SENIOR ACTIVE LIFESTYLE

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



RINGING IN THE 2023!

I recently read a quote from an unknown author which stated, "Every year you make a resolution to change yourself. This year, make a resolution to be yourself." I love this concept. In the upcoming year, we owe it to ourselves to be happy with who we are and if we are not, then do what we need to do so that we are. If exercise will make you feel happier and healthier, I encourage you to join us for our many classes to help you be more active. If eating healthier is something you wish to do, join us for a new nutritional class series taught by Aneta Eichler beginning January 10 at 1 pm. Want to improve your mind? Cranium Crunch is returning on the 3rd Thursday each month at 10 am. If being with others brings out the best in you, the center is a great place for you to be! We have a calendar full of ways to help you be your best "self".

<u>Trips</u>

This month's newsletter is packed with many travel opportunities. We have a day trip in January to the Country Music Hall of Fame. See flyer for more information. We have four long trips planned for 2023. The first one scheduled is to Natchez, MS at the end of March. The information for this trip is in this newsletter. We had a trip meeting in December for the two trips by Collette to the Canadian Rockies and Vermont. Don't worry if you missed the meeting. You still have some time to sign up. Please call Gena Batts as soon as possible if you are interested in any of the trips.

Kathy's Kitchen

Beginning in January, it will no longer be necessary to sign up for meals at Kathy's Kitchen. On Mondays, we will prepare for 40 people, and we will plan for 50 on Wednesdays. Meals will be on a first come, first served basis. We believe this new process will make it easier for everyone.

Dance

As mentioned last month, we needed to make some changes with the Friday Night Dances beginning this month. The center was contacted by Barry Brake who informed us that he would like to lease the center each Friday night for the dance. Details must be worked out and final approval given by the City Council. The first dance for January is planned for January 13. The band schedule for the remainder of January will be announced that night. Until final details are worked out, this schedule could change.

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 Senior 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

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Special Events This Month



Tues., January 10 at 11:00 a.m. Bingo Lunch w/ TN Quality Care Join us for free bingo lunch hosted by

Patricia Vest. If you would like to attend, call us to sign up by January 6.

AssureSource Weds., January 11 at 11:00 a.m.

Lunch & Learn w/ AssureSource Medicaid Success 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.



Mon., January 23 at 11:00 a.m. Bingo Lunch w/ Adoration Hospice Join us for bingo lunch hosted by Anjanette

Sammons.

Tues., January 24 at 10:00 a.m. Card Making with Kathy

The cost will be \$5.00 for this class. We will be making all occasion and Valentine's cards. For more information and to sign up, please call Kathy by January 20th.



Insight Weds., January 25 at 11:00 a.m. Lunch & Learn w/ Insight Counseling

COOPERATIVE

Join us for a lunch & learn hosted by Insight Counseling. They will talk about their services and their partnership with our center. INSTITUTE OF AGRICULTURE

New Class: Eat Well, Feel Well Tuesdays at 1:00 p.m.

This class is a series of five educational activities designed to engage older adults and teach nutrition. food resource management and food safety. This class will start on January 10th and run through the end of the month. Aneta Eichler, from UT/TSU Ext., will be teaching this class.

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 7 – 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 am Kathy's Kitchen Lunch Meal See attached menu for more information.



Tuesday, January 3- Wings of Hope Meeting at 12:00 pm

This month's theme is "Soup-er Bowl". Please bring soup, salad, sandwiches, or desserts.

Monday, January 9 – Paint with Nancy 8:30 am - 4:00 pm

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.



Monday, January 9 – Trivia at 10:00 am

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

Monday, January 9-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, January 17 - 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.

Weds., January 18 – Jeopardy at 11:00 am





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.

