

November 2021

# The 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

## 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

## Center Closed

**November 2nd –**  
**Election Day**

**November 11th –**  
**Veteran's Day**

**November 25th & 26th –**  
**Thanksgiving Holidays**

## Gratitude

November is a favorite for me. It is a time to spend with family and friends and give thanks for life's blessings. I am thankful for our members here and all that you bring to the center. Your support of me and my staff has been overwhelming over the last several months. We all are truly blessed to have you in our lives!



### Welcome Little One!

We are thankful for our newest addition. Gibson Shaneyfelt arrived on October 8<sup>th</sup>. He weighed 8 pounds, 6 ounces and was 21 inches long. Mom Alicia, Dad Tyler, and Big Brother Hunter are one happy little family. Congratulations to them!

Our Kathy Nicholson is doing much better and for that we are very grateful. She has been by to visit a few times and can't wait to come back. We are eager for her to return as well. Please keep her in your thoughts and prayers.

November is National Diabetes Month, Alzheimer's Awareness Month, and National Home & Hospice Care Month. We are celebrating by providing some free lunch and learn programs to inform our members of these important issues. Check out the calendar for dates.

There is a special evening trip planned for December 8<sup>th</sup>. We are going to Paula Deen's Restaurant and the Opry Country Christmas show. See attached flyer for details.

Although we have specific days marked on our calendar for cards and games, everyone is welcome to come by any day to play and enjoy a great time with others. If there is a game you would like to see added, please let us know.

Dances will continue to be twice a month for November. A schedule is attached. Once Covid numbers improve, hopefully dance attendance will go up and we can start back to every Friday night. We are planning a New Year's Eve Dinner and Dance. Tickets are \$25 each and must be purchased no later than December 1<sup>st</sup>. A minimum of 75 people is needed to confirm the band and catered dinner. Please call the center to reserve your seat.

May you have a blessed Thanksgiving!

In Gratitude, *Gena*

## Special Events This Month

**Wednesday, November 3 at 11:00 a.m.**  
**Bingo Pizza Lunch with Nick Mammarelli**  
 Nick is one of our new partners from United Healthcare and is happy to host Bingo. Please sign up by November 1st.



**Friday, November 5 at 11:00 a.m.**  
**Jeopardy Game**  
**w/ Debbie Davenport**



Debbie from Cigna is bringing a new game to play. She will also provide light snacks to enjoy. Please sign up by November 3rd for this fun event.



**Weds., November 10 at 11:00 a.m.**  
**Lunch & Learn with Anna Smith**



Anna Smith from the TN Division of Consumer Affairs will be here to do a presentation on scam prevention. Please sign up by Nov. 5th.



**Friday, November 12 at 1:00 p.m.**  
**Second Act: Plan for Positive Aging**  
**w/ Aneta Eichler from UT/TSU Extension**



Join Aneta for this five-part series designed to help improve quality of life. The first session will be on setting goals towards positive aging. This series is free, but you will need to call to register by November 10th for the first class.



**Wednesday, November 17 at 11:00 a.m.**  
**Lunch & Learn with Lynn Wood**  
**Alzheimer's Awareness**

Lynn from Mental Health America will be here to share info on how we can protect our mental health as we age. Sign up by November 12th.

**Monday, November 22 at 11:00 a.m.**  
**Lunch & Learn on Diabetes Awareness**  
**with Aneta Eicher from UT/TSU Extension**



Do you have diabetes but still crave sweets? Just because you are diagnosed with Diabetes doesn't mean you can't satisfy that sweet tooth. Aneta will address proper nutrition while demonstrating a few delicious desserts we can enjoy over the holidays. Sign up by November 17th.

**Tuesday, November 23 from 9:00a – 1:00p**  
**State Health Insurance Assistance Program**



Christine Mather will be here to give Medicare counseling and help you find the best coverage at the lowest estimated cost. If you would like to make an appointment with her, please call by Nov. 19th.

## Special Events (Continued)

**Tuesday, November 30 at 11:00 a.m.**  
**Bingo Lunch with Patricia Vest**  
 Patricia from TN Quality Care will be here to help us celebrate Home and Hospice Care Month. Sign up by November 22nd.



## Happenings This Month



**Monday, November 1 –**  
**Paint with Nancy 8:00 a – 5:30 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 Christmas paint choice for this class.

**Tuesday, November 9 – 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.



**Monday, November 15 –**  
**Breakfast Trivia with**  
**Zachary Fulton w/Vantage**  
**Pointe Village at 9:00**

Come out and test your trivia knowledge with Zachary Fulton from Vantage Point Village. Coffee and yummy breakfast treats will be served. Please register by November 12th.

