

JULY 2023

BE ACTIVE & LIVE WELL

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

**“May we think of freedom not as the right to do as we please, but as the opportunity to do what is right.”
~ Peter Marshall**

I hope you take the time to let the above quote sink in. As we get ready to celebrate the freedom of our great nation on July 4th, may we appreciate all of those who have served our country by doing what was right for everyone and not just themselves. I encourage each of you to always take the opportunity to do what is right in your actions toward others. Love and kindness are never wasted.

Our Friends of the Center Advisory Council is now officially a 501(c)(3) organization. This now means that any charitable donations made to the center are tax deductible. We are very excited about this and would like to thank Valerie Kemp, local Certified Public Accountant, for all her assistance in helping us attain this status. In addition, we would like to thank Betty Jo Harrell at Pinnacle Bank for helping with setting up the new account. We could not have achieved this without their help. Thank you ladies!

Check out the incentive prize list included in this newsletter for our Pace Makers Walking Club. Thanks to Linda Staffen with Core Insurance Advisors for offering these great incentives to be active!

Join us as we go to a ballpark to see the Nashville Sounds play on July 21st. More info is included. There is also a planned trip to see Christmas at the Biltmore on November 7-10. A trip flyer is in this newsletter. This trip is expected to fill quickly, so call soon to sign up and pay your deposit.

While everyone is welcome to hang out with us and others any time during our regular hours, it has been suggested that we have designated social times at the center so that our members can gather to meet with others and enjoy a nice cup of coffee or hot tea. If you are interested, please let us know. If enough like this idea, we will add this to our calendar for August.

Wishlist - If you would like to donate Folger's or Maxwell House regular coffee or candy and mints, it would be much appreciated.

Meet Our 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 Center at 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 a line dancing based 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, July 8 – 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

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.

Card/Craft Classes with Kathy

Kathy teaches these classes each month. For details on pricing for these classes, call Kathy at the Center. Look for class dates on the monthly calendar.

Foot Care

Tracy Reeves treats our members to foot care once a month. She will be in the library area. Look for class date on monthly calendar.

Jeopardy

Debbie Davenport with Providence Group 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.

Kathy’s Kitchen Lunch Meal

Every Monday & Wednesday we have lunch available for purchase. The cost is \$5.00, and lunch is served at 11:00a.m. See attached menu for details.

Lunch with the Law

Local law enforcement come to talk/ answer questions during lunch one day each month. It is in conjunction with Kathy’s Kitchen, but you do not have to purchase a lunch to join the event.

Lunch & Learn

We have our senior service partners out to speak about the services they offer during Kathy’s Kitchen. You do not have to purchase a meal to attend these events.

Music for Seniors

On the last Monday of each month, Music for Seniors joins us during Kathy’s Kitchen. The singers/musicians play all genres of music.

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.

Trivia

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

Wings of Hope

July 11th: 11:00 am at Senior Center
Red, white, and blue food & attire.



JULY 2023

Daily Activities

Monday

Arthritis Exercise 9:00 a.m.
 Cranium Crunch 10:00 a.m.
 Kathy's Kitchen 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.
 Kathy's Kitchen 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

Friday Night Dance Schedule

July 7- Fred Winston & The Stable Boys
 July 14 - Barry Brake & Still Kicking Country
 July 21 - Kevin Dobson & Along for the Ride
 July 28 - Barry Brake & Still Kicking Country



Monday

3
NO ARTHRITIS EXERCISE

Tuesday

4
Center Closed


Wednesday

5 
Price is Right w/ Tennova Hospice-11:00am
 Host: Marie Eppes


Thursday

6

Friday

7
Arthritis Exercise-9:00am


10
Paint with Nancy-8:30 am

Lunch w/ Law 11:00 am

Emotional Support- 12:00
Veterans Meeting- 6pm

17
NO ARTHRITIS EXERCISE

Trivia - 10 am w/ Zachary Fulton

Emotional Support- 12:00

24
Emotional Support- 12:00


31 
Music for Seniors- 11:00 am
 Performing: Donna Anderson

Emotional Support- 12:00

11
Foot Care 8:30 am

FCE Mtg 10:00 am
Wings of Hope 11:00 am

Square Dancing 1:00 pm

18
Square Dancing 1:00 pm


25
Cards w/ Kathy- 10 am

26
Lunch & Learn w/ Dedicated Senior Medical -11:00 am
 Speaker: Denise Martin


27

28

31 

12 
Jeopardy w/ Providence Group-11:00am
 Host: Debbie Davenport


19 
Bingo Lunch w/ AseraCare-11:00 am
 Speaker: Sharon Wills


25
Square Dancing 1:00 pm

26
Lunch & Learn w/ Dedicated Senior Medical -11:00 am
 Speaker: Denise Martin


27

28

31 

13

20

21

27

The Center at 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.

July Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Judy	Hale	Jul 01	Larry	Nunnally	Jul 18
Janet	Holloway	Jul 01	Mo	Potter	Jul 18
Dolores	Noland	Jul 01	Bonnie	Feltman	Jul 19
Laura	Archer	Jul 02	Ester	Bradshaw	Jul 19
Carol	Bracey	Jul 02	Reba	Goewey	Jul 19
Maggie	Van Eeden	Jul 02	Jayne	Forsythe	Jul 19
Marsha	Terry	Jul 02	Jane	Bratcher	Jul 20
Joie	Mulherin	Jul 02	Gail	Brooksher	Jul 20
Andy	Buck	Jul 03	Patsy	Andrews	Jul 21
Margaret	Gilbert	Jul 03	Margie	McFann	Jul 21
Bo	Forsythe	Jul 03	David	Mundy	Jul 21
Terry	Dey	Jul 04	Paulette	Cothorn	Jul 22
Jo	Jones	Jul 04	Joyce	Evans	Jul 22
Evelyn	Stewart	Jul 04	Johnny	Osborne	Jul 22
Doris	Chavez	Jul 05	Jesse	Shivers	Jul 23
Clayton	McCool Jr.	Jul 06	Sue	Havens	Jul 25
Helen	Wall	Jul 06	Linda	Lange	Jul 25
Pete	Whittaker	Jul 06	Dorothy	Knight	Jul 26
Rickey	Burton	Jul 07	GeorgeAnne	Raines	Jul 27
Ramona	Trusty	Jul 07	Janet	Biggs	Jul 28
Eileen	Herbert	Jul 07	Robin	Hunter	Jul 29
Judy	Ragan	Jul 08	Judy	Bennett Smith	Jul 30
Geraldine	Wade	Jul 08	Lisa	Whitworth	Jul 30
Judy	Smith	Jul 08	Esther	Cote	Jul 31
Reta	Troxtel	Jul 08	Lolly	Reynolds	Jul 31
Vickey	Morris	Jul 09			
Ray	White	Jul 09			
Sherman	Clayton	Jul 10			
Max	Vick	Jul 10			
Carol	Calkin	Jul 10			
Ann	Woodall	Jul 10			
Myrtle	Oliver	Jul 11			
Darlene	Gnegy	Jul 11			
June	Nicholson	Jul 12			
Brenda	Collins	Jul 14			
Kay	Phillips	Jul 14			
Dianne	Tomlin	Jul 14			
Angie	Zurawski	Jul 14			
Kathy	Krantz	Jul 15			
Nancy	Scott	Jul 15			
Connie	Hunter	Jul 15			
JoAnn	Harris	Jul 15			
Dianne	Johnson	Jul 16			
Anna	Winberg	Jul 16			
Debra	Meador	Jul 16			
Sherry	King	Jul 16			
Betty	Johnson	Jul 16			
Peggy	Buchanon	Jul 17			
Louise	Dozier	Jul 17			
Peggy	Anderson	Jul 18			
Brenda	Williams	Jul 18			



Free Birthday Lunch

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, July 31st at 11:00am at our own Kathy's Kitchen.

The menu for the day is Chicken Nuggets, Tater Tots, Salad , 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!

Birthday Lunch: July 31st at 11:00 am



**Lunch served Mondays & Wednesdays at 11 a.m.
Cost is \$5.00 per person.
Includes Meal, Dessert, and Drink.**

July 2023 Menu

Monday, July 3rd

Bacon Cheeseburger Pasta, Coleslaw, Ice Cream Cones

Wednesday, July 5th

Taco Salad, Chips and Salsa, Brownies

Monday, July 10th

Chicken Parmesan, Noodles, Steamed Broccoli, Chocolate Chip Cookies

Wednesday, July 12th

Meatloaf, Cream Potatoes, Peas, Brownies

Monday, July 17th

BBQ Pork Sandwiches, Potato Salad, Baked Beans, Fresh Fruit

Wednesday, July 19th

Spaghetti w/ Turkey Burger Sauce, Garlic Bread, Salad, Pineapple Upside Down Cake

Monday, July 24th

Broccoli Beef Braids, Corn and Black Bean Salad, Jell-O w/ Fruit

Wednesday, July 26th

Orange Glazed Pork Loin, New Potatoes, Green Beans, Cherry Cheesecake

Monday, July 31st

Chicken Nuggets, Tater Tots, Salad, Ice Cream & Cupcake

**Space is limited to 40 people on Mondays
& 50 people on Wednesdays.
This is on a first come first serve basis.**



SAVE THE DATE

"Kids and Kin" Painting Class

Nancy will be holding enrollment to 10 painters. So please email her ASAP to sign up! If we have more than 10 sign up a second date will be scheduled!

