

May 2021

The Senior Active Lifestyle

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



Celebrating May

Mother's Day
9



Memorial Day
31

The center will be closed
Monday May 31st in
observance of Memorial Day.

Thank you to our many
Veterans for their sacrifice.



The Wheels Are Rolling!

**Huber Farms and Winery
Borden, Indiana
Thursday May 27th**

**Leave Tractor Supply at 7:00 am
Return 7:00 pm**

**Cost \$50.00 per person (all inclusive)
Must be paid by May 14th.**

**Enjoy a family style lunch at Huber Farms
Restaurant**

**fried chicken, ham, chicken and dumplings,
green beans, mashed potatoes, slaw, broccoli
salad and homemade desserts.**

Wagon tour of the Farm after lunch

Visit and Shop!

Huber Cheese Factory

Ice Cream Factory

Farmers Market

**Visit the Winery for Production Room visit
and sample Huber's 3 top wines!**

Reservations are now being taken.

**The Bus has been professionally and
environmentally cleaned for your safety and
protection.**

Special Events This Month

**May 4th – Cinco de Mayo
Bingo Lunch**



Join us on Tuesday, May 4th to celebrate Cinco de Mayo a day early. Patricia Vest from TN Quality Care Home Health will be hosting a bingo lunch at the center starting at 11:00 a.m. Please register for this event by May 1st by calling the center at 615-792-3629.

**Patricia Vest
931-221-4890**



**May 10th – Name That Tune
Game with Linda Staffen**

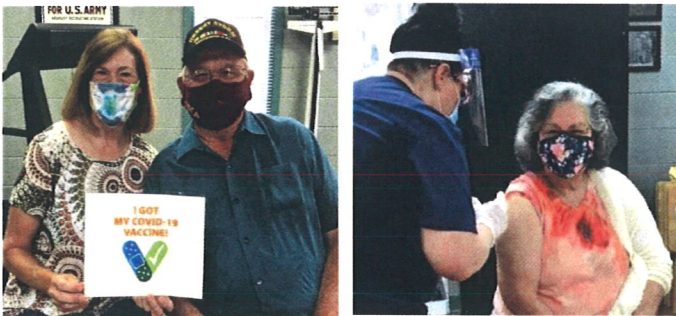
Test out your musical skills at this fun event. Linda Staffen from Core Insurance Advisors will be the game host. The game will begin at 10:00 a.m. Please call the center at 615-792-3629 to register.



**Linda Staffen
1-877-404-8060**

Covid Vaccine Clinic Was A Huge Success!

With the help of the outstanding ladies from the State Health Department, the Senior Center was able to vaccinate 175 seniors. We were excited to be able to host this event and glad to see the smiling “masked” faces of those who now feel a little safer.



If you still need to schedule your Covid vaccine, you can call the Health Department hotline at 1-866-442-5301 or you can go to vaccinefinder.org/search/ to find all local sites in our area.

Happenings This Month

5/3 - Paint with Nancy from 8:30 a – 4:00 p



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.

5/17 – Basket Weaving with Kathy at 9:00

Come practice your basket weaving skills as Kathy shows us how to make a small basket. All supplies are provided and the cost for the class will be \$10.00. Bring a sack lunch as the class may last until the afternoon. Call Kathy at 615-792-3629 to sign up.



5/24 – Greeting Cards with Kathy at 9:00

Cost for this class is \$5.00 per participant.



This month we will be doing a Mother’s Day card, graduation card, and an all-occasion card. Call Kathy at 615-792-3629 to sign up.

Blood Pressure Checks Return

The Ashland City Fire Department will be here on Tuesday mornings starting at 8:30 a.m. to do blood pressure checks.



Cards and Games Resume

Come out on Wednesdays and Fridays at 12:00 p.m. to join a group and play.

We are working to add more events and activities each month. If there is something you are interested in or perhaps want to bring to the center, please contact us!

*May your life be like a wildflower
growing freely in the
beauty
and the
joy of each day.*

