

October 2020

Ashland City Gazette

The Senior Center at Ashland City 104 Ruth Drive, Ashland City, TN. 37015 615-792-3629



Celebrating October

Check the Calendar for scheduled programs. Be sure to check times. Some times may have been altered.

WELCOME BACK!

REMEMBER

**NO HUGGY
NO KISSY**

WASHY WASHY!



Senior Center to Reopen

On Tuesday, we were given the OK to reopen the Senior Center. We will be opening on Monday October 5th at 8:30 am. This will be a phased in process with new guidelines and restrictions. These are guidelines given to us by the Tennessee Council on Aging and Governor Lee. These will be in effect until further notice and as time goes on the restrictions will be reduced and finally lifted. We hope that you understand and will follow these so that everyone is safe and we can continue to stay open. The guidelines are included in this newsletter. Please take the time to review them so you will know what to expect when visiting the center. Again these are not our regulations and guidelines, but those we must follow.

We look forward to seeing you back in the center. It has been a long Spring and Summer.



The Center Has Gone Batty!

The Senior Center has added to our team. We would like to officially welcome Gena Batts as our Assistant Director. Gena lives in Ashland City with her husband Derek. She worked for the Cheatham County School system for 20 plus years. We are pleased to have her. Be sure to introduce yourself on your next visit to the center.

TRAVEL

The Arizona trip was rescheduled for April 10-17, 2021. We have some space if anyone would like to go. We have included the flyer in this newsletter. All final payments are due by January 8th. Contact us if you want more information.





The Senior Center at Ashland City Post-COVID Opening Guidelines for Members

Welcome back! We are excited to be able to open the Senior Center and see all of your faces again. You have been missed! Below are some guidelines that we are asking our members to follow in order to keep everyone safe. We expect these guidelines to be temporary and the restrictions to change as COVID-19 conditions improve and are under control. Until then, we have these in place to meet Federal and State guidelines and to ensure our center can stay open. Please understand that some of our programs and services offered in the past, may not be currently offered, but will return as COVID-19 conditions improve.

Center Guidelines

Our new temporary center hours are 8:30 a.m. to 4:00 p.m. Our hours have been adjusted to allow staff to properly clean and sanitize the center each day. No one will be allowed inside the building before or after these hours.

Everyone entering the senior center must enter through the main entrance, no exceptions. Upon entering, you will need to stop at the front desk to register and have your temperature taken with a non-contact thermal thermometer. You will also need to use the hand sanitizer before participating in any activities of the center. It is highly suggested that you wash or sanitize your hands frequently throughout the day and in between activities.

Face masks or face coverings are required while inside the center to keep all of our members safe.

Our tables have been placed to allow for proper social distancing. There should be no more than four (4) people at a table.

No outside potluck meals or congregate meals are allowed at this time. There will be no sharing of food. You are allowed to bring food for yourself, but it should be contained. Refrigerators will not be available for use, but you may use the microwave. It is mandatory that you clean the microwave after each use. Cleaning and sanitizing supplies will be provided. Staff only will be allowed in the kitchen. Should you need something from the kitchen, please ask a staff member and they will be glad to assist you. Coffee service will also be handled by staff only.

No minor children or non-members under the age of 50 are allowed at the center at this time in order to protect our vulnerable member population. Anyone requiring a caregiver must ensure that the caregiver stays with them at all times.

During the pandemic, if you test positive for COVID-19, you must provide the center with a negative COVID-19 test result or a letter from your doctor or the health department stating your quarantine time has ended. This is required to re-enter the center.

Exercise Class Guidelines

All exercise classes are temporarily limited to sixteen (16) participants per class. These class requirements and limitations are only temporary to allow for social distancing. For Yoga and S.A.I.L. classes only, participants must sign up in advance for class by calling the center. Because Yoga and S.A.I.L. meet twice a week, you are also limited to one class per week unless we have vacancies available for the second class that week. You may call the center after 2:00 p.m. the day before to see if there are any spaces available.

Yoga participants must provide their own mat. Regular yoga participants of the center will be issued a yoga blanket for your use only. This blanket should be taken home after each class and brought back to use again for the next class. If you do not bring your yoga blanket back with you, we are not able to issue or let you borrow another blanket. It is your responsibility to keep your yoga blanket. New participants to the yoga class may bring a blanket or beach towel.

Participants in all exercise classes will be responsible for cleaning the exercise equipment they used before storing. Cleaning and sanitizing supplies will be provided by the center.

Outside water bottles or beverage containers are welcome, but please take them with you when you leave; otherwise, we will dispose of any left at the center.

Billiards and Shuffleboard Guidelines

Shared equipment, such as cue sticks and pucks, need to be sanitized at the completion of the game. Sanitizing wipes will be provided.

Cards and Board Games

For your safety, gloves will be provided for use while playing cards or board games if you request them.

Library Use

When returning books, puzzles or movies to the center, please put them in the labeled return bin in the library area for cleaning and sanitizing.

