

May 2022

Senior Active 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,
Health/Fitness Instructor

Center Hours

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

Phone:

615-792-3629

Website:

ashlandcitytn.gov/senior

Facebook:

The Senior Center at Ashland City

**The Senior Center at
Ashland City is supported by:
The Town of Ashland City**

**Grants from
Greater Nashville Regional Council
TN Council on Aging & Disability**

**Friends of the Center
Member Donations**



Celebrating You

The month of May is National Older Americans Month. We want to celebrate you with a Picnic in the Park on Friday, May 13th from 11-1. If you haven't signed up, please do so as soon as possible. See flyer for details.

Survey Time

It is time for our annual Satisfaction Survey. This survey is anonymous. We would like for you to give us your thoughts and opinions about our staff and the center. This helps us make improvements and provide needed programs. The link to the online survey will be emailed soon to everyone with an email on file. A link will also be placed on our website and our Facebook page. Paper copies of the survey will be available for you to complete at the center.

Trips

We still have openings for the Kentucky trip with Jimmy the Cricket Tours. A flyer is attached with details. Payment deadline is May 9th.

There is a night trip planned for June 27th to the Schermerhorn Symphony Center to see The Drifters, The Platters, and The Cornell Gunter Coasters. Information and pricing are included in an attached flyer.

****Save the Dates**** We have a week-long trip planned to Branson, Missouri on September 12 – 16, 2022. The cost is \$585 per person double occupancy. More details will be emailed to everyone and posted on our website and Facebook page.

Reminders and Info

This is a friendly reminder to please call the center as soon as possible if you are unable to attend a lunch or special event where food is being prepared. We do not want wasted food. Thank you for understanding!

In addition, we kindly ask that if you receive a phone call on your cell phone while at the center, please step into another area of the center to take the call. This is so you do not interrupt others, especially when we have special events with speakers.

Plans are to continue our kayak group this year. Because temps have been colder this spring and we have had several heavy rains, we will wait to see if we are able to do a kayak trip in May. I will contact everyone who participated last year. If anyone else is interested in joining us, please call me at the center.

We are thankful that Friday afternoons are busy again with card and pool players. We have a variety of card games available including Rummikub, Scrabble, Rook, Phase 10, Dominoes, and many others. Come join in the fun!

Friday Night Dances at 7 p.m.

May 6th – Barry Brake & Still Kickin' Country

May 20th – Kevin Dobson & Along for the Ride

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

There will not be a dance on May 13th, because the Rode West Band will be playing at the picnic.



Bloom where you are planted! *Gena*

Special Events This Month



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

See attached menu for more information. You must sign up in advance to eat. Please call as soon as possible if you will not be able to come to the lunch.

Thursday, May 12 at 10:15 a.m.

Jewelry Making Class and Show w/JoAnn Jones

Come join JoAnn as she teaches us how to make a bead pendant with a chain. All supplies are provided. Please call by May 6th to sign up so she will have enough supplies.



**Monday, May 16 at 11:00 a.m.
Lunch & Learn w/ Dr. Brown**

We are excited to have Dr. Scott

Brown from Family Health Center in Ashland City come to educate us on blood pressure health and stroke awareness. May is the national month for both topics. You do not have to purchase a meal from Kathy's Kitchen to participate in this presentation.

**Wednesday, May 18 at 11:00 a.m.
Bingo Lunch with The Waters**



Ben Anderson from The Waters of Cheatham will be here to call Bingo and a pizza lunch will be provided for free. If you want to attend, call us to register by May 12th. Please call as soon as possible if you will not be able to come to the lunch.

Tuesday, May 24 at 10:00 a.m.

Card Making with Kathy Nicholson

The cost will be \$5.00 each to cover the cost of the materials. Cards to be made are Father's Day, and all occasion. For more information and to sign up, please call Kathy by May 20th.



