 10			
Jane	Bradley	Feb 12			
Vern	Huskey	Feb 12			
Sherry	Strube	Feb 12			
Betty	Riddle	Feb 13			
Debbie	Minton	Feb 13			
Becky	Meredith	Feb 14			
Tiger	Hall	Feb 14			
Bobbie Sue	Hunter	Feb 15			
Imogene	Binkley	Feb 16			
Mallarie	Drake	Feb 16			
Patty	Hutchinson	Feb 16			
Linda	Carney	Feb 17			
Nancy	Darnell	Feb 17			
Anne	Culver	Feb 17			
Jane	Crisp	Feb 18			
Laura	Yarnes	Feb 18			
Minnie	Baker	Feb 20			
Nelia Ann	Evans	Feb 21			
Mary	Johnson	Feb 21			
Tammy	Rich	Feb 21			
William	Davis	Feb 22			
Connie	St. John	Feb 22			
Linda	Konkol	Feb 23			
Bob	Nunley	Feb 23			

Free Birthday Lunch

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, February 26th at 11:00am.

The menu for the day is BBQ Baked Chicken, Baked Beans, Potato Salad, 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



February Babies!

Birthday Lunch: February 26th @11:00 a.m.



February 2024 Lunch Menu

Lunch served Mondays & Wednesdays at 11 a.m.

Cost is \$5.00 per person.

Includes Meal, Dessert, and Drink.

Monday, February 5th

French Dip Sandwich, Fries, Slaw, Cookies

Wednesday, February 7th

Meatloaf, Mashed Potatoes, Green Beans, Cornbread, Apple Dumplings

Monday, February 12th

Pork Tenderloin, Roasted Asparagus & Red Potatoes, Roll, Brownies

Wednesday, February 14th

Chicken Parmesan, Spaghetti, Ceasar Salad, Garlic Bread, Strawberry Cake

Monday, February 19th

Closed for Presidents Day

Wednesday, February 21st

Chili, Grilled Cheese, Lemon Bars

Monday, February 26th- Birthday Lunch

BBQ Baked Chicken, Baked Beans, Potato Salad, Cupcakes & Ice Cream

Wednesday, February 28th

Beef & Broccoli Stir Fry, White Rice, Egg Rolls, Sugar Cookies

**Space is limited to 40 people on Mondays
& 50 people on Wednesdays.**

This is on a first come first serve basis.

Arthritis Exercise PJ Day

Come February 12th to relax and exercise in your favorite cozy pj's to be eligible to win a nice prize!



**PAJAMA
PARTY**

Bring a friend to join in on the fun!

Harmonicas for Health[®] Classes

Harmonicas for Health class is back! The benefits include better breathing control, decreased shortness of breath and stronger abdominal muscles. This would be an introductory class, so no musical ability is required to take this class. If this interests you, come try it out!



**Tuesdays at 1:00pm
starting February 6th**





TAX PREPARATION by Barbara Nash



If you are a current active member and need assistance with your 2023 taxes, Barbara Nash, a long-time tax preparer, is kindly offering her free 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 23.** 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 and SEALED envelope. Along with your tax documents, you will need to include your telephone number, social security number and date of birth.

This service is for short form tax preparation only.
Call the Center at 615-792-3629 if you have questions.

AARP FOUNDATION TAX-AIDE

Get your taxes done for free.

This service will be available
here at the center.

Appointments are required.
Please call the center to make
your appointment.

615-792-3629



**Working for
You**

Whether in person or virtually, we'll
help you get every tax credit and
deduction you've earned.



**Welcoming
and Free**

The program is open to taxpayers of all
ages. AARP membership is not required.



IRS-Certified

Our volunteers are trained and
IRS-certified every year.

To find a site near you, or to get information about virtual services,
visit aarpfoundation.org/taxaide or call us toll-free at 1-888-227-7669.

