

OCTOBER 2023

# BE ACTIVE & LIVE WELL

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



## Welcome Autumn!

**"There are few things finer than a walk among the trees on an autumn day." ~ Laura Jaworski**

Autumn is my favorite time of year. I love the crisp air and beautiful colors. Autumn is also full of activities at the center. We hope you will come join us for all the fun fall festivities!

Don't forget our Health and Wellness Expo is on Friday, September 29th from 10a-2p at Riverbluff Park under the large pavilion. The Ashland City Fire Department will be there to help transport people from the parking lots to the pavilion. For everyone's safety, no parking is allowed in the large pavilion area. If you have not signed up to attend, it is not too late! Call the center as soon as possible to put your name on the list. See flyer for more details.

It is also time for us to do some maintenance to our main floor. We are closing on Thursday, September 28th at 12:00 p.m. and we will also be closed on Monday, October 2nd. Our center will be closed on Friday, September 29th to allow all to be at the park for the Health and Wellness Expo.

October 9th is a federal holiday, and our center will be closed for regular activities. The Cheatham County FCE will be hosting a creative day on October 9th, here at the center. See attached flyer for more information.

The center is starting a Beginner's Tai Chi Class in October beginning on Wednesday, October 4th at 2:00 p.m. Lindy Murff is our instructor, and she is excited to teach us some new skills.

Music on Main will be Saturday, October 7th from 10:00 a.m. to 4:00 p.m. This is a free event with vendors, music, food and fun! Be sure to come by and check out our booth!

Thanks to member, Shirly Moulton, for providing us with a recycle bin for plastic bottles and aluminum cans. We also collect the can tabs for the Ronald McDonald House.

We also appreciate everyone who made donations of candy last month. We can still use candy if you would like to donate.

Let's see how many people really read the newsletter! If you come into the center any time this month and tell us something you read in the October newsletter, we will have a special treat for you.

## 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, October 7** – 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 class date on 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 Law

Local law enforcement 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.

### Music for Seniors

On the last Monday of each month, Music for Seniors joins us during Kathy’s Kitchen. The singers/musicians play all genres of music. Lunch purchase not required.

### 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.

### Trivia

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

### Wings of Hope

**October 3rd: 11:00 am at Senior Center**  
Please bring fall foods!



# OCTOBER 2023



## Daily Activities

### Monday

Arthritis Exercise 9:00 a.m.  
 Bridge Game 10:00 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

October 6- Fred Winston & The Stable Boys  
 October 13 - Barry Brake & Still Kicking Country  
 October 20 - Kevin Dobson & Along for the Ride  
 October 27 - Barry Brake & Still Kicking Country

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>Center Closed for Maintenance</b>	<b>3</b> Emotional Support- 10 am Wings of Hope 11:00 am Square Dancing 1:00 pm	<b>4</b> <b>Tennova Hospice</b> Price is Right w/ Tennova Hospice- 11:00am Host: Marie Eppes 	<b>5</b>	<b>6</b> Arthritis Exercise- 8:30am 
<b>9</b> <b>Center Closed for Columbus/Indigenous People's Day</b> <b>Veterans Meeting- 6pm</b>	<b>10</b> Foot Care- 8:30am Paint with Nancy- 8:30 am Emotional Support- 10 am FCE Mtg - 10am Square Dancing -1pm	<b>11</b> <b>Lunch &amp; Learn w/ NP House Calls-11:00am</b> Host: Christie Wheeley 	<b>12</b>	<b>13</b> Arthritis Exercise- 8:30am 
<b>16</b> Trivia - 10 am w/ Zachary Fulton <b>Open Enrollment-Medicare Plan Advisor 10am-1pm</b>	<b>17</b> Emotional Support- 10 am Square Dancing 1:00 pm <b>Open Enrollment-United Healthcare 10am-1pm</b>	<b>18</b> Lunch & Learn w/ Aging in Place Services -11:00am Host: Angie Durr <b>Open Enrollment-Lanetta Groves 10am-1pm</b>	<b>19</b> Open Enrollment-In-Place Insurance Solutions 9am-12pm	<b>20</b>
<b>23</b> Lunch w/ the Law -11:00 am <b>Drop Off Day for Pumpkin Decorating Contest</b>	<b>24</b> Cards w/ Kathy- 10 am Emotional Support- 10 am Sales Seminar w/ Devoted Health 10am-11am Square Dancing 1:00 pm	<b>25</b> Jeopardy w/ Providence Group- 11:00am Host: Debbie Davenport <b>Open Enrollment-Debbie Davenport 9am-3pm</b>	<b>26</b>	<b>27</b> Open Enrollment-TN SHIP/GNRC Medicare Counselors 9am-12pm (Appointment Required) GREATER NASHVILLE REGIONAL COUNCIL
<b>30</b> Halloween Party/Birthday Party-11:00am <b>Open Enrollment-Core Insurance Advisors 10am-1pm</b>	<b>31</b> Emotional Support- 10 am Square Dancing 1:00 pm	 <b>The Center at Ashland City</b> 104 Ruth Drive, Ashland City, TN 37015 Phone: 615-792-3629		

