

January 2022

The Senior Active Lifestyle

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



Center Staff

Gena Batts,
Director

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Program Coordinator

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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**



Endings Precede New Beginnings

Well, 2021 has quickly passed and we now look forward to what 2022 will bring. My wish is that Covid will soon end, and we no longer fear for our health. The last two years have been hard and have changed us in many ways. In some ways we have had to make some unwanted changes, but in other ways, this pandemic has caused us to grow in a positive direction. My hope for each of you is that you realize that each day is a new opportunity to improve yourself and the lives of others. The Senior Center can be a great place for you to start. We offer nine physical activity classes per week to help you be healthier in the new year. Throughout the month, there are several opportunities to challenge your knowledge and increase your brain health. With Kathy's Kitchen, you have the chance to eat nutritious meals twice a week and enjoy time spent with others. In the new year, we will be adding some group support classes and hosting several lunch and learn sessions. Please check out our calendar. I am sure you will find something you would enjoy and find beneficial.

We still have a few openings for the Amelia Island, St. Augustine, and Jacksonville, Florida trip on April 3-9, 2022. If you are interested, please call us soon. More information is included in the attached flyer.

Plans are underway for a day trip in February. At this time, many venues have not posted their 2022 calendars. When the trip is confirmed, we will share the information through email, Facebook, our website, and post it at the center.

We have added a new page to our newsletter called Spotlight Senior Service. Each month, we will spotlight some of our senior service partners to inform you of the services they offer. In addition, we have a great senior resource area at the center for your convenience.

Wintertime is here and that means cold weather. Remember, if the center is closed due to inclement weather, we will post a notice on our Facebook page and our website. If you do not have access to a computer, please call the center to confirm we are closed.

May 2022 bring you much peace and a healthier you!

Gena

Special Events This Month

Each Monday and 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.



Thursday, January 13 at 10:30 a.m. Jewelry Making Class with JoAnn Jones

JoAnn will be teaching those in attendance how to make bead bracelets. This class is free. If you are interested, please call the center by January 11th.

Friday, January 14 at 1:00 p.m. Second Act: Plan for Positive Aging w/ Aneta Eichler from UT/TSU Extension



The third session will be on planning for your financial future. This series is free, but you will need to call to register by January 12th for this class.

Weds., January 19 at 11:00 a.m. Bingo with Jackie McGee from Caris Healthcare



Join us for some wintertime bingo. This event will be held in conjunction with Kathy's Kitchen, but you do not have to purchase a lunch to play bingo. If you are eating, please call the center to register by January 14th.



Monday, January 24 at 11 a.m. Jeopardy with Debbie Davenport

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 January 19th.



Tuesday, January 25 at 10:00 a.m. Card Making with Kathy Nicholson

Kathy is back and ready to start teaching her card making classes again. The cost will be \$5.00 each to cover the cost of the materials. If you want to join in, please call by January 21st.



Friday Night Dances at 7 p.m.

January 7th – Barry Brake & Still Kickin' Country

January 14th – Loaded Dogs

January 21st – Kevin Dobson & Along for the Ride

Doors open at 6:00 p.m.
Admission is \$7.00 per person.



Happenings This Month



Monday, January 3 – 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, January 4– Wings of Hope Meeting at 12:00 p.m.



It will be a "souper" meeting this month. Everyone is asked to bring a favorite soup/chili, sandwiches, drinks, or dessert. Wings of Hope is a nondenominational ministry support group reaching out to all single women.



Friday, January 7 – Coffee with a Cop at 9:00 a.m.

The Ashland City Police Dept. will return to answer any questions. If you have a topic you want to discuss, please let us know ahead of time. Breakfast pastries will be served along with fresh hot coffee or tea!

Tuesday, January 11 – 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.



Friday, January 21 – Chair Volleyball at 9:00 a.m. ****New Day & Time****

This fun activity has been moved to a different day and time to better fit the schedule for our members.

Friday, January 28 – 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.



Monday, January 31 – Music for Seniors at 10:00 a.m.

Sheldon Kahan will return to rock us into the new year with some favorite 50's, 60's and 70's tunes. He was a favorite back in October, and we are happy to have him join us again.