Weds., January 18- 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



Monday, January 30 at 11:00 a.m. **Music for Seniors** Musician to be determined

* **JANUARY 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Center Closed	Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00	Bingocize 10:00 Kathy's Kitchen 11 All Things Yarn 1:00	Texas Holdem 8:00 S.A.I.L. 9:00 Loomers 10:00	Bingocize 10:00 Card Games 10:00 Chair Volleyball 11
NEW YEAR	Wings of Hope- 12:00	Dancercize 1:00 Tai Chi 2:00	Sew & Sews 10:00 Yoga 1:30	No Dance
9	10	11	12	13
Paint w/ Nancy-8:30 Arthritis Exercise - 9:00 Trivia 10:00 Kathy's Kitchen 11 Lunch w/ the Law- 11:00 Yoga 1:00	Texas Holdem 8:00 BP Checks 8:30 Foot Care 8:30 S.A.I.L. 9:00 Bingo Lunch w/ TN Quality Care 11:00 Nutrition Class 1:00	Bingocize 10:00 Kathy's Kitchen 11 Lunch & Learn w/ AssureSource 11 All Things Yarn 1:00 Dancercize 1:00 Tai Chi 2:00	10gu 1.00	Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 Dance 7:00
16	17	18	19	20
Center Closed Martin Luther King Jr. Day	Texas Holdem 8:00 BP Checks 8:30 Foot Care 8:30 S.A.I.L. 9:00 Nutrition Class 1:00	Bingocize 10:00 Kathy's Kitchen 11 Jeopardy w/ Cigna Medicare 11 Dibetes Support Group 12:00 All Things Yarn 1:00 Dancercize 1:00	Texas Holdem 8:00 S.A.I.L. 9:00 Cranium Crunch 10:00 Loomers 10:00 Sew & Sews 10:00 Yoga 1:30	Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 Dance 7:00
23	24	Tai Chi 2:00	26	27
Arthritis Exercise - 9:00 Kathy's Kitchen 11 Bingo Lunch w/ Adoration 11:00 Yoga 1:00	Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Cards w/ Kathy 10:00 Nutrition Class 1:00	Bingocize 10:00 Kathy's Kitchen 11 Lunch & Learn w/ Insight Counseling 11:00 All Things Yarn 1:00	Texas Holdem 8:00 S.A.I.L. 9:00 Loomers 10:00 Sew & Sews 10:00 FOC Mtg 1:30 Yoga 2:30	Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 Dance 7:00 Country Music Hall of Fame Trip
30	31	*		
Arthritis Exercise - 9:00 Kathy's Kitchen 11 Music for Seniors 11 Yoga 1:00	Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Nutrition Class 1:00	⇒ LET IT € *Snow*	at Ashl 104 Ru Ashland Ci	or Center and City th Drive, ty, TN 37015 5-792-3629

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	Hail	Jan 01
Thomas	Martin	Jan 01
Connie	Panell	Jan 01
Tina	Shelton	Jan 01
Mary	Jenkins	Jan 01
Kent	Swindel	Jan 01
Mary Frances		Jan 01
Jenny	Collins	Jan 01
Nadell	Howell	Jan 01
Judy	Gilmore	Jan 02
Brenda	Simpkins	Jan 02
Barbara	Wilcher	Jan 02
Gene	DeLoach	Jan 03
Bonnie	Harris	Jan 03
Janice	Pyrdum	Jan 03
Robert	Manor	Jan 03
Janice	Noble	Jan 04
Theresa	Shafer	Jan 04
Kathy	Coggin	Jan 05
Doris	Bryant	Jan 06
Walt	Cunningham	Jan 06
Judy	Johnson	Jan 06
Buford	Hatcher	Jan 06
Bridget	Cartier	Jan 07
Tami	Hammock	Jan 07
John	Allen	Jan 08
Joann	Mayo	Jan 08
Cotton	Neblett	Jan 08
Kerry	Dietrich	Jan 08
Helen	DiMauro	Jan 08
Roy	Green	Jan 10
Jan	Musslewhite	Jan 11
Carol	Eanes	Jan 11
Chaz	Puls	Jan 11
Margarite	Dishman	Jan 13
Peggy	Edison	Jan 13
Carolyn	Penny	Jan 13
Dawn	Kennedy	Jan 14
Butch	Anderson	Jan 14
Richard	Miller	Jan 15
Marsha	Borgeson	Jan 15
Janis	Hamlin	Jan 15
Jonet	Williams	Jan 15
Julie	Cunningham	Jan 17
Kathy	Nicholson	Jan 19
Jonnye	Pulley	Jan 19
Patsy	Miller	Jan 19
Gregory	Green	Jan 19
Cindy	Bowen	Jan 19
Kimberlee	Cantrell	Jan 19
Paquita	Balderson	Jan 20





