

October 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. to 4:00p.m.

## Phone:

615-792-3629

## Website:

[ashlandcitytn.gov/senior](http://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 & Disability**

**Friends of the Center  
Member Donations**



## Fall Is In The Air

Fall is a great time of year. We certainly welcome the cooler temperatures of the season and look forward to the beautiful colors. October is Breast Cancer Awareness Month, so be sure to get your yearly mammogram done. At the center, we have many fun activities going on this month, so be sure to check out the rest of the newsletter.

### Trips

The train trip to Watertown, TN is scheduled for October 8. This trip is full. Look for a reminder call soon with all the details.

The "Spooky" trip to Adams, TN is scheduled for October 18. There are still a few available spots on this trip. Call the center to sign up. See attached flyer for more info.

### Dates to Remember

**October 1** – Music on Main

**October 3** – Everything Pumpkin Contest

**October 7** – Medicare Q&A

**October 10**- FCE Creative Day: 9:00am – 3:00pm

**October 13** - CarFit Checkup at Riverbluff Park

See attached flyer for more info.

**October 20** – Open Enrollment w/ Cigna Medicare.

Debbie Davenport will be here @ 2:00p.m.

### Friday Night Dances at 7pm

**October 7** – No Dance

**October 14** – Rode West

**October 21** – Kevin Dobson & Along for the Ride

**October 28** – Tommy Ross & TCB

Doors open at 6:00 pm Admission is \$7.00 per person

**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 1<sup>st</sup>. Call the center to reserve your seat!**

### Wish List

Napkins, Heavy Duty Plates, and Plastic Cups

## Special Events This Month



**Tuesday, October 4 at 10:00 a.m.**  
**Banner Craft w/ Kathy**

The cost will be \$10.00 for this craft. For more information and to sign up, Please call Kathy by September 30.

**Weds., October 5 at 11:00 a.m.**

**Bingo Lunch w/ Avalon Hospice**



Join us for bingo lunch hosted by Emma Carson from Avalon Hospice. If you would like to attend, call us to sign up by September 30.

**Tuesday, October 18**

**Cards with Kathy at 10:00 a.m.**



The cost will be \$5.00 for this class. For more information and to sign up, please call Kathy by October 14<sup>th</sup>.

**Weds., October 19 at 11:00 a.m.**

**Bingo Lunch w/ Caris Healthcare**

Join us for bingo lunch hosted by Jackie McGee from Caris. If you like to attend, call us to sign up by October 14.

**Weds., October 26 at 11:00 a.m.**

**Bingo Lunch by FCE**



Join us for free bingo lunch hosted by FCE (Faith and Community Education). If you would like to attend, call us to sign up by October 21.

## Health and Fitness Classes

(Class times and dates are subject to change.)

Arthritis Foundation Exercise

Yoga

SAIL(Staying Active & Independent for Life)

Bingocize (Exercise & Bingo)

Dancercize

Tai Chi

Chair Volleyball



## Community Food Banks & Services

We currently have 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, October 8** – 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.

**Monday, October 3 –**

**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.

**Monday, October 3 –**

**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.



**Tuesday, October 4 – Wings of Hope Meeting at 12:00 pm**

This month's theme is fall foods. Please bring a fall food dish. Barb Batson will talk about fall prevention!



**Tuesday, October 11 – Foot Care with Tracy Reeves from 8:30 – 10 am**

Tracy Reeves will be here to treat our members to foot care. She will be in the library area.