**Wednesday, May 25 at 11:00 a.m.
Lunch & Learn w/ Christine Mather
from SHIP and Medicare Counseling**



(See attached Senior Spotlight section for details)

Community Food Bank & Services

Ongoing – Food boxes available here at the center.

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 7 – Mission of Hope Assembly at 6307 Hwy 41-A in Pleasant View from 10 am – 2 pm.

Regular Happenings This Month



**Monday, May 2 –
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, May 3– Wings of Hope
Meeting at 12:00 p.m.**



We are honoring all mothers this month. A spaghetti lunch meal is being hosted by John and Wildee Holder. **You must RSVP by April 28th** if you will be attending. Please call the center at 615-792-3629. If you would like, bring a picture of your mother for a fun planned activity.



**Friday, May 6–
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!

**Friday, May 6 and 20 –
Chair Volleyball at 11:00 a.m.**



Our players have so much fun that we have added another day to play. Please join for two days of fun!



**Tuesday, May 10 – 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.

**Weds., May 18 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 3rd Wednesday of each month



**Monday, May 23 at 11:00 a.m.
Music for Seniors**





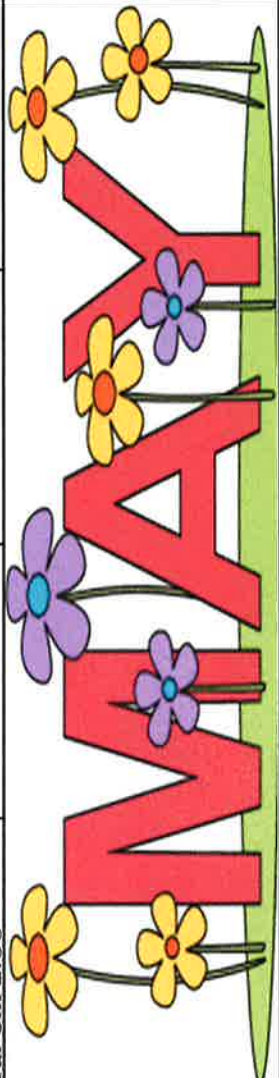
Emily Kidd will be here to sing a variety of Classic Country, Classic Rock, and Traditional Country. This is sure to be a treat!

**Friday, May 27 –
Breakfast Trivia at 9:00 a.m.**



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

**Check out all our exercise classes as well!
Please note a temporary change this month on
the calendar for the Arthritis Exercise Class.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Be Sure to Check Our Facebook Page & Website for Updates & Changes <small>May Day</small> 	2 Paint w/Nancy - 8:30 No Arthritis Class Kathy's Kitchen - 11:00 Yoga 1:00	3 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Wings of Hope 12:00	4 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen 11:00 Dancercize 1:00 Tai Chi 2:00	5 Texas Holdem 8:00 S.A.I. L. 9:00 Sew & Sews 10:00 Yoga 1:00	6 Coffee w/Cop 9:00 Loomers 10:00 Bingocize 10:00 Chair Volleyball 11:00 Card Games 12:00 Dance 7:00 p.m. - Barry Brake & Still Kickin' Country	7
8 	9 Kathy's Kitchen - 11:00 Yoga 1:00 Veteran's Meeting - 6:00	10 Texas Holdem 8:00 Foot Care 8:30 BP Checks 8:30 S.A.I.L. 9:00 FCE 10:00	11 Arthritis Exercise - 8:30 (note time) Loomers 10:00 Bingocize 10:00 Kathy's Kitchen 11:00 Dancercize 1:00 Tai Chi 2:00	12 Texas Holdem 8:00 S.A.I. L. 9:00 Sew & Sews 10:00 Jewelry Class 10:15 Yoga 1:00	13 Senior Center Picnic at Riverbluff Park 11-1 Center Closed	14
15	16 Arthritis Exercise - 9:00 Kathy's Kitchen - 11:00 Lunch & Learn - 11:15 Yoga 1:00	17 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00	18 Loomers 10:00 Bingocize 10:00 Bingo Lunch 11:00 Diabetes Support Group - 12:00 Dancercize 1:00 Tai Chi 2:00	19 Kentucky Trip - 8:00 - 5:30 Texas Holdem 8:00 S.A.I. L. 9:00 Sew & Sews 10:00 Yoga 1:00	20 Loomers 10:00 Bingocize 10:00 Chair Volleyball 11:00 Card Games 12:00 Dance 7:00 p.m. - Kevin Dobson & Along for the Ride	21 
22	23 Arthritis Exercise - 9:00 Kathy's Kitchen - 11:00 Music for Seniors - 11:00 Yoga 1:00	24 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Kathy's Card 10:00	25 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen - 11:00 Lunch & Learn - 11:15 Dancercize 1:00 Tai Chi 2:00	26 Texas Holdem 8:00 S.A.I. L. 9:00 Sew & Sews 10:00 Yoga 1:00	27 Breakfast Trivia 9 Loomers 10:00 Bingocize 10:00 Card Games 12:00 No Dance	28
29	30 Closed  <small>Memorial Day</small>	31 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00				

