

MARCH 2023

# BE ACTIVE & LIVE WELL

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

## Luck is Believing You're Lucky

March blows in the promise of springtime and we begin to feel refreshed with the warmer temperatures. This month also has us wishing for the luck of the Irish. I believe each of us holds the key to happiness in our hearts. If you look for the blessings of each day, you will find them. Sometimes your leprechaun comes in the shape of a hug from a loved one or friend, a kind gesture of a stranger, the laughter and innocence of a child, or a ray of sunshine on your face. I encourage you to make your own luck this month!

*-Gena*

### 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 Hall closes. 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](http://ashlandcitytn.gov/senior)

### Facebook:

The Senior Center at Ashland City

**The Center at Ashland City  
is supported by:**

**The Town of Ashland City**

### Grants from:

**Greater Nashville Regional Council**

**TN Council on Aging and Disability**

**West End Home Foundation**

**Friends of the Center Donations**

**The Community Foundation of Middle TN**

## Special Events This Month

**Weds., March 1 at 11:00 a.m.**  
**Bingo Lunch w/ CapTel Captioned Telephone**  
 Join us for bingo lunch hosted by Christie Powers w/ CapTel Captioned Telephone.



**Weds., March 8 at 11:00 a.m.**  
**Lunch & Learn w/ AccentCare**  
 Join us for a lunch & learn hosted by Lafronda Blunt & Paul Plotzer. They will be talking about dementia, alzheimer's & depression.

**Weds., March 22 at 11:00 a.m.**  
**Bingo Lunch w/ The Waters of Cheatham**  
 Join us for a bingo lunch hosted by Ben Anderson from The Waters.



**Tues., March 28 at 10:00 a.m.**  
**Card Making with Kathy**  
 The cost of this class will be \$5.00. They will be making Easter and all occasion cards this month.

**Weds., March 29 at 11:00 a.m.**  
**Lunch & Learn w/ Colby's Army**  
 Delaney Hunt will be here to talk about volunteer opportunities with this organization.



## Health and Fitness Classes

- Arthritis Foundation Exercise
- Yoga
- SAIL (Staying Active & Independent for Life)
- Bingocize (Exercise & Bingo)
- Dancercise
- Tai Chi
- Chair Volleyball



## 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, March 4** – 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



**Each Monday & Wednesday at 11:00**  
**Kathy's Kitchen Lunch Meal**  
 See attached menu for more information.

**Mondays at 10:00 a.m.**  
**Cranium Crunch**



This is a group that meets and works on improving memory and attention with fun brain games.

**Monday, March 6 –**  
**Paint with Nancy 8:30 am – 4:00 pm**



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.



**Tuesday, March 7 – Wings of Hope Meeting at 12:00 pm**

This month's theme is St. Patrick's Day! So wear all your green clothes and bring green foods to share. We will be collecting non-aerosol cleaning products/ paper products to donate to Meals on Wheels. You can bring monetary donations instead if you would like.

**Monday, March 13 –**  
**Lunch with the Law at 11:00 am**



Chris Gilmore will be here to talk about car safety and the CarFit program. It is in conjunction with Kathy's Kitchen, but you do not have to purchase a lunch to join the event.



**Tuesday, March 14 – Foot Care with Tracy Reeves from 8:30 – 10 am**

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

**Weds., March 15 – Jeopardy at 11:00**



Debbie Davenport with Cigna 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.



**Monday, March 20 – Trivia at 10:00 am**

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



**Monday, March 27 at 11:00 a.m.**  
**Music for Seniors**

Gerald Stubbs will be playing instrumental songs from a variety of genres on keyboard, and typically brings lyric sheets for folks to sing along, as he plays! Join the fun!



