

October 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

Facebook:

The Senior Center at Ashland City



**Center Closed for
Columbus Day
& Indigenous
Peoples' Day
on Monday,
October 11th**

Choose To Be Positive

October is Positive Attitude Month. At the Senior Center, we are choosing to remain positive despite a few setbacks. As many of you know, our Kathy Nicholson had unexpected heart surgery at the beginning of September. Our thoughts and prayers are with her as she recovers at home. Because of her temporary absence, our meal program, Kathy's Kitchen, has been put on hold for now.

October 1st is International Day of Older Persons. This is celebrated to raise awareness about issues affecting the elderly and appreciate their contributions to society. Get out and celebrate "you" on this day and all you have achieved in your lifetime and are still doing!

This month marks one year since we reopened after being closed for six months for Covid. We know that this virus is still very active, and we continue to take precautions to keep our seniors safe. Please remember those who have succumbed to this virus and pray for those who are currently fighting it.

After being postponed several times due to Covid, our Grand Canyon/Las Vegas trip is finally going to happen on October 23 – 29. For those of us who will be traveling, we are thrilled and can't wait to go. If you missed out on this trip, stay tuned for another trip destination in the Spring.

Last month marked one year in which we have been serving 29 of our seniors each month with our GNRC food program. Cash Saver Food Store has been a wonderful partner in working with us to prepare the food boxes. We received great news that we will be able to continue this program. Our program is full, but the center has some additional food resources available to you. Check our website or call us.

Our kayak group was able to make their first voyage on September 11 on Sycamore Creek. Our next outing will be on October 3 on the Harpeth River. If you would like to join us, call the center.

Our Senior Service Day was a success! We had around 40 seniors in attendance and 20 senior service partners here to share their services with us. Our partners furnished a lunch meal for all and some great door prizes. Cash Saver Food Store prepared the food for this event as well.

The center is closed on October 11th, but our FCE group is hosting a Creative Day at the center from 9-3. Check out the attached flyer. Looks like a fun day!

The difference between a good day and a bad day is your attitude.

Stay positive! *Gena*

Special Events This Month

Wednesday, October 6 – Medicare Insurance Q & A 9:00 a – 12:00 p

Got questions about the upcoming Medicare open enrollment period or plans being offered? Join us for the opportunity to speak with several of our insurance senior service partners.

Debbie Davenport – Cigna
 Lanetta Groves – Licensed Insurance Agent
 Johnnie Mitchell – Mitchell-Haynes Insurance
 Linda Staffen – Core Insurance Advisors
 Jo Beth Watson – Amerigroup

Friday, October 8 – Flu Shot Clinic 9a – 1p
 Ashland City Pharmacy will be here to administer flu vaccines. Please sign up by October 6th if you plan to attend.

Saturday, October 9 – Music on Main (Detoured) - 10 a – 6 p
 Due to the closure of the bypass, Music on Main has been detoured to Riverbluff Park. This day will be filled with a variety of music and over 60 vendors. The Senior Center will have a booth there, so please stop by and see us!

October 13 – Self-Care with Shannon Steward w/Adoration Home Health and Hospice at 9:00 a.m.
 Adoration Hospice is will to talk to you about self-care and some basic tips to help take care of yourself during this time.

**Shannon Stewart
 615-414-9521**



October 18 – AEP with Debbie Davenport from 11 a.m. – 1 p.m
 Want to know what is new in 2022? Debbie will go over the new changes for the upcoming year and answer any questions you may have.

**Debbie Davenport
 615-887-1811**



October 19 – Bingo Lunch with Shannon Stewart w/Adoration Home Health and Hospice at 11:00 a.m.

Shannon will be back to call Bingo. Chili and hot dogs will be served. Please register by October 15th by calling the center at 615-792-3629.

Happenings This Month

Tuesday, October 5 – Wings of Hope Widow Meeting at 12:00 p.m.
 This month the group will have a BBQ.

The barbecue will be furnished by the center and attendees are asked to bring a side dish. Wings of Hope is a nondenominational ministry reaching out to all single women.

Tuesday, October 12 – 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, October 18 – 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 at reeves.nancy@gmail.com. Class size is limited, so sign up soon.

Friday, October 22 – Coffee with a Cop at 9:00

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



Monday, October 25 – Chair Volleyball with Ashley Clinard from Cheatham County Health Dept. at 9 a.m.

This fun-filled activity is back! For more information, call us at 615-792-3629.

Tuesday, October 26 – Music for Seniors at 10:30 a.m.



This month, we will step back into the 1950's with Sheldon Kahan. He will be playing some of your favorite rock n' roll tunes. If you would like to join in on the fun, call the center at 615-792-3629 or come in that day.



Wednesday, October 27 – 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 October 22nd by calling the center at 615-792-3629.