The Internal Revenue Service (IRS) sponsors the Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) Programs. The mission of these programs is to provide free basic tax return preparation for low-to-moderate income and elderly taxpayers. This also includes taxpayers with disabilities, limited English proficiency and the Military. Volunteers participating in these programs must sign a Form 13615, Volunteer Standards of Conduct Agreement - VITA/TCE Programs. These agreements require them to provide high quality service and uphold the highest ethical standards.

In accordance with federal law and the Department of the Treasury - Internal Revenue Service policy, discrimination against taxpayers on the basis of race, color, national origin (including limited English proficiency), disability, sex (in education programs or activities), age or reprisal is prohibited in programs and activities receiving federal financial assistance. Taxpayers with a disability may request a reasonable accommodation and taxpayers with limited English proficiency may request language assistance to access service. To report unethical behavior to IRS, e-mail us at voltax@irs.gov.

If a taxpayer believes he or she has been discriminated against, a written complaint should be sent to: Operations Director, Civil Rights Division, Internal Revenue Service, Room 2413, 1111 Constitution Avenue, NW, Washington, DC 20224. For all other inquiries concerning taxpayer civil rights, contact us at the mailing address or email us at edi.civilrights.division@irs.gov. Do not send tax returns or other tax-related information to the Civil Rights Division office or email address.

While the IRS is responsible for providing oversight requirements to Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs, these sites are operated by IRS-sponsored partners who manage IRS-required site operations and volunteer ethical standards. In addition, the locations of these sites may not be in or on federal property.

AARP Foundation
For a future without senior poverty.

Day at Opry Mills

Tuesday, March 19, 2024
9:00 a.m. – 4:30 p.m.

DAY TRIP



Cost \$55.00 per person (non-refundable)

Includes meal and gratuity at the Bavarian Bierhaus German Restaurant, admission to Madame Tussauds Wax Museum, bus transportation and driver gratuity.

The deadline to sign up and pay is March 1.

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

Wax Museum Tour: This has become one of Nashville's best attractions! It is a self-guided tour of past and present music stars and takes approximately 60 to 90 minutes.

Lunch Menu: Pretzel Bites & Bier Cheese, Entrée of Chicken Schnitzel and Sausage Plate, German Potato Salad, Green Beans, and Black Forest Cake

Shopping: You will have the opportunity to browse the many stores in Opry Mills Mall during the afternoon.

The bus will leave promptly at 9:00 a.m. from the upper parking lot of Tractor Supply. We will arrive at Opry Mills around 10:00 a.m. We will tour the wax museum first and then eat around 12:00 p.m. After the meal, there will be time for shopping. We will leave Opry Mills between 3:00-3:30 p.m. The bus will arrive back in Ashland City between 4:00-4:30 p.m. Mobility scooters are permissible for this trip.

Gatlinburg and Dollywood

Including Great Smoky Mountain National Park, Anakeesta and
Dolly Parton's Stampede Dinner Show

You are invited to join the Senior Center at Ashland City to explore Gatlinburg, Pigeon Forge and the Great Smoky Mountain National Park. This spring trip to east Tennessee will include a full day at Dollywood bursting in color during their Flower and Food Festival which includes all shows, crafts, shops, rides and attractions.

May 14-17, 2024

Cost: \$865 per person, double occupancy; \$784 per person, triple occupancy; \$698 per person, quadruple occupancy; \$998 single occupancy

Your Tour Includes:

- *3 nights at the Residence Inn Pigeon Forge
 - all suite rooms with couch and kitchenette
- *Free time for shopping on The Island
 - walking distance from our hotel
- *Enrichment Travel tour director
- *Luxury Grayline coach
- *Full breakfast daily
- *Dollywood during Flower and Food Festival
- *Stampede Dinner Show
- *Anakeesta
- *Great Smoky Mountain National Park
- *Free time in historic Gatlinburg
- *Farewell dinner
- *VIP souvenir luggage tag
- *And much more...



Contact Gena Batts at the Senior Center at Ashland City for more information - (615) 792-3629