

APRIL 2024

THRIVE 55+ ASHLAND CITY

104 RUTH DRIVE,
ASHLAND CITY, TN 37015



Springtime.....A Time to Thrive!

“It takes but one positive thought when given a chance to survive and thrive to overpower an entire army of negative thoughts.” ~ Robert H. Schuller

Big News:

Our New Logo is a Winner! - With nearly 1000 Senior Center personnel from across North America chiming in with their votes, our new Thrive 55+ logo was declared a substantial winner in the MySeniorCenter 9th Annual Logo Contest. We are so honored to have received this award! We knew our locals liked the logo, but it is reassuring to know that others across the country like it as well. We feel this logo encompasses everything we envision for our center and its services to our members and our community. We were made to THRIVE!

New Policies and Procedures Manual – Beginning April 1, every current member and new members will receive our new Policies and Procedures manual. We are now required to have this manual in place to outline the procedures and guidelines of our center as well as the roles and responsibilities of our staff and our members. Should you have any questions, please see Gena Batts, Director.

Programs and Events:

Tai Chi Class Day and Time Change – This is no April Fool's joke. Our Tai Chi classes will be moving from Wednesdays to Mondays beginning April 1. The class will now begin at 2:15 p.m. We would love to have some new people join us for this class!

Emotional Support Group – This weekly group facilitated by Joshua Medeiros from Insight Counseling Centers will begin another 8-week series on April 3.

New Pilates Exercise Class – This class will start on Wednesday, April 3 at 4:30 p.m. and will be led by Juli Watson. It is geared towards age 55 plus. It is open to current members and others in the community who would like to participate.

Solar Eclipse Watch Party – Join us for this rare event on April 8 from 12:30p – 2:15p. This will be an outside event, weather permitting. The watch party will be cancelled if it is too cloudy or raining. Ashland City is not in the direct line for a total eclipse, but we are expected to have 95.6% deep partial coverage. Optimum time for full viewing is 2:00p in Ashland City. Viewing safety glasses will be provided for up to 50 people.

Computer Classes – There will be another computer class series beginning on April 9. There are 2 spots left for this series in April and 8 spots for the next one in June. Please call if you are interested. See flyer for details.

Picnic in the Park – We hope you will join us for our annual picnic! Details are in the newsletter. You must sign up for this event so that we can have enough food prepared. There will be no parking around the large pavilion to ensure the safety of all in attendance. To accommodate everyone, the Ashland City Fire Department will be providing shuttle service from the parking lots to the pavilion. Everyone will need to stop by the welcome table to receive your lunch ticket. Only those who have pre-registered will be given a lunch ticket.

Trips:

We still have a few openings for the Gatlinburg trip on May 14-17. Please call the center as soon as possible to sign up or if you would like more information. A trip flyer is included in this newsletter. We will have a pre-trip meeting on Friday, April 12 at 2:30 p.m. for those signed up and anyone who may be interested in going.

There is a day trip planned for June 9 to Sunday Mornin' Country. A flyer has been included. Please note that this trip filled up very quickly last year, so call soon if you want to attend. Some new artists have been added to the show this year, including the Isaacs. We will share more details about the show lineup when they become available.

Meet Our Staff

Gena Batts,

Director

Joanna Burcham,

Assistant Director

Judi Johns,

Program Coordinator

Tammany Carter,

Program Assistant

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/thrive55

Facebook:

Thrive 55+ Ashland City

Thrive 55+ 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** 

Regular Happenings This Month Cont.

Foot Care

Tracy Reeves treats our members to foot care once a month. She will be in the library area. Look for the date on our monthly calendar.

Jeopardy

Debbie Davenport with Providence Group will be here to host this fun game. It is in conjunction with lunch, but you do not have to purchase a lunch to join the event.

Lunch Meal

Every Monday & Wednesday we have lunch available for purchase. The cost is \$5.00, and lunch is served at 11:00 a.m. See attached menu for details.