Kindness is like snow,
it beautifies everything it covers.
– Kahlil Gibran



Sunday Monday Tuesday Wednesday Thursday Friday Saturday



January 2022

2	3	4	5	6	7	8
	Paint w/Nancy 8:30 AFEP 9:00 Kathy's Kitchen - 11:00 Yoga 1:00	Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Wings of Hope 12:00	Loomers 10:00 Bingocize 10:00 Kathy's Kitchen - 11:00 Dancercize 1:00 Tai Chi 2:00	Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 9:30 Yoga 1:00	Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 9:30 Yoga 1:00	Coffee w/Cop 9:00 Loomers 10:00 Bingocize 10:00 Card Games 12:00 Friday Dance - 7:00 Barry Brake & Still Kickin' Country
9	10	11	12	13	14	15
	AFEP 9:00 Kathy's Kitchen - 11:00 Yoga 1:00 Veteran's Meeting 6:00	Texas Holdem 8:00 Foot Care 8:30-10 BP Checks 8:30 S.A.I.L. 9:00 FCE 10:00	Loomers 10:00 Bingocize 10:00 Kathy's Kitchen - 11:00 Dancercize 1:00 Tai Chi 2:00	Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 9:30 Jewelry Making - 10:30 Yoga 1:00	Loomers 10:00 Bingocize 10:00 Card Games 12:00 Second Act 1:00 Friday Dance 7:00 - Loaded Dogs	
16	17	18	19	20	21	22
	Closed MILK DAY I HAV A DREAM Martin Luther King Jr. Day	Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00	Loomers 10:00 Bingocize 10:00 Bingo 11:00 Kathy's Kitchen - 11:00 Dancercize 1:00 Tai Chi 2:00	Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 9:30 Yoga 1:00	Chair Volleyball 9:00 Loomers 10:00 Bingocize 10:00 Card Games 12:00 Friday Dance 7:00 - Along for the Ride	
23	24	25	26	27	28	29
	AFEP 9:00 Kathy's Kitchen - 11:00 Jeopardy w/ Debbie Davenport at 11:00 Yoga 1:00	Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Kathy's Cards 10:00	Loomers 10:00 Bingocize 10:00 Kathy's Kitchen - 11:00 Dancercize 1:00 Tai Chi 2:00 <small>Australia Day (observed)</small>	Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 9:30 Yoga 1:00	Breakfast Trivia 9:00 Loomers 10:00 Bingocize 10:00 Card Games 12:00	
30	31	<p>Be sure to check our Facebook Page & Website for any Changes & Updates: Facebook: The Senior Center at Ashland City Website: AshlandCityTn.Gov/Senior</p>				
Activity Professionals Week	AFEP 9:00 Music for Seniors - 10:00 Kathy's Kitchen - 11:00 Yoga 1:00					

