

June 2021

# The Senior Active Lifestyle

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



## Celebrating June

### Flag Day (U.S.)

June 14

God bless our star gemmed  
banner;  
Shake its folds out to the breeze;  
From church from fort from  
housetop,  
Over the city on the seas;

The die is cast the storm at last  
Has broken in its might;  
Unfurl the starry banner,  
And may God defend the right.

Then bless our banner God of  
hosts!  
Watch o'er each starry fold;  
Tis freedom's standard tried and  
proved  
On many a field of old;

And Thou who long has blessed  
us,  
Now bless us yet again,  
And crown our cause with victory,  
And keep our flag from stain.

### Father's Day (U.S.)

June 20



## Changes Are Coming

By now most everyone knows that June 30<sup>th</sup> will be my final day to serve as the *Director of the Senior Center at Ashland City*.

It has been my pleasure to serve the seniors of our community. In my years of service, the center has grown 500 percent. We have added many new services and made many improvements to the building as well.

I would like to take this time to say how much I have enjoyed getting acquainted with each of you and look forward to continuing our friendships after retirement.

I have been fortunate to have a good team, to include staff, advisory council, City departments, and volunteers that worked together to bring the best we could to our members.

Gena Batts will be taking the helm on July 1, 2021 as the new *Director*.

*The Summer Bash* is planned for June 25<sup>th</sup>, that will also be a time to have one last celebration with you before retiring.

I hope you can come out and enjoy the food and listen to music from members of some of our favorite bands and enjoy a dance. This event is being held outdoors at

*River Bluff Park, Friday June 25<sup>th</sup>, 12 – 2.*

Call the center for a reservation for planning purposes.

I look forward to seeing you there.

*With much fondness and respect,*

*Melissa Womack*

## Special Events This Month

### June 22 – Beachball Bingo Lunch with Patricia Vest



Join us on Tuesday, June 22 for a summer themed bingo lunch event. Patricia Vest from TN Quality Care Home Health will be hosting starting at 11:00 a.m. Please register for this event by June 18th by calling the center at 615-792-3629.

**Patricia Vest**  
931-221-4890



### June 23 – Fun in the Sun Giveaway with Ashley McDonald

Ashley McDonald from Cigna will be here from 11:30 – 2:30 to promote the importance of safe summer fun. She will be giving sunscreen and popsicles to all those who stop by the center.

**Ashley McDonald**  
615-684-2151



### June 30 – Breakfast Trivia with Karen Morgan



Come out and test your trivia knowledge with Karen Morgan from Vantage Point Village. This event will begin at 9:00 a.m. Coffee and yummy breakfast treats will be served. Please register by June 25 by calling the center at 615-792-3629.

**Karen Morgan**  
615-787-4504



**The center is now open from  
8:00 a.m. to 4:00 p.m.**

## Happenings This Month

### *Wings of Hope*

### 6/1 – Wings of Hope Widow Support Group Meeting at 1:00 p.m.

The Wings of Hope group returns this month. The theme is Greet and Grin. We know many of you will be so happy to see each other's smiling faces. Members of this group are asked to bring a salad dish and/or dessert this time to share. Please note that there will be some guidelines in place. Hand sanitizer will be provided for use when sharing serving utensils. Before leaving, the area needs to be cleaned up and no food can be left at the center. The Senior Center shall not be held responsible for meals not provided directly by the center. For more information, call the center at 615-792-3629.

### 6/7 – Greeting Cards with Kathy at 9:00 a.m.

Cost for this class is \$5.00 per participant. This month we will be doing all occasion cards. Call Kathy at 615-792-3629 to sign up.



### 6/8 – Foot Care with Tracy at 8:30 – 10:00 a.m.



### FootCare

Tracy Reeves is back this month to treat our members to foot care. Tracy is a registered nurse and has provided this service at the center for several years. We are so happy to have her return to the center!

### 6/14 - Paint with Nancy from 8:30 a – 4:00 p.m.

To sign up for this class 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.



