

NOVEMBER 2023

# BE ACTIVE & LIVE WELL

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



## Time To Be Grateful

"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."  
~ Marcel Proust

Thanksgiving is one of my favorite holidays because we pause to remember our blessings and give thanks for the people in our lives. I am most thankful for my family here at the center, both our members and staff. At this time, I want to express my gratitude for our Kathy Nicholson. Before coming to the center, our paths crossed through 4-H and the school system. She was a familiar face when I first started working here and has become a dear friend. Kathy has decided to retire at the end of this year. I know this decision was not an easy one for her, but it is time for Kathy to enjoy the fruits of her labor. She has worked most of her life in various duties and has spent the last 8 years employed here at the center. During this time, she brought her creative soul and has conducted numerous craft classes. For the last two years, she has been the "top chef" for our meals. Kathy has always been willing to lend a helping hand to any of her co-workers and our members. She will be greatly missed by not only me but many others. Kathy does promise to not be a stranger and plans to still visit and teach some classes. I will definitely hold her to that promise. There will be a retirement celebration for her in December, so look in our next newsletter for the date. Congratulations, Kathy! We wish only the best for you in your new chapter of life!

### Exercise Class Change for November

Our health and fitness instructor, Barb Batson, will be away during the month of November. Instead of cancelling the Arthritis Foundation Exercise Class, we will be showing various video classes that are similar to the way Barb teaches. We appreciate your understanding and hope you will join us each Monday at 9 a.m. The Bingocize class on Wednesdays will not be affected as it will be taught by one of our trained staff.

### Trips

Some of the trips for 2024 have been planned and a sneak preview flyer is included in this newsletter. Our center, along with Brenda Willis with Enrichment Travel Services, is leading the Pigeon Forge/Gatlinburg trip in May as well as the Scotland trip in September. We are collaborating with Chris and Cherie Greene from CG Group Travel in Dickson County to offer you the opportunity to travel with them on the California Rail Discovery trip in June and the America's Cowboy Country trip in October. In addition, we are working on another short stay trip, possibly two more. When details are confirmed, the information will be in the newsletter. We hope you can travel through us in 2024!

## Meet Our 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](http://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 an 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, November 4** – Mission of Hope Assembly at 6307 Hwy 41-A in Pleasant View from 7 am – 9 am.

**Transportation** – 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 the date on our 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 Locals

Local officials 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.

### 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.

### Price is Right

Marie Eppes with Tennova Hospice will be your host for this fun, interactive game. It is in conjunction with Kathy’s Kitchen, but you do not have to purchase a lunch to join this event.

### Trivia

Come out and test your trivia knowledge with Zachary Fulton from Vantage Point Village.

### Wings of Hope

#### November 7th: 11:00 am at Senior Center

Turkey & dressing provided. Please bring side dishes or desserts. Also, bring candy to give to the nursing homes.



# NOVEMBER 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)

### 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

November 3- Fred Winston & The Stable Boys  
 November 10 - Barry Brake & Still Kicking Country  
 November 17 - Kevin Dobson & Along for the Ride  
 November 24 - Barry Brake & Still Kicking Country

### Monday

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

### Tuesday

**6**  
 Trivia - 10 am w/ Zachary Fulton  
 Bingo Lunch w/ NP Housecalls -11:00am  
 Host: Christie Wheeley

**7**  
 Emotional Support- 10 am  
 Wings of Hope 11:00 am

**1** **Tennova Hospice**  
 Price is Right w/ Tennova Hospice - 11:00am  
 Host: Marie Eppes  
 Open Enrollment- LifeNav 10am-1pm

**2**  
 Flu Shots by Ashland City Pharmacy- 10am- 12pm

**3**

**13**  
 Paint with Nancy- 8:30 am  
 Lunch w/ the Locals -11:00 am  
 Veterans Meeting- 6pm

**14**  
 Foot Care- 8:30am  
 Anything Peanut Butter Contest - 9am  
 FCE Mtg - 10am  
 Emotional Support- 10 am  
 United Healthcare 12pm-4pm

