

November 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
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 Senior Center at Ashland
City is supported by:**

The Town of Ashland City

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

Friends of the Center
Member Donations



Be Present in All Things and Thankful For All Things ~ Maya Angelou

We wanted to take the time to tell you how thankful we are for your presence in our lives. You are a true blessing. We also hope you are very blessed this holiday season and take the time to reflect on the blessings in your life.

Medicare Open Enrollment – Oct 15 – Dec. 7, 2022

To better assist you in making the right decision for you regarding your Medicare Health Plan, we are hosting several events this month to allow you to ask questions and find out more information. See dates below.

November 1 – GNRC/TN Ship from 9am – 12:30 pm
Appointments are required to meet with the counselors.

November 3 – Nick Mammareli with United Healthcare from 10am – 12pm. No appointment required.

November 28 – Linda Staffen with Core Insurance Advisors from 9:30am – 11am. No appt. required.

Calling All Card Players

Our Friday group of card players are looking for new people to join them! Some games they play are Hand & Foot, Rook, Scrabble, Canasta, Mexican Train, Phase 10, Rummikub and other card games. Come join them on Fridays at 10:00 a.m. If you would also like to start a group, please let us know.



Friday Night Dances at 7pm

November 4 – Barry Brake & Still Kicking Country

November 11 – Rode West

November 18 – Kevin Dobson & Along for the Ride


November 25 – No Dance


Doors open at 6:00 pm. Admission is \$7.00 per person. Everyone is encouraged to bring a potluck dish to share.




It's that time of year again to start planning our New Year's Eve Dinner and Dance. Tickets are \$30 each and must be purchased no later than December 1st. Call the center to reserve your seat!

Special Events This Month

Monday, November 7 at 11:00 a.m. 
Bingo Lunch w/ Aveanna Home Health & Hospice
 Join us for bingo lunch hosted by Aveanna Home Health & Hospice. If you would like to attend, call us to sign up by November 4.

Tuesday, November 15 at 10:00 a.m. 
Card Making with Kathy
 The cost will be \$5.00 for this class. For more information and to sign up, please call Kathy by November 10th.

Weds., November 16 at 11:00 a.m.
Lunch & Learn
 Join us for a Lunch & Learn hosted by Dedicated Senior Medical Center. If you would like to attend, call us to sign up by November 10.

Friday, November 18 at 9:00 a.m. 
Metal Snowman Craft w/ Kathy
 The cost will be \$3.00 for this craft. Supplies are limited so please call to sign up by November 10th.

Health and Fitness Classes

(Class times and dates are subject to change.)

- Monday –**
 Arthritis Foundation Exercise at 9:00 am
 Yoga at 1:00 pm
- Tuesday –**
 SAIL (Staying Active & Independent for Life) at 9:00 am
- Wednesday –**
 Bingocize (Exercise & Bingo) at 10:00 am
 Dancercize at 1:00 pm
 Tai Chi at 2:00 pm
- Thursday –**
 SAIL (Staying Active & Independent for Life) at 9:00 am
 Yoga at 1:00
- Friday –**
 Bingocize (Exercise & Bingo) at 10:00 am
 Chair Volleyball at 11 am



Community Food Banks & Services

We currently have around 25 food boxes available here at the center for anyone in need. This will be the last month we are able to offer these boxes.


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, November 5 – Mission of Hope Assembly at 6307 Hwy 41-A in Pleasant View from 10 am – 2 pm.



Regular Happenings 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.


 **Tuesday, November 1– Wings of Hope Meeting at 12:00 pm**
 This month's theme is Thanksgiving. The meat and dressing will be provided. Please bring a side dish.


Monday, November 7 –
Paint with Nancy 8:30 am – 4:00 pm 
 To sign up 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.


 **Foot Care with Tracy Reeves**
 Tracy is taking a break this month. She will be back in December.

Weds., November 9–  **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, November 14–
Lunch with the Law at 11:00 am 
 The Ashland City Police Dept. will be here to talk and answer questions. It is in conjunction with Kathy's Kitchen, but you do not have to purchase a lunch to join the event.