# MARCH 2023



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<b>The Center at Ashland City</b> 104 Ruth Drive, Ashland City, TN 37015 Phone: 615-792-3629		<b>1</b> Bingocize 10:00 Kathy's Kitchen 11 <b>Bingo Lunch w/ CapTel 11:00</b> All Things Yarn 1:00 Dancercize 1:00 Tai Chi 2:00	<b>2</b> Texas Holdem 8:00 S.A.I.L. 9:00 Loomers 10:00 Sew & Sews 10:00 Yoga 1:00	<b>3</b> Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 <b>Dance 7:00-</b> <b>Fred Winston &amp; The Stable Boys</b>
<b>6</b> <b>Paint w/ Nancy- 8:30</b> Arthritis Exercise - 9:00 Cranium Crunch 10:00 Kathy's Kitchen 11 Yoga 1:00 <b>Mid-Cumberland 10am - 2pm</b>	<b>7</b> Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 <b>Wings of Hope- 12:00</b>	<b>8</b> Bingocize 10:00 Kathy's Kitchen 11 <b>Lunch &amp; Learn w/ AccentCare 11:00</b> All Things Yarn 1:00 Dancercize 1:00 Tai Chi 2:00	<b>9</b> Texas Holdem 8:00 S.A.I.L. 9:00 Loomers 10:00 Sew & Sews 10:00 Yoga 1:00	<b>10</b> <b>SOCK OUT DAY- wear purple/orange socks</b> Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 <b>Dance 7:00-</b> <b>Barry Brake &amp; Still Kicking Country</b>
<b>13</b> Arthritis Exercise - 9:00 Cranium Crunch 10:00 Kathy's Kitchen 11 <b>Lunch w/ Law 11</b> Yoga 1:00 <b>Veterans Meeting 6:00p.m.</b>	<b>14</b> Texas Holdem 8:00 BP Checks 8:30 <b>Foot Care 8:30</b> S.A.I.L. 9:00 <b>FCE Mtg 10:00</b>	<b>15</b> Bingocize 10:00 Kathy's Kitchen 11 <b>Jeopardy w/ Cigna Medicare 11:00</b> All Things Yarn 1:00 Dancercize 1:00 Tai Chi 2:00	<b>16</b> Texas Holdem 8:00 S.A.I.L. 9:00 Loomers 10:00 Sew & Sews 10:00 <b>Yoga 2:30</b>	<b>17</b> Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 <b>Dance 7:00-</b> <b>Kevin Dobson &amp; Along for the Ride</b> 
<b>20</b> Arthritis Exercise - 9:00 <b>Trivia 10:00</b> Kathy's Kitchen 11 Yoga 1:00	<b>21</b> Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00  <b>Jackson, TN Day Trip</b>	<b>22</b> Bingocize 10:00 Kathy's Kitchen 11 <b>Bingo Lunch w/ The Waters 11:00</b> All Things Yarn 1:00 Dancercize 1:00 Tai Chi 2:00	<b>23</b> Texas Holdem 8:00 S.A.I.L. 9:00 Loomers 10:00 Sew & Sews 10:00 <b>FOC Mtg 10:15</b> Yoga 1:00	<b>24</b> Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 <b>Dance 7:00 -</b> <b>Earl Brewer &amp; the Rural Route Band</b>
<b>27</b> Arthritis Exercise - 9:00 Cranium Crunch 10:00 Kathy's Kitchen 11 <b>Music for Seniors 11</b> Yoga 1:00	<b>28</b> Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 <b>Cards w/ Kathy 10:00</b> <b>Spring Fling Talent Show 3pm-5pm</b>	<b>29</b> Bingocize 10:00 Kathy's Kitchen 11 <b>Lunch &amp; Learn w/ Colby's Army 11:00</b> All Things Yarn 1:00 Dancercize 1:00 Tai Chi 2:00	<b>30</b> Texas Holdem 8:00 S.A.I.L. 9:00 Loomers 10:00 Sew & Sews 10:00 Yoga 1:00  <div style="background-color: #92d050; border-radius: 15px; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;">         Natchez, MS Trip          3/30-4/3       </div>	<b>31</b> Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 <b>Dance 7:00 -</b> <b>Rode West</b>

