

July 2022

Senior Active Lifestyle

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



Center Staff

Gena Batts,

Director

Joanna Burcham,

Assistant Director

Kathy Nicholson,

Program Coordinator

Alicia Shaneyfelt,

Staff Support

Lindy Murff,

Health/Fitness Instructor

Barb Batson,

Health/Fitness Instructor

Center Hours

Monday - Friday

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**

**Grants from
Greater Nashville Regional Council
TN Council on Aging & Disability**

**Friends of the Center
Member Donations**



Let Freedom Ring!

This month we celebrate our country's independence. It is a great opportunity to thank all of those who have served and currently serve to ensure that our freedom remains today. God bless the USA!

Trips

Be sure to check out the flyer for the trip on the General Jackson Showboat on August 9th. This trip will fill up quickly, so call as soon as possible to sign up. Deadline to pay is July 22.

Reminders and Info

Harvest Time – Do you have extra garden vegetables that you wish to share? Bring them and place in our Harvest Share Basket.

New Group – “All Things Yarn” – Do you like to knit, crochet, or loom? Join this group each Wednesday afternoon at 1:00 p.m.

Special Presentation - Cheatham County Historical and Genealogical Association presents Ken Hutchison as Horatio Spafford, writer of the hymn, “It Is Well With My Soul”, on Thursday, July 14 at 6:30 p.m. here at the center. See attached flyer for details.

“Grands and Greats” Painting Class with Nancy Reeves – This class will be Saturday, July 23 from 10 a – 1p. More information is included in the attached flyer.

Senior Day at the Fair – There will be a special fun day for our seniors to enjoy the Cheatham County Fair on Friday, August 19th from 9:00 – 11:00 am. Admission is free. More information will follow in our August newsletter, but our members are encouraged to start preparing your fair entries. The class entries include adult fine art, photography, creative writing, adult handicraft & holiday, adult canning, baking, floriculture, and adult sewing/needlework. A complete list of entry details is available at the center.

Save the Date – Our annual Senior Service Day will be Thursday, September 1. The St. Thomas Ascension Mobile Mammography Unit will be here that day, so please plan for your annual exam.

Friday Night Dances at 7 p.m.

July 1 – No Dance – Closed for Maintenance

July 8– Barry Brake & Still Kicking Country

July 15 – Kevin Dobson & Along for the Ride

July 22 – Rode West

July 29 – No Dance

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



Wish List

Our member pantry needs disposable plates, cups, forks, knives, and spoons. Thank you!

Gena

Special Events This Month

Tuesday, July 19 at 10:00 a.m.

Card Making with Kathy Nicholson

The cost will be \$5.00 each to cover the cost of the materials. Cards to be made are Christmas in July, and all occasion.

For more information and to sign up, please call Kathy by July 15th.



Tuesday, July 26 at 11:00 a.m.

Bingo Lunch with Patricia Vest

Join us for bingo and a pizza lunch sponsored by TN Quality Care. If you

would like to attend, call us to register by July 22.

Please call as soon as possible if you will not be able to come to the lunch.



Health and Fitness Classes

(Class times and dates are subject to change.)

Monday –

Arthritis Foundation Exercise at 9:00 am

Yoga at 1:00 pm



Tuesday –

SAIL(Staying Active & Independent for Life) at 9:00 am

Wednesday –

Bingocize (Exercise & Bingo) at 10:00 am

Dancercize at 1:00 pm

Tai Chi at 2:00 pm

Thursday –

SAIL(Staying Active & Independent for Life) at 9:00 am

Yoga at 1:00

Friday –

Bingocize (Exercise & Bingo) at 10:00 am

Chair Volleyball at 11 am

Community Food Banks & Services

Ongoing – Food boxes available here at the center.

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.

Thursday, June 30 – Faith Community Church Food Distribution at 238 Ed Harris Rd., Ashland City from 1:00 – 3:00 p.m.

Saturday, July 9 – Mission of Hope Assembly at 6307 Hwy 41-A in Pleasant View from 10 am – 2 pm.

Regular Happenings This Month



Each Monday & Wednesday at 11:00
Kathy's Kitchen Lunch Meal

See attached menu for more information. You must sign up in advance to eat. Please call as soon as possible if you will not be able to come to the lunch.



Tuesday, July 5– Wings of Hope
Meeting at 12:00 pm

This month's theme celebrates our nation's freedom. Attendees are encouraged to wear red, white & blue and bring a dish or dessert with the same theme color. This group is for any single woman.