**Weds., October 12 – 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.



**VANTAGEPOINTE VILLAGE**  
at Ashland City

**Monday, October 17 – Trivia at 10:00 am**

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

**Wednesday, October 19- 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 3<sup>rd</sup> Wednesday of each month



**Monday, October 31 at 11:00 a.m.**  
**Performing: Dillon Vance**

Dillon Vance will be here to play tunes from some of your favorites like Elvis Presley, Johnny Cash, Roy Orbison, and Bobby Darin. Join the fun!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Arthritis Exercise – 9:00 Kathy’s Kitchen 11 <b>Lunch w/ the Law – 11:00</b> Yoga 1:00 <b>Veterans Meeting 6:00 pm</b></p>	<p>4</p> <p>Texas Holdem 8:00 BP Checks 8:30 S.A.I.L 9:00 <b>Wings of Hope- 12:00 Fall Foods</b></p>	<p>5</p> <p>Loomers 10:00 Bingocize 10:00 Kathy’s Kitchen 11 <b>Bingo Lunch w/ Avalon Hospice 11:00</b> Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00</p>	<p>6</p> <p>Texas Holdem 8:00 S.A.I.L. 9:00 Sew &amp; Sews 10:00 Yoga 1:00</p>	<p>7</p> <p><b>Medicare Q&amp;A /Flu Shot Clinic 9am-12pm</b> Loomers 10:00 Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 <b>No Dance</b></p>
<p>10</p>  <p><b>Center Closed</b></p>	<p>11</p> <p>Texas Holdem 8:00 BP Checks 8:30 Foot Care 8:30 S.A.I.L 9:00 <b>Craft w/ Kathy – 10:00</b></p>	<p>12</p> <p>Loomers 10:00 Bingocize 10:00 Kathy’s Kitchen 11 <b>Jeopardy 11:00 w/ Cigna Medicare</b> Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00</p>	<p>13</p> <p>Texas Holdem 8:00 S.A.I.L. 9:00 Sew &amp; Sews 10:00 Yoga 1:00 <b>CarFit Check 10am – 2pm</b></p>	<p>14</p> <p>Loomers 10:00 Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 <b>Dance 7:00- Rode West</b></p>
<p>17</p> <p>Arthritis Exercise – 9:00(Showing a Video) <b>Trivia 10:00</b> Kathy’s Kitchen 11 Yoga 1:00</p>	<p>18</p> <p>Texas Holdem 8:00 BP Checks 8:30 S.A.I.L 9:00 <b>Adams, TN Trip</b></p>	<p>19</p> <p>Loomers 10:00 Bingocize 10:00 Kathy’s Kitchen 11 <b>Bingo Lunch 11:00 w/ Caris</b> Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00</p>	<p>20</p> <p>Texas Holdem 8:00 S.A.I.L. 9:00 Sew &amp; Sews 10:00 Yoga 1:00 <b>Open Enrollment w/ Cigna Medicare 2:00</b></p>	<p>21</p> <p>Loomers 10:00 Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 <b>Dance 7:00- Kevin Dobson &amp; Along for the Ride</b></p>
<p>24</p> <p><b>Paint w/ Nancy- 8:30</b> Arthritis Exercise – 9:00 Kathy’s Kitchen 11 Yoga 1:00</p>	<p>25</p> <p>Texas Holdem 8:00 BP Checks 8:30 S.A.I.L 9:00 <b>Cards w/ Kathy – 10:00</b></p>	<p>26</p> <p>Loomers 10:00 Bingocize 10:00 Kathy’s Kitchen 11 <b>Bingo Lunch by FCE Club 11:00</b> Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00</p>	<p>27</p> <p>Texas Holdem 8:00 S.A.I.L. 9:00 Sew &amp; Sews 10:00 Yoga 1:00</p>	<p>28</p> <p>Loomers 10:00 Bingocize 10:00 Card Games 10:00 Chair Volleyball 11 <b>Dance 7:00- Tommy Ross &amp; TCB</b></p>
<p>31</p> <p>Arthritis Exercise – 9:00 Kathy’s Kitchen 11 <b>Music for Seniors – 11:00</b> Yoga 1:00</p>	 <p><b>October 2022</b> The Senior Center at Ashland City 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.