Wednesday, November 16- 12:00pm
Navigating Life with Diabetes with 
Aneta Eichler from UT/TSU Ext.
 This 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, November 21 –**
Trivia at 10:00 am
 Come out and test your trivia knowledge with Zachary Fulton from Vantage Point Village.

 **Monday, November 28 at 11:00 a.m.**
MUSIC for SENIORS Music for Seniors
 Michelle Garcia will be here to play country favorites from Hank Williams, Patsy Cline, and Willie Nelson, as well as a variety of tunes from the 50's, 60's and 70's.

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>1 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L 9:00 Open Enrollment w/ SHIP 9am-12:30pm Wings of Hope – 12:00 Thanksgiving Theme</p>	<p>2 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen 11 Lunch w/ Fire Department 11 Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00</p>	<p>3 Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Open Enrollment w/ United Healthcare 10am-12:30pm Yoga 1:00</p>	<p>4 Loomers 10:00 Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 Dance 7:00 – Barry Brake & Still Kicking Country</p>
<p>7 Paint w/ Nancy 8:30 Arthritis Exercise – 9:00 Kathy's Kitchen 11 Bingo Lunch w/ Aveanna 11 Yoga 1:00</p>	<p>8 Center Closed for Election Day </p>	<p>9 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen 11 Jeopardy 11:00 w/ Cigna Medicare Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00</p>	<p>10 Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 1:00</p>	<p>11 Center Closed for Veterans Day  Dance 7:00 – Rode West</p>
<p>14 Arthritis Exercise – 9:00 Kathy's Kitchen 11 Lunch w/ the Law- 11:00 Yoga 1:00 Veterans Meeting 6:00 pm</p>	<p>15 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L 9:00 Cards w/ Kathy – 10:00</p>	<p>16 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen 11 Lunch & Learn w/ Dedicated Senior Medical 11:00 Diabetes Support Group 12:00 Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00</p>	<p>17 Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 1:30</p>	<p>18 Craft w/ Kathy – 9:00 Loomers 10:00 Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 Dance 7:00- Kevin Dobson & Along for the Ride</p>
<p>21 Arthritis Exercise – 9:00 Trivia 10:00 Kathy's Kitchen 11 Yoga 1:00</p>	<p>22 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L 9:00</p>	<p>23 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen 11 Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00</p>	<p>24 Center Closed for Thanksgiving </p>	<p>25 Center Closed for Thanksgiving </p>
<p>28 Arthritis Exercise – 9:00 Open Enrollment w/ Core Insurance 9:30am-11am Kathy's Kitchen 11 Music for Seniors -11:00 Yoga 1:00</p>	<p>29 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L 9:00 Cumberland County Playhouse Trip 7am-7pm</p>	<p>30 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen 11 Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00</p>	<p>The Senior Center at Ashland City <i>November 2022</i> 104 Ruth Drive, Ashland City, TN 37015 Phone: 615-792-3629</p>	