Lunch with the Locals

Local officials come to talk/answer questions during lunch one day each month. It is in conjunction with lunch, but you do not have to purchase a lunch to join the event.

Lunch & Learn

During lunch, our senior service partners speak and answer questions about the services they offer. You do not have to purchase a meal to attend these events.

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.

Price is Right

Marie Eppes with Tennova Hospice will be your host for this fun, interactive game. It is in conjunction with lunch, but you do not have to purchase a lunch to join this event.

Trivia

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

Wings of Hope- Widow/Single Ladies Group

April 9th: 11:00 am

Bring your favorite Easter dish to share. We will be playing bingo so, please also bring an inexpensive bingo prize in a bag!

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.



APRIL 2024



Daily Activities

Monday

Arthritis Exercise 9:00 a.m.
 Cranium Crunch 10:00 a.m.
 Lunch 11:00 a.m.
 Yoga 1:00 p.m.
 Tai Chi 2:15 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.
 Lunch 11:00 a.m.
 All Things Yarn 1:00 p.m.
 Pilates 4:30 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

April 5- Fred Winston & The Stable Boys
 April 12 - Barry Brake & Still Kickin' Country
 April 19 - Kevin Dobson & Along for the Ride
 April 26 - Barry Brake & Still Kickin' Country

Monday	Tuesday	Wednesday	Thursday	Friday
1 Paint with Nancy- 8:30 am Lunch & Learn w/ Right at Home -11:00am Speaker: Lucy Townsend 	2 AARP Tax Appointments 12-3pm Harmonicas for Health- 1:00pm	3 Emotional Support- 10 am Price is Right w/ Tennova Hospice- 11:00am Host: Marie Eppes 	4	5 Dance- 7:00pm
8 Eclipse Watch Party- 12:30pm- 2:15pm 	9 Foot Care- 8:30am FCE Mtg -10am Wings of Hope 11:00 am- Harmonicas for Health- 1:00pm	10 Emotional Support- 10 am Bingo Lunch w/ Medicare Plan Advisor -11:00am Host: Kim Fry Johnson 	11	12 Gatlinburg Trip Meeting- 2:30pm Dance- 7:00pm
15 Lunch & Learn w/ Anna Smith -11:00am Topic: Scams 	16 Harmonicas for Health- 1:00pm	17 Emotional Support- 10 am Jeopardy w/ Providence Group-11:00am Host: Debbie Davenport 	18 Walking Club- 10:30am Meeting at Riverbluff Park to walk/tally month step totals 	19 Dance- 7:00pm
22 Trivia - 10 am w/ Zachary Fulton Bingo Lunch w/ Councilman Michael Smith -11:00am 	23 Harmonicas for Health- 1:00pm	24 Emotional Support- 10 am Lunch w/ Locals -11:00am Host: Cindy Burney (Property Assessor) 	25 FOC Mtg- 10:15am	26 Last day to sign-up for annual picnic Dance- 7:00pm
29 NO ARTHRITIS EXERCISE! Birthday Lunch- 11:00am Host: Linda Staffen & Susie Ryan 	30 Harmonicas for Health- 1:00pm		<div style="background-color: #fce4ec; padding: 10px; text-align: center;"> Thrive 55+ Ashland City 104 Ruth Drive, Ashland City, TN 37015 Phone: 615-792-3629 </div>	