# October Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Debra	Chandler	Oct 01	Bonnie	Duke	Oct 18
Donna	Bunch	Oct 02	Jane	Hunt	Oct 18
Gary	Karns	Oct 02	Connie	Johnson	Oct 18
James	Meadows	Oct 02	Bennie	Cable	Oct 18
Hilda	Wayman	Oct 03	Mary Ann	Drake	Oct 19
David	Hightower	Oct 03	Teresa	Edens	Oct 19
Joyce	Hamilton	Oct 03	Paula	Quigley	Oct 19
Shelia	Stiles	Oct 04	George	Hamblin	Oct 20
Janice	Ashburn	Oct 04	Frances	Newman	Oct 20
Boston	Curry	Oct 05	Joyce	Peach	Oct 20
Ann	Flynn	Oct 05	Carolyn	Nickens	Oct 21
Karen	Owen	Oct 06	Bettie	Nunley	Oct 21
Buford	Shearon	Oct 06	Linda	Tilghman	Oct 21
Patsy	Tomlin	Oct 06	Shelly	Shanahan	Oct 22
Brenda	Burhle	Oct 07	Shelly	Thaxton	Oct 22
Cyndi	St. Hilaire	Oct 07	Kay	Goss	Oct 22
Anner	Fulton	Oct 08	Willie	Marsh	Oct 23
John	Holder	Oct 08	Derry	Wilson	Oct 23
Vivian	Milom	Oct 08	John	Barber	Oct 23
Ken	Smith	Oct 08	Kathy	Ohlmann	Oct 23
Grady	Garton	Oct 08	Beverly	Wilson	Oct 23
Janice	Potts	Oct 09	Martha	Barry	Oct 24
Patsy	Slayden	Oct 09	Frances	Boyd	Oct 24
Sheila	Whitehead	Oct 09	Regina	Patton	Oct 24
David	Richardson	Oct 09	Kathy	Wright	Oct 24
Donald	Burke	Oct 10	Anthony	Young	Oct 24
Jean	Fogus	Oct 10	Brenda	Owens	Oct 24
John	Stahl III	Oct 10	Linda	Hoffman	Oct 24
Donna	Smith	Oct 10	Janie	Binkley	Oct 25
Lucy	Inkster	Oct 10	Hugh	French	Oct 25
Peg	Rogers	Oct 10	Jane	Newman	Oct 25
Susan	Milburn	Oct 10	Annita	Brown	Oct 25
Francis	Konkol	Oct 11	Beverly	Proctor	Oct 26
Sheila	Gannon	Oct 11	Suzie	Henry	Oct 26
William	Davis	Oct 12	Sharon	Rose	Oct 27
Wanda	McDaniel	Oct 12	Judy	Vick	Oct 27
Janie	Broadhead	Oct 13	B.J.	Hackett	Oct 28
Donna	Deloach	Oct 13	Sandy	Puckett	Oct 28
David	Barrow	Oct 14	Regina	Leighton	Oct 29
Frances	Bibee	Oct 14	Hilda	Edwards	Oct 29
Olivia	Roepcke	Oct 14	Donna	Denman	Oct 30
Diane	Treadway	Oct 14	Ruth	Felts	Oct 30
Margaret	Anderson	Oct 15	Ginger	Nicholson	Oct 30
Chris	Welch	Oct 15	Milton	Proctor	Oct 30
Bill	Schneider	Oct 15	Gene	Sanders	Oct 30
Marjorie	Allen	Oct 16	Lee	Stacey	Oct 30
Rosa	Hazlewood	Oct 16	Bill	Roberts	Oct 30
David	Wood	Oct 16	Carol	Suits	Oct 30
Beulah	James	Oct 17	Trey	Austin	Oct 31
J	Barnes	Oct 18	Jan	Fee	Oct 31
Elaine	Brian	Oct 18	Billy	Newman	Oct 31



## FREE BIRTHDAY LUNCH

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, October 31st at 11:00am at our own Kathy's Kitchen.

**The menu for the day is mummy hotdogs, chili, ice cream & cupcake.** Linda Staffen with Core Insurance Advisors graciously sponsors our birthday cake each month.



