

JUNE 2023

BE ACTIVE & LIVE WELL

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

“Keep your face to the sunshine and you will never see the shadows.” ~ Helen Keller

It's Summer! Time for getting outside in the sunshine and staying active. Don't forget about the Pace Makers Walking Club sponsored by Linda Staffen with Core Insurance Advisors. Our chart is up and ready for you to track your steps to earn those incentive prizes.

We have had some members to inform us that they are no longer receiving our newsletter by email. First, check your spam or junk folder. Second, make sure we have your correct email address by contacting us. The newsletter will be sent from Judi Johns' email address (jjohns@ashlandcitytn.gov) and titled "June 2023 Newsletter and Calendar". It is typically emailed on the 25th of each month.

Speaking of the newsletter, this month is packed full of fun classes and some great programs. Come in and check us out! We hope this can be a place where you feel welcomed, seen, heard, valued, loved and supported!

Mission:

The mission of our center is to assist every adult fifty years of age or older in realizing their full social, emotional, physical, and educational potential. We offer a positive and welcoming environment with many programs and activities for older adults.

Registration/Membership:

Our center does not charge a membership fee. You only need to come in to register to become a member. We would love for you to join us!

Inclement Weather Policy:

The Center will close only in the event that the Town of Ashland City offices close. We can choose to cancel or postpone programs and events as we deem necessary for the safety of our participants and staff. Closings will be posted on our website, Facebook page, and an automated call will be sent out for specific programs scheduled that are affected by the closing.

Photo/Video Policy:

The staff will occasionally take photos and videos at our programs or events. These photos or videos may be used in our newsletter, website, Facebook page, or other publications by the center. If you do not wish to have your photo taken or be in a video, please see a staff member.

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 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, June 3 – 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

This group meets on the first Tuesday of each month. This is for any single woman to join.



JUNE 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)
 Chair Volleyball 10:00 a.m.

Wednesday

Bingocize 10:00 a.m.
 Kathy's Kitchen 11:00 a.m.
 All Things Yarn 1:00 p.m.
 Dancercize 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

June 2- Fred Winston & The Stable Boys
 June 9 – Barry Brake & Still Kicking Country
 June 16 – Kevin Dobson & Along for the Ride
 June 23 – Barry Brake & Still Kicking Country
 June 30 - Rode West

Monday

Tuesday

Wednesday

Thursday

Friday

The Center at Ashland City 104 Ruth Drive, Ashland City, TN 37015 Phone: 615-792-3629		1	2
5 Paint with Nancy- 8:30 am Lunch w/ Law 11:00 am	6 Wings of Hope- 12:00 pm See attached flyer for more information Square Dancing 1:00 p.m.	7 Price is Right w/ Tennova Hospice- 11:00 am	8 Jewelry Plus Party with JoAnn 10am - 1:30pm
12 Lunch & Lunch w/ Safe Haven -11:00am Veterans Meeting- 6pm	13 Foot Care 8:30 am FCE Mtg 10:00 am Square Dancing 1:00p.m.	14 Jeopardy w/ Debbie Davenport from Providence Group-11:00 am	15 16
19 Trivia - 10 am w/ Zachary Fulton	20 Square Dancing 1:00p.m.	21 Lunch & Learn w/ Legal Aid -11:00am Topic: Elder Abuse	22 23
26 Music for Seniors- 11:00 am Performing: Janne Henshaw	27 Cards w/ Kathy- 10 am Square Dancing 1:00p.m.	28 Bingo Lunch w/ TN Quality Care-11:00am	29 30

Hours: Monday-Friday 8:00am to 4:00pm.