January Birthdays

Terri	Bedwell	Jan 01	Sandra	Ray	Jan 15
Linda	Cramer	Jan 01	Marsha	Borgeson	Jan 15
Hilda	Hall	Jan 01	Willie	Mitchell	Jan 16
Perry	Tilghman	Jan 01	Pat	Pemberton	Jan 17
Thomas	Martin	Jan 01	Clyman	Smith	Jan 17
Todd	Cox	Jan 01	Julie	Cunningham	Jan 17
Nancy	Carroll	Jan 01	Jerry	Collins	Jan 18
Tiger	Hall	Jan 01	James	Cripps	Jan 19
Wilma	McHenry	Jan 01	Kathy	Nicholson	Jan 19
Judy	Gilmore	Jan 02	Jonnye	Pulley	Jan 19
Thomas	Jones	Jan 02	Patsy	Miller	Jan 19
Brenda	Simpkins	Jan 02	CeeAee	DoVanne	Jan 19
Barbara	Wilcher	Jan 02	John	Carr	Jan 19
James	Sanford	Jan 03	Pat	Carr	Jan 19
Bonnie	Harris	Jan 03	Jim	Hutchens	Jan 19
Phil	Lunn	Jan 04	Paquita	Balderson	Jan 20
Janice	Noble	Jan 04	Marian	Fordyce	Jan 20
Theresa	Shafer	Jan 04	Mable	Gill	Jan 20
Roger	Truelove	Jan 04	Martha	Allen	Jan 21
Iantha	Wade	Jan 05	Kim	Isom	Jan 21
Doris	Bryant	Jan 06	Trudy	Thrasher	Jan 21
Walt	Cunningham	Jan 06	L.C.	York	Jan 21
Peggy	Hitchcock	Jan 06	Marie	Boyd	Jan 22
Judy	Johnson	Jan 06	Jennifer	King	Jan 22
Connie	Lambert	Jan 06	Dianne	Morgan	Jan 22
Mary	MacRae	Jan 06	Martha	Perry	Jan 22
Mary	Sneed	Jan 06	Annie	Brown	Jan 23
Bridget	Cartier	Jan 07	Jean	Cannon	Jan 23
Tami	Hammock	Jan 07	Sandra	Cripps	Jan 23
Mai	Stevens	Jan 07	Pamela	Davis	Jan 23
John	Allen	Jan 08	Colleen	Dulberg	Jan 23
Joann	Mayo	Jan 08	Haskell	Murray	Jan 23
Darla	McCool	Jan 08	Shirley	Arrington	Jan 25
Jane	Mckinney	Jan 08	Mary	Barrons	Jan 25
Harold	Neblett	Jan 08	Ruth	McGee	Jan 25
Sharon	Stewart	Jan 08	Sam	Nmaitsi	Jan 25
Kerry	Dietrich	Jan 08	Teresa	Morris	Jan 26
Helen	DiMauro	Jan 08	Pat	Smith	Jan 26
Carol	Sanford	Jan 10	Nancy	Stephenson	Jan 26
Roy	Green	Jan 10	Glenna	Barrow	Jan 27
Jan	Musslewhite	Jan 11	Sarah	Binkley	Jan 27
Cindy	Truelove	Jan 11	Jack	Whitehead	Jan 27
Carol	Eanes	Jan 11	Betty	Harris	Jan 28
Terri	Rader	Jan 12	Shey	Jones	Jan 28
Willerdean	Smith	Jan 12	David	Bradley	Jan 28
Tom	Waters	Jan 12	Russell	Morgan	Jan 29
Linda	Wheatley	Jan 12	Angela	Bell	Jan 30
Margarite	Dishman	Jan 13	Debra	Cannon	Jan 30
Peggy	Edison	Jan 13	Linda	Gibbs	Jan 30
Oscar	Peters	Jan 13	Betty	Gilbert	Jan 30
Peggy	Wahl	Jan 13	Janice	Smith	Jan 30
Carolyn	Penny	Jan 13			
Larry	Adkins	Jan 14			
Richard	Miller	Jan 15			





Lunch Served Mondays and Wednesdays at 11 a.m.

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

January Menu

Monday, January 3rd

Beef Stroganoff with Rice - Vegetables – Dessert

Wednesday, January 5th

Honey Baked Chicken – Vegetables – Dessert

Monday, January 10th

Ham & Noodles – Vegetables – Dessert

Wednesday, January 12th

Hamburger Casserole – Vegetables – Dessert

Monday, January 17th

CLOSED – MLK DAY – No Meal

Wednesday, January 19th

Vegetable Stir Fry – Vegetables – Dessert

Monday, January 24th

Ham & Pinto Beans – Vegetables – Dessert

Wednesday, January 26th

Chicken & Dumplings – Vegetables – Dessert

Monday, January 31st

Vegetable Beef Soup – Vegetables – Dessert



**Please call the Senior Center at 615-792-3629 to sign up.
Space is limited to 30 people per day.**



SPOTLIGHT

SENIOR SERVICE



Can You Benefit from Home Health Care?

If you or a loved one has recently been hospitalized or are struggling with a serious medical condition, you may want to consider in-home nursing care. Tennessee Quality Care Home Health can help restore health, so you can get back to living your best life. Home health also provides support and expertise if you are a caregiver.