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

# October Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Debra	Chandler	Oct 01	Teresa	Edens	Oct 19
Donna	Bunch	Oct 02	Paula	Quigley	Oct 19
Gary	Karns	Oct 02	Glenda	Binkley	Oct 19
James	Meadows	Oct 02	George	Hamblin	Oct 20
David	Hightower	Oct 03	Donna	Borris	Oct 20
Joyce	Prentice	Oct 03	Dan	Defoe	Oct 20
Janice	Ashburn	Oct 04	Pat	Oatsvall	Oct 20
James	Rickenbaker	Oct 04	Barbara	Ashford	Oct 20
Boston	Curry	Oct 05	Bettie	Nunley	Oct 21
Karen	Owen	Oct 06	Shelly	Thaxton	Oct 22
Patsy	Tomlin	Oct 06	Kay	Goss	Oct 22
Gayle	Bowen	Oct 06	Tracy	Glover	Oct 22
Brenda	Burhle	Oct 07	Derry	Wilson	Oct 23
Cyndi	St. Hilaire	Oct 07	John	Barber	Oct 23
John	Holder	Oct 08	Kathy	Ohlmann	Oct 23
Vivian	Milom	Oct 08	Beverly	Wilson	Oct 23
Ken	Smith	Oct 08	Martha	Barry	Oct 24
Grady	Garton	Oct 08	Frances	Boyd	Oct 24
Patsy	Slayden	Oct 09	Anthony	Young	Oct 24
Sheila	Whitehead	Oct 09	Brenda	Owens	Oct 24
David	Richardson	Oct 09	Linda	Hoffman	Oct 24
Barbara	Proctor	Oct 09	Janie	Binkley	Oct 25
Donald	Burke	Oct 10	Hugh	French	Oct 25
Jean	Fogus	Oct 10	Jane	Newman	Oct 25
John	Stahl III	Oct 10	Annita	Brown	Oct 25
Donna	Smith	Oct 10	Claudine	Wainwright	Oct 25
Peg	Rogers	Oct 10	Kathy	Fank	Oct 25
Susan	Milburn	Oct 10	Melody	Erb	Oct 25
Francis	Konkol	Oct 11	Beverly	Proctor	Oct 26
Sheila	Gannon	Oct 11	Suzie	Henry	Oct 26
Wanda	McDaniel	Oct 12	Sharon	Rose	Oct 27
Kenny	Richardson	Oct 12	Judy	Vick	Oct 27
Janie	Broadhead	Oct 13	Wanda	Hardy	Oct 27
Donna	Deloach	Oct 13	B.J.	Hackett	Oct 28
David	Barrow	Oct 14	Regina	Leighton	Oct 29
Frances	Bibee	Oct 14	Jerry	Woodall	Oct 29
Diane	Treadway	Oct 14	Donna	Denman	Oct 30
Margaret	Anderson	Oct 15	Ruth	Felts	Oct 30
Bill	Schneider	Oct 15	Ginger	Nicholson	Oct 30
Marjorie	Allen	Oct 16	Gene	Sanders	Oct 30
Rosa	Hazlewood	Oct 16	Bill	Roberts	Oct 30
Ross	Saylor	Oct 16	Carol	Suits	Oct 30
Beulah	James	Oct 17	Dano	Martin	Oct 30
Pauline	Brumit	Oct 17	Trey	Austin	Oct 31
J	Barnes	Oct 18	Jan	Fee	Oct 31
Elaine	Brian	Oct 18	Alice	Johnson	Oct 31
Bonnie	Duke	Oct 18			
Jane	Hunt	Oct 18			
Connie	Johnson	Oct 18			
Bennie	Cable	Oct 18			
Mary Ann	Drake	Oct 19			



## Free Birthday Lunch

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, October 30th at 11:00am at our own Kathy's Kitchen.