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

June Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Linda	Gates	Jun 01	Janice	Hargrove	Jun 23
Phyllis	Cain	Jun 02	Michelle	Freeman	Jun 24
Yvonne	Ellis	Jun 02	Zulene	Bagwell	Jun 25
Mike	Patterson	Jun 03	Richard	Clark	Jun 25
Peggy	McGowan	Jun 04	Ruby	Johns	Jun 25
Mary	Robinson	Jun 04	Janie	Grisham	Jun 25
Rebecca	LaCrosse	Jun 05	Linda	Morgan	Jun 25
Jim	Oles	Jun 05	Thomas	Cobble	Jun 26
Amber	Raymer	Jun 05	Andi	Thompson	Jun 26
Robert	Morgan	Jun 05	Chuck	Bracey	Jun 29
Gena	Batts	Jun 06	Jim	Cooper	Jun 29
Robert	Finch	Jun 06	Billie	Evans	Jun 29
Vicky	Finney	Jun 06	Jeff	Hunter	Jun 29
Deborah	Pfeiffer	Jun 06	Brenda	Oeser	Jun 29
Emma	Rawls	Jun 06	Ruby	Gilley	Jun 29
Linda	Simmons	Jun 06	Patsy	Morton	Jun 29
Nelda	Carson	Jun 08	Dawn	Brewer	Jun 30
Mary	Dittman	Jun 09	Jimmy	Ellis	Jun 30
Judy	Gilbert	Jun 10			
Kathy	Cantrell	Jun 11			
Alice	Craft	Jun 11			
Mary	Pratt	Jun 11			
Betty	Simmons	Jun 11			
Paula	Loveland	Jun 12			
Linda	Kilgore	Jun 12			
Vickie	Steele	Jun 12			
Judy	Harris	Jun 12			
Vicki	Bellson	Jun 14			
Derek	Batts	Jun 15			
Delores	Hampton	Jun 15			
Pat	Walsh	Jun 15			
Jean	Schneider	Jun 15			
Cathy	Boner	Jun 16			
James	Lewis	Jun 17			
Judy	Reeves	Jun 17			
Sheila	Hawkins	Jun 17			
Betty	Langford	Jun 18			
Peggy	Gilbert	Jun 18			
Gladys	Gwinn	Jun 18			
Vilma	Taillon	Jun 19			
Dennis	Thompson	Jun 19			
Bud	Milliken	Jun 20			
Elizabeth	Binkley	Jun 21			
Brenda	Burton	Jun 21			
Joyce	Shepler	Jun 21			
Julie	Tittle	Jun 21			
Nora	Richardson	Jun 22			
Linda	McGee	Jun 22			



Free Birthday Lunch

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, June 26th at 11:00am at our own Kathy's Kitchen.

The menu for the day is Meatloaf, Cream Potatoes, Peas, 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.**

June 2023 Menu

Monday, June 5th

Anything Quiche, Roasted Asparagus, Crescent Rolls, French Vanilla Cake

Wednesday, June 7th

Chicken Wrap, Macaroni Salad, Baked Beans, 7-Up Cake w/ Fruit

Monday, June 12th

Pork Skewers w/ Vegetables, Broccoli Salad, Garlic Bread, Raspberry Jell-O w/ Fruit

Wednesday, June 14th

Hamburger, Pasta Salad, Chips, Fruit Cups

Monday, June 19th

Chicken Parmesan, Ramen Noodle Salad, Carrot Sticks, Cheesecake

Wednesday, June 21st

Taco Salad, Chips and Salsa, Brownies

Monday, June 26th

Meatloaf, Cream Potatoes, Peas, Ice Cream & Cup Cakes

Wednesday, June 28th

Chicken Casserole, Green Beans, Sweet Potatoes, Cherry Cobbler



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



Square Dancing Class



Get those dancing shoes on!

This class will be on
Tuesdays @ 1 P.M.



Wings of Hope

Hosted by: 2nd Saturday Garden Club
June 6th at 12 P.M.

We will be meeting at A.C. 1st Baptist Church

Address: 603 N Main Street

RSVP: 615-521-2174 by June 1st.





Mahjong Game

A member donated a Mahjong game set. If you like to play, feel free to come down to the center to play! We would love to have a weekly group!

Jewelry Plus Party with JoAnn

JUNE 8TH
10:00AM - 1:30PM

JoAnn Jones will be here with jewelry and crafts for you to purchase. If you spend \$20 or more she has a free gift for you! Stop by and see all the beautiful jewelry and crafts she makes!

Tele-counseling Available!

What is tele-counseling?

Tele-counseling is a modern way to receive therapy through a secured platform using video sessions.

We are offering online counseling sessions, at no cost, to any member 60+ years of age. You will be speaking with a certified counselor from Insight Counseling Centers. These sessions can be done at your home or you can come to the center and we will help get you set up on the virtual session.

****If you have interest in receiving these sessions, please call us at the center!**

Call: 615-792-3629



Insight
COUNSELING
CENTERS

Painting Class with Hometown Paints

June 19th
starting at 1:00p.m.

We are hosting a painting event with Melanie Perry with Hometown Paints. It is usually a 2 hour class but may go over a little. They are 11x14 canvases and the cost is \$25.00 per person. Please call the center to sign up and tell us which painting you want to do.

Painting Options:



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

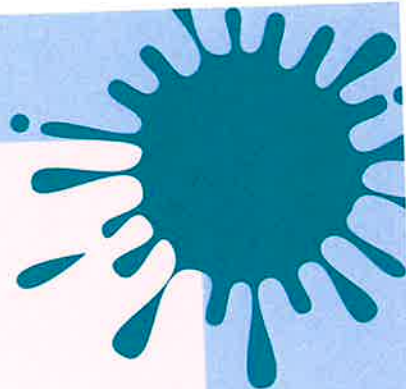
July 29, 2023

Cost:

\$25

Where:

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





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.