### Cards/Games & Snacks Resume



Come out on Wednesdays and Fridays at 12:00 p.m. to join a group and play. You may now bring snacks to share with other players. Please note that there will be some guidelines in place. Hand sanitizer will be provided for use when sharing serving utensils. Before leaving, the area needs to be cleaned up and no food can be left at the center. Please be respectful and assist fellow players with clean up. The Senior Center shall not be held responsible for meals not provided directly by the center.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Be sure to check our Website and Facebook Page for changes & updates:  
Website: AshlandCityTN.Gov/Senior  
Facebook: The Senior Center at Ashland City

6

Greetings Cards  
w/Kathy 9:00  
Yoga 1:00

7

Texas Holdem 8:30  
BP Checks 8:30  
Foot Care w/Tracy  
8:30  
S.A.I.L. 9:00

8

Texas Holdem 8:30  
BP Checks 8:30  
Foot Care w/Tracy  
8:30  
S.A.I.L. 9:00

9

Loomers 10:00  
Bingocize 12:00  
Card Games 12:00  
Dancercize 1:00  
Tai Chi 2:00

10

Texas Holdem 8:30  
S.A.I.L. 9:00  
Sew & Sews 9:30  
Yoga 1:00

11

Loomers 10:00  
Bingocize 10:00  
Card Games 12:00

12

13

FCE Meeting 9:00  
Paint w/Nancy 8:30  
Yoga 1:00



14

Texas Holdem 8:30  
BP Checks 8:30  
S.A.I.L. 9:00

15

Texas Holdem 8:30  
BP Checks 8:30  
S.A.I.L. 9:00

16

Loomers 10:00  
Bingocize 12:00  
Card Games 12:00  
Dancercize 1:00  
Tai Chi 2:00

17

Texas Holdem 8:30  
S.A.I.L. 9:00  
Sew & Sews 9:30  
Yoga 1:00

18

Loomers 10:00  
Bingocize 10:00  
Card Games 12:00

19

20



21

Yoga 1:00

22

Texas Holdem 8:30  
BP Checks 8:30  
S.A.I.L. 9:00  
Beachball Bingo  
w/Patricia Vest, TN  
Quality Care 11:30

23

Loomers 10:00  
Fun in the Sun  
Giveaway w/Ashley  
McDonald Cigna 11:30  
Bingocize 12:00  
Card Games 12:00  
Dancercize 1:00  
Tai Chi 2:00

24

Texas Holdem 8:30  
S.A.I.L. 9:00  
Sew & Sews 9:30  
Yoga 1:00

25

Summer Bash,  
Riverbluff Park  
12:00-2:00  
**Center is Closed**

26

Juneleenth

27

Yoga 1:00

28

Texas Holdem 8:30  
BP Checks 8:30  
S.A.I.L. 9:00

29

Breakfast Trivia  
w/Karen Morgan  
Vantage Pointe Village  
9:00  
Loomers 10:00  
Bingocize 12:00  
Card Games 12:00  
Dancercize 1:00  
Tai Chi 2:00

30

Breakfast Trivia  
w/Karen Morgan  
Vantage Pointe Village  
9:00  
Loomers 10:00  
Bingocize 12:00  
Card Games 12:00  
Dancercize 1:00  
Tai Chi 2:00

# June 2021

<b>First Name</b>	<b>Last Name</b>	<b>Birthday</b>	<b>First Name</b>	<b>Last Name</b>	<b>Birthday</b>
Alice	Craft	Jun 01	Vilma	Taillon	Jun 19
Linda	Gates	Jun 01	James (Bud)	Milliken	Jun 20
Phyllis	Cain	Jun 02	Ina (Marie)	Parks	Jun 20
Yvonne	Ellis	Jun 02	Elizabeth	Binkley	Jun 21
Lavada	McMeen	Jun 02	Brenda	Burton	Jun 21
Julie	Tittle	Jun 02	Joyce	Shepler	Jun 21
George	Patterson	Jun 03	Dolores	Wilson	Jun 22
May	Haynes	Jun 04	Janice	Hargrove	Jun 23
Peggy	McGowan	Jun 04	Zulene	Bagwell	Jun 25
Annie	Pursley	Jun 04	Richard	Clark	Jun 25
Rebecca	LaCrosse	Jun 05	Ruby	Johns	Jun 25
Bonnie	Murman	Jun 05	Thomas	Cobble	Jun 26
Jim	Oles	Jun 05	Charles	Bracey	Jun 29
Gena	Batts	Jun 06	Jim	Cooper	Jun 29
Robert	Finch	Jun 06	Billie	Evans	Jun 29
Victoria	Finney	Jun 06	Jeffery	Hunter	Jun 29
Deborah	Pfeiffer	Jun 06	Gloria	Lawrenz	Jun 29
Emma	Rawls	Jun 06	Brenda	Oeser	Jun 29
Linda	Simmons	Jun 06	Dawn	Brewer	Jun 30
Mary	Dittman	Jun 09	Jimmy	Ellis	Jun 30
June	Katzmarek	Jun 09	Billy	Murray	Jun 30
Judy	Gilbert	Jun 10			
Kenneth	Hutchinson	Jun 10			
Kathy	Cantrell	Jun 11			
Billy	Jarrell	Jun 11			
Mary	Pratt	Jun 11			
Glenda	Williams	Jun 11			
Mamie	Stewart	Jun 11			
Beth	Hill	Jun 12			
Paula	Loveland	Jun 12			
Vicki	Bellson	Jun 14			
Derek	Batts	Jun 15			
Delores	Hampton	Jun 15			
Tyler	Mills	Jun 15			
Karen	Sullivan	Jun 15			
Thomas (Pat)	Walsh	Jun 15			
Cathy	Boner	Jun 16			
Portia	Moore	Jun 16			
Marilyn "Elaine"	Overstreet	Jun 16			
Nancy	Juodenas	Jun 17			
James	Lewis	Jun 17			
Judy	Reeves	Jun 17			
Ronnie	Mitchell	Jun 18			
Doreen	Moss	Jun 18			