**The menu for the day is  
Chili & Hotdogs, Chips,  
Cupcakes & Ice Cream**

Linda Staffen with Core Insurance Advisors & Susie Ryan with Devoted Health Plans graciously sponsors 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 lunch!



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

## **October 2023 Menu**

**Monday, October 2nd**

Closed for Center Maintenance

**Wednesday, October 4th**

Chicken Pot Pie, Fresh Fruit

**Monday, October 9th**

Closed for Columbus Day/Indigenous People's Day

**Wednesday, October 11th**

Pizza & Dessert Provided by NP House Calls

**Monday, October 16th**

White Bean & Ham Soup, Hashbrown Potatoes, Cornbread, Cobbler

**Wednesday, October 18th**

Meatloaf, Carrots and Peas, Mac & Cheese, Banana Pudding

**Monday, October 23rd**

Turkey Vegetable Soup, Jim & Nick's Cornbread, Brownies & Ice Cream

**Wednesday, October 25th**

Taco Bar, Chips & Dip, Black Beans & Corn, Heath Bar Cake

**Monday, October 30<sup>th</sup>**

**Birthday Lunch & Halloween Party**

Chili & Hotdogs, Chips, Cupcakes & Ice Cream

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



# Health & Wellness

## Expo 2023

Friday, September 29th  
10:00 a.m. to 2:00 p.m.  
at River Bluff Park



**Address**

175 Old Cumberland St,  
Ashland City, TN 37015

Light lunch will be provided!

There will be door prizes given away!

Please call us if you plan to attend!



### Our Senior Service Partners:

Legal Aid Society  
Aveanna Health and Hospice Care  
Cheatham County Funeral Home  
The Providence Group- Debbie Davenport  
Aging in Place Services  
In-Place Insurance Solutions  
Tennova Hospice  
The Waters of Cheatham  
Vantage Pointe Assisted Living  
Dedicated Senior Medical Center  
LifeNav Health Services -Denise Martin  
Cheatham County Health Dept.  
Medicare Plan Advisor

Ashland City Pharmacy (Flu Shots)  
Yellow DOT Program  
CarFit Program  
Cheatham County Lion's Club (eye testing)  
Amedisys Home Health  
Insight Counseling Centers  
Devoted Health Plans  
Core Insurance Advisors  
At Home Healthcare  
Greater Nashville Regional Council - GNRC  
Arosa Care  
NP Housecalls  
Smile on 65+ - Interfaith Dental  
Star Physical Therapy

# Emotional Support

**This group will be meeting on Tuesdays at 10:00am. This will start on October 3rd and end on November 21st.**

**\*\*If you would feel more comfortable with private sessions, call the Center to let us know. We can get you in touch with Insight to arrange those sessions.**