Though home health is a Medicare benefit, many seniors don't know when they may be eligible for in-home services like skilled nursing care or physical, occupational or speech therapy. To qualify for home health, you'll need a doctor's prescription. With that prescription, you can have a home health nurse visit you to discuss your health goals and create a care plan to meet them.

"We have several focused programs for treating conditions like COPD and congestive heart failure," says Crystal Scarborough RN, clinical manager of Tennessee Quality Care Home Health in Clarksville. "Our Next Step program is also great for preventing falls, a leading cause of disability for elderly individuals."

In addition to monitoring patient health or providing therapy, home health clinicians help with pain control, wound care, administering medication, nutrition therapy and caregiver education. Staff social workers also assist families in locating additional medical resources when needed. For those patients who may need to transition to hospice care, Tennessee Quality Care can provide in-home hospice services in Cheatham County and surrounding areas.

You can learn more about home health and hospice on Tennessee Quality Care's website at TNquality.com. Or call 1-866-846-8081. You can also reach Patricia Vest, Marketing Liaison, at 931-221-4890.



Linda Staffen, President of CORE Insurance Advisors founded the agency by building trusted relationships and dedication to her community and clients. From education of Medicare options and evaluation of needs to assistance with enrollment and coverage – Linda is dedicated to assisting you for both now and the future.



Linda Staffen

President

877.404.8060 call/text

Linda@CoreInsuranceAdvisors.com

CoreInsuranceAdvisors.com



THE SENIOR CENTER AT ASHLAND CITY PRESENTS

Amelia Island, St. Augustine & Jacksonville, FL



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 6 nights lodging including 4 consecutive nights in Florida
- ◆ 10 meals: 6 breakfasts and 4 dinners
- ◆ Visit to the Fountain of Youth
- ◆ Narrated Cruise on the St. John's River
- ◆ Guided Tours of Amelia Island, St. Augustine and Jacksonville
- ◆ Dinner Party with Entertainment

For more pictures, video, and information visit:
www.GroupTrips.com/AshlandCity

\$650*

7 Days 6 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Sun - Sat)
Apr 3 - 9
2022



St. Augustine, our Nation's
Oldest City



Famous "Fountain of
Youth"



Historic St. George St



Aerial view of Amelia
Island

Departure: Tractor Supply, 356 Frey St, Ashland City, TN @ 8 am

Day 1: Board your spacious, video and restroom equipped Motorcoach and set off for the sunshine of Jacksonville, Florida! Tonight, check into an en route hotel for a good night's rest.

Day 2: After enjoying a Continental Breakfast, you'll depart for sunny Florida. Enjoy a leisurely Dinner at a local restaurant and check into your Jacksonville area hotel for a four-night stay.

Day 3: After a Continental Breakfast, enjoy a scenic drive along the coast accompanied by your guide. Learn about the Kingsley plantation and Florida's unusual history as you head to AMELIA ISLAND, southernmost of the Atlantic coast barrier islands. After taking a GUIDED TOUR of this beautiful island, you'll visit the historical district in Fernandina Beach and have an opportunity to stroll along this stunning beach. Tonight, you'll relax and enjoy Dinner at a local area restaurant.

Day 4: Today after enjoying a Continental Breakfast, you'll take a GUIDED TOUR of charming ST. AUGUSTINE, America's 1st city. Later, you'll have lunch on your own and some free time to browse the shoppes on historic ST. GEORGE STREET. Next, you'll stop for a visit to the famous "FOUNTAIN OF YOUTH." This evening, enjoy a Dinner Party with Entertainment.

Day 5: Today, you'll enjoy a Continental Breakfast and start the day with a GUIDED TOUR of beautiful JACKSONVILLE, FLORIDA. Afterwards, you'll experience a NARRATED CRUISE on the ST. JOHN'S RIVER. This evening, you'll enjoy Dinner at a local area restaurant.

Day 6: Enjoy a Continental Breakfast at your hotel before leaving for a visit to Historic River Street in Savannah, GA. This evening, relax at your en route hotel.

Day 7: After enjoying a Continental Breakfast, you will depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

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FOR INFORMATION & RESERVATIONS CONTACT:

Gena Batts @ (615) 792-3629