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

April Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Keith	Jerik	Apr 02	Nola	Thomas	Apr 25
April	Eppolito	Apr 02	Barbara	Jackson	Apr 26
Kent	Swindel	Apr 03	Ann	Salisbury	Apr 27
Carolyn	Lewis	Apr 03	Don	Walz	Apr 27
Earl	Bradley	Apr 05	Mac	McGlasson	Apr 28
Mike	Moore	Apr 05	Margie	Pedigo	Apr 29
Deborah	Sanders	Apr 05	Christine	Bailey	Apr 29
Patricia	Garton	Apr 05	Carolyn	Jeans	Apr 30
Bob	Casey	Apr 06	Ann	Slocum	Apr 30
Betty	Davidson	Apr 06	Sam	Brake	Apr 30
Janice	Revis	Apr 06			
Yoko	Weeks	Apr 06			
Carol	Balthrop	Apr 07			
Linda	Grenier	Apr 07			
Linda	Hicks	Apr 08			
June	Pace	Apr 08			
Steve	Vann	Apr 08			
Pat	Richardson	Apr 08			
Patricia	Devine	Apr 08			
Mai	Crutcher	Apr 09			
Sheila	Enroth	Apr 09			
Peggy	Justice	Apr 10			
Tim	Stanley	Apr 10			
Shag	Binkley	Apr 10			
Marilyn	Myers	Apr 12			
Bonnie	Connell	Apr 13			
Mary	Dowlen	Apr 13			
Ralph	Easley	Apr 13			
Mae	McGuire	Apr 15			
Norma	Hardin	Apr 16			
Sandy	Reeves	Apr 16			
Wanda	Phillips	Apr 16			
Myra	Evans	Apr 17			
Dot	Knight	Apr 17			
Jeannie	Lewis	Apr 18			
Margaret	Martinez	Apr 20			
Dennis	Hughes	Apr 20			
Heather	Allen	Apr 20			
Marilyn	Turrentine	Apr 21			
David	Frensley	Apr 21			
Jerry	Donegan	Apr 22			
Teresa	Lee	Apr 22			
Steve	Jackson	Apr 22			
Linda	Batson	Apr 22			
Rex	Raines	Apr 22			
JoAnn	Allen	Apr 23			
Joyce	Anderson	Apr 23			
Anne	Cassista	Apr 24			
Clara	Coleman	Apr 24			
Anna Jean	Venable	Apr 24			
Lee	Brown	Apr 25			

Free Birthday Lunch

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, April 29th at 11:00am.

The menu for the day is Swedish Meatballs, Egg Noodles, Steamed Veggies, Roll, Cupcakes & Ice Cream.

Linda Staffen with Core Insurance Advisors & Susie Ryan with Devoted Health Plans graciously sponsor 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: April 29th @ 11:00 a.m.



April 2024 Lunch Menu

Lunch served Mondays & Wednesdays at 11 a.m.

Cost is \$5.00 per person.

Includes Meal, Dessert, and Drink.

Monday, April 1st

Ham, Scrambled Eggs, Fried Potatoes, Cinnamon Roll

Wednesday, April 3rd

Deli Sandwich, Chips, Pickle, Cookies (Food Lion)

Monday, April 8th

Sloppy Joes, Green Peas, Fries, Eclipse Cookies

Wednesday, April 10th

Pork Chops, Carrots, Green Beans, Roll, German Chocolate Cake

Monday, April 15th

Chicken Club Sandwich, Tater Tots, Fresh Fruit, Apple Dumpling

Wednesday, April 17th

Roast, Potatoes & Carrots, Side Salad, Roll, Angel Food Cake w/Fruit

Monday, April 22nd

Chicken Strips, Salad, Corn, Roll, Fudge Pie

Wednesday, April 24th

Meatloaf, Mashed Potatoes, Mixed Veggies, Corn Bread, Brownies

Monday, April 29th- Birthday Lunch

Swedish Meatballs, Egg Noodles, Steamed Veggies, Roll, Cupcake & Ice Cream

Space is limited to 40 people on Mondays

& 50 people on Wednesdays.

This is on a first come first serve basis.

WALKING CLUB MEET-UP

Date: April 18th

Time: 10:30 am

Ashland City
Pace Makers



IMPROVING OUR HEALTH,
ONE STEP AT A TIME!