Spots do fill quickly so call us by October 27 at 615-792-3629 to reserve your spot.

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 Menu**

**Monday, Oct. 3<sup>rd</sup>**

Bacon & Cheese w/Veggies Quiche, Garlic Bread, Fresh Fruit

**Wednesday, Oct 5<sup>th</sup>**

Loaded Potato Soup, Honey Cornbread or Crackers, Brownies

**Monday, Oct. 10<sup>th</sup>**

**Closed for Columbus Day**

**Wednesday, Oct. 12<sup>th</sup>**

White Beans w/ Ham, Cornbread, Sliced Onion, Apple Pie

**Monday, Oct 17<sup>th</sup>**

Hamburger, Fries, Homemade Pudding Cups

**Wednesday, Oct 19<sup>th</sup>**

Broccoli Cheese Soup, Sweet Potato Fries, Garlic Knots, Chocolate Cake

**Monday, Oct 24<sup>th</sup>**

Pork Chops, Baked Beans, Corn, 7-Up Cake with Apricots

**Wed. Oct 26<sup>th</sup> (Free lunch sponsored by FCE)**

Beef/Vegetable Soup, Cornbread, Assorted Desserts

**Monday, Oct 31<sup>st</sup> (Birthday lunch)**

Mummy Hotdogs, Chili, Cheese, Sour Cream, Crackers or Corn Chips,

Cornflake/PB Cookies, Cupcakes & Ice Cream

**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



**Emma Carson**

**Avalon Hospice**

7135 Charlotte Pike Bldg 1, Ste 200

Nashville, TN 37209

Office: 615-889-5995

Fax: 615-889-5950

Email: [emma.carson@avalon-hospice.com](mailto:emma.carson@avalon-hospice.com)

Website: <https://avalonhospicecare.us/>



Avalon Hospice's mission is to provide compassionate care and extraordinary service to the patients and families we serve. The Avalon family of companies is excited to soon return to our former GENTIVA HOSPICE name. As Gentiva Hospice we will continue to be the best in class provider of clinically innovative healthcare services for the patients and families we serve.





# Medicare Q&A

October 7, 2022

Here at the Center from 9am - 12pm

Service Partners that will be here:

Linda Staffen - Core insurance Advisors

Debbie Davenport - Cigna Medicare

Heather Vogler - Licensed Insurance Provider

Lanatta Groves - Licensed Insurance Agent

**\*You do not have to sign up for this!**



# Flu Shot Clinic

October 7, 2022

Here at the Center from 9am - 12pm

**Ashland City Pharmacy will be here to give flu shots!  
Please call the center to sign up to get your flu shot  
by October 5th! We need to have a count of how  
many to tell the pharmacy.**

# **Cheatham County FCE Creative Day**

## **Save the Date**

**October 10<sup>th</sup>, Columbus Day**

**9:00-3:00 \$10 fee includes Chili/Hotdog  
lunch and a free craft**

**Children under (5) \$5.00**

**The Senior Center at Ashland City  
104 Ruth Drive Ashland City, TN**

**To register or for more info call  
615-394-4456 or 615-504-9956**

**You can pay at the door. Preregistering  
gives us a better head count for classes  
and lunch**

**Several crafts will be available to  
choose from, instructors are paid  
individually for their projects.**

**Something for everyone.**

**If you would like to teach a class, give  
us a call.**



# HAPPY Halloween with Jimmy the Cricket!



**Day Trip**  
**Tuesday, October 18, 2022**  
**8:30 a.m. to 5:00 p.m.**  
**Cost \$95.00**  
**(All expenses included.)**



Jimmy the Cricket presents his compliments and announces he is heading to Adams, Tennessee for a Halloween trip and wants to see if you are brave enough to follow. This wonderful day trip allows for you to celebrate the season without chainsaws and blood. Just enough scare in the air to make you know something is out there! And, although it is optional, there will be a prize for the BEST COSTUME—not including the Cricket's!

