

JANUARY 2024

THRIVE 55+ ASHLAND CITY

104 RUTH DRIVE,
ASHLAND CITY, TN 37015



New Year....New Name....Same Great Center!

The year 2024 brings some exciting changes! Beginning January 1st, our center name will be **THRIVE 55+ ASHLAND CITY**. We believe this new name change will bring a more positive representation of what our center has to offer. Our main goal is to assist older adults 55 years and above to live their best life through programs which promote lifelong learning, health and physical well-being, socialization, and emotional support. Stay tuned for an "official" unveiling ceremony!

News:

We apologize that we had to cancel the Christmas party. There will now be a Winter Wonderland Party on Friday, January 12th at 12:00 p.m. We will celebrate Kathy's retirement this day. If you were on the list for attending the Christmas party, you will remain on the list for the Winter Wonderland Party. If you are unable to attend, please let us know so that others on the waiting list can attend. Thank you for understanding!

We are excited to have Tammany Carter join our staff as the new Program Assistant. She will begin on January 3rd. Her main responsibility will be preparing meals for lunch on Mondays and Wednesdays, but she will assist in other areas as well. Tammany lives in Ashland City. She is very active in the community and looks forward to serving our members. Be sure to stop in and meet her.

There will be a Life Line Screening event on January 30th. You must register for an appointment. An information flyer is available at the check-in computer.

Be sure to complete our annual survey. We appreciate your feedback!

Trips:

There will be an informational meeting for the Scotland trip on Thursday, February 8 at 3:00 p.m. Brenda Willis from Enrichment Travel Services will be here to answer any questions you may have. If you are interested in the trip and would like to know more about the itinerary, please join us that afternoon.

We still have openings for the Oak Grove Casino Trip on January 23. Call us soon to sign up.

Inclement Weather Closings:

Closings due to inclement weather are determined by the Mayor of the Town of Ashland City. If it is determined our facility will close due to inclement weather, our webpage, Facebook page, and phone recording are updated with the specifics of the closure or delayed opening. For the inclement weather update, call 615-792-3629, and listen to the pre-recorded message.

Wishlist: Cannisters of regular sugar, packets of Splenda and Sweet N' Low

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, January 6 – 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

January 9th: 11:00 am at Senior Center

Please bring warm winter foods!



JANUARY 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	Tuesday	Wednesday	Thursday	Friday
1	2	3 Price is Right w/ Tennova Hospice- 11:00am Host: Marie Eppes	4	5
CENTER CLOSED JAN. 1ST & 2ND FOR NEW YEAR'S HOLIDAY				
8 Paint with Nancy- 8:30 am Lunch & Learn w/ Home Well -11:00am Host: Kendall Collier	9 Foot Care- 8:30am FCE Mtg - 10am Wings of Hope 11:00 am	10 Emotional Support- 10 am Bingo Lunch w/ TN Quality Care -11:00am Host: Maegan Wilson	11	12 Winter Wonderland Party - 12:00pm
15 CENTER CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY	16 Smoothie/ Healthy Snack Class- 10:15am Cost:\$10	17 Emotional Support- 10 am Lunch w/ Locals -11:00am Host: Cindy Perry (Trustee)	18	19
22 Trivia - 10 am w/ Zachary Fulton Bean Auction w/ Lifeline HHC -11:00am Host: Kaci Hills	23 CASINO Casino Trip 8:30am-4:00pm	24 Emotional Support- 10 am Jeopardy w/ Providence Group-11:00am Host: Debbie Davenport	25 Walking Club Celebration 10:30 am	26
29 Birthday Lunch- 11:00am Host: Linda Staffen & Susie Ryan	30 Lifeline Screening 8am-4pm **NO S.A.I.L. CLASS THIS DAY!**	31 Emotional Support- 10 am Bingo Lunch w/ Heather Vogler, Insurance Advisor -11:00am	Thrive 55+ 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.



January Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Hilda	Hall	Jan 01	Cyndi	Songer	Jan 31
Judy	Gilmore	Jan 02	Sandi	Johnson	Jan 31
Barbara	Wilcher	Jan 02			
Josie	Pritchett	Jan 02			
Bonnie	Harris	Jan 03			
Robert	Manor	Jan 03			
Theresa	Shafer	Jan 04			
Roger	Truelove	Jan 04			
Kathy	Coggin	Jan 05			
Doris	Bryant	Jan 06			
Judy	Johnson	Jan 06			
Joann	Mayo	Jan 08			
Helen	DiMauro	Jan 08			
Cindy	Truelove	Jan 11			
Peggy	Edison	Jan 13			
David	Binkley	Jan 14			
Janis	Hamlin	Jan 15			
Jonet	Williams	Jan 15			
Margaret	Holman	Jan 16			
Clyman	Smith	Jan 17			
Julie	Cunningham	Jan 17			
Debbie	Newman	Jan 17			
Janna	Phillips	Jan 17			
Roger	Guy	Jan 17			
Kathy	Nicholson	Jan 19			
Mary Kay	McGlothlin	Jan 19			
Paquita	Balderson	Jan 20			
Mable	Gill	Jan 20			
Trudy	Thrasher	Jan 21			
Sue	Anderson	Jan 21			
Debbie	Robichaud	Jan 21			
Marie	Boyd	Jan 22			
Dianne	Morgan	Jan 22			
Annie	Brown	Jan 23			
Colleen	Dulberg	Jan 23			
Phyllis	Pardue	Jan 23			
Sandy	Reddy	Jan 23			
Jackie	Simpkins	Jan 24			
Robin	Sanders	Jan 25			
Teresa	Morris	Jan 26			
Pat	Smith	Jan 26			
Jennifer	Ensley	Jan 26			
Jack	Whitehead	Jan 27			
Doug	Songer	Jan 27			
Eilene	Strong	Jan 27			
Betty	Harris	Jan 28			
Ridley	Wyatt	Jan 28			
Barb	Swaney	Jan 28			
Ann	Harris	Jan 29			
Angela	Bell	Jan 30			
Debra	Cannon	Jan 30			

Free Birthday Lunch

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, January 29th at 11:00am.

The menu for the day is Loaded Baked Potato with BBQ, Cowboy Beans, 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



January Babies!

Birthday Lunch: January 29th @ 11:00 a.m.



January 2024 Lunch Menu

Lunch served Mondays & Wednesdays at 11 a.m.

Cost is \$5.00 per person.

Includes Meal, Dessert, and Drink.

Monday, January 1st

Closed for New Years Day

Wednesday, January 3rd

Pizza & Assorted Desserts

Monday, January 8th

Grilled Chicken Club Salad & Dessert provided by Home Well Care Services

Wednesday, January 10th

Vegetable Beef Stew, Cornbread, Dessert

Monday, January 15th

Closed for Martin Luther King Jr. Day

Wednesday, January 17th

Chicken & Rice Casserole, Green Peas, Apple Dumplings

Monday, January 22nd

Creamy Bean Kielbasa Soup, Cornbread, Side Salad, Dessert

Wednesday, January 24th

Chicken Alfredo, Garlic Bread, Side Salad, Dessert

Monday, January 29th (Birthday Lunch)

Loaded Baked Potato with BBQ, Cowboy Beans, Dessert

Wednesday, January 31st

Cranberry Pecan Chicken Salad, Fresh Vegetables, Dessert

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

This is on a first come first serve basis.

CASINO

**Oak Grove Gaming
Tuesday, January 23, 2024
8:30 a.m. – 4:00 p.m.**



Cost \$25.00 per person (non-refundable)

Includes bus and driver gratuity.

Lunch is on your own at one of the casino restaurants.

You will receive a \$10 food voucher with the Golden Gamers Promotion.