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2021



									1 		
	2 Paint w/ Nancy 8:30 Yoga 1:00	3 Texas Holdem 8:30 BP Checks 8:30 S.A.I.L. 9:00 Cinco de Mayo Bingo w/ Patricia Vest at Tennessee Quality Care 11:00	4 Loomers 10:00 Bingocize 12:00 Card Games 12:00 Dancercize 1:00 Tai Chi 2:00	5 Texas Holdem 8:30 S.A.I.L. 9:00 Sew & Sews 9:30 Yoga 1:00	6 Loomers 10:00 Bingocize 10:00 Card Games 12:00	7 Loomers 10:00 Bingocize 10:00 Card Games 12:00	8 				
	9 FCE Meeting 9:00 Name That Tune w/ Linda Staffen w/ Core Insurance Advisors Yoga 1:00	10 Texas Holdem 8:30 BP Checks 8:30 S.A.I.L. 9:00	11 Loomers 10:00 Bingocize 12:00 Card Games 12:00 Dancercize 1:00 Tai Chi 2:00	12 Texas Holdem 8:30 S.A.I.L. 9:00 Sew & Sews 9:30 Yoga 1:00	13 Loomers 10:00 Bingocize 10:00 Card Games 12:00	14 Loomers 10:00 Bingocize 10:00 Card Games 12:00	15 				
	16 Basket Weaving w/ Kathy 9:00 Yoga 1:00	17 Texas Holdem 8:30 BP Checks 8:30 S.A.I.L. 9:00	18 Loomers 10:00 Bingocize 12:00 Card Games 12:00 Dancercize 1:00 Tai Chi 2:00	19 Texas Holdem 8:30 Sew & Sews 9:30 No Exercise Classes	20 Loomers 10:00 Bingocize 10:00 Card Games 12:00	21 Loomers 10:00 Bingocize 10:00 Card Games 12:00	22 				
	23 Greeting Cards w/ Kathy 9:00 Yoga 1:00	24 Texas Holdem 8:30 BP Checks 8:30 S.A.I.L. 9:00	25 Loomers 10:00 Bingocize 12:00 Card Games 12:00 Dancercize 1:00 Tai Chi 2:00	26 Day Trip to Huber Farms Winery - 7:00 Texas Holdem 8:30 S.A.I.L. 9:00 Sew & Sews 9:30 Yoga 1:00	27 Loomers 10:00 Bingocize 10:00 Card Games 12:00	28 Loomers 10:00 Bingocize 10:00 Card Games 12:00	29 				
	30 Center Closed	31 Center Closed	<p>Be Sure to check our Website and Facebook Page for changes and updates</p> <p>Website: AshlandCityTN.Gov/Senior</p> <p>Facebook: The Senior Center At Ashland City</p>								

May Birthdays

<u>First Name</u>	<u>Last Name</u>	<u>Birthday</u>	<u>First Name</u>	<u>Last Name</u>	<u>Birthday</u>
Anita	Lunn	May 01	Hadley	Williams	May 16
Margaret (Kathy)	Krantz	May 02	Melba	Taylor	May 16
Garlene	Sesler	May 02	Kathy	Doyle	May 17
Julia	Strickland	May 02	Sharon	Smith	May 17
Norma	Atchley	May 04	Karen	Stell	May 17
James	Boyd	May 04	Lonnie	Singleton	May 18
Mary	Keeler	May 04	Carney	Christian	May 19
Joyce	Click	May 05	Shelby	Harper	May 19
Sharon	Gladney	May 05	Jimmy	Johnson	May 19
Kay	Meek	May 06	Rayburn	Raymer	May 19
Robert	Sosebee	May 06	Linda	Wayman	May 19
Sarah	Benson	May 07	Katherine	Fulk	May 19
James	Peiffer	May 07	Theresa	Carter	May 20
Andrew (Andy)	Alexander	May 08	Mamie	Hamilton	May 20
Paul	Carter	May 08	Virginia	Killebrew	May 20
James (Todd)	Patton	May 08	Lillie	Davidson	May 21
Addie	Welfel	May 08	Peggy	Holton	May 21
Barbara	Akins	May 09	Mary Lou	Mahaffey	May 21
Stephen	Forrester	May 09	Linda	Terwilliger	May 22
Martha	Nicholson	May 09	Teresa	Binkley	May 23
Barbara	Sawyers	May 09	Harriett	Krieke	May 23
Lois	Binkley	May 10	Brenda	Shores	May 24
Jim	Eads	May 10	Ann	Cooper	May 25
Mattie	Fambrough	May 10	Mary Ann	Terranova	May 25
Michael	Morris	May 10	Roy	Dye	May 26
Neil	Nahon	May 10	Debora	Evans	May 26
Robert	Simpkins	May 10	Jimmy	Gill	May 26
Nancy	Barraw	May 11	Susan	Hampton	May 26
Sharon	Crenshaw	May 11	Linda	Raices	May 26
Martha	Rawls	May 11	Lula	Anderson	May 27
Judy	Coffel	May 12	Dana	Hawkins	May 27
Eloise	Garrison	May 12	Robert	Hester	May 27
Edith	Milliken	May 12	Cynthia (Cindi)	Macdonald	May 27
Geraldine	Moore	May 12	Robert	Sanders	May 27
Tony	Bedwell	May 13	Donna	Milliken	May 28
Joyce	Mayo	May 13	Clytee	Netzer	May 28
Mamie	Perry	May 13	Susan	Oliver	May 28
Regina	Roberts	May 13	Robert	Shafer	May 28
Bobby	Barnes	May 14	Linda	Newman	May 29
Benny	Hannel	May 14	Juan	Rodriguez	May 29
Frances	Shelton	May 14	Wilma	Swicegood	May 29
Brian	Barnett	May 15	Yvonne	Wilson	May 30
Brenda	Edwards	May 15			
Lisa	Waffird	May 15			
Mary	Anderson	May 16			
Elaine	Burgess	May 16			



CANCER SURVIVORS
DINNER & PANEL
DISCUSSION

QUALITY OF LIFE

June 3, 2021

5:30 - 7:30

Sr. Center at Ashland City
R.S.V.P. at 615-792-3629

Deadline to register:
May 28, 2021



EXTENSION
INSTITUTE OF AGRICULTURE

TSU COOPERATIVE
EXTENSION
SCHOOL OF AGRICULTURE



**Panelist will include survivor,
caregiver, nurse, dietician,
hospice care, and cancer support
networks**



**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 18th to let us know if you plan to attend.**