

# Senior Lifestyle

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



## Center Staff

**Gena Batts,**  
Director

**Joanna Burcham,**  
Assistant Director

**Roy Dye,**  
Program Coordinator

**Kathy Nicholson,**  
Program Coordinator

**Alicia Shaneyfelt,**  
Staff Support

**Lindy Murff,**  
Health/Fitness Instructor

**Barb Batson,**  
AFEP Leader

## Center Hours

8:00 a.m. to 4:00 p.m.

## Phone:

615-792-3629

## Website:

[ashlandcitytn.gov/senior](http://ashlandcitytn.gov/senior)

## Facebook:

The Senior Center at Ashland City

**The Senior Center at  
Ashland City is supported by:  
The Town of Ashland City  
Greater Nashville Regional Council  
Grants from  
TN Council on Aging & Disability  
Friends of the Center  
Member Donations**



## May Your Troubles Be Less and Your Blessings Be More



Spring will arrive this month! I love how the Earth awakens and everything seems fresh and new. I hope this season encourages you to get outside, enjoy life, and come join us here at the center.

Some of you may not be aware that our center has an advisory council called Friends of the Center (FOC). This group supports the center through fundraising efforts and offers advice about ways to improve the center. If this sounds like something you would like to be a part of, please contact me and I will let the council know.

Several of us will be traveling to Florida on April 3-9 to visit St. Augustine, Amelia Island and Jacksonville. In preparation for the trip, there will be a meeting on March 15<sup>th</sup> at 5:00 p.m. If you were not able to join us on this trip, we will be planning a trip this Fall. Be sure to check out the newsletter next month for more information.

Calling all game and card players! We would like your input in how to encourage more participation. If you would like to see more designated days and times for specific card games and board games, please let us know.

## PICKLEBALL



The weather during February did not cooperate well enough for playing Pickleball. If you would still like to play or want to learn, Pete Reilly has a group that meets each day at 10:00 a.m. at the Ashland City Tennis Courts, providing the temperature is 50 degrees and above. We are excited that Pete has provided this opportunity for our members to join in the fun. If you would like more information, you can call Pete at 215-962-7374 or call the center.

Our Friday Night Dance schedule is below. There will be concession food available for purchase. Coffee and water are still no charge.

## Friday Night Dances at 7 p.m.

**March 4th** – Barry Brake & Still Kickin' Country

**March 11th** – Rode West

**March 18th** – Kevin Dobson & Along for the Ride

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

ITS FRIDAY  
LETS DANCE

## wish list

The center is asking for donations of hard candy, peppermints, and small paper cups. If you would like to donate any of these items, it would be greatly appreciated.

Many Blessings, Gena

## Special Events This Month



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

Our own Kathy Nicholson will cook up some delicious homecooked dishes. See attached menu for more information. You must sign up in advance to eat.

**Friday, March 11 at 1:00 p.m.**

**Second Act: Plan for Positive Aging  
w/ Aneta Eichler from UT/TSU Extension**

This is the last of the 5-part series and it will be on Eating Well as We Age. This series is free, but you will need to call to register by March 9th.



**Saturday, March 12 –  
8:00 am – 6:00 pm**

**Murder Mystery Train Trip**

If you are signed up for this, please meet at Riverbluff park no later than 7:45 am. Lunch is on your own.

**Thursday, March 17 at 11:00  
St. Patrick's Day Bingo Lunch  
with Pinnacle Bank**

Join us for Bingo and a Shepherd's Pie lunch. If you want to attend, please call the center to register by March 14th.



**Tuesday, March 22 and 29 at 10:00  
Card Making with Kathy Nicholson**

The cost will be \$5.00 each to cover the cost of the materials. Cards to be made are Easter, and all occasion cards. For more information and to sign up, please call Kathy at the center at 615-792-3629.

**Wednesday, March 23 at 11:15 a.m.  
Lunch & Learn with Leslie Mader**

Leslie will be doing a presentation on Obesity and Activity. She is a nurse at Vanderbilt University Medical Center and is currently enrolled in Aspen University in their BSN program and is doing this lunch and learn as part of a community health educational project.