Monday, July 11 –

Paint with Nancy 8:30 am – 4:00 pm



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, July 12 – 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.

Monday, July 18–

Lunch with the Law at 11:00 am



This was previously called "Coffee with a Cop". We decided to change this to a lunchtime event. 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.



Wednesday, July 20 at 12:00 pm
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, July 25 at 11:00 a.m.
Music for Seniors



Bob Tigert will return with his ukulele to play us some old favorites from Roots Gospel, Americana & Old Rock n' Roll and more.



VANTAGE POINTE VILLAGE
at Ashland City

Friday, July 29 –
Breakfast Trivia at 9:00 am

Come out and test your trivia knowledge with Zachary Fulton from Vantage Point Village. Coffee and yummy breakfast treats will be served.



Monday

Tuesday

Wednesday

Thursday

Friday

 <p style="text-align: center;">July 2022</p> <p style="text-align: center;">The Senior Center at Ashland City 104 Ruth Drive, Ashland City, TN 37015 Phone: 615-792-3629 Hours: Monday- Friday 8:00 am to 4:00 pm</p>				1
4	5	6	7	8
Center Closed 	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 Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00	Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 1:00	Arthritis Exercise – 8:30 (note time) Loomers 10:00 Bingocize 10:00 Chair Volleyball 11 Card Games 11:00 Dance 7:00 – Barry Brake & Still Kickin' Country
11	12	13	14	15
Paint w/Nancy – 8 :30 Arthritis Exercise – 9:00 Kathy's Kitchen 11 Yoga 1:00	Texas Holdem 8:00 Foot Care 8:30 BP Checks 8:30 S.A.I.L 9:00 FCE Mtg. 10:00	Loomers 10:00 Bingocize 10:00 Kathy's Kitchen 11:00 Diabetes Support Group – 12:00 Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00	Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 1:00 CCHGA Presents "It is Well With My Soul" at 6:30 p.m.	Loomers 10:00 Bingocize 10:00 Chair Volleyball 11 Card Games 11:00 Dance 7:00 – Kevin Dobson & Along for the Ride
18	19	20	21	22
Arthritis Exercise – 9:00 Kathy's Kitchen 11 Lunch w/the Law – 11:00 Yoga 1:00 Veteran's Meeting 6:00	Texas Holdem 8:00 BP Checks 8:30 S.A.I.L 9:00 Kathy's Cards 10 (Christmas in July)	Loomers 10:00 Bingocize 10:00 Kathy's Kitchen 11 Jeopardy 11:00 Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00	Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 1:00	Loomers 10:00 Bingocize 10:00 Chair Volleyball 11 Card Games 11:00 Dance 7:00 – Rode West
25	26	27	28	29
Arthritis Exercise – 9:00 Kathy's Kitchen 11 Music for Seniors - 11:00 Yoga 1:00	Texas Holdem 8:00 BP Checks 8:30 S.A.I.L 9:00 Bingo Lunch at 11:00 with TN Quality Care	Loomers 10:00 Bingocize 10:00 Kathy's Kitchen 11 Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:30 - Anna	Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Friends of the Center Mtg. 10:15 Yoga 2:30 - Anna	Breakfast Trivia 9 Loomers 10:00 Bingocize 10:00 Chair Volleyball 11 Card Games 11:00 No Dance

Be sure to check our Facebook page and website for updates and changes.

July Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Judy	Hale	Jul 01	Dianne	Tomlin	Jul 14
Janet	Holloway	Jul 01	Angie	Zurawski	Jul 14
Dolores	Noland	Jul 01	Kathy	Krantz	Jul 15
Edward	Williams	Jul 01	Nancy	Scott	Jul 15
Laura	Archer	Jul 02	Connie	Hunter	Jul 15
Carol	Bracey	Jul 02	Tina	Tosten	Jul 16
Maggie	Van Eeden	Jul 02	Anna	Winberg	Jul 16
Andy	Buck	Jul 03	Debra	Meador	Jul 16
Margaret	Gilbert	Jul 03	Sherry	King	Jul 16
Esther	Mach	Jul 03	Peggy	Buchanan	Jul 17
Linda	Smith	Jul 03	Louise	Dozier	Jul 17
Jackie	Strunk	Jul 03	Peggy	Anderson	Jul 18
Terry	Dey	Jul 04	Brenda	Williams	Jul 18
JoAnn "Jo"	Jones	Jul 04	Larry	Nunnally	Jul 18
Kay	Phillips	Jul 04	Bonnie	Feltman	Jul 19
Evelyn	Stewart	Jul 04	Ester	Bradshaw	Jul 19
Travis	Taylor	Jul 04	Jane	Bratcher	Jul 20
Brenda	Williams	Jul 04	Billy	Nickens	Jul 20
Doris	Chavez	Jul 05	Gail	Brooksher	Jul 20
Dianne	Johnson	Jul 06	Patsy	Andrews	Jul 21
Rose	Powell	Jul 06	Suzanne	Hunt	Jul 21
Rickey	Burton	Jul 07	Margie	McFann	Jul 21
Bobby	Phillips	Jul 07	Joyce	Evans	Jul 22
Ramona	Trusty	Jul 07	Sue	Loftis	Jul 22
Marsha	Young	Jul 07	Jesse	Shivers	Jul 23
Richard	Pursley	Jul 08	Sue	Havens	Jul 25
Judy	Ragan	Jul 08	Jan	Henderson	Jul 25
Brenda	Thornton	Jul 08	Barbara	Kannard	Jul 26
Geraldine	Wade	Jul 08	Dorothy	Knight	Jul 26
Vickey	Morris	Jul 09	GeorgeAnne	Raines	Jul 27
Ray	White	Jul 09	Janet	Biggs	Jul 28
Sherman	Clayton	Jul 10	Barry	Burcham	Jul 29
Max	Vick	Jul 10	Rick	Johnson	Jul 29
Daniel	Henderson	Jul 11	Janet	Nicholson	Jul 29
Columbus	Jones	Jul 11	Judy	Smith	Jul 30
Bill	Lawrenz	Jul 12	Joyce	Matlock	Jul 30
June	Nicholson	Jul 12	Lisa	Whitworth	Jul 30
Janie	Stagner	Jul 12	Esther	Cote	Jul 31
Sue	Knapp	Jul 13	Alice	Lindahl	Jul 31
Ora	Sosebee	Jul 13	Yvonne	Stinnett	Jul 31
Brenda	Collins	Jul 14	Lolly	Reynolds	Jul 31



FREE BIRTHDAY LUNCH

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, July 25th at 11:00 a.m. at our own Kathy's Kitchen.

The menu for the day is Carolina Style Pulled Pork, Coleslaw, and Green Beans.

Cake and ice cream will be served for dessert.

Linda Staffen with Core Insurance Advisors graciously sponsors our birthday cake each month.



Spots do fill quickly, so call us by July 22 at 615-792-3629 to reserve your spot.

We hope your birthday will be a special one and we look forward to seeing you for lunch!





Lunch Served Mondays and Wednesdays at 11 a.m.

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

July Menu

Monday, July 4th
Center Closed

Wednesday, July 6th
Hot Dogs, Potato Salad, Baked Beans, Brownies & Slushies

Monday, July 11th
Baked Parmesan Chicken Tenders, Macaroni Salad, Candied Sweet Potatoes, Cheesecake

Wednesday, July 13th
Roast Beef Poutine (beef over french-fried potatoes), Baked Carrots, Fruit

Monday, July 18th (Lunch with the Law)
Taco Salad, Bean Salad, Pina Colada (non-alcoholic) Icebox Cake

Wednesday, July 20th
Grilled Chicken Tenders, Squash Casserole, Green Peas, Blueberry Pie

Monday, July 25th (Birthday Lunch)
Carolina Style Pulled Pork, Coleslaw, Green Beans, Cupcakes & Ice Cream

Wednesday, July 27th (Christmas in July Lunch)
Ham, Turkey, Yams, Dressing, Spinach Salad, Cranberry Congealed Salad



**Please call the Senior Center by 11:00 on the Friday
before the scheduled meal at 615-792-3629 to sign up.
Space is limited to 30 people per day.**





SPOTLIGHT

SENIOR SERVICE



Cheatham County Funeral Home has been proud to serve this community for twenty-seven years. Founded and owned by Johnny and Shirley Jones and managed by their daughter Teresa Eads, the funeral home prides itself on our dedication to help anyone who walks through our doors. We seek to provide both exceptional service and comfort to our families, no matter the day or time. Our phones are manned by a member of our staff 24/7, as we know the unexpected can happen at any moment. Allow us to be with you every step of the way, however you need us.

Reverence is the cornerstone of funeral service. It is our honor to be able to have aided our families throughout the years in these life-changing moments. As Mr. Johnny frequently says, "In order to work in this business, you must have a sincere love for people."

Our goal is to provide security and guidance to our families, whether through pre-arrangements or at-need arrangements. We offer a wide variety of services and products so that our families can take comfort in being able to create a service that best suits their loved ones.