Join Linda Staffen with CORE Insurance Advisors and Susie Ryan with Devoted Health Plans at RiverBluff Park to walk together and tally your steps for the month! We hope all our walkers and anyone interested in the walking club will join them! This will take place every month, weather permitting.

Please call the center with any questions. Happy walking!

Interested in knowing how to use a computer? Join us for our next Digital Literacy Course!

This Tech Goes Home digital literacy course includes 15 hours of web-based training designed to help you learn the basics of using a Google Chromebook laptop. Participants will learn to safely navigate the Internet, send/receive emails, and how to use telehealth. This 6-class series is a basic overview, and the intention of the class is to help older adults 60+ access the tools and training needed to participate in life online. Benefits of completion of the course include help accessing discounted, high-speed internet for qualified participants and the opportunity to receive counseling sessions from Insight Counseling Centers.

Classes will begin in April. If you are interested, please call the center at 615-792-3629 for more information.

This free digital literacy course is made possible by funding from the West End Home Foundation and in partnership with Insight Counseling Centers and Tech Goes Home Tennessee.



PICNIC IN THE PARK



Food, Fun & Fellowship!

Location:

Riverbluff Park Pavilion
175 Old Cumberland Street
(off the TN Waltz Parkway by-pass)

Date & Time:

Friday, May 3rd
10:00am - 2:00pm



Lunch: 11:00am

Music: 12:00pm - 2:00pm



Entertainment:

Barry Brake & Still Kickin' Country
with special guest, Kevin Dobson

You must call the Center to sign up for this no later than April 26th!!

Gatlinburg and Dollywood

Including Great Smoky Mountain National Park, Anakeesta and
Dolly Parton's Stampede Dinner Show

You are invited to join the Senior Center at Ashland City to explore Gatlinburg, Pigeon Forge and the Great Smoky Mountain National Park. This spring trip to east Tennessee will include a full day at Dollywood bursting in color during their Flower and Food Festival which includes all shows, crafts, shops, rides and attractions.

May 14-17, 2024

Cost: \$865 per person, double occupancy; \$784 per person, triple occupancy; \$698 per person, quadruple occupancy; \$998 single occupancy

Your Tour Includes:

- *3 nights at the Residence Inn Pigeon Forge
-all suite rooms with couch and kitchenette
- *Free time for shopping on The Island
-walking distance from our hotel
- *Enrichment Travel tour director
- *Luxury Grayline coach
- *Full breakfast daily
- *Dollywood during Flower and Food Festival
- *Stampede Dinner Show
- *Anakeesta
- *Great Smoky Mountain National Park
- *Free time in historic Gatlinburg
- *Farewell dinner
- *VIP souvenir luggage tag
- *And much more...



Contact Gena Batts at the Senior Center at Ashland City for more information - (615) 792-3629

DAY TRIP

Dinner and Show June 9, 2024

**BACK BY
POPULAR
DEMAND!**



42nd Annual
**Sunday
Mornin'
Country**[®]
June 9, 2024 • 4pm
Grand Ole Opry House • Nashville, TN
Great Country and Gospel Artists
come together during CMA Fest
for a Gospel Concert.
Hosted by multi Hall of Fame member . . .
Brenda Lee
Tickets available at Opry.com . . . *SOON!*

Cost: \$70.00 per person (non-refundable)

Includes admission to the show, meal at
Cock of the Walk Restaurant, transportation, and all gratuities.

The deadline to sign up and pay is June 1, 2024.

Please call the center at 615-792-3629 for more info or to sign up.

Lunch Menu: Piece of Catfish and Piece of Chicken, Fries,
Coleslaw, Hushpuppies, Skillet Bread, and Pickled Onions.
Drink and gratuity included.



The bus will leave promptly at 1:15 p.m. from the upper parking lot of Tractor Supply. We will arrive at the restaurant around 2:00 p.m. for the meal. After the meal, we will go to the Opry House for the 4:00 p.m. show. The bus will arrive back in Ashland City around 8:00 p.m.