

MAY 2023

BE ACTIVE & LIVE WELL

The Center at Ashland City

104 Ruth Drive, Ashland City, TN 37015

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

Native American Proverb

We are getting ready for the picnic on May 5 from 11a-1p at the large pavilion at Riverbluff Park! See the flyer for more details. If you haven't signed up yet, please do so by May 1st. This is so we have enough food prepared. There will be no parking around the large pavilion to ensure the safety of all in attendance. To accommodate everyone, the Ashland City Fire Department will be providing shuttle service from the parking lots to the pavilion. Everyone will need to stop at the welcome table to receive your lunch ticket. Only those who have pre-registered will be given a lunch ticket. It is sure to be a great time, so please sign up and join us!

Thank you to all who took the time to complete a satisfaction survey! If you have not yet completed one, you still have until April 30th to do so. You can follow the survey link on our Facebook page or our website. We also have paper copies available at the center. The survey is anonymous, and we value your opinion.

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, May 6 – 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.

MAY 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

May 5- Fred Winston & The Stable Boys
 May 12 - Barry Brake & Still Kicking Country
 May 19 - Kevin Dobson & Along for the Ride
 May 26 - Barry Brake & Still Kicking Country

Monday

1  **Price is Right w/ Tennova Hospice 11:00 am**


Tuesday

2 **Wings of Hope- 12:00 pm**
 Meeting at Riverview Restaurant
Grief Mtg 2:00

Wednesday

3 **Lunch & Learn w/ Veterans Services Office 11:00 am**
 Speaking:  Lloyd Sharp

Thursday

4

Friday

5 **Picnic @ River Bluff Park- 11am-1pm**


8 **Paint with Nancy- 8:30 am**

Lunch w/ Law 11:00 am

Veterans Meeting- 6:00pm


9 **Foot Care 8:30 am**

FCE Mtg 10:00 am
Grief Mtg 2:00

10

11

12


15 ***No Arthritis Exercise***
Trivia - 10 am w/ Zachary Fulton


16 **Grief Mtg 2:00**


17  **Jeopardy w/ Debbie Davenport from Providence Group -11:00 am**

18

19 ***Arthritis Exercise- 9:00 am***

22  **Music for Seniors- 11:00 am**
 Performing: Ashleigh Caudill

23 **Grief Mtg 2:00**

24 **Lunch & Learn w/ Tennova Hospice 11:00 am**
Topic: Myths & Facts of Hospice Care


25

26

29 
Closed for Memorial Day

30 
Cards w/ Kathy- 10 am

31

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


Hours: Monday-Friday 8:00am to 4:00pm.
Be sure to check our Facebook page and website for updates.

May Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday	First Name	Last Name	Birthday
Anita	Lunn	May 01	Benny	Hannel	May 14	Lula	Anderson	May 27
Kathy	Krantz	May 02	Frances	Shelton	May 14	Dana	Hawkins	May 27
Garlene	Sesler	May 02	Charles	Hadley	May 14	RB	Hester	May 27
Julia	Strickland	May 02	Pat	Callahan	May 14	Cindi	MacDonald	May 27
Brenda	Waterston	May 02	Brian	Barnett	May 15	Robert	Sanders	May 27
Norma	Atchley	May 04	Brenda	Edwards	May 15	Susie	Reel	May 27
Mary	Keeler	May 04	Minnie	George	May 15	Donna	Milliken	May 28
Marvis	Boyd	May 04	Lisa	Waffird	May 15	Myrta	Netzer	May 28
Shirley	Moulton	May 04	Mary	Anderson	May 16	Susan	Oliver	May 28
Jim	Dotson Jr.	May 04	Elaine	Burgess	May 16	Bob	Shafer	May 28
Joyce	Click	May 05	Hadley	Williams	May 16	Peggy	Claud	May 28
Sherry	Gladney	May 05	Michael	Boyd	May 16	Linda	Newman	May 29
Jerry	Davenport	May 05	Kathy	Doyle	May 17	Juan	Rodriguez	May 29
Eric	Grasman	May 05	Sharon	Smith	May 17	Wilma	Swicegood	May 29
Teresa	Harris	May 05	Karen	Stell	May 17	Jan	Taylor	May 29
Bonnie	Vonnegut	May 05	Amber	Locke	May 17	Melanie	Smiley	May 29
Kay	Meek	May 06	Ronnie	Parker	May 17	Yvonne	Wilson	May 30
Robert	Sosebee	May 06	Lonnie	Singleton	May 18	Laura	Mallernee	May 30
Sarah	Benson	May 07	Carney	Christian	May 19	Brenda	Holland	May 31
James	Peiffer	May 07	Shelby	Harper	May 19			
Andy	Alexander	May 08	Jimmy	Johnson	May 19			
Paul	Carter	May 08	Rayburn	Raymer	May 19			
Todd	Patton	May 08	Linda	Wayman	May 19			
Addie	Welfel	May 08	Katherine	Fulk	May 19			
Barbara	Akins	May 09	Brian	Lain	May 19			
Stephen	Forrester	May 09	Nancy	Strantz	May 19			
Martha	Nicholson	May 09	Theresa	Carter	May 20			
Barbara	Sawyers	May 09	Mamie	Hamilton	May 20			
Lois	Binkley	May 10	Virginia	Killebrew	May 20			
Jim	Eads	May 10	Ray	Mayo	May 20			
Frances	Fambrough	May 10	Pat	Allinder	May 20			
Mike	Morris	May 10	Brian	Ensley	May 20			
Neil	Nahon	May 10	Lillie	Davidson	May 21			
Bob	Simpkins	May 10	Peggy	Holton	May 21			
Sandi	Kitchens	May 10	Mary Lou	Mahaffey	May 21			
Myrta	Sproat	May 10	John	Ryder	May 21			
Delphine	Roberts	May 10	Linda	Terwilliger	May 22			
Nancy	Barraw	May 11	Cathy	Bentley	May 22			
Sherry	Crenshaw	May 11	Teresa	Binkley	May 23			
Martha	Rawls	May 11	Harriett	Krieke	May 23			
Judy	Coffel	May 12	Dennis	Fulk	May 23			
Evelyn	Garrison	May 12	Carl	Hulsey	May 23			
Edith	Milliken	May 12	Brenda	Shores	May 24			
Jerri	Moore	May 12	Ann	Cooper	May 25			
Linda	Mosier	May 12	Mary Ann	Terranova	May 25			
Tony	Bedwell	May 13	Roy	Dye	May 26			
Joyce	Mayo	May 13	Debora	Evans	May 26			
Mamie	Perry	May 13	Jimmy	Gill	May 26			
Regina	Roberts	May 13	Susan	Hampton	May 26			
Fred	Bennett	May 13	Linda	Raices	May 26			
Bobby	Barnes	May 14	Emily	Fly	May 26			



