

September 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

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



Welcome to Our Staff!

We're excited to have Dennis Hughes as the new staff assistant. Dennis is originally from Fairview, TN, but has been an Ashland City resident for about 2 years. Some of his favorite things to do are attending hockey games, but he admits he loves all sports. Dennis joined as a member last February and has been a regular part of our activities. He wanted to be a part of our staff so he would have the opportunity to serve and support all of our members. Be sure to come by and meet Dennis! We know he will be a great addition to our center!



Trips

The train trip to Watertown, TN is scheduled for October 8. This trip is full, but we could possibly have some openings. If interested, call to be put on the waiting list.

There is info about a "spooky" trip planned to Adams, TN. See flyer for more info.

Reminders and Info

Senior Service Day – Our annual Senior Service Day will be Thursday, September 1. The St. Thomas Ascension Mobile Mammography Unit plans to be there but is currently having mechanical issues. See flyer for more info.

This event has been moved to Riverbluff Park!!

New Computer Classes - starting in September. See flyer for more info.

Dates to Remember

October 1 – Music on Main

October 3- Everything Pumpkin Contest. See attached announcement for more info.

October 7 – Flu Shot Clinic by Ashland City Pharmacy

October 7 - Medicare Q&A

October 13 – CarFit Checkup at Riverbluff Park
See attached flyer for more info.

Friday Night Dances at 7pm

September 2 – No Dance

September 9 – Barry Brake & Still Kickin' Country

September 16 – Kevin Dobson & Along for the Ride

September 23 – Rode West

September 30 – No Dance

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

Special Events This Month

Tuesday, September 6 at 10:00am
Paper Craft w/ Kathy

The cost will be \$5.00 for this class. For more information and to sign up call Kathy by September 2.

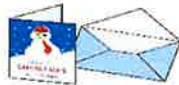


Weds., September 7 at 11:00 a.m.
Bingo Lunch w/ CapTel Captioned Telephone

Join us for bingo lunch hosted by Christie Powers w/ CapTel Captioned Telephone. If you would like to attend, call us to sign up by September 2.

Tuesday, September 20
Card with Kathy at 10:00a.m.

The cost will be \$5.00 for this class. For more information and to sign up, please call Kathy by September 16th.



Weds., September 21 at 11:00am
Bingo Lunch w/ All Ways Caring
 Join us for free bingo lunch hosted by Helen Pirl. If you like to attend, call us to sign up by September 16.



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)
 Dancercise
 Tai Chi
 Chair Volleyball



Community Food Banks & Services

We currently have food boxes available here at the center for anyone in need.

Ongoing – Food available at Bethesda Center at 124 S. Main St. in Ashland City. Call them at 615-792-1389

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

Each Wednesday – 24 Church at 1502 Substation Rd in Pleasant View from 6-7 pm.

Saturday, September 3– Mission of Hope Assembly at 6307 Hwy 41-A in Pleasant View from 10 am – 2 pm.

Saturday, September 10 – Gateway Church at 1642 Hwy 12 S. in Ashland City from 9am – 1pm

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.



Tuesday, September 6– Wings of Hope Meeting at 12:00 pm

This month's theme is birthday celebration. Bring finger foods. The cake and ice cream will be provided. If you would like, please bring school supplies to donate to West Cheatham Elementary School.

Monday, September 12 –
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, September 12–
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, September 13 – 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., September 14 – JEOPARDY!

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.



Monday, September 19 –
Trivia at 10:00 am

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

Wednesday, September 21- 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 3rd Wednesday of each month.



Monday, September 26 at 11:00 a.m.
Music for Seniors

Laura White will be playing traditional country music on her fiddle. Join the fun!