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

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

# March Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Audrey	Stuart	Mar 01	Ann	Dickerson	Mar 16
Barbara	McCain	Mar 01	Bobby	Dickerson	Mar 16
Steve	Shoemake	Mar 01	Pamela	McCoy	Mar 16
Carole	Parrish	Mar 01	Pat	McDannald	Mar 17
Carolyn	Baker	Mar 02	Glenda	Dreier	Mar 17
Gloria	Biggs	Mar 02	Lori	Welsh	Mar 17
Cassie	Birdwell	Mar 02	Thomas	Carney	Mar 18
Sharlee	Read	Mar 02	Julia	Gifford	Mar 18
Vicki	Mundy	Mar 02	Rhonda	Harrison	Mar 18
Shelby	Knox	Mar 03	Julia	Moore	Mar 19
Charles	Wilcox	Mar 03	Cindy	Halleck	Mar 19
Norman	Hamilton	Mar 03	Grady	Simpkins	Mar 20
Mike	McKeon	Mar 03	Bruce	Loftin	Mar 20
Helen	Ellis	Mar 04	Jeff	Morris	Mar 20
Patsy	Perry	Mar 04	Martha	West	Mar 20
Rita	Pickel	Mar 05	Elena	Roser	Mar 21
Evelyn	Crosby	Mar 06	Beverly	Finney	Mar 21
Jane	Dilworth	Mar 06	Patricia	Pacyga	Mar 21
Johnnie	Louallen	Mar 06	Judy	Hutton	Mar 21
Gail	Perry	Mar 06	Peggy	Perry	Mar 22
Gale	Jetton	Mar 06	Arnold	Simpkins	Mar 22
Alwilda	Binkley	Mar 08	Sarah	Andrews	Mar 23
Danny	Twoerk	Mar 08	Nancy	Reeves	Mar 23
Dreama	Davidson	Mar 09	Keith	Stephens	Mar 23
Sammie	Dozier	Mar 09	Debra	Durham	Mar 23
Christine	Judd	Mar 09	Gracie	Temple	Mar 24
Christine	Neblett	Mar 09	Linda	Beckham	Mar 24
Dot	Noe	Mar 09	Shirley	Gill	Mar 25
Linda	Bolton	Mar 09	Connie	McHenry	Mar 25
Kathye	Nuppert	Mar 09	Barbara	Hickerson	Mar 26
Gilbert	Denney	Mar 10	Donald	Nicholson	Mar 26
Tommy	Womack IV	Mar 10	Joyce	Williams	Mar 26
Karen	Ellison	Mar 10	Mary	Hall	Mar 26
Evita	Carroll	Mar 10	Helen	Shivers	Mar 27
William	Solomon	Mar 11	Linda	Bess	Mar 28
Alvin	Graham	Mar 11	Betty	Goss	Mar 28
Bobbi	Bennett	Mar 12	Shelley	Jones	Mar 28
Roy	Hackett	Mar 12	Charles	Hartley	Mar 29
Chuck	Cunningham	Mar 12	Jennifer	Carlson	Mar 30
Wanda	Yates	Mar 12	James	Chandler	Mar 31
Raymond	Staggs	Mar 13	Hazel	Whitman	Mar 31
Nancy	Burke	Mar 14	Kat	Brumit	Mar 31
Linda	Foster	Mar 14			
Tracy	Reeves	Mar 14			
Wanda	Parker	Mar 14			
Ruth	Seay	Mar 15			
Larry	Snyder	Mar 15			
James	Waller	Mar 15			
Debbie	Fitzhugh	Mar 15			
Jean	Blick	Mar 16			
Jean	Cagle	Mar 16			



We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, March 27th at 11:00am at our own Kathy's Kitchen.

**The menu for the day is  
Chicken Bacon Ranch  
Casserole, Carrots,  
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.**