FREE BIRTHDAY LUNCH

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, January 30th at 11:00am at our own Kathy's Kitchen.

The menu for the day is Turkey Wraps, Chips, Pickle, 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.

January 2023 Menu

Monday, Jan. 2nd

Center Closed for New Year's Holiday

Wednesday, Jan. 4th

Baked Spaghetti, Tossed Salad, Garlic Bread, Peach Cobbler

Monday, Jan. 9th

Meat Loaf, Carrots, Mashed Potatoes, Rolls, 7-up Cake with Apricots

Wednesday, Jan. 11th

Baked BBQ Chicken w/ Parmesan Broccoli, Rolls, Apple Pie

Monday, Jan. 16th

Center Closed for Martin Luther King Jr. Day

Wednesday, Jan. 18th

Ham & Cheese Sliders, Chips, Pasta Salad, Chocolate Cake

Monday, Jan. 23rd

Chicken Stuffing Bake, Green Beans, Rolls, Banana Pudding

Wednesday, Jan. 25th

Pork Roast, Baked Beans, Corn, Rolls, Rugelach Rolls

Monday, Jan. 30th

Turkey Wraps, Chips, Pickle, Cupcake & Ice Cream



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

This is on a first come first serve basis.





If you are a member and need assistance with your 2022 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 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.



Country Music Hall of Fame Historic RCA Studio B Tour Monell's at the Manor Friday, January 27, 2023 8:00 a.m. – 3:30 p.m.







Cost \$65.00 per person (non-refundable)

Includes admission, meal at the Monell's at the Manor, bus, & all gratuities.

Deadline to sign up and pay is January 18, 2023. Please call Gena Batts at the center at 615-792-3629 for more information.

Lunch Menu: All meals served family-style with famous fried chicken, fried catfish, spinach stuffed shells, hot southern vegetables, salads, biscuits, drink, and dessert. Gratuity is included.

Country Music Hall of Fame and Museum

It has been called the "Smithsonian of country music," and is celebrated for its broad cultural impact, educational mission, and unrivaled collection of historically important artifacts related to country music. It first opened in 1967 on Nashville's Music Row. The Country Music Hall of Fame and Museum launched its current downtown location in 2001. In 2014, the Museum unveiled a \$100 million expansion that doubled its footprint. The Museum now encompasses 350,000 square feet.



RCA Studio B

Built in 1957, this studio became known as the birthplace for the "Nashville Sound," a style characterized by background vocals and strings that helped establish Nashville as an international recording center.

Bus will leave promptly at 8:00 a.m. from the upper parking lot of Tractor Supply. We will arrive at RCA Studio around 9 a.m. After the tour, we will head to the museum for a tour. We will go to Monell's at the Manor for lunch around 1:00 p.m and then arrive back in Ashland City no later than 3:30 p.m.

Travel 2023











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



Canadian Rockies & Glacier National Park



July 8 – 14, 2023 \$3,699 per person (double occupancy)



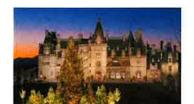




Postcards from Vermont October 1 - 7, 2023 \$3,199 per person (double occupancy)







Christmas at the Biltmore November 7 – 10, 2023 \$729 per person (double occupancy)





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

Springtime in Natchez Jimmy The Cricket Tours





March 30- April 3, 2023



5 days - 4 nights

\$1,795 per person

Double Occupancy (Single Available)



All Inclusive Package:

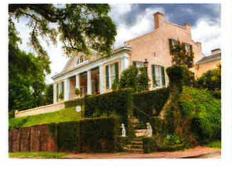
4 Nights Lodging at the Natchez Grand Hotel



All Meals and Gratuities at Natchez
Guided Service of Jimmy the Cricket
Bus Transportation

















For information and reservations call Gena Batts at 615-792-3629.