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

November Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Yvette	Hawkins	Nov 01	Beatrice	Lay	Nov 15
Kim	Hornsby	Nov 01	Dwight	Newman	Nov 15
Kathleen	McKeon	Nov 01	Diane	Walker	Nov 15
Ken	Puckett	Nov 01	Cindy	Caperton	Nov 15
Jo Lynda	Watts	Nov 01	Linda	Glover	Nov 15
Kathy	Kelly	Nov 02	JoAnn	Sykes	Nov 16
Barb	Batson	Nov 03	Carolyn	Ayers	Nov 16
Linda	Costello	Nov 03	Jo	Brumley	Nov 16
Angie	Durr	Nov 03	Shirrin	Hutchens	Nov 17
Eva	Phillips	Nov 03	Janice	Binkley	Nov 18
Kathleen	Barnes	Nov 04	Glenda	Jacoway	Nov 19
Carolyn	Carroll	Nov 04	Dot	Newman	Nov 19
Mary	Perry	Nov 04	Beverly	Tuberville	Nov 19
Leonard	Vavra	Nov 04	Marcia	Fruland	Nov 19
Edwin	McCain	Nov 04	Mena	Bell	Nov 20
Karla	Johnson	Nov 04	Greta	Castleberry	Nov 20
GW	Sanders	Nov 04	Randal	Stewart	Nov 20
Linda	Mallory	Nov 04	Judy	Austin	Nov 20
Barney	Hicks	Nov 05	Alberto	Garcia	Nov 21
Helen	Hjerpe	Nov 05	Patricia	Hester	Nov 21
Ed	Copier	Nov 07	Marj	Perry	Nov 21
Denver	Krantz	Nov 07	Laurie	Gilbert	Nov 21
Lisa	Walker	Nov 07	Jeanetta	Crabtree	Nov 22
Thomas	Cain	Nov 08	Dorothea	Daggs	Nov 22
Roxanne	Clinard	Nov 08	Janet	Batson	Nov 23
Herman	George	Nov 08	Cathy	Wood	Nov 23
Judy	Rose	Nov 08	Deborah	Anderson	Nov 24
Dennis	Callies	Nov 08	Angela	Mayo	Nov 24
Pamela "Pam"	Binkley	Nov 09	Kim	Walters	Nov 24
Lynette (Lou)	Tevis	Nov 09	Dwanna	Bergeron	Nov 25
Patricia	Shearon	Nov 09	Sheryl	Gading	Nov 25
Pat	Reeves	Nov 09	Carl	Archer	Nov 26
Dianne	Johnson	Nov 10	June	Stewart	Nov 26
Kristen	Ohlundbender	Nov 10	Bill	Jeans	Nov 26
Mary Louise	Rediker	Nov 10	Maureen	Denney	Nov 27
Margaret	Leslie	Nov 10	Barbara	Dobbins	Nov 27
Sherri	Steele	Nov 10	Juanita	Glasgow	Nov 27
Marilyn	Bullion	Nov 10	Hugh	Henry	Nov 27
Cecilia	Ramsey	Nov 11	Randy	Walker	Nov 27
Sharon	Sanders	Nov 11	Phyllis	Brown	Nov 28
Carol	McCrary	Nov 11	Frances	Combs	Nov 28
Lana	Davenport	Nov 12	James	Shacklett	Nov 28
Alice	Hicks	Nov 12	Barbara	Nunnally	Nov 28
Kenneth	Kirby	Nov 12	Cheryl	Carlton	Nov 29
Hope	Bragg	Nov 13	Thomas (Tom)	Hazelwood	Nov 29
Tina	Smith	Nov 13	Clementine	Pace	Nov 29
Shirley	Allen	Nov 14	Deliah	Pepper	Nov 30
Connie	Parrish	Nov 14	Edward	Perry	Nov 30
Bren	Keith	Nov 14	Donald	Stack	Nov 30
Denise	Richbourg	Nov 14	Wesley	Newman	Nov 30



We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, November 28th at 11:00am at our own Kathy's Kitchen.

The menu for the day is Turkey Veg. Soup, Rolls, Cupcakes & Ice Cream.

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



Spots do fill quickly so call us by November 23rd at 615-792-3629 to reserve your spot. We hope your birthday will be a special one and we look forward to



Lunch served Mondays & Wednesdays at 11 a.m.
Cost is \$5.00 per person
Includes meal, dessert, and drink

November Menu 2022

Wednesday, Nov. 2nd

Chicken & Dumplings, Green Beans, Yams, Fried Apples

Monday, Nov. 7th

Spaghetti, Salad, Garlic Knots, Jell-o

Wednesday, Nov. 9th

Club Sandwich, Chips, Pickle, Apple Pie

Monday, Nov. 14th

Chicken Tenders, Potato Salad, Rolls, Cookies

Wednesday, Nov. 16th

Boxed Lunch Courtesy of Dedicated Senior Medical Center

Monday, Nov. 21st (Thanksgiving lunch)

Ham, Baked Corn, Green Beans, Dressing, Pasta Salad, Sweet Potatoes, Pumpkin Pie

Wednesday, Nov. 23rd

Homemade Pizza, Salad, Brownies

Monday, Nov. 28th (Birthday Lunch)

Turkey Veg. Soup, Rolls, Cupcakes & Ice Cream

Wednesday, Nov. 30th

Meatloaf, Cream Potatoes, Carrots, Cheesecake

**Please call The Senior Center by 11:00 on the Friday
before the scheduled meal at 615-792-3629 to sign up.
Space is limited to 40 people per day.**





SPOTLIGHT

SENIOR SERVICE



Michelle Canbuldu
Dedicated Senior Medical Center
505 Mainstream Drive
Nashville, TN 37228
Office: 615-289-7105
Email: michelle.canbuldu@dedicated.care
Website: www.dedicated.care



Dedicated Senior Medical Center offers more than just checkups. We offer convenient, friendly, one-stop healthcare that takes great care of the whole you. We offer services you'd normally expect to see a specialist for, all from your trusted primary care doctor. We can keep regular tabs on your heart health without needing to send you somewhere else. And, if you have specialists you see on a regular basis, we will coordinate your care, so everyone is on the same page.

