

September 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](http://ashlandcitytn.gov/senior)

## Facebook:

The Senior Center at Ashland City

**Center Closed for  
Labor Day on  
Monday,  
September 6th**



## A Change of Seasons

Fall is my favorite time of the year. This season reminds us that things must change to bring about a newness of life in the springtime.

We have a new season of changes at the Senior Center. One I am most excited about is that we have a new Assistant Director. Her name is Joanna Burcham. She and her husband, Barry, live in the Pleasant View community. Joanna has been bringing her mom to the Friday Night Dances since 2012. Her servant's heart and charming personality will be a great blessing to our seniors. Please be sure to stop by and meet her soon.

Another new change we are excited to offer beginning on September 8<sup>th</sup>, is Kathy's Kitchen. Each Monday and Wednesday starting at 11:00 a.m., we will have a lunch meal and social hour for our members. The cost will be \$5.00 per person which includes a drink and dessert. Our own Kathy Nicholson will prepare some delicious choices for you. The monthly menu is attached. We do ask that you sign up for the meals in advance so that we can prepare enough food for everyone. Space is limited to 25 people, so be sure to sign up early.

Our staff assistant, Alicia Shaneyfelt, will experience the biggest change this season to her family. Baby Boy Gibson is scheduled to arrive around October 13<sup>th</sup>. To welcome him, we are doing a card shower during the entire month of September. A basket will be available to receive cards.

Senior Service Day is returning this year. It will be on Wednesday, September 22 from 9:00 a.m. to 2:00 p.m. here at the Senior Center. Lunch will be provided. More details are included in the attached flyer.

Here's to always having loving ways and perfect Fall days,

*Gena*



## Special Events This Month

**September 15 – Lunch and Learn with Debbie Davenport w/ Cigna at 11:00 a.m.**

Debbie will furnish lunch for our seniors and provide all with a fun-filled time of learning. If you would like to join in, call us by September 10th at 615-792-3629.

**Debbie Davenport  
615-887-1811**



**September 21 – Music for Seniors at 10:30 a.m.**



This month, Colin O'Brien will provide us with some Americana/folk music. Join in on the singing as he plays his fiddle and banjo. If you would like to join in on the fun, call the center at 615-792-3629 or come in that day.

**September 28 – Bingo Lunch with Hailey Byers w/Rehab Medical at 11:00 a.m.**

We have a new partner to conduct this bingo lunch starting at 11:00 a.m. Please register for this event by September 24th by calling the center at 615-792-3629.

**Hailey Byers  
615-571-9046**



**September 29 – 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. This event will begin at 9:00 a.m. Coffee and yummy breakfast treats will be served. Please register by September 24th by calling the center at 615-792-3629.

**Zachary Fulton  
615-246-0000**



## Happenings This Month



**Tuesday, September 7 – Wings of Hope Widow Meeting at 12:00 p.m.**

The Wings of Hope group meets on the 1<sup>st</sup> Tuesday of each month. This month the group will celebrate all birthdays. Wings of Hope is a nondenominational ministry reaching out to all single women.



**Tuesday, September 14 – Greeting Cards with Kathy at 9 am**

Cost for this class is \$5.00.

Participants will be making fall-themed cards. Call Kathy at 615-792-3629 to sign up.

**Monday, September 20 – Crafting Class with Kaycee Smith at 9 a.m.**

Cost for this class is \$5.00.

Participants will be making fall themed crafts. The materials will be provided. Call us at 615-792-3629 to sign up.



**Tuesday, September 21 – 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, September 27 – Chair Volleyball with Ashley Clinard at 9 a.m.**

This fun-filled activity is back! It was a big hit in the past so be sure to join us this day. For more information, call us at 615-792-3629.



**We will hold our Flu Shot Clinic on Friday, October 8<sup>th</sup> from 9 a.m. to 1 p.m. at the Senior Center. Please mark your calendars.**



### Grandparent's Day – September 12

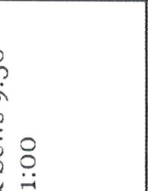
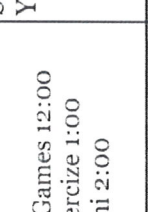

Grandparents, like heroes, are as necessary to a child's growth as vitamins. ~ Joyce Allston