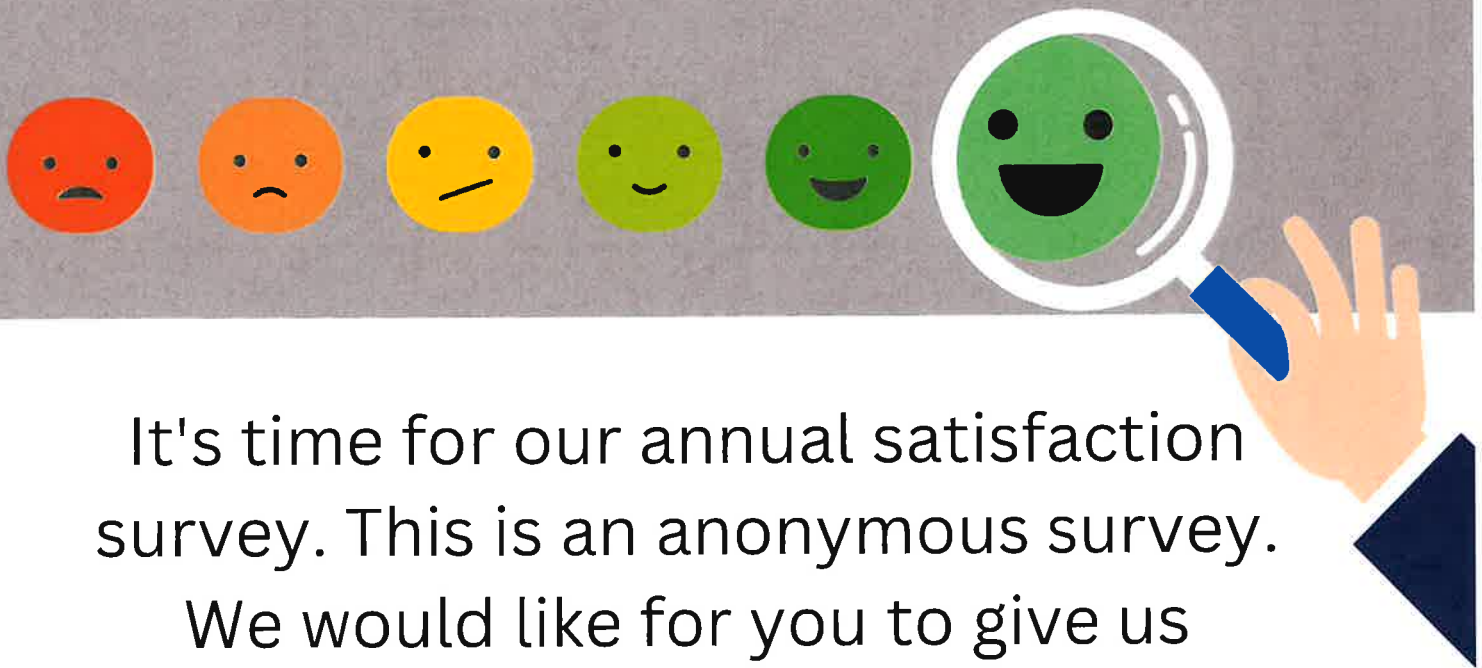
The deadline to sign up and pay is January 12.

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

Bus will leave promptly at 8:30 a.m. from upper parking lot of Tractor Supply. We will arrive in Oak Grove around 9:30 a.m. Bus will arrive back in Ashland City around 4:00 p.m.

WE WANT YOUR FEEDBACK!

TAKE THE SURVEY



It's time for our annual satisfaction survey. This is an anonymous survey.

We would like for you to give us feedback about our staff and the center. This helps us to make improvements and provide needed programs in the center.

The link for the survey will be on our Facebook page and website.
Paper copies will also be available for you to complete at the center.



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.

WALKING CLUB CELEBRATION

Date: January 25th

Time: 10:30 am

Please join Linda Staffen with CORE Insurance Advisors and Susie Ryan with Devoted Health Plan as we wrap up 2023 and kick-off the 2024 Ashland City Pace Makers Walking Club. We'll celebrate with food, prizes and fellowship among fellow walkers. Please bring new friends who'd like to join the club!

**Please call the center to RSVP
no later than January 19th!**

SMOOTHIE/HEALTHY SNACK CLASS

January 16th at 10:15am

We had such a great turnout for the sourdough class, John would like to offer this new class. You will leave with the recipes for everything made during the class. The cost is for the smoothie and snack you will have during the class.

Please call the center to sign up!

Cost:

\$10



Square Dancing



The class will meet again beginning in March 2024. Mr. Frank is experiencing health issues and has asked for us to postpone.



Harmonicas for Health[®] Classes

We are wanting to bring back the Harmonicas for Health class. 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, please give us a call at the Center.

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



Ukulele Classes/Jam Session

We are wanting to see if we have any interest in a weekly ukulele beginner class. Also, if we have interest in a monthly musical instrument jam session. If you are interested in either of these, please call the center.