

SEPTEMBER 2023

# BE ACTIVE & LIVE WELL

The Center at Ashland City

104 Ruth Drive, Ashland City, TN 37015



**My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style. ~ Maya Angelou**

September is National Senior Center Month. Be sure to check out our Facebook page posts that celebrate the importance of the role of senior centers. Centers are here help you to thrive during the time of your life when you can focus more on what makes you happier, healthier, and hopeful for your future.

This month is also Falls Prevention Awareness Month. Join our Bingocize classes this month as we focus on some tips to help you avert falls in and outside your home. In addition, we are celebrating National Preparedness Month. The Ashland City Fire Department will be here on September 18th during lunchtime to share some resources to help us be better prepared in an emergency.

We are excited about our upcoming Health and Wellness Expo on Friday, September 29 from 10am-2pm at Riverbluff Park. See details in the attached flyer. This event is very similar to the previous Senior Service Day, but we have added some health screenings this year and wanted to rebrand the name. At this time, we have 22 vendors who plan to attend, and we expect more to join us before the event. A light lunch will be served, so if you plan to attend, please call the center to let us know. This is to ensure that we have enough food prepared.

Our Lindy Murff will be taking a brief rest during the month of September for medical reasons. During her absence, we will do our best to cover her exercise classes with our great sub instructors and some of her previously recorded SAIL classes. There will not be any Tai Chi classes during September. We plan to start a beginner's class in October. Watch for more information in the October calendar.

Please keep Lindy in your thoughts and pray she is able to come back soon as strong as ever!

Thank you for your plate donations! This month, the center would appreciate donations of hard candy or small chocolates.

## 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, September 9** – 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

**September 5th: 11:00 am at Senior Center**

Bring finger foods for birthday celebration & an inexpensive bingo gift in a bag. Cake/Ice cream furnished.







# SEPTEMBER 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.

### 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

September 1- Fred Winston & The Stable Boys  
 September 8 - Barry Brake & Still Kicking Country  
 September 15 - Kevin Dobson & Along for the Ride  
 September 22 - Barry Brake & Still Kicking Country  
 September 29 - NO DANCE - Center Closed for Maintenance

### Monday

**The Center  
 at Ashland City**  
 104 Ruth Drive,  
 Ashland City, TN 37015  
 Phone: 615-792-3629

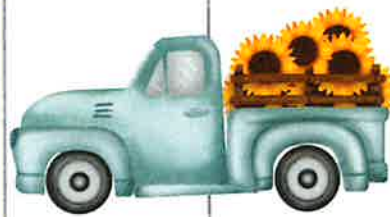
### Tuesday



**Center Closed**

**5**  
**Wings of Hope**  
 11:00 am   
**Square Dancing**  
 1:00 pm

### Wednesday



**6** **Tennova Hospice**  
**Price is Right w/ Tennova Hospice-**  
**11:00am**  
 Host: Marie Eppes

### Thursday

**7**

**11**  
**Paint with Nancy-**  
**8:30 am**   
**Trivia - 10 am**  
**w/ Zachary Fulton**   
**Veterans Meeting- 6pm**

**12**   
**Foot Care**  
**8:30 am**  
**FCE Mtg**  
**10:00 am**  
**Square Dancing**  
**1:00 pm**   
**Mary Bobo's Day Trip**  
**8:30am-6:00pm**