Dance Events

To allow for proper social distancing, we are unable to host the Friday Night Dance at this time. We will resume these events as restrictions are lifted. Be sure to follow us on Facebook or see our calendar and newsletter for updates.

We appreciate your patience and understanding as we work through this “new normal” at the Senior Center. We need your help and cooperation to keep everyone safe and healthy. If you cannot comply with the above guidelines, you may be asked to leave the center.



CARES Act Senior Food Pilot Program

In September, our senior center was awarded a grant through the CARES Act to assist some of our seniors. This food pilot program provides \$100 in food and household items per month for each qualifying senior. During our September event, we were able to provide boxes for twelve of our seniors. We hope to be able to serve even more in October. There are certain guidelines that one must meet in order to qualify for this program. If this is something you are interested in, please contact Kathy Nicholson at the center at 615-792-3629. Our next distribution day will be Wednesday, October 21st from 9:30 – 11:00 a.m.



Drive – Through Flu Shot Clinic on Tuesday, October 13 from 10AM - 2PM.

We have partnered again with Ashland City Pharmacy at 605 North Main, Suite A to provide flu immunizations to our members. The difference this year is that it will be at their location and it will be drive up service so you will not have to leave the area of your car.

Several local merchants and a number of our Partnership Vendors are supporting this by providing promotional items or merchandise discounts that will be included in a “goodie bag” that our staff will be on site to hand out to members receiving their flu shot. We hope that you will support this clinic and in turn show your support to those that help provide the opportunity for us to conduct events like this. We miss all of you and look forward to saying “hi” to you that day!

If you plan on participating, we would appreciate a phone call at 615-792-3629 or email to gbatts@ashlandcitytn.gov so that we can have an idea of participation numbers to ensure we have adequate supplies on hand. Also, be sure to bring your medical insurance card.





PURPLE OUT 20/20 VISION

See the Day Alzheimer's is a Memory.



Purple Out 20/20 Vision Event for Alzheimer's Awareness Week

During the week of September 21-25, our staff went a little wild and crazy sporting their purple attire. We even got Roy to dress up! We did this to raise public awareness and in hopes of one day finding a cure for Alzheimer's. Alzheimer's Tennessee is a great resource site for those families who have loved ones facing this disease. You can visit their website at alztennessee.org for more information or to support this cause.



UT EXTENSION INSTITUTE OF AGRICULTURE THE UNIVERSITY OF TENNESSEE

The UT-TSU Extension of Cheatham County is conducting a Community Garden Survey. They would love feedback from county residents in regard to personal gardening and community gardening. The link to the survey is cheathamgardensurvey.questionpro.com

Our Director, Melissa Womack, is a blue-ribbon winner! She entered her coleus plant in the Virtual Cheatham County Fair and won first place for this beautiful plant. Way to go Melissa! She is a member of the 1st Saturday Garden Club. For more information on the club, see Melissa or Caroline Borum.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
4	5	6	7	8	9	10
	Social Time 8:30-4 Book & Puzzles 9-1 Yoga 1:30	Texas Holdem 8:30 S.A.I.L. 9:00 Book & Puzzles 9-1 Billiards 1:00	Quilters 8:30 Loomers 10:00 Cards 1:00 Dancercize 1:00 Tai Chi 2:00	Texas Holdem 8:30 S.A.I.L. 9:00 Book & Puzzles 9-1 Spanish 9:30 Sew & Sews 11:00 Yoga 1:30	Social Time 8:30-12 Bingocize 10:00 Loomers 10:00 Billiards 1:00 Cards 1:00	 <p>October 10, 2020 10:00 am - 4:00 pm Riverbluff Park Preacher Poole Park</p>
11	12	13	14	15	16	17
	Social Time 8:30-4 Book & Puzzles 9-1 Yoga 1:30 	 Flu Shot Clinic 10-2 @ AC Pharmacy Texas Holdem 8:30 S.A.I.L. 9:00 Book & Puzzles 9-1 Billiards 1:00	Quilters 8:30 Loomers 10:00 Cards 1:00 Dancercize 1:00 Tai Chi 2:00	Texas Holdem 8:30 S.A.I.L. 9:00 Book & Puzzles 9-1 Spanish 9:30 Sew & Sews 11:00 Yoga 1:30	Social Time 8:30-12 Bingocize 10:00 Loomers 10:00 Billiards 1:00 Cards 1:00	
18	19	20	21	22	23	24
	Social Time 8:30-4 Book & Puzzles 9-1 Yoga 1:30	Texas Holdem 8:30 S.A.I.L. 9:00 Book & Puzzles 9-1 Billiards 1:00	Quilters 8:30 Loomers 10:00 Cards 1:00 Dancercize 1:00 Tai Chi 2:00	Texas Holdem 8:30 S.A.I.L. 9:00 Book & Puzzles 9-1 Spanish 9:30 Sew & Sews 11:00 Yoga 1:30	Social Time 8:30-12 Bingocize 10:00 Loomers 10:00 Billiards 1:00 Cards 1:00	
25	26	27	28	29	30	31
	Social Time 8:30-4 Book & Puzzles 9-1 Yoga 1:30	Texas Holdem 8:30 S.A.I.L. 9:00 Book & Puzzles 9-1 Billiards 1:00	Quilters 8:30 Loomers 10:00 Cards 1:00	Texas Holdem 8:30 Book & Puzzles 9-1 Spanish 9:30 Sew & Sews 11:00	Social Time 8:30-12 Bingocize 10:00 Loomers 10:00 Billiards 1:00 Cards 1:00	

