

July 2021

The Senior Active Lifestyle

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



Center Staff

Gena Batts,

Director

Roy Dye,

Program Coordinator

Kathy Nicholson,

Program Coordinator

Alicia Shaneyfelt,

Staff Support

Lindy Murff,

Health/Fitness Instructor

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

Center Closed on Monday, July 5th



A New Chapter in Life's Storybook

In July of 2020, I closed the chapter on a twenty-four-year career with the Cheatham County Board of Education. Those years allowed me quality time with our two children, and I hope that I helped make a difference in the lives of young children. My husband, Derek, and I are now empty nesters and proud grandparents of four. While that career provided me the opportunity to serve, I began to feel I was being called to serve in a different capacity. So on August 3, 2020, I wrote a new chapter in my book of life and joined The Senior Center as the Assistant Director. During the last ten months, I have had the pleasure of meeting many new friends and have reunited with some familiar faces. All of you have made me feel so welcomed and it is much appreciated. If we haven't met yet, I hope you will stop in soon.

On July 1, 2021, I will begin another paragraph in this new chapter of life by becoming your new Director. I would like to thank Melissa for all her support. She has dedicated ten years to the seniors of our community and made so many improvements during her time. I intend to carry the torch and plan to bring some new ideas to the center. In addition, I am thankful to my co-workers for their support. I look forward to working together with them as we continue to make the center a place where you feel welcomed.

May blessings and smiles be yours, *Gena*

First Saturday Garden Club Gold Star Marker Dedication July 17 at 10:00 a.m.

Everyone is invited to attend the dedication of the Gold Star Marker at the Cheatham County Veteran's Park at 162 John Mayfield Drive in Ashland City.

Gold Star Markers are a memorial for the families who lost a loved one during war time.



Special Events This Month

July 13 – BBQ Bingo Lunch with Alexandria Hardin with AHC



Join us for this bingo lunch event at 11:30 a.m. Alexandria Hardin with AHC will be a first-time host for us. We are excited to welcome her. Please register for this event by July 9th by calling the center at 615-792-3629.

Alexandria Hardin
901-288-3057



July 15 – Kayak/Canoe Group Meeting at 6:00 p.m.

This new club is open for everyone 50 years and older who are either pros or beginners at kayaking/canoeing. One of our members, Katherine Fulk, is leading this group. She has spent many years on the local waters of TN and wants to share some tips. She has a fun-filled meeting planned and asks that you bring a paddle or lifejacket for an activity. A light meal will be served. Please call the center at 615-792-3629 to sign up.

July 20 – Music for Seniors at 10:30 a.m.



Ms. Debbie Watts will lead an interactive, percussion-based sing-along session! Music for Seniors Music Making Outreach Sessions feature our selected Musician Partners, facilitating and instructing the participating group to play percussive instruments and sing along to our set list, without the goals of performance or mastery. To reserve your spot for this fun event, call the center at 615-792-3629.

July 27 – Bingo Picnic Lunch with Patricia Vest with TN Quality Care

Patricia will be back to conduct this bingo lunch starting at 11:30 a.m. **Bring your own sack lunch that day and drinks will be provided.** Please register for this event by July 23rd by calling the center at 615-792-3629.

Patricia Vest
931-221-4890



Happenings This Month

7/6 – Wings of Hope Widow Support Group Meeting at 12:00 p.m.

The Wings of Hope group meets on the 1st Tuesday of each month. This month's theme is red, white, and blue. Debbie Davenport from Cigna Healthcare will be the speaker. Wings of Hope is a nondenominational ministry reaching out to all single women.

Debbie Davenport
615-887-1811



7/9 – Crafts with Kathy at 9:00 a.m.

Cost for this class is \$3.00.

Participants will be cup weaving.

Call Kathy at 615-792-3629 to sign up.



7/12 - Paint with Nancy from 8:30 a – 4:00 p



To sign up for this class or to get pricing information, please contact Nancy Reeves at 615-294-2578 or email at reeves.nancy@gmail.com. Class size is limited, so sign up soon.