Free Birthday Lunch

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, May 22nd at 11:00am at our own Kathy's Kitchen.

The menu for the day is Stuffed Porkchops, Broccoli Salad, Baked Beans, 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 served Mondays & Wednesdays at 11 a.m.
Cost is \$5.00 per person.
Includes Meal, Dessert, and Drink.**

May 2023 Menu

Monday, May 1st

Chicken Wrap, Black Bean & Corn Salad, Yogurt & Fruit Parfait

Wednesday, May 3rd
(Cinco De Mayo Celebration)

Chicken Enchiladas, Fried Red Cabbage, Chocolate Cake

Monday, May 8th

Crisp Sage & Parmesan Pork, Red Apple Coleslaw, Peach Cobbler

Wednesday, May 10th

BBQ Baked Chicken Drumsticks, Potato Salad, Green Beans, Pudding

Monday, May 15th

Spring Pork Rolls, Fried Rice, Almond Cookies

Wednesday, May 17th

Meatloaf, Cream Potatoes, Carrots, Brownies

Monday, May 22nd

Stuffed Porkchops, Broccoli Salad, Baked Beans, Ice Cream & Cup Cakes

Wednesday, May 24th

Beef & Noodles, Green Beans, Carrots, Applesauce Cake

Wednesday, May 31st

Ham Sliders, Pasta Salad, Chips, Watermelon, Cantaloupe & Blueberries



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



PICNIC IN THE PARK



Food, Fun & Fellowship!

Location:

River Bluff Park Pavilion
175 Old Cumberland Street
(off the TN Waltz Parkway by-pass)

Date & Time:

Friday, May 5th
11:00 am - 1:00 pm



Entertainment:

Barry Brake & Still Kickin' Country
with special guest, Kevin Dobson

***You must call the Center to sign up for this
no later than May 1st!!***

PRICE IS RIGHT

May 1st @ 11:30 a.m.

YOU WILL WANT TO SHARPEN UP THOSE SHOPPING SKILLS FOR MRS. MARIE WITH TENNOVA HOSPICE AND A FUN GAME OF PRICE IS RIGHT!

OFFER YOUR BEST GUESS FOR THE COST OF EACH ITEM AND YOU WIN THAT PRIZE

BE SURE TO STICK AROUND FOR THE SHOWCASE SHOWDOWN!



TennovaTM
Hospice

How much do you really know about Hospice?



Have you heard that Hospice only steps in at the very end of life?

LUNCH AND LEARN

May 24th

Did you know about the financial benefits of Hospice?



Did you realize that Hospice provides full teams of professionals to serve the patient AND their family?

Mrs. Marie with Tennova Hospice will be here to discuss the Myths and Facts of Hospice.

Join us at 11:00 am!

 **Tennova**TM
Hospice

Square Dancing



We are thinking of offering a square dancing class. If this is something that interests you, please give us a call at the Center

****Days/Times have not yet been decided.**



WALKING CLUB

"ASHLAND CITY PACE MAKERS"

Linda Staffen from Core Insurance Advisors is sponsoring this club. You will receive a pedometer at sign up to track your steps with each day. You walk on your own time and check in here at the center on the last Monday of each month to receive prizes when you hit step goals!

We will keep a chart here for you to log your steps.

Call the center for more information!

2nd Bus Added!

Call soon if you want to join us!

41st Annual
Sunday Mornin' Country[®]
June 11, 2023 • 4:30pm
 Warm Up Show 4pm
Grand Ole Opry House
Nashville, Tennessee

GRAND OLE
OPRY
 HOUSE

Hosted by
Brenda Lee

DAY TRIP

Sponsored in part by ...

A production of the
MusicCityChristianFellowship.org
 A Nonprofit 501(c)3 Organization

Cost \$65.00 per person (non-refundable)



**Includes admission to the show, meal at
 Cock of the Walk Restaurant, bus, and all gratuities.
 Deadline to sign up and pay is May 12, 2023.**

Please call the center at 615-792-3629 for more info or to sign up.

Lunch Menu: Piece of Catfish and Piece of Chicken, Fries, Coleslaw, Hushpuppies, Skillet Bread, and Pickled Onions. Drink and gratuity included.

Bus will leave promptly at 1:15 p.m. from upper parking lot of Tractor Supply. We will arrive at the restaurant around 2:00 p.m. for the meal. After the meal, we will go to the Opry House for the 4:00 p.m. show. Bus will arrive back in Ashland City no later than 8:00 p.m.