**13**   
**Bingo Lunch w/ Medicare Plan Advisor**  
**-11:00am**  
 Host: Kim Johnson

**14**  
**Marbling Nail Polish Craft w/ Kathy- 10am**

**18**  
**Lunch w/ AC Fire Dept.**  
**11:00 am**

**19**  
**Square Dancing**  
**1:00 pm**

**20**  
**Lunch & Learn w/ Devoted Health Plans-**  
**11:00am**  
 Host: Susie Ryan

**21**

**25**   
**Music for Seniors-**  
**11:00 am**

**26**   
**Cards w/ Kathy- 10 am**  
**Square Dancing**  
**1:00 pm**

**27**   
**Jeopardy w/ Providence Group-11:00am**  
 Host: Debbie Davenport

**28**  
**Friends of the Center Mtg - 10:15 am**

### Friday

**1**

**8**

**15**

**22**

**29**  
**Health & Wellness Expo**  
 10am - 2pm  
 at River Bluff Park

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

# September Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Linda	Connell	Sep 01	Belinda	Hopkins	Sep 19
Karin	Stanley	Sep 01	Shirley	Cobble	Sep 20
Esther	Fink	Sep 01	Carol	Eads	Sep 20
Phyllis	Delay	Sep 03	Martha	Gregory	Sep 20
Peggy	Williams	Sep 03	Elaine	Childress	Sep 21
Tiffany	Campbell	Sep 03	Joseph	DeGraffenreid	Sep 21
Pat	Johnston	Sep 03	Sue	Stevens	Sep 21
Willie	Fry	Sep 04	Ann	Morrison	Sep 22
Frances	Harris	Sep 04	Vonda	Proffitt	Sep 22
Jean	Lewis	Sep 04	Peggy	Hunter	Sep 22
Mary	Weber	Sep 04	Beth	Wald	Sep 22
Paulette	Bradford	Sep 05	Joyce	Carter	Sep 23
Patricia	Graham	Sep 05	John	Doyle	Sep 23
Shirley	Bradley	Sep 05	Buck	Hazlewood	Sep 23
Sandra	Bradshaw	Sep 06	Judith	Robinson	Sep 23
Ricky	Kelly	Sep 06	Lindy	Murff	Sep 24
Clara	Staggs	Sep 06	Lisa	Haney	Sep 24
Ginger	Hollis	Sep 07	Rona	Frensley	Sep 24
Donna	Allgood	Sep 08	Jerry	Mayo	Sep 25
Woody	Herren	Sep 09	Faye	Walsh	Sep 25
Randy	Moomaw	Sep 09	Estelle	Eidson	Sep 25
Beverly	Roberts	Sep 09	Carol	Henderson	Sep 26
Ann	White	Sep 09	Dave	Norem	Sep 26
Martha	Krantz	Sep 10	CeeAee	DoVanne	Sep 26
Linda	Cast	Sep 10	Bobbie	Martin	Sep 26
Vance	St. Hilaire	Sep 10	Marie	Robertson	Sep 26
Wildee	Holder	Sep 11	Barbara	Heggie	Sep 28
Sharon	Page	Sep 11	Edna	Minor	Sep 28
Roy	Marlin	Sep 12	Lenny	Shadowens	Sep 28
Linda	Osborne	Sep 12	Brenda	Vernon	Sep 28
Kevin	Bradley	Sep 14	Judy	Hunter	Sep 28
Peggy	Deaux	Sep 14	Yvonne	Bradley	Sep 29
Robert	Jumara	Sep 14	Cathy	Corbin	Sep 29
Gary	Wilson	Sep 14	Barbara	Hannel	Sep 29
Mary	Glasgow	Sep 14	Sandra	Jones	Sep 29
Tommy	McCamish	Sep 14	Bob	McGowan	Sep 29
Ed	Sober	Sep 14	Joyce	Freeman	Sep 29
Darlene	Huff	Sep 15	Claudette	Fizer	Sep 29
Marilyn	Sisco	Sep 15	Gary	Perry	Sep 30
James	Meeks	Sep 15	Hortensia	Quezada	Sep 30
Steve	Johnson	Sep 15	Ann	Reid	Sep 30
Joyce	Bell	Sep 15			
Kaycee	Smith	Sep 16			
Harvey	Hunter	Sep 16			
Sherrie	Binkley	Sep 16			
Naomi	Riggins	Sep 17			
Marie	Barnett	Sep 18			
Bill	Hagge	Sep 18			
Sandy	Allen	Sep 18			
Ann	Russell	Sep 18			
Lowell	Gregory	Sep 19			



## Free Birthday Lunch

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, September 25th at 11:00am at our own Kathy's Kitchen.

**The menu for the day is Berry Chicken Salad on Croissant, Fresh Fruit, Chips, Ice Cream & Hot Fudge Cake.**

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!

**Birthday Lunch: September 25th @11:00 am**



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

## **September 2023 Menu**

**Monday, September 4th**

Closed for Labor Day

**Wednesday, September 6th**

Chicken Enchilada, Refried Beans, Rice, Chips & Salsa, Sopapilla Cheesecake

**Monday, September 11th**

Chef Salad (Ham, Turkey, Lettuce, Tomato, Eggs, Cheese), Crackers, 7-Up Cake

**Wednesday, September 13th**

Spaghetti w/ Meat Sauce, Tossed Salad, Garlic Bread, Oreo Mousse Cake

**Monday, September 18th**

Baked Potato Bar with BBQ & Toppings, Pineapple Upside Down Cake

**Wednesday, September 20th**

Pot Roast, Carrots, Squash, Applesauce Cake

**Monday, September 25th**

Berry Chicken Salad on Croissant, Fresh Fruit, Chips, Hot Fudge Cake & Ice Cream

**Wednesday, September 27th**

Meatloaf, Cream Potatoes, Butter Peas, Luscious Lime Angel Squares



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





# Emotional Support

**This group is taking a break for the month of September. Be on the lookout for October dates.**

**\*\*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:



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## KATHY'S CRAFT CLASS

**Date: September 14th**

**Time: 10:00 am**

**Cost: \$2.00**



### EXAMPLES:



We will be decorating a coffee cup with a marbling effect using nail polish.

Please be sure to wear clothes that you won't mind getting messy, just in case!

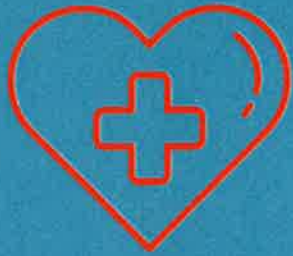
**Call Kathy to sign-up or if you have any questions.**

**615-792-3629**

# 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:**

Ashland City Pharmacy (Flu Shots)  
Yellow DOT Program  
CarFit Program  
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  
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- Denise Martin  
Health Services