We offer services that many primary care doctors don't offer; door to doctor transportation roundtrip, the doctor's private cell phone number so you can reach him 24/7, wait times under 15 minutes, quality time with your PCP upwards of 30 minutes or more, walk-in visits without an appointment once you become a patient and many in-house services you would normally have to get elsewhere.

Call Michelle at **615-289-7105** to schedule a complimentary virtual tour today!



**Dedicated Senior
Medical Center**
A CHENMED COMPANY

Questions about Medicare?

Sign up for a free Medicare counseling session!

Tuesday, November 1, 2022
Ashland City Senior Center

GNRC Medicare Counselors will be available on this date to offer free, unbiased, personalized Medicare information.

LIMITED SPOTS AVAILABLE!

Ask a staff member for the sign up sheet and a worksheet.

Can't make it in person? Ask for a mail in worksheet or call 1-877-801-0044 to receive counseling on the phone. All calls are confidential.

Visit GNRC.org/Medicare to learn more.

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

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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Who's that Baby?

Let's see if you can recognize your neighbors when they were little!

***To participate, bring in a picture of yourself when you were a baby or young child. We will make a copy and post it in the center and see how many people know it's you!**

The wall will look something like this!



***Give your picture to Kathy or Judi by November 10th!**

DAY TRIP

Homestead Harvest Restaurant Cumberland County Playhouse The Dancing Lights of Christmas



**Tuesday, November 29
7:00 a.m. – 7:00 p.m.**



Cost \$ 65.00 per person (non-refundable)

Includes meal at Homestead Harvest Restaurant in Cumberland Mountain State Park, admission to the show at Cumberland County Playhouse, and all gratuities.



**Deadline to sign up and pay is November 16.
Please call Gena Batts at the center at 615-792-3629
for more information.**



Lunch Menu: All you can eat buffet with smoked chicken, fried chicken livers, or country fried steak with gravy, baked potatoes, fried zucchini, vegetable blend, soup/salad bar and dessert. Beverage and gratuity are included.

Show: The Best Christmas Pageant Ever

The Herdmans are the worst kids in the history of the world—so when they crash Sunday school and demand parts in the Christmas pageant, the whole town panics. There's not supposed to be biting or cigar-smoking in Bethlehem, and while these kids have never even heard the Christmas story, they definitely have rewrites! Soon everyone is calling for reluctant director Grace Bradley to cancel the whole thing. It's up to the Bradleys and the Reverend to help their community see the Christmas story and the Herdman kids through new eyes in this upbeat musical adaptation of the funny and touching holiday classic.



Bus will leave promptly at 7:00 a.m. from the upper parking lot of Tractor Supply. We will arrive at the restaurant around 10:45 a.m. and be seated at 11:00 a.m. After the meal, we will see the show at 1:00 p.m. Show is from 1:00 – 3:30 p.m. We will then go through the Dancing Lights of Christmas in Lebanon. Bus will arrive back in Ashland City around 7:00 p.m.

KID'S CHRISTMAS PAINTING CLASS

Saturday, December 10, 2022

9:00am – 2:00pm

SENIOR CENTER AT ASHLAND CITY

This is open for ages 8-18 years (and all young at heart)

**Children must be attended by adult (adults can paint
also!!)**

**We will have a 30 minute break. Bring a sack lunch and
drink.**

Predrawn 11X14 canvas and supplies furnished.

\$25 per person Pre-paid

**PLEASE REGISTER @
reeves.nancy@gmail.com OR
text @ 615-294-2578**

REGISTRATION WILL BE CONFIRMED

**Santa
Snowman
Snoopy
Nativity**