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

# September 2021

Don't Forget Senior Service Day,  
Wednesday, September 22<sup>nd</sup> from 9-2

<p>5</p>	<p>6</p> <p><b>Closed for Labor Day</b></p> 	<p>7</p> <p>Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Wings of Hope 12:00</p>	<p>8</p> <p>Loomers 10:00 Bingocize 12:00 Kathy's Kitchen - 11:00 Card Games 12:00 Dancercize 1:00 Tai Chi 2:00</p>	<p>9</p> <p>Texas Holdem 8:00 S.A.I.L. 9:00 Sew &amp; Sews 9:30 Yoga 1:00</p>	<p>10</p> <p>Loomers 10:00 Bingocize 10:00 Card Games 12:00 Friday Night Dance 7:00</p>	<p>11</p>
<p>12</p>  <p>Grandparents Day</p>	<p>13</p> <p>FCE 9:00 Kathy's Kitchen - 11:00 Yoga 1:00 Veterans Meeting - 6:00</p> 	<p>14</p> <p>Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Greeting Cards w/Kathy 9:00</p>	<p>15</p> <p>Loomers 10:00 Lunch &amp; Learn w/Debbie Davenport w/Cigna - 11:00 Bingocize 12:00 Card Games 12:00 Dancercize 1:00 Tai Chi 2:00 Yom Kippur Begins</p>	<p>16</p> <p>Texas Holdem 8:00 S.A.I.L. 9:00 Sew &amp; Sews 9:30 Yoga 1:00</p>	<p>17</p> <p>Loomers 10:00 Bingocize 10:00 Card Games 12:00 Friday Night Dance 7:00</p>	<p>18</p>
<p>19</p>	<p>20</p> <p>Crafts w/Kaycee Smith 9:00 Kathy's Kitchen - 11:00 Yoga 1:00</p> <p>Sukkot Begins</p>	<p>21</p> <p>Texas Holdem 8:00 Foot Care 8:30 BP Checks 8:30 S.A.I.L. 9:00 Music for Seniors - 10:30</p>	<p>22</p> <p><b>Senior Service Day At The Center 9-2</b></p> <p>Autumn Begins</p>	<p>23</p> <p>Texas Holdem 8:00 S.A.I.L. 9:00 Sew &amp; Sews 9:30 Yoga 1:00</p>	<p>24</p> <p>Loomers 10:00 Bingocize 10:00 Card Games 12:00 Friday Night Dance 7:00</p>	<p>25</p> <p>Oktoberfest Begins</p>
<p>26</p>	<p>27</p> <p>Chair Volleyball 9:00 Kathy's Kitchen - 11:00 Yoga 1:00</p> <p>Simchat Torah Begins</p>	<p>28</p> <p>Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Bingo w/Hailey Byers from Rehab Medical - 11:00</p>	<p>29</p> <p>Trivia 9:00 Loomers 10:00 Kathy's Kitchen - 11:00 Bingocize 12:00 Card Games 12:00 Dancercize 1:00 Tai Chi 2:00</p>	<p>30</p> <p>Texas Holdem 8:00 S.A.I.L. 9:00 Sew &amp; Sews 9:30 Yoga 1:00 Cancer Survivor's Dinner &amp; Discussion - 5:30</p>	<p>Be sure to check our Facebook Page for changes &amp; updates: Website: AshlandCityTN.Gov/Senior Facebook: The Senior Center at Ashland City</p>	