The Senior Center at Ashland City & Mr. Jimmy the Cricket of Natchez & Nashville present the Spring Thaw House & Garden Tour. The dates are Monday, March 27 – Friday, March 31, 2023, and they are heading to Natchez, Mississippi -- the oldest settlement on the Mississippi River! Even if you have been multiple times, you have never seen it this way: a totally behind-the-scenes tour that cannot be duplicated by anyone else!

This riverboat town pre-dates New Orleans and celebrated its tri-centennial in 2016. It has been under control of the Indians, the French, the Spanish, the British and finally the American as well as Confederate governments. In 1860, this hamlet was home to more millionaires per capita and per square mile than any other city in America, and as a result there remain over 500 antebellum structures in this town of only 15,000 people where graciousness and hospitality abounds. Early predictions indicate a very hard winter in Tennessee. Hopefully we can defrost among the splendid flowers and buds in Natchez together—especially if we can catch the azaleas blooming!

This special tour includes monumental events such as:

Four nights of lodging at the renowned Natchez Grand Hotel overlooking both the mighty Mississippi River and the historic downtown. Includes a full breakfast buffet every morning to fuel us!

The exclusive Guide Service of Mr. Jimmy the Cricket during our entire stay in Natchez. Cricket was recently Grand Marshal for Mardi Gras and will escort us through his favorite place and make us love it like he does.

A welcome supper at Magnolia Hall, the headquarters for the Natchez Garden Club. The last great Natchezian home finished before the Civil War, this mansion will be the setting for your arrival in town and will include a private tour and elegant four-course candlelit meal prepared and served by locals. There is no better way to start the trip and refresh you after your long drive the first day.

A private educational tour of Frogmore Plantation to see its amazing 20 historic structures and learn about real life on a southern cotton plantation with an emphasis on the woman's role. Tour will include both the 19th century gin made of magnolia wood and the modern gin which is the only fully computerized one in the world! Still an active plantation of over 1800 acres, you will be expected to do your share of pickin' and are sure to be grinnin' by the time you leave. A great opportunity to gain understanding of the empire that built Natchez and an agricultural crop that affects us today more than we often realize. We will also explore music of the Delta with a special concert by renowned vocalists in the plantation's church. This is a side of gardening seldom seen anymore and is intended to delight and educate at the same time!

Lunch at Mammy's Cupboard—voted one of the top 100 places to eat before you die and one of the ten most bizarre buildings in the world! Housed in a 40-foot tall mammy replica built in 1940 after the release of Gone With The Wind, this place offers homemade breads, pies and desserts! Chicken salad on sour dough or the Reuben on German black bread. You decide but save room for the banana caramel pie!

A private garden party at Cherokee, another fabulous home hosted by its owners. This is an event that money cannot buy: the magnificent 18th century mansion is the favorite of many for its unique architecture, superb antiques, and fabulous gardens (one that blooms all white!) featuring peacocks. A sneak peak of a private home not available to anyone else!

Supper at the mighty Choctaw Hall. This home, built in 1835, has just recently been restored and you will be privy to all four floors for an all-access open house tour before a divine repast in one of the most elegant homes in the South. 12,000 square feet is ours for the evening where we shall enjoy a chef's own three course Southern style banquet. Enjoy viewing over 3,000 pieces of prized antique porcelain and more silver than you've ever imagined. This showplace is the buzz of the town now and even the locals are vying for this invitation. Rumor has it that P. Allen Smith is behind the new layout of parterre gardens and the famous knot garden recently installed.

A drive along the Natchez trace and visit with tour at Brandon Hall—plantation home of the son of the first native-born governor of Mississippi. Still surrounded by 50 acres of privately held lands on the Trace, this 17,000 square foot mansion is a must-see and this is an exclusive event. The launch party for the Trace was held here over 80 years ago.