Monday

Tuesday

Wednesday

Thursday

Friday

		1		2	
		Senior Service Day 9:00am - 2:00pm At Riverbluff Park		Loomers 10:00 Bingocize 10:00 Chair Volleyball 11 Card Games 11:00 No Dance	
5		6		7	
		Texas Holdem 8:00 BP Checks 8:30 S.A.I.L 9:00 Craft w/ Kathy-10:00 Wings of Hope-12:00 Birthday Celebration		Loomers 10:00 Bingocize 10:00 Kathy's Kitchen 11 Bingo Lunch by Captel Captioned Telephones 11:00 Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00	
8		9		10	
Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 2:30 w/ Anna		Arthritis Exercise-8:30(Holiday Schedule) Loomers 10:00 Bingocize 10:00 Chair Volleyball 11 Card Games 11:00 Dance 7:00- Barry Brake & Still Kicking Country			
12		13		14	
Paint w/ Nancy-8:30 Arthritis Exercise – 9:00 Kathy's Kitchen 11 Lunch w/ the Law-11:00 Yoga 1:00 Veteran's Meeting 6:00pm		Texas Holdem 8:00 BP Checks 8:30 Foot Care 8:30 S.A.I.L 9:00 FCE Mtg 10:00		Loomers 10:00 Bingocize 10:00 Kathy's Kitchen 11 Jeopardy 11:00 w/Cigna Medicare Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00	
Branson Trip September 12-16					
15		16		17	
Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 1:00		Loomers 10:00 Bingocize 10:00 Chair Volleyball 11 Card Games 11:00 Dance 7:00- Kevin Dobson & Along for the Ride			
19		20		21	
Arthritis Exercise – 9:00 Trivia 10:00 Kathy's Kitchen 11 Yoga 1:00		Texas Holdem 8:00 BP Checks 8:30 S.A.I.L 9:00 Cards with Kathy-10:00 Computer Class 2pm-3:30pm		Loomers 10:00 Bingocize 10:00 Kathy's Kitchen 11 Bingo Lunch by AllWays Caring Homecare 11:00 Diabetes Support Group - 12:00 Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00	
22		23		24	
Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 1:00 Computer Class 2pm-3:30pm		Loomers 10:00 Bingocize 10:00 Chair Volleyball 11 Card Games 11:00 Dance 7:00- Rode West			
26		27		28	
Arthritis Exercise – 9:00 Kathy's Kitchen 11 Music for Seniors -11:00 Yoga 1:00		Texas Holdem 8:00 BP Checks 8:30 S.A.I.L 9:00 Computer Class 2pm-3:30pm		Loomers 10:00 Bingocize 10:00 Kathy's Kitchen 11 Dancercize 1:00 All Things Yarn 1:00 Tai Chi 2:00	
29		30		31	
Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 1:00 Computer Class 2pm-3:30pm		Loomers 10:00 Bingocize 10:00 Chair Volleyball 11 Card Games 11:00			

Hours: Monday – Friday 8:00 a.m. to 4:00 p.m. Be sure to check our Facebook page and website for updates.

September Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Betty	McCool	Sept. 01	Judith	Robinson	Sept. 23
Karin	Stanley	Sept. 01	Lindy	Murff	Sept. 24
Renee	Karter	Sept. 04	Jerry	Mayo	Sept. 25
Jean	Lewis	Sept. 04	Sandra	Roby	Sept. 25
Mary	Glasgow	Sept. 04	Mary (Faye)	Walsh	Sept. 25
Frances	Harris	Sept. 04	CeeAee	DoVanne	Sept. 26
Mary	Weber	Sept. 04	Carol	Henderson	Sept. 26
Paulette	Bradford	Sept. 05	Bobbie	Martin	Sept. 26
Linda	Harris	Sept. 05	Dave	Norem	Sept. 26
Ricky	Kelly	Sept. 06	Barbara	Heggie	Sept. 28
Barbara	Smith	Sept. 06	Edna	Minor	Sept. 28
Clara	Staggs	Sept. 06	Lenny	Shadowens	Sept. 28
Ginger	Hollis	Sept. 07	Brenda	Vernon	Sept. 28
Donna	Allgood	Sept. 08	Yvonne	Bradley	Sept. 29
James (Woody)	Herren	Sept. 09	Claudette	Fizer	Sept. 29
Randy	Moomaw	Sept. 09	Joyce	Freeman	Sept. 29
Amelia	White	Sept. 09	Sandra	Jones	Sept. 29
Martha	Krantz	Sept. 10	Bob	McGowan	Sept. 29
Linda	Cast	Sept. 10	Gary	Perry	Sept. 30
Vance	St. Hilaire	Sept. 10	Hortensia	Quezada	Sept. 30
Wildee	Holder	Sept. 11			
Sharon	Page	Sept. 11			
Linda	Osborne	Sept. 12			
Roy	Marlin	Sept. 12			
Kevin	Bradley	Sept. 14			
Mary	Glasgow	Sept. 14			
Robert	Jumara	Sept. 14			
Tommy	McCamish	Sept. 14			
Gary	Wilson	Sept. 14			
Darlene	Huff	Sept. 15			
Steve	Johnson	Sept. 15			
James	Meeks	Sept. 15			
Marilyn	Sisco	Sept. 15			
Sherrie	Binkley	Sept. 16			
Harvey	Hunter	Sept. 16			
Kaycee	Smith	Sept. 16			
Naomi	Riggins	Sept. 17			
Sandy	Allen	Sept. 18			
Lesley	Binkley	Sept. 18			
Bill	Hagge	Sept. 18			
Lowell	Gregory	Sept. 19			
Harvey	Speakman	Sept. 19			
Rebecca	Brooks	Sept. 20			
Shirley	Cobble	Sept. 20			
Martha	Gregory	Sept. 20			
Elaine	Childress	Sept. 21			
Peggy	Hunter	Sept. 22			
Vonda	Proffitt	Sept. 22			
Buck	Hazlewood	Sept. 23			



FREE BIRTHDAY LUNCH

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, September 26th at 11:00a.m. at our own Kathy's Kitchen.

The menu for the day is pulled pork shepperd's pie, ice cream & cupcake.

Linda Staffen with Core Insurance Advisors graciously sponsors our birthday cake each month.



Spots do fill quickly so call us by September 22 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 and Wednesdays at 11 a.m.