**Tuesday, November 16– Wings of**  
**Hope Widow Meeting at 12:00 p.m.**



This month will be a celebration of Thanksgiving. In addition to a dish, everyone is asked to bring can goods for the Bethesda Center. Wings of Hope is a nondenominational ministry support group reaching out to all single women.



**Friday, November 19 –**  
**Coffee with a Cop at 9:00**

The Ashland City Police Dept. will return to talk with us about ways to protect yourself. Breakfast pastries will be served along with fresh hot coffee!

**Monday, November 29–**  
**Music for Seniors at 10:30 a.m.**



Donna Kay Anderson will be here this month to perform some gospel songs and popular songs from the 1930's – 1960's. Please join us for the fun day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Be sure to check our Facebook for changes &amp; updates. The Senior Center at Ashland City or AshlandCityTN.Gov/ Senior</p>	<p>1 Painting w/ Nancy - 8:00 Yoga 1:00</p>	<p>Center Closed 2 for Election Day</p> 	<p>3 Loomers 10:00 Bingo Lunch w/ Nick Mammarelli w/ United Health Care 11:00 Bingocize 12:00 Dancercize 1:00 Tai Chi 2:00</p>	<p>4 Texas Holdem 8:00 S.A.I.L. 9:00 Sew &amp; Sews 9:30 Yoga 1:00</p>	<p>5 Loomers 10:00 Bingocize 10:00 Jeopardy w/ Debbie Davenport - 11:00 Card Games 12:00 Friday Night Dance w/ Kevin Dobson and Along for the Ride - 7:00</p>	<p>6</p>
<p>7  Daylight Saving Time Ends</p>	<p>8 FCE Meeting 9:00 Yoga 1:00 Veteran's Meeting - 6:00</p> 	<p>9 Texas Holdem 8:00 Foot Care w/ Tracy 8:30 BP Checks 8:30 S.A.I.L. 9:00</p>	<p>10 Loomers 10:00 Lunch &amp; Learn w/ Anna Smith "Scam Prevention" 11:00 Bingocize 12:00 Dancercize 1:00 Tai Chi 2:00</p>	<p>Center Closed 11 for Veteran's Day</p> 	<p>12 Loomers 10:00 Bingocize 10:00 Card Games 12:00 Second Act: Plan for Positive Aging w/ Aneta Eichler 1:00</p>	<p>13</p>
<p>14 Daylight Saving Time Ends</p>	<p>15 Breakfast Trivia w/ Zachary Fulton from Vantage Pointe - 9:00 Yoga - 1:00</p>	<p>16 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Wings of Hope - 12:00</p>	<p>17 Loomers 10:00 Lunch &amp; Learn w/ Lynn Wood "Alzheimer's Awareness" 11:00 Bingocize 12:00 Dancercize 1:00 Tai Chi 2:00</p>	<p>18 Texas Holdem 8:00 S.A.I.L. 9:00 Sew &amp; Sews 9:30 Yoga 1:00</p>	<p>19 Coffee with a Cop 9:00 Loomers 10:00 Bingocize 10:00 Card Games 12:00 Friday Night Dance w/ Kevin Dobson and Along for the Ride - 7:00</p>	<p>20</p>
<p>21</p>	<p>22 Chair Volleyball - 9:00 Yoga 1:00 Lunch &amp; Learn w/ Aneta Eichler "Diabetes Awareness" 11:00</p>	<p>23 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Christine Mather from TN SHIP 9-1</p>	<p>24 Loomers 10:00 Bingocize 12:00 Dancercize 1:00 Tai Chi 2:00</p>	<p>Center Closed 25 for Thanksgiving</p> 	<p>26 Center Closed for Thanksgiving</p> 	<p>27</p>
<p>28</p>	<p>29 Music for Seniors - 10:30 Yoga 1:00</p>	<p>30 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Bingo Lunch w/ Patricia Vest from Tennessee Quality Care - 11:00</p>				<p>27</p>

