

March 2021

# The Senior Active Lifestyle

The Senior Center at Ashland City, 104 Ruth Drive, Ashland City, TN 37015 615-792-3629



## Celebrating March

**Irish American Heritage  
Month**

**Women's History Month**

**Optimism Month**

**Peace Corps Day**  
*March 2*

**Courageous Follower Day**  
*March 4*

**International Women's Day**  
*March 8*

**Mothering Sunday**  
*March 14*

**St. Patrick's Day**  
*March 17*

**World Poetry Day**  
*March 21*

**National Physicians Week**  
*March 25–March 31*

**Passover**  
*March 27–April 4*

**International Laundry  
Folding Day**  
*March 30*

## March is Blowing in A New Beginning

A year has passed, and we are looking forward to a fresh start this month. With the vaccines becoming more readily available, it will mean more people can begin to come out and enjoy the senior center again. Starting this month, we are lifting some of our restrictions.

We will no longer be checking temperatures at the door. If you are feeling ill, we will be glad to check your temperature, however if you are experiencing coughing or excessive sneezing you may be asked to excuse yourself, and mask are still mandatory while walking around in the building.

Exercise classes will now be increased to 22 participants.

The library is open for those that would like to check out books and puzzles, you may come anytime.

We anticipate for more restrictions to disappear in the coming months.

We continue to clean and sanitize regularly and have sanitizing stations set up throughout for your convenience.

Please check out the activities that are back and make plans to join us.

We have a St. Patrick's Lunch and Bingo on Tuesday the 15<sup>th</sup>. It will be hosted by Patricia Vest.

It will be a great time to come enjoy the fellowship, have, lunch, and play some bingo.

If you haven't been in to get your senior center tag for signing in, come by and visit us to get one issued and a demonstration.

We hope to see you in March!

## Painting with Nancy Reeves

This is a monthly painting class at the center. Her next class will be Monday, March 1<sup>st</sup> from 8:30 a.m. to 4:00 p.m. If you would like to join her class or need more information about paint choices and prices, please contact Nancy at 615-294-2578 or reeves.nancy@gmail.com. Classes are limited in size so sign up soon!

## Bingo is Back!

Join us March 15<sup>th</sup> at 11:00 a.m. for a Bingo Lunch hosted by Patricia Vest from TN Quality Care. A light lunch will be served. If you would like to participate, please call the center at 615-792-3629 to sign up.

## Greeting Card Class with Kathy Nicholson

Join Kathy on March 22<sup>nd</sup> at 9:00 a.m. to make some creative cards. Cost is \$5.00 per participant. Call Kathy at the center at 615-792-3629 to sign up.

## Bloom Into Spring!

Ashley McDonald with Cigna Medicare Advantage will be here on March 30<sup>th</sup> at 11:00 a.m. to meet with the Garden Club and any other members who would like to know more about planting herbs and flowers for the spring. A "grow kit" will be given to all who attend. You will need to call the center at 615-792-3629 to sign up.

## Your Help Is Needed!

We are updating records for all of our members so that we have correct contact information. When you come into the center, please see a staff member to complete the new forms. Thank you!

## MySeniorCenter Kiosk

During the month of March, we will begin using the new MySeniorCenter check-in kiosk. Each member will be given a keytag to sign in. Please see a staff member to get your keytag and for assistance with the new check-in process. This new process is so easy and fast. We know our members will love it!

## Call Connect

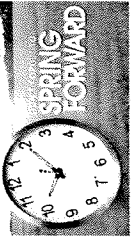

Call Connect is our new automated phone system that sends out important information to our members. Most of you became familiar with this system during the recent winter weather. We never anticipated that we would have to use the call system as often as we did in February, but it is the most efficient way to reach everyone. If you did not receive a call, please call the center at 615-792-3629 to update your contact information.

May your troubles be less,  
and your blessings be more,  
and nothing but happiness  
come through your door.