**15**  
 Christmas Bazaar- 9am-2pm  
 See attached flyer!

**16**  
 Candle Craft with Kathy - 10 am

**17**

**20**  
 Bingo Lunch w/ CapTel -11:00am  
 Host: Gary Gallon

**21**  
 Emotional Support- 10 am  
 Diamond Painting Class- 10am  
 See attached flyer!

**22**  
 Jeopardy w/ Providence Group-11:00am  
 Host: Debbie Davenport

**23**  
 Happy Thanksgiving

**24**  
 Center Closed: Nov. 23rd-24th

**27**  
 Birthday Lunch -11:00am  
 Music for Seniors- 11:00am  
 Performing: Donna Kay Anderson

**28**  
 Emotional Support- 10 am  
 Sales Seminar w/ Devoted Health 10am-11am

**29**

**30**  
 Ray Stevens Day Trip 4:30pm-10pm

**3**

**Biltmore Trip: November 7-10, 2023**

**Hours: Monday-Friday 8:00am to 4:00pm.**  
**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	Janice	Binkley	Nov 18
Kim	Hornsby	Nov 01	Glenda	Jacoway	Nov 19
Ken	Puckett	Nov 01	Dot	Newman	Nov 19
Jo Lynda	Watts	Nov 01	Beverly	Tuberville	Nov 19
Kathy	Kelly	Nov 02	Marcia	Fruiland	Nov 19
Marion	Murray	Nov 02	Mena	Bell	Nov 20
Barb	Batson	Nov 03	Greta	Castleberry	Nov 20
Linda	Costello	Nov 03	Judy	Austin	Nov 20
Angie	Durr	Nov 03	Ellie	Leach	Nov 20
Carolyn	Carroll	Nov 04	Brenda	Sturdivant	Nov 20
Mary	Perry	Nov 04	Lynn	Allbert	Nov 20
Edwin	McCain	Nov 04	Alberto	Garcia	Nov 21
Karla	Johnson	Nov 04	Patricia	Hester	Nov 21
GW	Sanders	Nov 04	Marj	Perry	Nov 21
Linda	Mallory	Nov 04	Laurie	Gilbert	Nov 21
Carmen	Adkisson	Nov 04	Jeanetta	Crabtree	Nov 22
Barney	Hicks	Nov 05	Dorothea	Daggs	Nov 22
Helen	Hjerpe	Nov 05	Janet	Batson	Nov 23
Joyce	McGinnis	Nov 06	Angela	Mayo	Nov 24
Ed	Copier	Nov 07	Dwanna	Bergeron	Nov 25
Denver	Krantz	Nov 07	Sheryl	Gading	Nov 25
Lisa	Walker	Nov 07	Carl	Archer	Nov 26
Thomas	Cain	Nov 08	Bill	Jeans	Nov 26
Roxanne	Clinard	Nov 08	Maureen	Denney	Nov 27
Herman	George	Nov 08	Barbara	Dobbins	Nov 27
Judy	Rose	Nov 08	Juanita	Glasgow	Nov 27
Dennis	Callies	Nov 08	Hugh	Henry	Nov 27
Bo	Holimon	Nov 08	Phyllis	Brown	Nov 28
Patricia	Shearon	Nov 09	Frances	Combs	Nov 28
Pat	Reeves	Nov 09	Barbara	Nunnally	Nov 28
Dianne	Johnson	Nov 10	Cheryl	Carlton	Nov 29
Margaret	Leslie	Nov 10	Clementine	Pace	Nov 29
Sherri	Steele	Nov 10	Deliah	Pepper	Nov 30
Marilyn	Bullion	Nov 10	Donald	Stack	Nov 30
Carol	Sansom	Nov 10	Wesley	Newman	Nov 30
Carol	McCrary	Nov 11			
Mary	Sober	Nov 11			
Lana	Davenport	Nov 12			
Hope	Bragg	Nov 13			
Tina	Smith	Nov 13			
Connie	Parrish	Nov 14			
Bren	Keith	Nov 14			
Denise	Richbourg	Nov 14			
Dwight	Newman	Nov 15			
Diane	Walker	Nov 15			
Cindy	Caperton	Nov 15			
Linda	Glover	Nov 15			
Carolyn	Ayers	Nov 16			
Jo	Brumley	Nov 16			
LaDonna	Tunison	Nov 16			
Shirrin	Hutchens	Nov 17			

*Happy Birthday*



*November Babies!*

## Free Birthday Lunch

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, November 27th at 11:00am at our own Kathy's Kitchen.