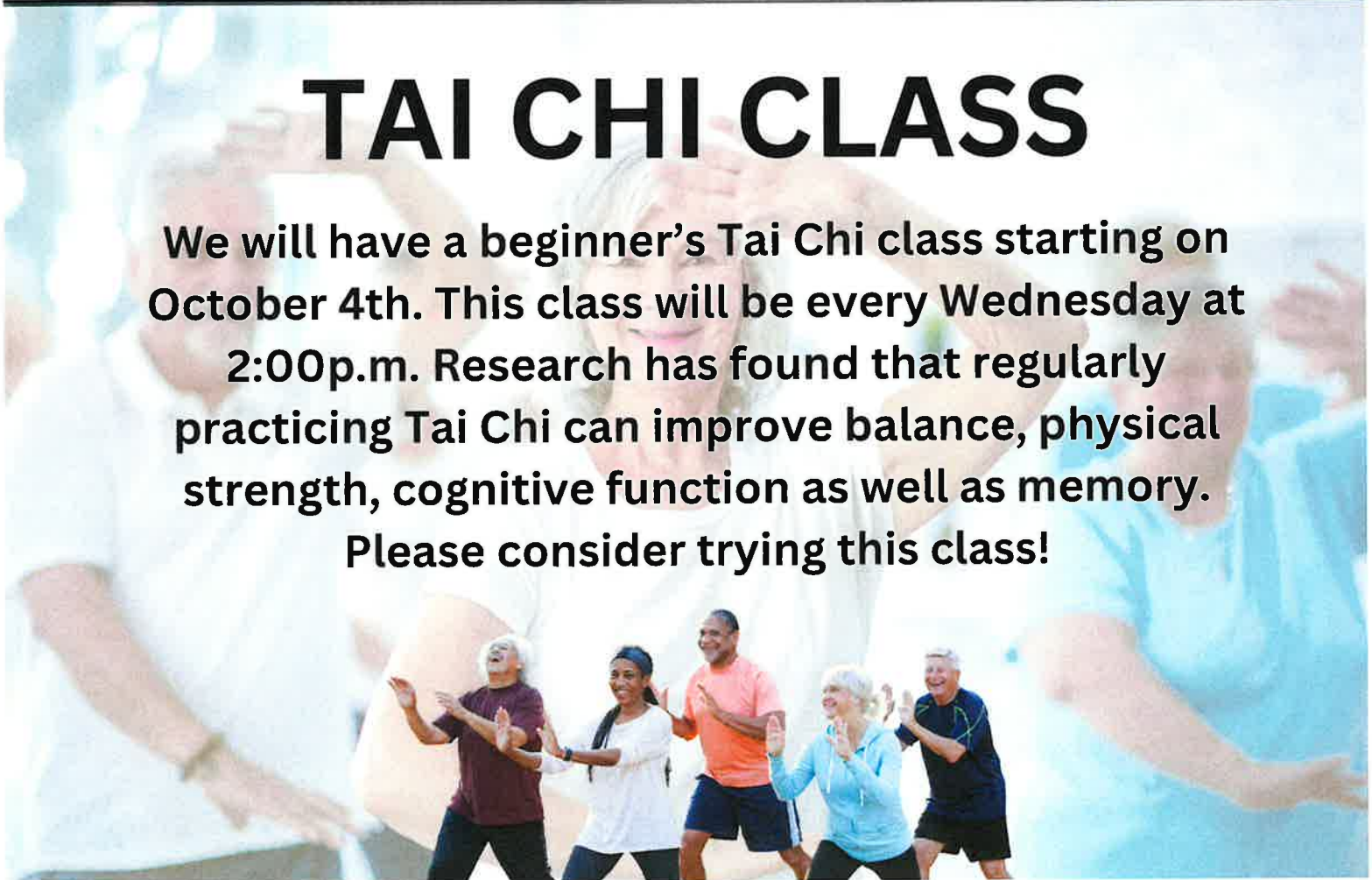
In partnership  
with:



## TAI CHI CLASS

**We will have a beginner's Tai Chi class starting on October 4th. This class will be every Wednesday at 2:00p.m. Research has found that regularly practicing Tai Chi can improve balance, physical strength, cognitive function as well as memory.**

**Please consider trying this class!**



# Cheatham County FCE Creative Day

October 9th (Columbus Day) 9:00-2:00

The Senior Center at Ashland City

104 Ruth Drive Ashland City, TN

\$10.00 fee includes Chili/Hot Dog Lunch and a free craft

For more info call 615-394-4456 or 615-504-9956



Resin Flower \$5



Cutting Board Snowman \$4



Shell jewelry \$5



Diamond Painting  
magnets \$5



Nail Polish marbling \$5



Loomed Scrubbie  
\$5



Painting \$4 8x10 \$2 5x7



Reindeer ornament  
\$1

Pay instructor individually for crafts you want to make!



# Medicare Open Enrollment

**October 15-December 7, 2023**

To help our members make the best insurance plan choice for them, we are offering several opportunities to meet with professional Medicare specialists throughout the month of October. These services are at no cost to you. Please take advantage of having one-on-one time with these knowledgeable advisors to help you make your decision.