## September Birthdays

Linda	Connell	Sep 01	Naomi	Riggins	Sep 17
Betty	McCool	Sep 01	Marie	Barnett	Sep 18
Lisa	Lindamood	Sep 02	William	Hagge	Sep 18
Phyllis	Delay	Sep 03	Lesley	Binkley	Sep 18
Willie	Fry	Sep 04	Carl	Gregory	Sep 19
Mary	Glasgow	Sep 04	Harvey	Speakman	Sep 19
Thomas (Rick)	Hurd	Sep 04	Margaret	Brooks	Sep 20
Jean	Lewis	Sep 04	Shirley	Cobble	Sep 20
Mary	Weber	Sep 04	Carol	Eads	Sep 20
Paulette	Bradford	Sep 05	Janice	Mcfall	Sep 20
Patricia	Graham	Sep 05	Martha	Gregory	Sep 20
Linda	Harris	Sep 05	Howard	Baker	Sep 21
Edna	Rawlings	Sep 05	Elaine	Childress	Sep 21
Ray	Taylor	Sep 05	Joseph	DeGraffenreid	Sep 21
Sandra	Bradshaw	Sep 06	Sue	Stevens	Sep 21
Sharon	Hadley	Sep 06	Delores (Ann)	Hudson	Sep 22
Richard	Kelly	Sep 06	Vonda	Proffitt	Sep 22
Barbara	Pikus	Sep 06	Joyce	Carter	Sep 23
Clara	Staggs	Sep 06	John	Doyle	Sep 23
Patsy	White	Sep 06	Wilburn	Hazlewood	Sep 23
Barbara	Martin	Sep 06	Mary	Jenkins	Sep 23
Barbara	Smith	Sep 06	Dean	Kilgore	Sep 23
Chester	Pikus	Sep 07	Judith	Robinson	Sep 23
Donna	Allgood	Sep 08	Gloria	Williams	Sep 23
James (Woody)	Herren	Sep 09	Melinda	Murff	Sep 24
Randolph	Moomaw	Sep 09	James (Jim)	Ritchason	Sep 24
Beverly	Roberts	Sep 09	Jerry	Mayo	Sep 25
Amelia (Ann)	White	Sep 09	Dixie	Perry	Sep 25
Bobby	White	Sep 09	Mary (Faye)	Walsh	Sep 25
Martha	Krantz	Sep 10	Randy	Fleming	Sep 26
Norm	Welch	Sep 10	Carol	Henderson	Sep 26
Martha	Holder	Sep 11	Savina	Hollman	Sep 26
Barbara	Martin	Sep 11	David	Norem	Sep 26
Sharon	Page	Sep 11	Debra	Peek	Sep 27
Terry	Harris	Sep 12	Barbara	Heggie	Sep 28
Roy	Marlin	Sep 12	Edna	Minor	Sep 28
Kevin	Bradley	Sep 14	Lenny	Shadowens	Sep 28
Peggy	Deaux	Sep 14	Diane	Sugden	Sep 28
Frances	Harris	Sep 14	Brenda	Vernon	Sep 28
Robert	Jumara	Sep 14	Yvonne	Bradley	Sep 29
Gary	Wilson	Sep 14	Cathy	Corbin	Sep 29
Mary	Glasgow	Sep 14	Barbara	Hannel	Sep 29
Darlene	Huff	Sep 15	Sandra	Jones	Sep 29
Marilyn	Sisco	Sep 15	Bob	McGowan	Sep 29
James	Meeks	Sep 15	Gary	Perry	Sep 30
Pauline (PJ)	Moore	Sep 16	Hortensia	Quezada	Sep 30
Kaycee	Smith	Sep 16	Annette	Robbins	Sep 30
Dorthy "Jean"	Moore	Sep 17			



# SENIOR SERVICE DAY

Wednesday, September 22<sup>nd</sup>  
9:00 a.m. to 2:00 p.m.  
at The Senior Center

Lunch Provided

Door Prizes

“Keeping Your Brain Healthy”  
Presentation by Lynn Wood  
from Mental Health of America

## Our Senior Service Partners

Thomas Cooke – Assuresource  
Debbie Davenport – Cigna Medicare  
Stacy Knight – Aseracare – Amedisys Co.  
Cindy Moore – At Home Healthcare  
Christie Powers – CapTel/OEI  
Nicki Raines – Smile on 60+ Dental Health  
Linda Staffen – Core Insurance Advisors  
Heather Vogler – Health Markets Insurance  
Jo Beth Watson – Amerigroup Real Solutions  
Teresa Eads – Cheatham County Funeral Home  
Zachary Fulton – Vantage Pointe Village  
Rachel Solava – Greater Nashville Regional Council  
Shannon Stewart – Adoration Hospice  
Aneta Eichler – UT/TSU Extension Office  
Jenny Shelton – Boyd Funeral Home  
Hailey Byers – Rehab Medical  
Lynn Wood – Mental Health America  
Angie Durr – Mary Queen of Angels Assisted Living  
Patricia Vest – TN Quality Care



# 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**

September 3 – Joe Diamond Band

September 10 – Perry Bolin & Loaded Dogs

September 17 – Kevin Dobson & Along for the Ride

September 24 – Clay Claxton & Rode West

Food will not be available. Soft drinks may be purchased.

Coffee and water provided.

**Masks are highly recommended inside the building  
and required for those who are not fully vaccinated.**





**Nashville, Tennessee  
Tuesday, October 12<sup>th</sup>  
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.**

**Deadline to sign up and pay is September 20<sup>th</sup>.**

**We can take two buses if we have enough people to sign up.**

**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.**

# Cancer Survivor

**DINNER & DISCUSSION**

Quality of Life



This evening is a free event with the purpose of providing education and resources to our cancer survivor community.

**SEPTEMBER 30, 2021 5:30 P.M.**  
**SENIOR CENTER AT ASHLAND CITY**

**R.S.V.P. 615-792-3629**