7/12 – FCE (Family & Communication Education) Meeting at 9:00 a.m.

This group meets on the 2nd Monday of each month. They are always

looking for new members. For more information, please contact Kathy at 615-792-3629.



7/12 – Veteran's Meeting at 6:00 p.m.



The Veteran's group meets the 2nd Monday evening of each month.

7/13 – Foot Care with Tracy at 8:30 – 10 a.m.

Tracy Reeves is back again this month to treat our members to foot care.



7/19 – Crafts with Kathy at 9:00 a.m.



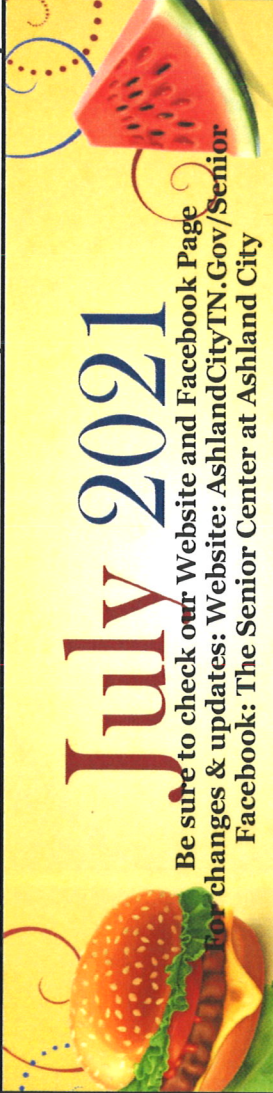
Cost for this class is \$5.00.

Participants will be doing magic marker tie-dyeing. Call Kathy at 615-792-3629 to sign up.

Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed – else like a flower cut from its life-giving roots, it will wither and die.



- Dwight D. Eisenhower

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>July 2021 Be sure to check our Website and Facebook Page for changes & updates: Website: AshlandCityTN.Gov/Senior Facebook: The Senior Center at Ashland City</p>						
4	5	6	7	8	9	10
 Center Closed	Texas Holdem 8:30 BP Checks 8:30 S.A.I.L. 9:00 Wings of Hope 12:00 w/Debbie Davenport from Cigna guest speaker	Texas Holdem 8:30 BP Checks 12:00 Card Games 12:00 Dancercise 1:00 Tai Chi 2:00	Canada Day Texas Holdem 8:30 S.A.I.L. 9:00 Sew & Sews 9:30 Garden Club 10:15 Yoga 1:00	Texas Holdem 8:30 S.A.I.L. 9:00 Sew & Sews 9:30 Yoga 1:00 Kayak/Canoe Group 6:00	Crafts w/Kathy 9:00 Loomers 10:00 Bingocize 10:00 Card Games 12:00	
11	12	13	14	15	16	17
Paint w/Nancy 8:30 FCE 9:00 Yoga 1:00 Veterans Meeting 6:00	Texas Holdem 8:30 Foot Care w/Tracy 8:30 BP Checks 8:30 S.A.I.L. 9:00 BBQ Bingo 11:30 w/Alexandria from AHA	Loomers 10:00 Bingocize 12:00 Card Games 12:00 Dancercise 1:00 Tai Chi 2:00	Loomers 10:00 Bingocize 10:00 Card Games 12:00 Friday Night Dance 7:00-Doors open at 6:00 - Admission \$6:00 per person	Texas Holdem 8:30 S.A.I.L. 9:00 Sew & Sews 9:30 Yoga 1:00 Kayak/Canoe Group 6:00	Loomers 10:00 Bingocize 10:00 Card Games 12:00	Gold Star Marker 17 Dedication - Cheatham County Veteran's Park 10:00 
18	19	20	21	22	23	24
	Crafts w/Kathy 9:00 Yoga 1:00	Texas Holdem 8:30 BP Checks 8:30 S.A.I.L. 9:00 Music for Seniors 10:30	Loomers 10:00 Bingocize 12:00 Card Games 12:00 Dancercise 1:00 Tai Chi 2:00	Texas Holdem 8:30 S.A.I.L. 9:00 Sew & Sews 9:30 Yoga 1:00	Loomers 10:00 Bingocize 10:00 Card Games 12:00	
25	26	27	28	29	30	31
	Yoga 1:00	Texas Holdem 8:30 BP Checks 8:30 S.A.I.L. 9:00 Bingo w/Patricia Vest from THC 11:30 -(Bring Sack Lunch)	Loomers 10:00 Bingocize 12:00 Card Games 12:00 Dancercise 1:00 Tai Chi 2:00	Texas Holdem 8:30 S.A.I.L. 9:00 Sew & Sews 9:30 Yoga 1:00	Loomers 10:00 Bingocize 10:00 Card Games 12:00	