May Birthday List

<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
Kathy	Krantz	May 02	Nelda	Taylor	May 16
Garlene	Sesler	May 02	Michael	Boyd	May 16
Julia	Strickland	May 02	Kathy	Doyle	May 17
Norma	Atchley	May 04	Sharon	Smith	May 17
Mary	Keeler	May 04	Karen	Stell	May 17
Marvis	Boyd	May 04	Amber	Locke	May 17
Joyce	Click	May 05	Ronnie	Parker	May 17
Sharon	Gladney	May 05	Lonnie	Singleton	May 18
Jerry	Davenport	May 05	Carney	Christian	May 19
Eric	Grasman	May 05	Shelby	Harper	May 19
Teresa	Harris	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	Brian	Lain	May 19
Andy	Alexander	May 08	Theresa	Carter	May 20
Paul	Carter	May 08	Mamie	Hamilton	May 20
Todd	Patton	May 08	Virginia	Killebrew	May 20
Addie	Welfel	May 08	Lillie	Davidson	May 21
Stephen	Forrester	May 09	Peggy	Holton	May 21
Martha	Nicholson	May 09	Mary Lou	Mahaffey	May 21
Barbara	Sawyers	May 09	Linda	Terwilliger	May 22
Lois	Binkley	May 10	Cathy	Bentley	May 22
Jim	Eads	May 10	Teresa	Binkley	May 23
Mattie	Fambrough	May 10	Harriett	Krieke	May 23
Mike	Morris	May 10	Dennis	Fulk	May 23
Neil	Nahon	May 10	Carl	Hulsey	May 23
Bobby	Simpkins	May 10	Brenda	Shores	May 24
Sandi	Kitchens	May 10	Ann	Cooper	May 25
Nancy	Barraw	May 11	Mary Ann	Terranova	May 25
Sherry	Crenshaw	May 11	Roy	Dye	May 26
Martha	Rawls	May 11	Debora	Evans	May 26
Judy	Coffel	May 12	Susan	Hampton	May 26
Edith	Milliken	May 12	Linda	Raices	May 26
Jerri	Moore	May 12	Lula	Anderson	May 27
Tony	Bedwell	May 13	Dana	Hawkins	May 27
Joyce	Mayo	May 13	RB	Hester	May 27
Mamie	Perry	May 13	Cindi	Macdonald	May 27
Regina	Roberts	May 13	Robert	Sanders	May 27
Bobby	Barnes	May 14	Donna	Milliken	May 28
Benny	Hannel	May 14	Clytee	Netzer	May 28
Frances	Shelton	May 14	Susan	Oliver	May 28
Charles	Hadley	May 14	Bobby	Shafer	May 28
Pat	Callahan	May 14	Peggy	Claud	May 28
Brian	Barnett	May 15	Linda	Newman	May 29
Brenda	Edwards	May 15	Juan	Rodriguez	May 29
Minnie	George	May 15	Wilma	Swicegood	May 29
Lisa	Waffird	May 15	Yvonne	Wilson	May 30
Mary	Anderson	May 16	Laura	Mallernee	May 30
Elaine	Burgess	May 16			

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, May 23rd at 11:00 a.m. at our own Kathy's Kitchen.