Email: reeves.nancy@gmail.com

Text message: 615-294-2578

When:

Saturday
July 29, 2023

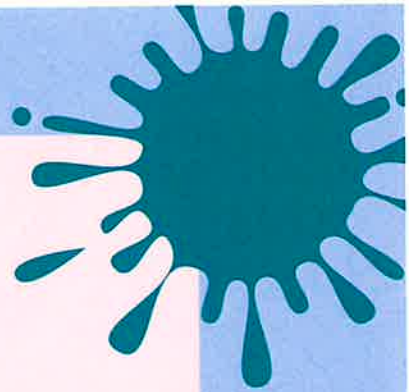
Where:

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

Cost:

\$25

Painting Options:



Emotional Support

This group discussion will begin on July 10th. Joshua Medeiros, from Insight Counseling Centers will be facilitating the discussion. If this is something you would like to attend, please call us at the Center to sign up.

Mondays at 12:00 p.m.

Start Date: July 10th

End Date: August 28th

In partnership
with:



Bread Making Class

We are thinking of scheduling a class to learn how to make your own sourdough bread. The date/time would be determined once we see how much interest there is. If this is something you would like to attend, please call the center to let us know.

WALKING CLUB MILESTONE AWARDS 2023

Sign Up = Pedometer

75 Miles = Club T-Shirt

150 miles = Exercise Band

225 miles = Liquid IV Packet

300 miles = Fitness Towel

375 miles = Blanket

450 miles = Club Coffee Mug

Ashland City Pace Makers



IMPROVING OUR HEALTH,
ONE STEP AT A TIME!

****IT'S NOT TOO LATE TO JOIN! COME BY THE
CENTER TO GET SIGNED UP!****



**For each milestone you reach, you'll
have a ticket entered into our year
end raffle for a new Fitbit**

****Milestone Awards will be awarded the month following
your attainment of each milestone. Awards may be
substituted based on availability and shipping time lines****



Take me
UT
to the
Ballgame



July 21, 2023

See our Nashville Sounds take
on the Jacksonville Jumbo Shrimp.
Fireworks show to follow the game.

Cost \$50 per person (non-refundable)

This includes your game ticket, a \$15 concessions
meal voucher, bus transportation and gratuities.

Payment is due upon signing up for the trip.

Bus will leave promptly at 5:00 p.m. from upper parking lot of Tractor Supply. We will arrive at the First Horizon Ballpark around 5:45 p.m. The bus will arrive back in Ashland City around 10:30 p.m. depending on the length of the ballgame and fireworks show.

Please note that the park is a cashless facility, including concession stands and retail store. All bags brought into the park must be clear in nature and no larger than 12"x12"x6" in size. Exceptions are small handheld clutches or purses (up to 5"X9")

Call us at the center at 615-792-3629 for more information.



CHRISTMAS AT THE BILTMORE HOUSE

Featuring A Candlelight Christmas Tour

4 DAYS - 3 NIGHTS
NOVEMBER 7 - 10, 2023

\$ 729 Per Person
Double Occupancy



PACKAGE INCLUDES:

- * 3 Nights Lodging
- * 3 Breakfasts
- * 3 Dinners, including the Stable Cafe on the Biltmore Estate
- * Grove Arcade
- * Candlelight Christmas Evening Audio Tour of Biltmore House
- * Daytime visit to the Biltmore Grounds, including Antler Hill Village
- * Biltmore Village
- * Guided Tour of Asheville, including the Folk Art Center
- * Evening of Entertainment
- * Souvenir Gift
- * Luggage Handling
- * Taxes & Meal Gratuities
- * Motorcoach Transportation (Driver Gratuities Not Included)

Cancellation insurance is available & highly recommended; more details will be provided upon sign-up.



ASHEVILLE, NC



FOR INFORMATION AND RESERVATIONS CONTACT:

SENIOR CENTER AT ASHLAND CITY
Gena Batts
104 Ruth Dr.
Ashland City, TN 37015
(615) 792-3629