Irish Blessing

## Important COVID-19 Information

Our staff participated in a state-wide conference call with the TN Commission on Aging and Disability (TCAD) regarding our center being a possible COVID-19 vaccination site. They asked us to compile a list of seniors age 65 who have not yet received the vaccine nor been scheduled for one. We sent out a call and the response was overwhelming. We now have over 100 seniors on our list. This process was slightly delayed due to the winter weather during February 15-19. We have contacted TCAD again to ask when the clinic might be scheduled. They said that the names of our seniors had been turned into the State Health Department, but they are still unsure as to when and if we will be able to host a clinic at our center. This has been disappointing news to us and we are sure it is to you as well. Because of the uncertainty, we are highly encouraging ALL seniors age 65 and above who would like the vaccine to try to get their vaccine scheduled as soon as possible through contacting the Cheatham Co. Health Department at 1-866-442-5301 or Kingston Springs Pharmacy at 615-952-3690. You may also check with your primary care provider for other possible sites available outside our county. We will notify you with any further updates regarding a clinic here at the center. If you are able to receive your vaccination through another source, please call us so we can remove your name from our list. Thank you for your patience! The information seems to change daily with COVID-19.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Paint w/Nancy 8:30 Yoga 1:00	2 Texas Holdem 8:30 S.A.I.L.L. 9:00	3 Bingocize 12:00 Dancercise 1:00 Tai Chi 2:00	4 Texas Holdem 8:30 S.A.I.L.L. 9:00 Yoga 1:00	5 Bingocize 10:00	6
7	8 Yoga 1:00	9 Texas Holdem 8:30 S.A.I.L.L. 9:00	10 Bingocize 12:00 Dancercise 1:00 Tai Chi 2:00	11 Texas Holdem 8:30 S.A.I.L.L. 9:00 Yoga 1:00	12 Bingocize 10:00	13
14 	15 Bingo & Lunch w/Patricia Vest & Tenn Quality Care – 11:00 Yoga 1:00	16 Texas Holdem 8:30 S.A.I.L.L. 9:00	17 Bingocize 12:00 Dancercise 1:00 Tai Chi 2:00 	18 Texas Holdem 8:30 <b>No Exercise</b>	19 Bingocize 10:00	20
21	22 Greeting Card Class w/Kathy 9:00 <b>No Yoga</b>	23 Texas Holdem 8:30 S.A.I.L.L. 9:00	24 Bingocize 12:00 Dancercise 1:00 Tai Chi 2:00	25 Texas Holdem 8:30 S.A.I.L.L. 9:00 Yoga 1:00	26 Bingocize 10:00	27
28	29 Yoga 1:00	30 Texas Holdem 8:30 S.A.I.L.L. 9:00 Bloom Into Spring w/Ashley McDonald & Cigna Medicare Advantage 11:00	31 Bingocize 12:00 Dancercise 1:00 Tai Chi 2:00	<h1>March 2021</h1> <p>Be sure to check our Website and Facebook Page for changes and updates: Website: <a href="http://AshlandCityTN.Gov/Senior">AshlandCityTN.Gov/Senior</a> Facebook: <a href="https://www.facebook.com/TheSeniorCenterAtAshlandCity">The Senior Center @ Ashland City</a></p>		

## March Birthdays

<u>First Name</u>	<u>Last Name</u>	<u>Birthday</u>
Kay	Speakman	Mar 01
Sharon	Steeley	Mar 01
Audrey	Stuart	Mar 01
Mary Alice	Weber	Mar 01
Carolyn	Baker	Mar 02
Gloria	Biggs	Mar 02
Shelby	Knox	Mar 03
Charles	Wilcox	Mar 03
Linda	Mills	Mar 04
Clare	Barnes	Mar 05
Judith	Richell	Mar 05
Evelyn	Crosby	Mar 06
Dora	Dilworth	Mar 06
Johnnie	LouAllen	Mar 06
Gail	Perry	Mar 06
Maude	Jones	Mar 07
Alwilda	Binkley	Mar 08
Dreama	Davidson	Mar 09
Sammie	Dozier	Mar 09
Christine	Judd	Mar 09
Gilbert	Denney	Mar 10
Joe	Moore	Mar 10
Thomas	Womack	Mar 10
William	Solomon	Mar 11
Louise	Swint	Mar 11
Elizabeth	Bennett	Mar 12
Roy	Hackett	Mar 12
James (Jim)	Vaden	Mar 12
Raymond	Staggs	Mar 13
Nancy	Burke	Mar 14
Linda	Foster	Mar 14
Tracy	Reeves	Mar 14
Ruth	Seay	Mar 15
Larry	Snyder	Mar 15
Jean	Blick	Mar 16
Doris (Jean)	Cagle	Mar 16
Ann	Dickerson	Mar 16
Bobby	Dickerson	Mar 16
Pamela	Mccooy	Mar 16



Glenda	Dreier	Mar 17
Charlene	Harris	Mar 17
Patricia (Pat)	McDannald	Mar 17
Mike	Albert	Mar 18
Thomas	Carney	Mar 18
Julia	Gifford	Mar 18
Chester	Thomason	Mar 18
Kevin	Whitman	Mar 19
Helen	Dozier	Mar 20
Grady	Simpkins	Mar 20
Elena	Roser	Mar 21
Cynthia (Cindy)	Alexander	Mar 22
Eileen	O'Brien	Mar 22
Bailey	Orton	Mar 22
Peggy	Perry	Mar 22
Arnold	Simpkins	Mar 22
Sarah	Andrews	Mar 23
Nancy	Reeves	Mar 23
Russell (Keith)	Stephens	Mar 23
Gracie	Temple	Mar 24
Shirley	Gill	Mar 25
George	Swan	Mar 25
Barbara	Hickerson	Mar 26
Donald	Nicholson	Mar 26
Virginia	Hudgens	Mar 27
Linda	Bess	Mar 28
Betty	Goss	Mar 28
Shelley	Jones	Mar 28
Leon	Newman	Mar 28
Pamela (Pam)	Read	Mar 29
Helen	Shivers	Mar 29
Larry	Simpkins	Mar 30
James	Chandler	Mar 31
Hazel	Whitman	Mar 31