October Birthdays

Debra Chandler	1
Donna Bunch	2
James Meadows	2
Hilda Wayman	2
Sheila Stiles	4
Boston Curry	5
Janice Hogue	6
Kim Lonsway	6
Wayne Shearon	6
Brenda Burhle	7
Sammie Leslie	7
Pam Binkley	8
John Holder	8
Anner Fulton	8
Vivian Milom	8
Janie Potts	9
Patsy Slayden	9
Jean Fogus	10
Dianna Hamblen	10
Loretta Kelly	10
Frank Konkol	10
John Stahl III	10
William Davis	12
Chris Barrow	14
Francis Bibee	14
Bud Stevens	14
Diane Treadway	14
Alan Desmond	15
Rosa Hazelwood	16
J.W. Barnes	18
Bonnie Duke	18
Jane Hunt	18
Connie Johnson	18
Mary Ann Drake	19
Teresa Edens	19
Elaine Brian	20
George Hamblin	20
Francis Newman	20
Joyce Peach	20
Bettie Nunley	21
Linda Tilghman	21
Ruth Holloway	22
Michelle Shanahan	22
Willie Marsh	23
Carolyn Thompson	23
Derry Wilson	23
Martha Berry	24
Raymond Hutto	24
Regina Patton	24
Tony Young	24
Janie Binkley	25
Hugh French	25
James Harris	25

Sharon Rose	27
Judy Vick	27
Sandy Puckett	28
John Kannard	29
Regina Leighton	29
Donna Denman	30
Ruth Felts	30
Virginia Nicholson	30
Milton Proctor	30
Gene Sanders	30
Lee Stacey	30
Trey Austin	31
Jan Fee	31
Pat Lanier	31
Billy Newman	31



Senior Center at Ashland City

Presents a Fabulous Vacation To

Grand Canyon, Sedona & Bryce Canyon

Your 7 Day/6 Night Package Includes:



Round Trip Airfare

**Meet & Greet Service in Las Vegas
Transfers to and from your Hotels**

2 Nights Hotel Accommodations at a Las Vegas Hotel and Casino

Enjoy a luxurious hotel and discover the most exciting resort in Las Vegas. With Restaurants, Swimming Pool, Shows and Entertainment you'll never want to leave!

4 Breakfasts at your Hotels

3 Evening Receptions at your Hotel including Hot Food and Spirits (subject to availability)

Enjoy a Scenic Train Ride and Visit to the Grand Canyon

Take an unforgettable ride on one of our lovingly restored cars and hear folklore and tales from a crew who are still bewitched by their spectacular surroundings. Be entertained by authentic characters and musicians who bring the Old West to life. And lose yourself in the majesty, the magnificence that is Grand Canyon National Park.



Meet and Greet in Phoenix, AZ

Guided Tour of Flagstaff, AZ

Flagstaff is surrounded by mountains, desert and ponderosa pine forests.

Guided Tour of Sedona, AZ - Red Rock Country

Sedona is a four seasons playground for everyone – whether you're into history and archaeology; arts and culture; power shopping; or the spiritual and metaphysical, imagine doing all this in a backdrop of some of the most spectacular scenery in the world.

Explore Beautiful Bryce Canyon National Park

Wind, water and time have eroded Bryce Canyon National Park's sandstone cliffs into otherworldly characters. Rows of humanoid pillars crosshatched by rock strata look almost intentional but perfectly surreal. So silent, eerie and beautiful.

Enjoy a Tasting & Tour at Alcantara Vineyards in Cottonwood, AZ

Alcantara Vineyards has over 13,000 vines and offers 12 different varietals. Sip wine and enjoy the peaceful surroundings which include vineyards, a grass and picnic area, the Verde River and bald eagles flying overhead. (Subject to availability)

All Standard Taxes, Meal Gratuities,

Hotel Baggage Handling & Deluxe Motor Coach Transportation



For Information and/or Reservations, Please Contact:

Melissa Womack @615-792-3629

Date of Trip: April 10 – April 17, 2021

Price: \$1950.00 Per Person – Double Occupancy

A \$300.00 deposit is due upon registration. Final balance is due January 8, 2021

TRAVEL PROTECTION: Cancellation Policy is Severe. Travel Protection can be purchased at the time of initial deposit for **\$199.00** per person-double occupancy. Travel Protection, on an individual basis, should be forwarded to PML Tours as each person gives his or her initial deposit. **Insurance premiums are non-refundable.** Fuel surcharges by all transportation companies may be assessed. Group cancellation policy applies. See group leader for details. **(Itinerary Subject To Change & Modifications)**