### **March 2023 Menu**

**Wednesday, Mar. 1<sup>st</sup>**

Hotdogs, Salad, Baked Beans, Apple Cake

**Monday, Mar. 6<sup>th</sup>**

Chicken Tenders, Green Beans, Boiled Potatoes, Rolls, Brownies

**Wednesday, Mar. 8<sup>th</sup>**

Meatloaf, Cream Potatoes, Peas, Rolls, Chocolate Peanut Butter Lasagna

**Monday, Mar. 13<sup>th</sup>**

Chicken Enchilada, Fried Red Cabbage, Peach Dumplings

**Wednesday, Mar. 15<sup>th</sup>**

Shepherd's Pie & Green Jell-O with Fruit

**Monday, Mar. 20<sup>th</sup>**

Anything Goes Quiche, Pasta Salad, Orange Soak Cake

**Wednesday, Mar. 22<sup>nd</sup>**

Chopped Cobb Salad, Crackers, Cherry Delight

**Monday, Mar. 27<sup>th</sup>**

Chicken Bacon Ranch Casserole, Carrots, Cupcake & Ice Cream

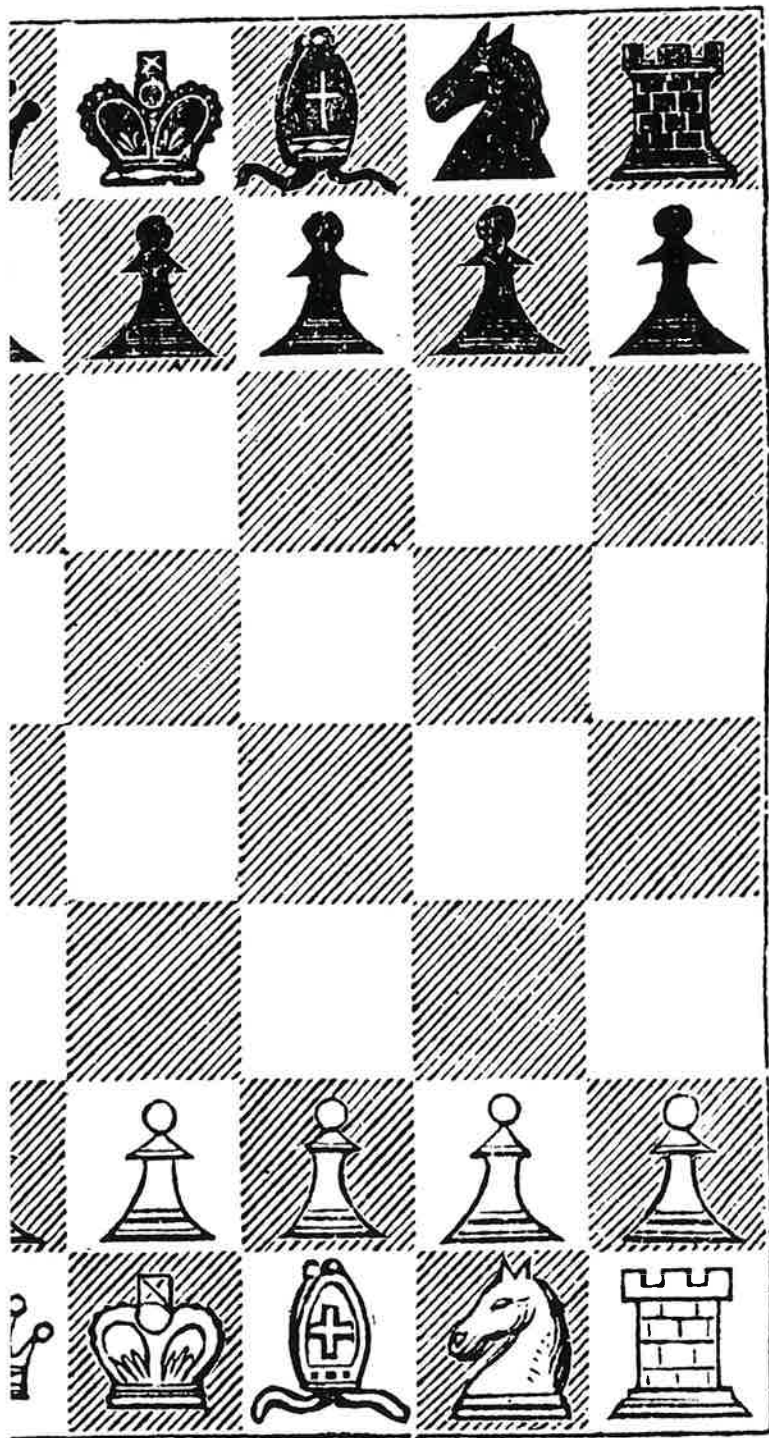
**Wednesday, Mar. 29<sup>th</sup>**

Sheet Pan Sausage & Vegetables, Cornbread, Crescent Delight



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





# CHESS CLUB

**WHEN?**

**2ND THURSDAY  
EACH MONTH  
5PM**

**THIS IS FOR ALL  
AGES!**

**PLEASE FEEL FREE  
TO BRING A CHESS  
BOARD/ PIECES IF  
YOU WANT TO!**

*Where?*

**CHEATHAM COUNTY PUBLIC LIBRARY  
188 JOHN MAYFIELD DR SUITE 200,  
ASHLAND CITY, TN 37015**

# Grief & Loss Support

Our plan is to have an 8 week group discussion here at the Center. This would be a weekly meeting. 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 let us know.**

In partnership  
with:





MID-CUMBERLAND  
COMMUNITY ACTION AGENCY  
*Helping people. Changing lives.*

DON'T BE LEFT IN THE  
**DARK.**

Let us  help.

## Income Guidelines

Number in Household	Monthly Income Limit	Yearly Income Limit
1	\$2,205	\$26,469
2	\$2,884	\$34,613
3	\$3,563	\$42,757
4	\$4,241	\$50,902
5	\$4,920	\$59,046
6	\$5,599	\$67,190
7	\$6,277	\$75,334
8	\$6,956	\$83,478



**The Senior Center at Ashland City**

104 Ruth Drive  
Ashland City, TN 37015



**March 6, 2023**



**10:00AM-2:00PM**

**You could receive \$600, \$800, or \$1000 toward your energy account!**

### REQUIRED DOCUMENTATION:

- Social security cards for everyone in the home
- Last 30 days of income for anyone in home 18 or older
- Photo ID for head of household