A private tour and gala reception at The Towers: one of the most fabulous mansions in Natchez. Built in stages from 1790s-1850s, the magnificent mansion will be ours for the evening for a private tour with the owners, a singalong concert with festive Showboat piano music, and a sumptuous repast of homemade Southern delicacies like nobody else can offer. This alone is worth the trip and something you will be guaranteed to never forget.

We will also enjoy seeing their newly created garden space and the 24 life-size bronzes of wildlife by America's top living artists!

Informal tour of Linden and we will lunch there as well. The entrance of this beloved landmark was used for the identical one on Tara from Gone with the Wind.

Tour of one of the loveliest cemeteries in the nation. Based on the designs of Pere Lachaise cemetery in Paris, this beautiful setting overlooks the mighty Mississippi river and has more unique characters than can be explored in one visit. 400-year-old majestic live oaks line the drives while crepe myrtle and ancient roses are found throughout. From Civil War generals to local prostitutes, every grave has an unbelievable story...and there are over 50,000 of them. Additionally, there are many blooms among the graves. Even a rare spice rose and loads of live oaks, camellias and more.

Private tour of First Presbyterian Church—ranked as the loveliest Greek Revival church in Mississippi--with organ music and a view of the Gandy Collection—a marvelous array of 19th Century Natchez houses, children and even steamboats. This is the church where Mark Twain watched from the balcony for the steamships to come in on the Great Muddy.

Open house at Elms Court, a multi-generational home, including snacks with the owner. Boasting fabulous wrought iron grille work, this was the setting for the movie Uncle Tom's Cabin and formerly the home of Grace MacNeill—national president of the Girl Scouts of America. Hopefully her famous wisteria arbor will be showing out.

Additional tours of Longwood Plantation, the largest octagonal home ever attempted in the South but never finished due to the Civil War, and Stanton Hall (headquarters for the Pilgrimage Garden Club as well as the interior of Mont Royal in the miniseries North & South).

Time for shopping in the quaint stores of the antebellum district of this famous riverboat town. Whether you choose from valuable antiques, interesting books, or spoons and magnets as souvenirs, shopping in Natchez is a treat for all.

Farewell supper at the mighty Dunleith—we are the ONLY group allowed to dine in this mansion with its columns going all around the entire house. It was the setting for Huckleberry Film among many other movies, and the meal is chef prepared. You can even tour a rare antebellum greenhouse on the property.

Lovely garden tours, additional private house tours, and several surprises await those willing to come tour with us...so mark your calendars and make plans today... Remember, this is a tour that nobody else can offer! The cost is \$1,795 per person for double occupancy with single supplement available for an additional \$395 (additional traveler's insurance is optional but recommended as no refunds given for any reason unless insured).

In planning these tours, every effort will be made to ensure that we follow the schedule as described; however, due to circumstances beyond our control, we often have to eliminate parts of this syllabus. Something of similar taste will be offered as a substitute in the chance that we do not fulfill the tour exactly as described. But one thing is for certain—there is no other trip like this one offered anywhere!!!

Just look what past pilgrims have said about their experiences:

I had a wonderful exposure to Natchez – the experience was delightful! I will travel with you anytime... the variety was great, and I was thrilled to be included, especially with your inside scoop! - Sherry B.

I can't imagine that anyone could possibly feel that they did not get the greatest bargain of their life. Thanks for such a fun-filled week in Natchez!"- Gayle A.

My husband and I travel all over the world and this was our all-time favorite trip. It was the hospitality: we never once felt like tourists but rather like old friends of the family as well as the Cricket's. We will never forget this. - Mrs. B

An incredible experience from start to finish. If you love history, architecture, charming people or even just amazing food, this trip cannot be beat. My wife's only complaint was that she didn't bring her stretch pants for the ride home! -

I don't care if you have been to Natchez ten times, if you haven't been with Jimmy the Cricket you simply have not really been! -Jean R.