Cheatham County Funeral Home is honored to serve those who have served our country by offering veterans' accommodations such as a veteran-specific casket and urn. We are happy to request the appropriate military honors and obtain burial flags for the services of these great men and women.



Johnny H. Jones
Funeral Director

Teresa Eads
Funeral Director
Preneed Sales Agent

cheathamcountyfh.com

Cheatham County Funeral Home LLC



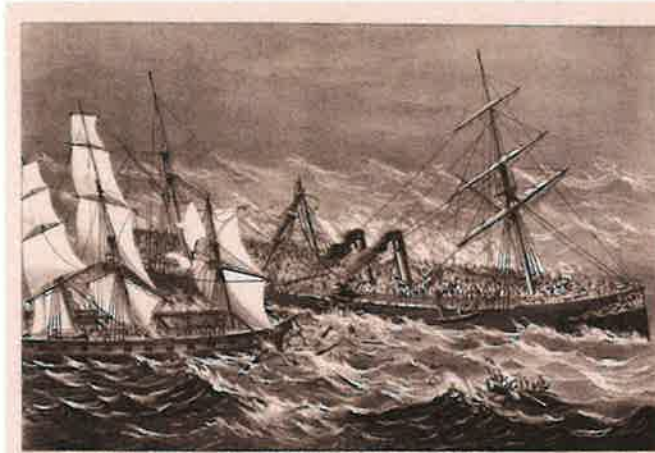
615-792-2552



**117 Elizabeth Street
Ashland City, TN 37015**

Cheatham County Historical &
Genealogical Association
Presents
**Guest Speaker: Kenneth Hutchison
as "Horatio Spafford"**

The man behind the hymn "It is Well With My Soul"



THE SINKING OF THE STEAMSHIP VILLE DU HAVRE.

A page of a hymn book containing the musical score for "It is Well with My Soul". The score is written for four voices (Soprano, Alto, Tenor, Bass) and includes piano accompaniment. The lyrics are printed below the staves. The title "It is Well with My Soul" is prominently displayed at the top of the page.

THURSDAY, JULY 14

6:30 ~ SENIOR CENTER AT ASHLAND CITY

104 RUTH DRIVE
ASHLAND CITY, TN 37015

“GREATS AND GRANDS” PAINTING WITH NANCY



**Turtle In Sea 11x14
Barn 11x14
Watermelon 11x14
Sunflower 11x14**



**Saturday, July 23rd, 2022
10:00 a.m. to 1:00 p.m.**

Bring your grandchild or great-grandchild out for a day of painting at the center. This is open to children ages 8-18 years.

Bring a sack lunch. Drinks and dessert will be furnished.

Pre-Drawn Canvas and Painting Supplies Furnished

**Cost is \$25 per person and
must be prepaid.**

PLEASE REGISTER ASAP

By Text Message: 615-294-2578 or

Email: reeves.nancy@gmail.com

*****Registration will be confirmed*****

DAY TRIP

General Jackson Showboat Lunch Cruise Tuesday, August 9, 2022 10:30 a.m. – 3:30 p.m.



Cost \$70.00 per person (non-refundable)

Includes cruise, meal, show, bus, and all gratuities.

Deadline to sign up and pay is July 22, 2022.

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

Lunch Menu: Plated Salad, Roasted French Cut Chicken Breast, White Cheddar Mac & Cheese Gratin, Spring Green Beans, and Wild Blueberry Cake. Gratuity is included.



Tennessee Legends Show:

From East Tennessee to Music City to the soulful sounds from Memphis, many of the top musical legends of all time call Tennessee home. In 2022, on the General Jackson Showboat, we'll celebrate the songs of some of these world-famous Tennessee Legends. You'll hear Smoky Mountain stories from country music's greatest living legend, Dolly Parton to the sounds of Nashville's legendary Grand Ole Opry stars to the classics from one of the greatest artists of all time, Memphis' own Elvis Presley. With guitars, fiddles and voices ringing, Tennessee Legends is a can't-miss musical treat! So, take a cruise on Tennessee's Cumberland River and enjoy some of Nashville's finest musical talents sharing the stories and songs that made Tennessee famous!

Bus will leave promptly at 10:30 a.m. from the upper parking lot of Tractor Supply at 356 Frey St. (Hwy 49 E). We will arrive at the General Jackson Showboat around 11:15 a.m. to board the boat. We will depart from the boat around 2:30 p.m. and the bus will arrive back in Ashland City around 3:30 p.m.