July Birthdays

Ken	Bernhardt	Jul 01	Peggy	Buchanon	Jul 17
Judy	Hale	Jul 01	Louise	Dozier	Jul 17
Janet	Holloway	Jul 01	Peggy	Anderson	Jul 18
Dolores	Noland	Jul 01	Brenda	Williams	Jul 18
Edward	Williams	Jul 01	Bonnie	Feltman	Jul 19
Laura	Archer	Jul 02	Jane	Bratcher	Jul 20
Carol	Bracey	Jul 02	Billy	Nickens	Jul 20
Maggie	Van Eeden	Jul 02	Eva	Brooksher	Jul 20
Andrew	Buck	Jul 03	Patsy	Andrews	Jul 21
Margaret	Gilbert	Jul 03	Suzanne	Hunt	Jul 21
Esther	Mach	Jul 03	Joyce	Evans	Jul 22
Linda	Smith	Jul 03	Wilma(sue)	Loftis	Jul 22
Jackie	Strunk	Jul 03	Jesse	Shivers	Jul 23
Terry	Dey	Jul 04	Mary	Havens	Jul 25
Linda	Phillips	Jul 04	Jan	Henderson	Jul 25
June	Pipkin	Jul 04	Barbara	Kannard	Jul 26
Evelyn	Stewart	Jul 04	Dorothy	Knight	Jul 26
Travis	Taylor	Jul 04	GeorgeAnne	Raines	Jul 27
Brenda	Williams	Jul 04	Janet	Biggs	Jul 28
Doris	Chavez	Jul 05	Barry	Burcham	Jul 29
June	Akins	Jul 06	Richard (Rick)	Johnson	Jul 29
Dianne	Johnson	Jul 06	Janet	Nicholson	Jul 29
Rose	Powell	Jul 06	Judy	Bennett	Jul 30
Rickey	Burton	Jul 07	Joyce	Matlock	Jul 30
Bobby	Phillips	Jul 07	Esther	Cote	Jul 31
Ramona	Trusty	Jul 07	Alice	Lindahl	Jul 31
Marsha	Young	Jul 07	Yvonne	Stinnett	Jul 31
Richard	Pursley	Jul 08	Lorraine	Reynolds	Jul 31
Judy	Ragan	Jul 08			
Brenda	Thornton	Jul 08			
Geraldine	Wade	Jul 08			
Vickey	Morris	Jul 09			
Francis (Ray)	White	Jul 09			
Sherman	Clayton	Jul 10			
Daniel	Henderson	Jul 11			
Columbus	Jones	Jul 11			
William (Bill)	Lawrenz	Jul 12			
June	Nicholson	Jul 12			
Mary (Janie)	Stagner	Jul 12			
Sue	Knapp	Jul 13			
Ora	Sosebee	Jul 13			
Brenda	Collins	Jul 14			
Phyllis	Hazelwood	Jul 14			
Dianne	Tomlin	Jul 14			
Katherine	Krantz	Jul 15			
Nancy	Scott	Jul 15			
Tina	Tosten	Jul 16			



Friday Night Dance Returns



Friday, July 16, 2021
Doors Open at 6:00 p.m.
Dance: 7:00 – 9:30 p.m.
Cost: \$6.00 per person



Band

**Kevin Dobson &
Along for the Ride**



Food will not be available. Soft drinks may be purchased.
Coffee and water provided.

Volunteers are needed to help with future dances.
Next dance will be held in August.