<u>First Name</u>	<u>Last Name</u>	<u>Birthday</u>	<u>First Name</u>	<u>Last Name</u>	<u>Birthday</u>
Yvette	Hawkins	Nov 01	Mena	Bell	Nov 20
Kim	Hornsby	Nov 01	Greta	Castleberry	Nov 20
Kathleen	McKeon	Nov 01	Randal	Stewart	Nov 20
Ken	Puckett	Nov 01	Judy	Austin	Nov 20
Jo Lynda	Watts	Nov 01	Alberto	Garcia	Nov 21
Barb	Batson	Nov 03	Patricia	Hester	Nov 21
Linda	Costello	Nov 03	Marjorie	Perry	Nov 21
Angie	Durr	Nov 03	Jeanetta	Crabtree	Nov 22
Eva	Phillips	Nov 03	Dorothea	Daggs	Nov 22
Kathleen	Barnes	Nov 04	Janet	Batson	Nov 23
Carolyn	Carroll	Nov 04	Cathy	Wood	Nov 23
Mary	Perry	Nov 04	Deborah	Anderson	Nov 24
Edwin	McCain	Nov 04	Angela	Mayo	Nov 24
Karla	Johnson	Nov 04	Kim	Walters	Nov 24
Barney	Hicks	Nov 05	Dwanna	Bergeron	Nov 25
Ed	Copier	Nov 07	Sheryl	Gading	Nov 25
Carl	Krantz	Nov 07	Carl	Archer	Nov 26
Lisa	Walker	Nov 07	June	Stewart	Nov 26
Thomas	Cain	Nov 08	Maureen	Denney	Nov 27
Roxanne	Clinard	Nov 08	Barbara	Dobbins	Nov 27
Herman	George	Nov 08	Juanita	Glasgow	Nov 27
Pam	Binkley	Nov 09	Hugh	Henry	Nov 27
Lou	Tevis	Nov 09	Randy	Walker	Nov 27
Diane	Johnson	Nov 10	Phyllis	Brown	Nov 28
Kristen	Ohlundbender	Nov 10	Frances	Combs	Nov 28
Mary Louise	Rediker	Nov 10	James	Shacklett	Nov 28
Margaret	Leslie	Nov 10	Cheryl	Carlton	Nov 29
Cecilia	Ramsey	Nov 11	Thomas (Tom)	Hazelwood	Nov 29
Sharon	Sanders	Nov 11	Clementine	Pace	Nov 29
Carol	McCrary	Nov 11	Deliah	Pepper	Nov 30
Lana	Davenport	Nov 12	Edward	Perry	Nov 30
Alice	Hicks	Nov 12	Donald	Stack	Nov 30
Kenneth	Kirby	Nov 12	Wesley	Newman	Nov 30
Hope	Bragg	Nov 13			
Tina	Smith	Nov 13			
Shirley	Allen	Nov 14			
Connie	Parrish	Nov 14			
Beatrice	Lay	Nov 15			
Dwight	Newman	Nov 15			
Elizabeth	Walker	Nov 15			
Cindy	Caperton	Nov 15			
Jo Ann	Sykes	Nov 16			
Mary Ellen	Boyte	Nov 17			
Janice	Binkley	Nov 18			
Glenda	Jacoway	Nov 19			
Dot	Newman	Nov 19			
Beverly	Tuberville	Nov 19			
Marcia	Fruiland	Nov 19			



# DAY TRIP

**Grand Ole Opry House &  
Paula Deen's Restaurant  
Wednesday, December 8th  
4:00 p.m. – 10:00 p.m.**



**Cost \$100 per person (non-refundable)**

**Includes a family style all you can eat meal at  
Paula Deen's Restaurant, admission to the  
Opry Country Christmas Show, bus, and all gratuities.**

**Deadline to sign up and pay is November 10, 2021.  
Please call Gena Batts at the center at 615-792-3629  
for more information.**

**Delicious Dinner Menu:**

**Meatloaf, Chicken & Dumplings, Fried Catfish and Southern Fried Chicken.  
Sides include green beans, creamed corn, baked mac & cheese and broccoli  
casserole. Dessert choices are ooey gooey butter cake, banana pudding,  
and seasonal cobbler.**

**Great Show Line Up:**

**Josh Turner, Larry Gatlin and the Gatlin Brothers, Riders in the Sky,  
Mandy Barnett, Charlie McCoy and more to be announced.**

**Bus will leave promptly at 4:00 p.m. from Riverbluff Park. We will arrive at Paula  
Deen's around 4:30 p.m. After the meal, we will head over to the Opry House for the  
show at 7:00 p.m. Bus will arrive back in Ashland City around 10:00 p.m.**

# Friday Night Dance



**Doors Open at 6:00 p.m.**

**Dance: 7:00 – 9:30 p.m.**

**Cost: \$6.00 per person**

## Band Line-Up

November 5<sup>th</sup> – Kevin Dobson & Along for the Ride

November 12<sup>th</sup> – No Dance

November 19<sup>th</sup> – Kevin Dobson & Along for the Ride

November 26<sup>th</sup> – No Dance

**We are planning a New Year's Eve Dinner & Dance. Tickets are \$25 each and must be purchased no later than December 1<sup>st</sup>. A minimum of 75 people is needed to confirm the band and catered dinner. Call to reserve your seat.**