**Melissa Womack will begin a new adventure this summer.  
Come to the Summer Bash to help us celebrate  
her 10 years of dedication to our seniors  
and the Town of Ashland City.**

**Date: Friday, June 25, 2021**

**Time: 12:00 – 2:00 p.m.**

**Place: Riverbluff Park Pavilion in Ashland City**

**Live Band**

**Buddy Ellithorpe (with Rode West)**

**Kevin Dobson & Along for the Ride  
and Friends**

**Lunch will be served.**

**Please call the Senior Center at 615-792-3629 by  
June 18<sup>th</sup> to let us know if you plan to attend.**

# Senior Center at Ashland City

Presents a Fabulous Vacation To

## *Grand Canyon, Sedona & Bryce Canyon*

Your 7 Day/6 Night Package Includes:

**Round Trip Airfare**

**Meet & Greet Service in Las Vegas**

**Transfers to and from your Hotels**

**2 Nights Hotel Accommodations at a Las Vegas Hotel and Casino**

*Enjoy a luxurious hotel and discover the most exciting resort in Las Vegas. With Restaurants, Swimming Pool, Shows and Entertainment you'll never want to leave!*

4 Breakfasts at your Hotels

3 Evening Receptions at your Hotel including Hot Food and Spirits (subject to availability)

**Enjoy a Scenic Train Ride and Visit to the Grand Canyon**

*Take an unforgettable ride on one of our lovingly restored cars and hear folklore and tales from a crew who are still bewitched by their spectacular surroundings. Be entertained by authentic characters and musicians who bring the Old West to life. And lose yourself in the majesty, the magnificence that is Grand Canyon National Park.*

**Meet and Greet in Phoenix, AZ**

**Guided Tour of Flagstaff, AZ**

*Flagstaff is surrounded by mountains, desert and ponderosa pine forests.*

**Guided Tour of Sedona, AZ - Red Rock Country**

*Sedona is a four seasons playground for everyone – whether you're into history and archaeology; arts and culture; power shopping; or the spiritual and metaphysical, imagine doing all this in a backdrop of some of the most spectacular scenery in the world.*

**Explore Beautiful Bryce Canyon National Park**

*Wind, water and time have eroded Bryce Canyon National Park's sandstone cliffs into otherworldly characters. Rows of humanoid pillars crosshatched by rock strata look almost intentional but perfectly surreal. So silent, eerie and beautiful.*

**Enjoy a Tasting & Tour at Alcantara Vineyards in Cottonwood, AZ**

*Alcantara Vineyards has over 13,000 vines and offers 12 different varieties. Sip wine and enjoy the peaceful surroundings which include vineyards, a grass and picnic area, the Verde River and bald eagles flying overhead. (Subject to availability)*

All Standard Taxes, Meal Gratuities,

Hotel Baggage Handling & Deluxe Motor Coach Transportation

**For Information and/or Reservations, Please Contact:**

**Gena Batts @615-792-3629**

**Date of Trip:** October 23 – October 29, 2021

**Price:** \$1950.00 Per Person – Double Occupancy

**A \$300.00 deposit is due upon registration. Final balance is due July 8, 2021**

**TRAVEL PROTECTION:** Cancellation Policy is Severe. Travel Protection can be purchased at the time of initial deposit for **\$199.00** per person-double occupancy. Travel Protection, on an individual basis, should be forwarded to PML Tours as each person gives his or her initial deposit. **Insurance premiums are non-refundable.** Fuel surcharges by all transportation companies may be assessed. Group cancellation policy applies. See group leader for details. **(Itinerary Subject To Change & Modifications)**