Sunday

Monday

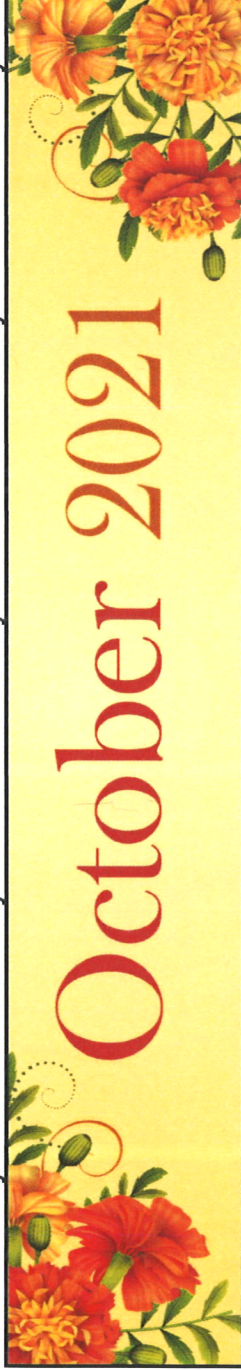
Tuesday

Wednesday

Thursday

Friday

Saturday




October 2021

1
Loomers 10:00
Bingocize 10:00
Card Games 12:00




2

3
Kayak Trip on the Harpeth River 1:00



4
Yoga 1:00
Veteran's Meeting 6:00




5
Texas Holdem 8:00
BP Checks 8:30
S.A.I.L. 9:00
Wings of Hope 12:00

6
Medicare Q&A 9-12
Loomers 10:00
Bingocize 12:00
Card Games 12:00
Dancercize 1:00
Tai Chi 2:00

7
Texas Holdem 8:00
S.A.I.L. 9:00
Sew & Sews 9:30
Yoga 1:00

8
Flu Clinic 9-1
Loomers 10:00
Bingocize 10:00
Card Games 12:00
No Friday Night Dance

9
Music on Main 10:00-6:00
Riverbluff Park



10

11
Center Closed
Columbus Day (US)
Indigenous Peoples' Day
Thanksgiving (Canada)

12
Texas Holdem 8:00
Footcare 8:30
BP Checks 8:30
S.A.I.L. 9:00
Music City Hayride 11:00-5:00

13
Self-Care w/Shannon Stewart Adoration 9:00
Loomers 10:00
Bingocize 12:00
Card Games 12:00
Dancercize 1:00
Tai Chi 2:00

14
Texas Holdem 8:00
S.A.I.L. 9:00
Sew & Sews 9:30
Yoga 1:00

15
Loomers 10:00
Bingocize 10:00
Card Games 12:00
Kevin Dobson and Along for the Ride - 7:00

16

17

18
Painting w/Nancy 8:00
Debbie Davenport w/Cigna 11-1
Yoga 1:00

19
Texas Holdem 8:00
BP Checks 8:30
S.A.I.L. 9:00
Bingo Lunch w/Shannon Stewart With Adoration 11:00

20
Loomers 10:00
Bingocize 12:00
Card Games 12:00
Dancercize 1:00
Tai Chi 2:00

21
Texas Holdem 8:00
S.A.I.L. 9:00
Sew & Sews 9:30
Yoga 1:00

22
Coffee With A Cop - 9:00
Loomers 10:00
Bingocize 10:00
Card Games 12:00
Rode West Band - 7:00

23
Grand Canyon Trip Departs



24

25
Chair Volleyball 9:00
Yoga 1:00

26
Texas Holdem 8:00
BP Checks 8:30
S.A.I.L. 9:00
Music for Seniors 10:30


27
Trivia 9:00
Loomers 10:00
Bingocize 12:00
Card Games 12:00

28
Texas Holdem 8:00
S.A.I.L. 9:00
Sew & Sews 9:30

29
Loomers 10:00
Bingocize 10:00
Card Games 12:00
Grand Canyon Trip Returns
No Friday Night Dance

30

31



**Be sure to check our Facebook Page for changes and updates:
Website: AshlandCityTN.Gov/Senior
Facebook: The Senior Center At Ashland City**

October Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Debra	Chandler	Oct 01	Connie	Johnson	Oct 18
Donna	Bunch	Oct 02	Mary Ann	Drake	Oct 19
Gerald	Karns	Oct 02	Teresa	Edens	Oct 19
James	Meadows	Oct 02	Frances	Newman	Oct 20
Hilda	Wayman	Oct 03	Joyce	Peach	Oct 20
David	Hightower	Oct 03	Carolyn	Nickens	Oct 21
Shelia	Stiles	Oct 04	Bettie	Nunley	Oct 21
Boston	Curry	Oct 05	Linda	Tilghman	Oct 21
Ann	Flynn	Oct 05	Ruth	Holloway	Oct 22
Janice	Hogue	Oct 06	Michelle (Shelly)	Shanahan	Oct 22
Kimberly (Kim)	Lonsway	Oct 06	Michelle	Thaxton	Oct 22
Karen	Owen	Oct 06	Willie	Marsh	Oct 23
Buford	Shearon	Oct 06	Richard	Speakman	Oct 23
Brenda	Burhle	Oct 07	Carolyn	Thompson	Oct 23
Sammie	Leslie	Oct 07	Derry	Wilson	Oct 23
Anner	Fulton	Oct 08	Martha	Barry	Oct 24
John	Holder	Oct 08	Frances	Boyd	Oct 24
Vivan	Milom	Oct 08	Raymond	Hutton	Oct 24
Kenneth	Smith	Oct 08	Regina	Patton	Oct 24
Janice	Potts	Oct 09	Kathy	Wright	Oct 24
Patricia	Slayden	Oct 09	Anthony	Young	Oct 24
Sheila	Whitehead	Oct 09	Hugh	French	Oct 25
Donald	Burke	Oct 10	James	Harris	Oct 25
Ima	Fogus	Oct 10	Jane	Newman	Oct 25
Diana	Hamblen	Oct 10	Beverly	Proctor	Oct 26
Loretta	Kelley	Oct 10	Sharon	Rose	Oct 27
John	Stahl III	Oct 10	Judy	Vick	Oct 27
Francis	Konkol	Oct 11	Barbara	Hackett	Oct 28
Virginia	Wrather	Oct 11	Sandra (Sandy)	Puckett	Oct 28
William	Davis	Oct 12	John	Kannard	Oct 29
David	Barrow	Oct 14	Regina	Leighton	Oct 29
Sarah	Bibee	Oct 14	Hilda	Edwards	Oct 29
Olivia	Roepcke	Oct 14	Donna	Denman	Oct 30
William (Bud)	Stevens	Oct 14	Ruth	Felts	Oct 30
Diane	Treadway	Oct 14	Virginia (Ginger)	Nicholson	Oct 30
Margaret	Anderson	Oct 15	Milton	Proctor	Oct 30
Christine (Chris)	Welch	Oct 15	Gene	Sanders	Oct 30
Bill	Schneider	Oct 15	Lee	Stacey	Oct 30
Marjorie	Allen	Oct 16	William	Roberts	Oct 30
Rosa	Hazlewood	Oct 16	William (Trey)	Austin	Oct 31
William	Wood	Oct 16	Janice	Fee	Oct 31
Beulah	James	Oct 17	Patricia	Lanier	Oct 31
JW	Barnes	Oct 18	Billy	Newman	Oct 31
Elaine	Brian	Oct 18			
Bonnie	Duke	Oct 18			
Betty	Hunt	Oct 18			



Spots still available!

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**Nashville, Tennessee
Tuesday, October 12th
11:00 a.m. – 5:00 p.m.**

Cost is \$50.00 per person (non-refundable)

Includes meal at Santa Fe Restaurant, admission to the Music City Hayride Show at Texas Troubadour Theatre, bus ride, and all gratuities.

**New deadline to sign up and pay is October 4th.
Please call Gena Batts at the center at 615-792-3629
to sign up or for more information.**

**Meal order will be placed at the restaurant. Meat choices are petite sirloin steak, grilled chicken, fried catfish, and BBQ ribs.
Meal includes salad, baked potato, and drink.**

**Bus will leave promptly at 11:00 a.m. from Riverbluff Park. We will arrive at Santa Fe Restaurant around 11:45 a.m. and be seated at 12 noon. After the meal, we will travel to Texas Troubadour Theatre. Show is from 2:00 – 4:00 p.m.
Bus will arrive back in Ashland City around 5:00 p.m.**

Cheatham County FCE Creative Day

October 11th (Columbus Day) 9:00-3:00

The Senior Center at Ashland City

104 Ruth Drive Ashland City, TN

\$10.00 fee includes Baked Potato Lunch and a free craft

For more info call 615-504-9956

More
crafts not
pictured

Bring a
friend



Leather coasters 2/\$5



Fall Pumpkin \$10
8 x 8 canvas



Pot your own
succulent \$5 and up



Felt Santa Ornament \$5



Wood Christmas Tag \$4



Loomed Scrubbie \$5



Fall Wood Decor \$5



Gift Bag Framed Art \$3

Pay instructor individually for crafts you want to make

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

October 1st – No Dance

October 8th – No Dance

October 15th – Kevin Dobson & Along for the Ride

October 22nd – Clay Claxton & Rode West

October 29th – No Dance

Food will not be available. Soft drinks may be purchased.
Coffee and water provided.