**The menu for the day is  
Stuffed Bell Peppers,  
Baked Sweet Potato  
Wedges, Cupcakes & Ice  
Cream**

Linda Staffen with Core Insurance Advisors & Susie Ryan with Devoted Health Plans graciously sponsor 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

**Birthday Lunch: November 27th @ 11:00 a.m.**



**Lunch served Mondays & Wednesdays at 11 a.m.  
Cost is \$5.00 per person.  
Includes Meal, Dessert, and Drink.**

## **November 2023 Menu**

### **Wednesday, November 1st**

Chicken Pot Pie, Cherry Cobbler

### **Monday, November 6th**

Sloppy Joe, Tater Tots, Green Salad, 7-Up Cake

### **Wednesday, November 8th**

Baked Pork Chops, Baked Beans, Corn, Rolls, Apple Dumplings

### **Monday, November 13th**

Vegetable Beef Soup, Cornbread, Cheesecake

### **Wednesday, November 15th**

Cheesy Ham & Potato Soup, Green Salad, Rolls, Chocolate Éclair Cake

### **Monday, November 20th**

Turkey & Dressing, Sweet Potato Casserole, Green Beans, Cranberry Sauce, Rolls,  
Pumpkin Pie

### **Wednesday, November 22nd**

Fish, Coleslaw, White Beans, Cornbread, White Chocolate Cranberry Cookies

### **Monday, November 27th**

Stuffed Bell Peppers, Baked Sweet Potato Wedges, Ice Cream & Cupcake

### **Wednesday, November 29th**

Lasagna, Tossed Salad, Garlic Bread, Chocolate Pie



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



# FLU SHOTS

Ashland City Pharmacy will be here to offer flu shots to anyone who still needs one.

Date: November 2nd

Time: 10am-12pm



## ANYTHING PEANUT BUTTER CONTEST

PIES, CAKES, FUDGE, COOKIES ETC.

Sign up and receive a FREE jar of peanut butter to use in your recipe!

There will be 1st, 2nd & 3rd winners.

**November 14th**

Please have entry here no later than 9:00 a.m.

Judging will start at 9:30 a.m.

Have you ever thought about tracing your family's history?

**Carole Parrish would like to conduct a genealogy class, "How to Start Tracing Your Family's History" on Tuesdays at 1:00 p.m. starting on November 14.**

The class will meet again on November 21 and possibly November 28 if needed. No experience or technology knowledge is needed. Carole will be here to help you every step of the way. If interested, please call the center to sign up.



# CHRISTMAS BAZAAR

**PLEASE JOIN US FOR CHRISTMAS SHOPPING!**

**NOVEMBER 15TH: 9:00AM-2:00PM**

Vendors:

**Hello Sunshine  
Boutique**



**Mary Kay  
with Maribeth**

MARY KAY

**Jo Jones  
Jewelry/Crafts**



**Merekins  
Krafts**



# DIAMOND PAINTING CLASS

NOVEMBER 21ST @ 10AM

PLEASE CALL THE CENTER TO SIGN UP & TELL  
US WHICH OPTION YOU WOULD LIKE NO  
LATER THAN NOVEMBER 10TH.

PRICE WILL RANGE FROM \$5-\$10 DEPENDING  
ON WHICH ONE YOU DECIDE TO DO!

## OPTIONS:

CHRISTMAS STOCKING



BUTTERFLY



CHRISTMAS  
ORNAMENTS



BOOKMARK



FEATHER





# Explore THE WORLD

## Travel Through Us in 2024!

Call the center at 615-792-3629 for pricing and more information.

### Spring 2024

**Pigeon Forge/Gatlinburg**

May 14-16, 2024

Enrichment Travel Services



### Summer 2024

**California Rail Discovery**

Lake Tahoe, San Francisco, Sierra Nevada Rail

June 5-12, 2024

CG Travel in conjunction with AFC Vacations



**WE TRAVEL**  
*not to escape life,*  
**BUT FOR LIFE**  
*not to escape us.*

### Fall 2024

**Tour of Scotland**

With Northern Ireland and Dublin

September 19-28, 2024

Enrichment Travel Services



### Fall 2024

**America's Cowboy Country**

Mt. Rushmore, Yellowstone, Grand Teton

October 6-13, 2024

CG Group Travel

in Conjunction with Collette



615-792-3629

@ gbatts@ashlandcitytn.gov

104 Ruth Drive, Ashland City