- A 12-month printout from your energy provider

If applicable, please also bring:

- Military ID or DD-214
- Child support TCESES number or signed letter explaining frequency & amount
- 2021 Social Security benefit/award letter
- Paystubs for last 30 days
- Current award letter or employer statement for pension/annuities

No person on the basis of race, color, national origin, sex, age, disability, ancestry, status as a veteran, or any other characteristics protected by Federal, State or Local will be excluded from participation in, or be denied benefits of, or be otherwise subjected to discrimination in the operation of the LIHEAP program. This project is funded under an agreement with the Tennessee Housing and Development Agency.



# Alzheimer's<sup>®</sup> Tennessee

[www.alzTennessee.org](http://www.alzTennessee.org)

## **SUPPORT GROUP**



### **Caregiver Support Group**

**The 4th Wednesday of Every Month at 4:00pm**

**The Bistro at**

**Vantage Point Village**

2035 Vantage Pointe Road

**Ashland City, TN 37015**

**Contact Matthew Dickson 615-246-0000**

### **Join Us!**

For many individuals with Alzheimer's and their care partners, support groups provide significant comfort and practical help in coping with the disease. Alzheimer's Tennessee trains facilitators at partner locations and coordinates area meetings that serve as important sources of information as well as outlets for feelings and frustrations.

Cheryl Blanchard, LMSW, CCM | [Cheryl.Blanchard@tnalz.org](mailto:Cheryl.Blanchard@tnalz.org) |  
615.580.4244



# We're ready to SOCK OUT Alzheimer's in 2023!

**Statewide Sock Out  
Alzheimer's Day is..  
Friday, March 10**

On this day, wear your orange or purple  
socks in support of this cause!



FREE  
ADMISSION



## *1st annual Spring Fling Talent Show*

Sponsored by Adoration  
Hospice  
partnering with The  
Sr Ctr of Ashland City

Tuesday March 28th  
3-5 pm

- ▶ door prizes
- ▶ cookies and punch

provided by Adoration Hospice

\*\*\*to sign up your talent contact The  
Sr Ctr at 615-792-3629 or Anjanette  
at 615-766-2955

104 Ruth dr  
Ashland City, TN 37015  
615-792-3629

No Talent  
too big, no  
talent too  
small