We launch from the Tractor Supply upper parking lot at 8:30 a.m. and head to Schlabach's Mennonite Bakery where they have delicious homemade treats. We then will do some trick or treating at the historically restored Old Oaks Farm Home located in the Kentucky countryside.



For lunch we will head to The Glenn Federation of Women's Clubs' House for a private catered luncheon. This historical home is in the heart of the historic district of Springfield.

After lunch, we make our way past the smoking tobacco barns for which this region is still famous to the lovely hamlet of Adams, Tennessee which is proud to be home of the infamous BELL WITCH! Long a tradition in this community, this is the only spirit ever to have confessed to murder! And she will be our hostess today and even available for selfies if you dare! The master of ceremonies will be Jimmy the Cricket's own undertaker and friend Bob Bell who directly descends from John Bell—the murdered victim of the witch! As owner of Tennessee's oldest funeral parlor (Austin & Bell since 1842), Bob will delight you with very personal family tales and lore as nobody else can. As an added treat for the trip only, you will also have direct descendants of Kate Batts, the woman who most claimed to be the Bell Witch. You will get the Batts side of the story!



We then take a very scenic ride and guided tour with the minister of The Red River Baptist Church (where the Bells all attended) to see all of the sites where the Bell Witch haunting action took place...the Bell farm, the Bell cemetery, and learn about the Bell Witch cave and its story, and more...ending at the Bell School where master story teller Tim Henson will provide additional information on the town and Witch and show you some of the remarkable history up close and personally—even touring the doctor's office, barber shop, and the last building standing created from the logs of the original Bell haunted house. We will also see a delightful documentary on the entire subject to explain it to those who are unfamiliar.

From there we will make our way to a local apple orchard where they still press homemade cider and even fry apple pies. What could be better than this on a crisp autumn day? We will even get to see the Great Pumpkin Charlie Brown on the ride back home!!

**Itinerary is subject to change, but something similar will be replaced. Our tour includes places not available to the general public so don't miss out! Deadline to sign up and pay is October 7.**

# HALLOWEEN DANCE

October 28th, 2022

*Featuring,*

TOMMY ROSS AND TCB

Come enjoy that traditional country music,  
while you two- step & line dance!

**Don't forget to bring your favorite Halloween dish  
to share with everyone!**

**Costume Contest!!**

**Dance starts @ 7:00p.m.**



**Discover your perfect “fit.”  
Attend a FREE CarFit Checkup!**



**Date: Thursday, October 13, 2022**

**Time: 10:00 a.m. to 2:00 p.m.**

**Location: Riverbluff Park, 175 Old Cumberland Street, Ashland City  
Large Pavilion Area**

### **What is CarFit?**

**CarFit is a FREE, interactive, and educational program that teaches participants how to make their personal vehicle “fit” them to increase safety and mobility when they hit the road.**

- 1. Review 12 key areas of your fit to your car such as adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints.**
- 2. Learn how to use and adjust your safety devices.**
- 3. Each checkup takes about 20 minutes—this is not a driving test or mechanical inspection.**
- 4. To schedule your 20-minute appointment, please call the appropriate number listed below. Appointment spaces are limited, so don't wait!**

**Senior Center at Ashland City Phone: 615-792-3629**

**This event will also include registration for the Yellow Dot Program.**

**Door Prizes for those who attend!**

# When seconds count...COUNT ON THE **YELLOW DOT**



The Tennessee **Yellow DOT** Program is designed to supply first responders with an individual's medical information in the event of an emergency.

This information can mean the difference between life and death in the "Golden Hour" immediately following a serious crash.

To find out how to register for this program, please contact staff at the Ashland City Senior Center!

Tennessee Yellow DOT Program  
Sponsored by the Tennessee Department of Transportation



[www.tn.gov/tdot/yellowdot](http://www.tn.gov/tdot/yellowdot)