**October 16 - 10am - 1pm : Kim Fry Johnson with Medicare Plan Advisor LLC**

**October 17 - 10am- 1pm: United Health Care**

**October 18 - 10am - 1pm : Lanetta Groves- Licensed Insurance Agent**

**October 19 - 9am-12pm - Alberto Garcia with In-Place Insurance Solutions**

**October 24 - 10am- 11am : Susie Ryan with Devoted Health Sale Seminar**

**October 25 - 9am - 3pm : Debbie Davenport with The Providence Group**

**October 27 - 9am- 12pm: TN SHIP/GNRC Medicare Counselors**

↪ (Appointment Required)

**October 30 - 10am - 1pm : Linda Staffen with Core Insurance Advisors**



# Questions about Medicare?

Sign up for a free Medicare counseling session!

**Friday, October 27, 2023**  
**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](http://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.



This project was supported, in part by grant numbers 90SAPG0069-04-00, 2201TNMISH-03, 2201TNMIAA-03, 2201TNMIDR-03, 90MPPG006, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.



# THE SPOOKTACULAR PUMPKIN DECORATING CONTEST

Pumpkins need to be dropped off at the center on Oct. 23rd. Pumpkins will be voted on by visitors coming in the center all that week. Winners will be announced during our Halloween lunch on Oct. 30th, and on our Facebook page!

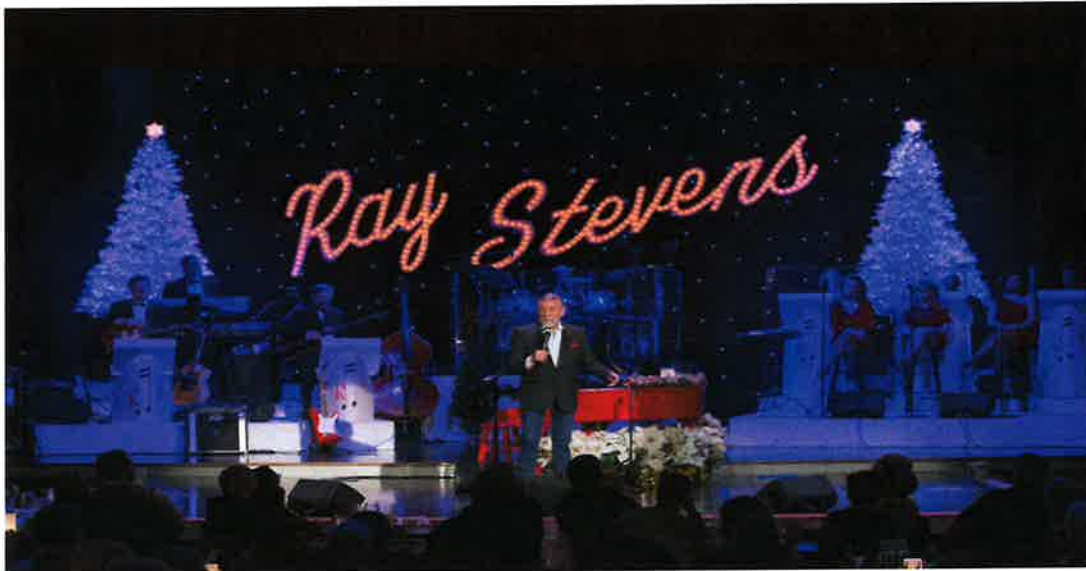
**Categories for judging will be:**  
Funniest Pumpkin, Most Original Pumpkin,  
Prettiest Pumpkin, and Best Overall!

**Pumpkin must be real!**  
**No pre-decorated/store bought pumpkins!**



*Christmas at*  
**Ray Stevens**

*CabaRay*  
**Showroom**



**Thursday, November 30, 2023**  
**4:30 p.m. to 10:00 p.m.**

**Cost \$80 per person (non-refundable)**

**Includes meal, show, bus transportation,  
and all gratuities.**

**The deadline to sign up is November 15.**  
**Payment is needed to confirm your spot.**

**Menu: Herb roasted chicken breast with rich demi-glace de poulet sauce, delicious mashed potatoes with butter and cream, seasonal vegetables, fresh garden salad, and hot, baked dinner rolls. Dinner also includes coffee, tea, or soda and dessert.**

**Be at the upper parking lot of Tractor Supply at 356 Frey Street at 4:30 p.m. Meal will be around 6:00 p.m. and show begins at 7:30 p.m. We plan to return by 10 p.m. The dress code is dining casual or as you would at any other restaurant.**