

January 2021

The Ashland City Gazette

The Senior Center at Ashland City 104 Ruth Drive Ashland City TN. 37015 615-792-3629



Celebrating January

Remember

If we have snow and inclement weather to visit Channel -4 Snowbird for openings, cancellations, and closings.

Mid Cumberland Service to the Senior Center is available. Call the center to set up a ride.

January is the time for new beginnings. It is in this month that you get a clean slate, a chance to reflect, relax, and set new goals. These things are important to set your mood for the whole year, so there is no point in dwelling on the January blues you may be experiencing.

Fun Facts of January

Flower – Snowdrop and carnation

Gem – Garnet which represents constancy

Zodiac

Capricorn

December 22 – January 19

Aquarius

January 20- February 18



HELLO 2021!

Many of us are glad to see that 2020 is behind us. It was a hard year for many once Covid – 19 reared its ugly head. We were separated from those we love, the things we enjoyed, and overall, the privilege of showing our faces. Meat, toilet paper, and cleaning supplies were in great demand. Did you ever think you would look so hard for something to use to clean your house? Many were reconnected with a place called the kitchen. (LOL).

I hope the new year finds each of you and your family healthy.

The Senior Center reopened on October 5.

We opened with limitations set forth by the state guidelines. These guidelines will be lifted as we are permitted. We have several groups that have chosen to return. Everyone is welcome to come at any time. The pool tables and shuffleboard tables are available for play. Tables are sanitized and available for use for card playing or just visitation. If you have a group that would like to reserve a spot or room, give us a call. Exercise classes have resumed with limited number of participants. If you would like to sign up for a class call the center. Craft and painting classes have resumed. The center is hosting events and luncheons with limited numbers as well.

The staff at the senior center is following all protocol to ensure the center is a safe, clean environment to come. We hope to see you soon.

GOING TO GRAND CANYON

The final payments are due January 8th. Please mail in or bring in your payments.

Painting Class with Nancy

Join Nancy Reeves for painting class on Monday, January 4 starting at 8:30 a.m. Pre-drawn canvas and painting supplies are furnished. Shown are some of the paintings that are available. She has other designs available this month as well. If you are interested, please contact Nancy by December 29th to register. Reach her by text message at 615-294-2578 or email her at by reeves.nancy@gmail.com



Greeting Card Class with Kathy



Kathy will be doing a greeting card class on January 11 at 9:00 a.m. Participants will do a Valentine's card, a thinking of you card and a birthday card. The cost is \$5.00 per person. If you would enjoy making these beautiful cards, please call her at 615-792-3629 to reserve your spot.

You are *never* too old to set another goal or to *dream* a new dream.

C.S. Lewis

A Week of Celebrations



The week of December 7th was a busy week of celebrating the giving season. We wanted to let our members know how much we appreciate them. Our painting classes enjoyed a lite lunch. During our Bingo Extravaganza, members enjoyed refreshments and the giveaways from our generous vendors. We ended our week with breakfast for the Texas Holdem group and lunch for our pool players. All seniors who stopped by received a Christmas treat bag. It was a great week of fellowship!



Sunday Monday Tuesday Wednesday Thursday Friday Saturday



January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	3 Painting w/Nancy 8:30 Yoga 1:00	4 Texas Holdem 8:30 S.A.I.L.L. 9:00	5 Bingocize 12:00 Dancercize 1:00 Tai Chi 2:00	6 Texas Holdem 8:30 S.A.I.L.L. 9:00 Yoga 1:00	7 Texas Holdem 8:30 S.A.I.L.L. 9:00 Yoga 1:00	8 Bingocize 10:00 New Year's Day	9
10	11 Greeting Cards w/Kathy 9:00 Yoga 1:00	12 Texas Holdem 8:30 S.A.I.L.L. 9:00	13 Bingocize 12:00 Dancercize 1:00 Tai Chi 2:00	14 Texas Holdem 8:30 S.A.I.L.L. 9:00 Yoga 1:00	15	16	
17	18 Center Closed 	19 Texas Holdem 8:30 S.A.I.L.L. 9:00	20 Bingocize 12:00 Dancercize 1:00 Tai Chi 2:00	21 Texas Holdem 8:30 S.A.I.L.L. 9:00 Yoga 1:00	22 Bingocize 10:00	23	
24	25 Yoga 1:00	26 Texas Holdem 8:30 S.A.I.L.L. 9:00	27 Bingocize 12:00 Dancercize 1:00 Tai Chi 2:00	28 Texas Holdem 8:30 S.A.I.L.L. 9:00 Yoga 1:00	29 Bingocize 10:00	30	
31 Activity Professionals Week	Australia Day (observed)						
<p>Be sure to check our website and Facebook page for changes and updates: Website: AshlandCityTn.Gov/Senior Facebook: The Senior Center at Ashland City</p>							



January Birthdays

Terri Bedwell	1
Peggy Hitchcock	1
Judy Gilmore	2
Tommy Jones	2
Brenda Simpkins	2
James Sanford	3
Theresa Shafer	4
Iantha Wade	5
Doris Bryant	6
Walt Cunningham	6
Connie Lambert	6
Mary MacRae	6
Mary Sneed	6
Judith Johnson	6
Tami Hammock	7
Joann Mayo	8
Sharon Stewart	8
Carol Sanford	10
Terri Rader	12
Willerdean Smith	12
Tom Waters	12
Linda Wheatley	12
Oscar Peters	13
Peggy Edison	13
Sandra Ray	15
Willie Mitchell	16
Jerry Collins	18
James Cripps	19
Kathy Nicholson	19
Jonnye Pulley	19
Mable Gill	20
Paquita Balderson	20
Martha Allen	21
Kim Isom	21
Trudy Thrasher	21
L.C. York	21
Marie Boyd	22
Jennifer King	22
Martha Perry	22
Jean Cannon	23
Sandra Cripps	23
Colleen Dulberg	23
Haskell Murray	23
Beverly Albert	24
Mary Barrons	25
Sam Nmaiti	25
Teresa Morris	26
Glenna Barrow	27
Betty Harris	28
Russ Morgan	29
Angela Bell	30
Debra Cannon	30