The menu for the day is rainbow veggie wraps with chicken and fresh fruit cup. Cake and ice cream will be served for dessert.

Linda Staffen with Core Insurance Advisors graciously sponsors our birthday cake each month.



Spots do fill quickly, so call us by May 18 at 615-792-3629 to reserve your spot.

We hope your birthday will be a special one and we look forward to seeing you for lunch!





Lunch Served Mondays and Wednesdays at 11 a.m.

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

May Menu

Monday, May 2nd

Turkey Gnocchi Soup, Garlic Bread, Low-Cal Chocolate Cream Pie

Wednesday, May 4th (Cinco de Mayo Lunch)

Cream Chicken Enchiladas, Black Bean & Corn Salad, Chips & Dip, Mexican Danish

Monday, May 9th (Mother's Day Lunch)

Berry Chicken Salad, Crackers, Pineapple Upside Down Cake

Wednesday, May 11th

Pasta & Peas, Sliced Tomatoes, Spinach Leaves, Boiled Eggs w/Bacon Bits, Peach Cobbler

Monday, May 16th (Lunch & Learn)

Healthy Vegetable & Beef Nachos, Mexican Sopapillas

Wednesday, May 18th (Free Lunch, Bingo Day)

Pizza Day, Cookies/Brownies

Monday, May 23rd (Birthday Lunch)

Rainbow Veggie Wraps with Chicken, Fresh Fruit Cup, Birthday Cup Cakes, Ice Cream

Wednesday, May 25th (Lunch & Learn)

Cabbage soup w/Beef, Cornbread, White Cake w/Caramel Icing

Monday, May, 30th

Center Closed for Memorial Day



**Please call the Senior Center at 615-792-3629 to sign up.
Space is limited. If you sign up and cannot come,
please call as soon as possible to let us know.**



SPOTLIGHT

SENIOR SERVICE



**GREATER
NASHVILLE
REGIONAL
COUNCIL**



**TN
SHIP**

Medicare Information & Counseling
1-877-801-0044



SHIP

State Health Insurance
Assistance Program

Navigating Medicare



Christine Mather
Senior Medicare Counselor

Diane Schlaufman
**Information & Assistance
Program Manager**

Photo Caption: (L to R) Christine Mather, Senior Medicare Counselor, and Diane Schlaufman, Information and Assistance Program Manager, at the 2021 Cheatham County Fair.

Medicare Counseling from the Greater Nashville Regional Council

The Greater Nashville Regional Council (GNRC) is part of the nationwide State Health Insurance Assistance Program (SHIP) network. As part of this network, GNRC offers local, personalized assistance to people with Medicare and their families in Cheatham and twelve other Middle Tennessee counties. GNRC's SHIP Medicare Counselors provide free, confidential, and non-biased information to Medicare beneficiaries, their representatives, and those who will soon be eligible for Medicare.

Counselors are available to present to groups on Medicare resources or provide information at events. Are you interested in volunteering? Volunteers play an essential role in helping GNRC serve individuals across the region. If you are interested in becoming a volunteer for the Medicare program or to learn about other opportunities, visit GNRC.org/Volunteer. To learn more about the GNRC's Medicare counseling program, visit GNRC.org/Medicare or call the Statewide SHIP hotline at 1-877-801-0044 to connect with a counselor near you.

Lunch and Learn Presentation on May 25th at 11:00 a.m.