Cost is \$5.00 per person

Includes meal, dessert and drink

September Menu

Monday, Sept. 5th

Closed in observance of Labor Day

Wednesday, Sept. 7th

BBQ Baked Chicken Legs, Whole Kernel Corn, Peas, Chocolate Cake

Monday, Sept. 12th

Pumpkin Baked Ziti with Sage Sausage, Salad, Pie

Wednesday, Sept. 14th

Roast Beef Manhattans, Green Beans, Mashed Potatoes, Jell-o

Monday, Sept. 19th

Chili, w/Cheese & Crackers, Brownies

Wed. Sept. 21st (Free Bingo Lunch)

Chicken Enchilada, Red Cabbage, Rugelach (Crescent Filled Rollup)

Mon. Sept. 26th (Birthday lunch)

Pulled Pork Shepperd's Pie, Ice cream & Cupcake

Wed. Sept. 28th

Tacos (Turkey Burger), w/Soft Shells, Chips & Dip, Chocolate Chip Cookies

**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



Helen Pirl

All Ways Caring Homecare

346 Warfield Blvd Suite B,

Clarksville, TN 37043

Office: (931) 645-5532

Fax: (931) 645-5471

Email: helen.pirl@allwayscaring.com

Website: www.allwayscaring.com



All Ways Caring offers traditional services from housekeeping to personal care to help give our clients the ability to remain independent, stay in familiar surroundings, and engage socially, which promotes physical and mental health. That's why we are committed to finding innovative solutions to help seniors and individuals with disabilities stay in their homes.

We offer Life Management programs which are tailored individualized care plans that focus on wellness and prevention. This goes beyond providing more than just homecare; these plans help to avoid hospitalizations. Life Management programs can help with illnesses such as: CHF, Dementia, COPD, Diabetes and Pneumonia.

Call (866)737-2273 for a complimentary in-home consultation.



ALL WAYS CARING[®]
HOME CARE

SENIOR SERVICE DAY

Thursday, September 1st

9:00 a.m. to 2:00 p.m.
at Riverbluff Park Pavilion

Lunch Provided and Door Prizes

Emergency Preparedness Presentation
by Aneta Eichler from UT/TSU Extension Office

Our Senior Service Partners



Ascension St. Thomas Mobile Mammography Bus

(The bus is scheduled that day, but possibly may not be here due to mechanical issues.)

Shirley Bradley - Pink Out for Hope Breast Cancer Awareness
Debbie Davenport - Cigna Medicare
Lisa Beeler/Kelley Young - Aveanna Home Health Care and Hospice
Linda Staffen - Core Insurance Advisors
Tabitha Barnett - AseraCare Hospice- Amedisys Co.
Robin Last - TNCSA Senior Community Service Employment Program
Kalynn Jackson - Amerigroup Real Solutions
Cindy Moore - At Home Healthcare
Zachary Fulton - Vantage Pointe Village Assisted Living
Teresa Eads - Cheatham County Funeral Home
Ashley Clinard - Cheatham County Health Department
Rachel Solava - Greater Nashville Regional Council
Christine Mather - TN SHIP
Aneta Eichler - UT/TSU Extension Office
Christie Powers - CapTel Outreach/OEI
J. Kevin Fowler - Legal Aid Society of Middle TN
Shannon Stewart - Adoration Hospice & Home Health
Stormy Vaughan - Mid-Cumberland Community Action Agency
Ben Anderson - The Waters of Cheatham Rehabilitation & Skilled Nursing
Emma Carson - Avalon Hospice
Helen Pirl - All Ways Caring Home Care
Lafronda Blunt - Accent Care Home Health
Darlene Kemp - Vista Points Special Needs Trusts
Michelle Canbuldu - Dedicated Senior Medical Center



TECH GOES HOME
TENNESSEE

in
Partnership
with



FREE COMPUTER CLASS FOR ADULTS 60 +



15 hours of web-based training designed to help you safely use the internet

FREE CHROMEBOOK UPON COMPLETION

Free one-on-one consultations for help accessing discounted, high-speed internet for qualified participation

Class Time:

2:00pm - 3:30pm

Dates:

Classes start Sept. 20

Location:

The Senior Center

Interested? Contact:

Call: 615-792-3629

What is Tech Goes Home?

Tech Goes Home Tennessee is working in partnership with ___ to help older adults access the tools and training needed to participate in life online

www.techgoeshometn.org



EVERYTHING PUMPKIN CONTEST

Monday, October 3 at 9:00 a.m.

Rules:

- See Kathy Nicholson to receive your free (1) can of Stokley's pumpkin puree.**
- Please enter only one item.**
- Have your entry here between 8:00 - 9:00 a.m.**
- Make anything you want but it must have pumpkin in it.**
 - Drinks: shakes, smoothie, etc (no alcohol)**
 - Desserts: pies, cookies, brownies, cakes, cupcakes, breads, puddings, etc.**
 - Soups - hot or cold**
- Bring your dish in a disposable container if possible, so we don't have to keep up with it.**
- Be willing to share your food after it has been judged.**
- *If you have any questions please see Kathy!***

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 directed 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.

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