## Regular Happenings This Month

**Tuesday, March 1– Wings of Hope  
Meeting at 12:00 p.m.**



The theme is "St. Patrick's Day", so everyone is asked to bring a "green" food dish, drinks, or dessert and wear green. Bring bars of bath soap, non-aerosol cleaning products or paper products for Meals on Wheels Program. Tina Smith will be speaking about the Meals on Wheels March Fundraiser.



**Friday, March 4th –  
Coffee with a Cop at 9:00 a.m.**

The Ashland City Police Dept. will return to answer any questions. Breakfast pastries will be served along with fresh hot coffee or tea!

**Monday, March 7th –  
Paint with Nancy 8:30 a – 4:00 p**



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, March 8 – Foot Care  
with Tracy Reeves from 8:30 – 10 a.m.**

Tracy Reeves will be here to treat our members to foot care. She will be in the library area.

**Friday, March 11 – Chair Volleyball  
at 11:00 a.m.**



Come have a great time and great laughs. Ashley Clinard from Cheatham County Health Department will lead our players.



**Weds., March 16 at 12:00 p.m.  
Navigating Life with Diabetes with  
Aneta Eichler from UT/TSU Ext.**

This new support group is for pre-diabetic, diabetic, and family members to help navigate life with diabetes. This program meets on the 3<sup>rd</sup> Wednesday of each month

**Friday, March 25 –  
Breakfast Trivia at 9:00 a.m.**



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

**MUSIC for SENIORS Monday, March 28 at 11:30 a.m.  
Music for Seniors**

Music for Seniors presents Janne Henshaw & Candace Corrigan. These two lovely ladies have been a big part of Music for Seniors' service for a long time. They will be singing some of our favorite Irish songs.

*March 13th*

*Don't forget to....*



*Spring Forward!*

**MAY YOUR TROUBLES  
BE LESS AND YOUR  
BLESSINGS BE MORE  
AND NOTHING BUT  
HAPPINESS COME  
THROUGH YOUR DOOR**





# March Birthdays

<u>First Name</u>	<u>Last Name</u>	<u>Birthday</u>	<u>First Name</u>	<u>Last Name</u>	<u>Birthday</u>
Kay	Speakman	Mar 01	Ann	Dickerson	Mar 16
Sharon	Steeley	Mar 01	Bobby	Dickerson	Mar 16
Audrey	Stuart	Mar 01	Pamela	McCoy	Mar 16
Mary Alice	Weber	Mar 01	Charlene	Harris	Mar 17
Barbara	McCain	Mar 01	Pat	McDannald	Mar 17
Carolyn	Baker	Mar 02	Joanna	Burcham	Mar 17
Gloria	Biggs	Mar 02	Glenda	Dreier	Mar 17
Cassie	Birdwell	Mar 02	Thomas	Carney	Mar 18
Shelby	Knox	Mar 03	Julia	Gifford	Mar 18
Charles	Wilcox	Mar 03	Kevin	Whitman	Mar 19
Helen	Ellis	Mar 04	Julia	Moore	Mar 19
Linda	Mills	Mar 04	Grady	Simpkins	Mar 20
Patsy	Perry	Mar 04	Bruce	Loftin	Mar 20
Evelyn	Crosby	Mar 06	Jeff	Morris	Mar 20
Dora	Dilworth	Mar 06	Elena	Roser	Mar 21
Johnnie	LouAllen	Mar 06	Beverly	Finney	Mar 21
Gail	Perry	Mar 06	Cindy	Alexander	Mar 22
Maude	Jones	Mar 07	Eileen	O'Brien	Mar 22
Trula	Zecco	Mar 07	Bailey	Orton	Mar 22
Alwilda	Binkley	Mar 08	Peggy	Perry	Mar 22
Dreama	Davidson	Mar 09	Arnold	Simpkins	Mar 22
Sammie	Dozier	Mar 09	Sarah	Andrews	Mar 23
Christine	Judd	Mar 09	Nancy	Reeves	Mar 23
Christen	Neblett	Mar 09	Keith	Stephens	Mar 23
Dot	Noe	Mar 09	Debra	Durham	Mar 23
Gilbert	Denney	Mar 10	Gracie	Temple	Mar 24
Tommy	Womack IV	Mar 10	Shirley	Gill	Mar 25
William	Solomon	Mar 11	George	Swan	Mar 25
Louise	Swint	Mar 11	Connie	McHenry	Mar 25
Alvin	Graham	Mar 11	Barbara	Hickerson	Mar 26
Elizabeth	Bennett	Mar 12	Donald	Nicholson	Mar 26
Roy	Hackett	Mar 12	Joyce	Williams	Mar 26
Jim	Vaden	Mar 12	Virginia	Hudgens	Mar 27
Chuck	Cunningham	Mar 12	Helen	Shivers	Mar 27
George	Stanley	Mar 12	Linda	Bess	Mar 28
Wanda	Yates	Mar 12	Betty	Goss	Mar 28
Raymond	Staggs	Mar 13	Shelley	Jones	Mar 28
Nancy	Burke	Mar 14	Leon	Newman	Mar 28
Linda	Foster	Mar 14	Pam	Read	Mar 29
Tracy	Reeves	Mar 14	Charles	Hartley	Mar 29
Wanda	Parker	Mar 14	Larry	Simpkins	Mar 30
Rene	Smith	Mar 14	James	Chandler	Mar 31
Ruth	Seay	Mar 15	Hazel	Whitman	Mar 31
Larry	Snyder	Mar 15	Ekaterina	Brumit	Mar 31
James	Waller	Mar 15			
Jean	Blick	Mar 16			
Jean	Cagle	Mar 16			