Christine Mather will be at the center on Wednesday, May 25th at 11:00 a.m. for a Lunch and Learn Presentation on Medicare. This presentation is held in conjunction with the Kathy's Kitchen meal. If you plan to eat with us that day, you must call the center at 615-792-3629 to sign up. You do not have to purchase a meal to participate in the presentation.

Christine or others are available for individual Medicare counseling by appointment only. If you are interested, please call us at the center or 1-877-801-0044.



Picnic
in the
PARK

Join us for our Annual Picnic

**Riverbluff Park Pavilion
175 Old Cumberland Street
(off the TN Waltz Pkwy. By-Pass)**

**Friday, May 13th
11:00 a.m. to 1:00 p.m.**

**Lunch furnished by
Music City Catering**

**Entertainment by
Rode West Band**

**Please call the Senior Center at 615-792-3629
by May 6th if you plan to attend.**

DAY TRIP

Spots Still Available



Southern Kentucky with Jimmy The Cricket Tours

Thursday, May 19, 2022
8:00 a.m. – 5:30 p.m.

Cost \$90.00 per person (non-refundable)

Includes meal at Shaker Tavern, ice cream at Cheney's Dairy, entry fees, guide service, bus, and all gratuities.

Deadline to sign up and pay is May 9, 2022.

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



South Union Shaker Village: A visit to this little-known Shaker village will be a delight for the senses. Come learn about one of the least understood religions in American history and how they changed how we live today—giving us things like the washing machine, the clothes pin and the broom. Nestled in the rolling pastures of Southern Kentucky, our tour will be conducted by the expert curator of these historic structures which were formerly occupied by this curious sect.

Right next door we will visit a lovely monastery and Catholic Basilica which occupies some of the old Shaker buildings and be entertained by the monsignor himself.



A big and delicious catered luncheon will follow at the historic Shaker Tavern where we will also enjoy a personal talk with Kaelin Vernon, local farmer and expert Shaker scholar.

Next, we will visit Cheney's dairy farm to visit the sixth generation and tour one of the first fully-computerized milk operations in the country. Following, choose from many select seasonal flavors of their homemade ice cream!!



Bus will leave promptly at 8:00 a.m. from Riverbluff Park. We will arrive at Shaker Village around 9:30 a.m. Bus will return to Ashland City no later than 5:30 p.m.



Let's Get Lost in the 50's Tonight at the Schermerhorn Symphony Center and Elliston Place Soda Shop

**Monday Night, June 27, 2022
3:30 p.m. – 11:00 p.m.**

Cost \$70.00 per person (non-refundable)

Includes show ticket, meal, and all gratuities.

**Deadline to sign up and pay is May 25, 2022.
Please call Gena Batts at the center at 615-792-3629
for more information.**

You are sure to be taken back in time as we enjoy eating at Elliston Place Soda Shop, which has been Nashville's Soda Shop since 1939. Your meal will consist of a meat and two vegetables, drink, and your choice of a slice of pie or a milkshake.

After we eat, we will spend an energizing and nostalgic evening with some of the most beloved creators of the Doo Wop sound: The Drifters, The Cornell Gunter Coasters, and The Platters. This concert has all their hits, just the way you remember them when you first heard them on the radio, including: Charlie Brown | Yakety Yak | Poison Ivy | Only You | Smoke Gets In Your Eyes | The Great Pretender | Under the Boardwalk | Up on the Roof | This Magic Moment | On Broadway.

Combined, these groups have popularized more than 40 of the top classics in Rock & Roll history and inspired generations of artists and audiences alike. Don't miss this night of musical greatness. It's more than a concert – it's a party!

Bus will leave promptly at 3:30 p.m. from Tractor Supply. We will arrive to eat around 4:30 p.m. After the meal, we will head to the show, which begins at 7:30 p.m. Bus will arrive back in Ashland City no later than 11:00 p.m.