# Scam Prevention Presentation for Older Adults

## **PARTICIPANTS WILL LEARN:**

- Why scam prevention education is vital
- Which scams often target older adults
- How to protect yourself with scam-fighting resources
- Where to report scams and deceptive business practices

## **WHEN:**

**Wednesday, November 10, 2021 (11:00am - 12:00 pm)**

## **WHERE:**

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

**For more information, contact Anna Smith at  
[Anna.Smith@ag.tn.gov](mailto:Anna.Smith@ag.tn.gov) or 615-741-6391**

**Scams  
Stop  
Here.**



# Have Questions about Medicare Open Enrollment?

## Sign up now for help November 23

**GNRC TN SHIP Medicare Counselors provide free, unbiased assistance with Medicare questions so you can feel confident about your health insurance decisions.**

**We will be at Ashland City Senior Center November 23, 2021**

**Sign up for an appointment today!**

**We will be doing plan comparisons for Part D and Medicare Advantage Plans**

- Sign up for an appointment
- Bring a worksheet with your information and medications
- Let us help you find the lowest cost plans that work for you

Get your worksheet here! Or call the TN SHIP hotline 1-877-801-0044 for worksheets; or for phone, mail, or virtual counseling.

**Open Enrollment is October 15, 2021 - December 7, 2021**

The Greater Nashville Regional Council (GNRC) is part of a national network of State Health Insurance Assistance Programs (SHIP). GNRC Medicare Counselors provide free, confidential, unbiased information to Medicare beneficiaries, their representatives, and those who will soon be eligible for Medicare.







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## JOIN US ON

Second Friday (Nov., Dec., Jan., Feb., March)

**AT**

1:00 p.m.

Senior Center at Ashland City

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**TO SIGN UP PLEASE CONTACT:**

**The Senior Center**

at Ashland City

104 Ruth Drive

Ashland City, TN 37015

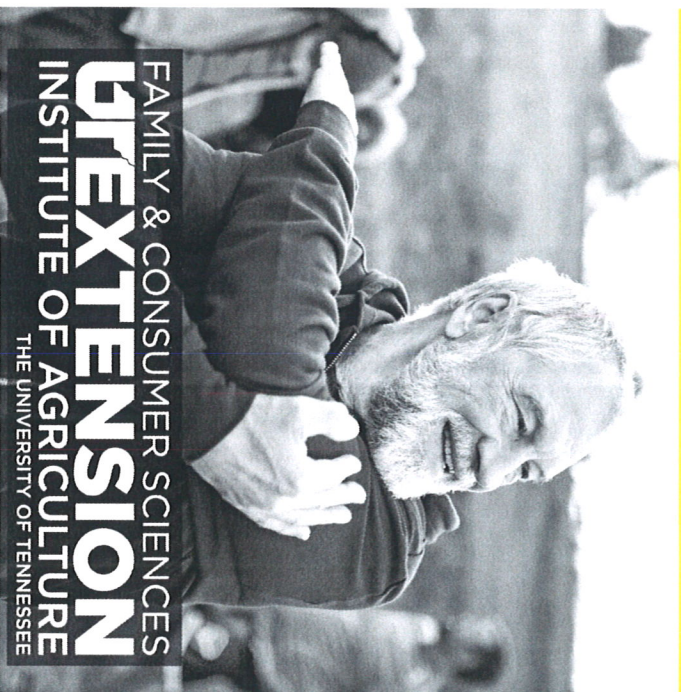
615-792-3629

family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.



# SECOND ACT

POSITIVE AGING



FAMILY & CONSUMER SCIENCES  
**GREXTENSION**  
INSTITUTE OF AGRICULTURE  
THE UNIVERSITY OF TENNESSEE

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Every day in the United States, 10,000 people mark their 65th birthdays.

One in five Americans will have passed this milestone in 2030.

For the first time in history, older adults are projected to outnumber children.

As we transition to this new reality, Second Act is designed to meet the needs of the aging population.

The program strives to engage older Tennesseans in improving their quality of life, to encourage a positive outlook on the aging process, increase well-being, and promote living a purposeful life.

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**Join us for an educational session to learn healthy strategies to empower physical, social, mental, and financial wellness to promote positive aging.**

You'll receive the opportunity to participate in the following sessions:

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- Script for Positive Aging – Set goals to plan for positive and purposeful aging.
- Aging Mindfully – Learn how mindfulness enhances your health through several practical tools.
- Money Mind – Plan for your financial future now to ensure peace of mind as you age.
- Eating Well As We Age – Seek nutritional foods that benefit the aging brain and body.
- Pace Yourself – Discover how to exercise comfortably and efficiently to foster healthy aging.