*Narcissus*

**MARCH  
BIRTH FLOWER**

Rebirth  
Faithfulness  
Prosperity



**Lunch Served Mondays and Wednesdays at 11 a.m.**

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

## **March Menu**

**Wednesday, March 2nd**

Chicken & Sausage Jambalaya-Red Beans & Rice-King Cake Cupcakes

**Monday, March 7th**

Sloppy Joes- Tater Tots-Cold Slaw-7-Up Cake

**Wednesday, March 9th**

Chicken Quesadillas-Black Bean & Corn Salad-Chess Squares

**Monday, March 14th**

Ham & Cheese Sliders-Potato Salad-Apricots

**Wednesday, March 16<sup>th</sup> (St Patrick's Day)**

Corned Beef & Cabbage Tacos-Potato Scones-Shamrock Veggie Skewers- Lime Jell-O w/Fruit

**Monday, March 21st**

Irish Potato Soup-Cornbread-Brownies

**Wednesday, March 23rd**

Beef Noodles-Green Beans-Chocolate Angel Food Cake

**Monday, March 28th**

Chicken Ring-Whole Kernel Corn-Birthday Cake

**Wednesday, March 30th**

American Beef Goulash-Pears



**Please call the Senior Center at 615-792-3629 to sign up.  
Space is limited to 30 people per meal.**



# SPOTLIGHT

## SENIOR SERVICE



VANTAGE POINTE VILLAGE  
*at Arland City*

**Zachary Fulton**  
**615-246-0000**

I am Zachary Fulton, Director of Sales and Marketing for Vantage Pointe Village Assisted Living. With our upscale accommodations, we offer assisted living residents private suites in comfortable surroundings, which include multiple living rooms with fireplaces, on-site physical, occupational, and speech therapy, a wraparound porch with rocking chairs, theater room, library, chapel, and billiards room, all while being surrounded by new friends.

The Vantage Pointe Village Seasons Memory Care Program is designed for those facing the challenges of various types of dementia, including Alzheimer's. Our specially educated staff provides care such as assistance with medication and help with activities of daily living within a secure environment. We offer private studios as well as a variety of open areas and scenic outdoor spaces for gardening or sitting out on the porch. Activities are geared to each resident's varied cognitive level and abilities.



**Debbie Davenport**  
**615-887-1811**

Hi! I'm Debbie Davenport, Middle Tennessee Rep for Cigna Medicare. I have been helping folks understand how Medicare works and what their health plan options are for over 10 years. It's always a pleasure to meet with new friends and make this process easy. I know you have many options when it comes to Medicare, but I would love the opportunity to see if our plans are the right fit for you. Please feel free to call anytime!