

MARCH 2024

# THRIVE 55+ ASHLAND CITY

104 RUTH DRIVE,  
ASHLAND CITY, TN 37015



## Welcome Spring!

**“Springtime is the land awakening. The March winds are the morning yawn.”  
— Lewis Grizzard**

Spring arrives this month and we welcome the warming temperatures! Spring is also a time to cultivate. I encourage you to use this time to cultivate new friendships at the center by joining us in the many activities in March. A good start would be to join us on March 21 at 10:30 a.m. at Riverbluff Park for the Walking Club. Walking is always more fun with friends!

March is National Craft Month. There are several opportunities here at the center to awaken your creative talents. Nancy Reeves will be here to conduct her monthly painting class on March 4. Nancy will be doing a special painting event on April 6. See more information in the newsletter. There will also be a diamond painting class on March 5 and an Easter card making class on March 7. In addition, the All Things Yarn group meets every Wednesday starting at 1:00 p.m. and the Loomers and Sew & Sews gather each Thursday beginning at 10:00 a.m.

Gayla Brooks with the Mid-Cumberland Community Action Agency will be at the center on March 4 to provide information and application assistance for receiving help with home energy costs. See included flyer for more information.

The AARP Free Tax Preparation Assistance continues this month on March 5 and March 19. Call for more information or to make an appointment.

Are you musically talented and want to jam with other singers/musicians? Join us for a meeting on March 12 at 2:00 p.m. If we have enough people interested, we will have regularly scheduled jam sessions. We also welcome others to come enjoy the music!

**Trips:** Day trip to Opry Mills Mall on March 19. Trip to Gatlinburg on May 14-17. See flyers for more information.

**Wishlist:** Folger’s or Maxwell House Coffee Thank you!

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

### 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** 

## 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, March 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.

### 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

**March 12th: 11:00 am at Senior Center**

Wear your green attire and bring green foods for St. Patrick’s Day! Bring household items to donate.



# MARCH 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.

### 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.  
 Dancercize 1:00 p.m.  
 Tai Chi 2:00 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

March 1- Fred Winston & The Stable Boys  
 March 8 – Barry Brake & Still Kicking Country  
 March 15 – Kevin Dobson & Along for the Ride  
 March 22 – Barry Brake & Still Kicking Country  
 March 29 - Rough Mix

Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Thrive 55+</b>  <b>Ashland City</b>      104 Ruth Drive,      Ashland City, TN 37015      Phone: 615-792-3629</p>				<p>1</p>
<p>4  <b>Paint with Nancy- 8:30 am</b>  <b>Lunch &amp; Learn w/ Cheatham Chamber- 11:00am</b>      Host: Kelly Ellis</p>	<p>5  <b>Diamond Painting Class- 10:15am</b>  <b>AARP Tax Appointments- 12-3pm</b>  <b>Harmonicas for Health- 1:00pm</b></p>	<p>6  <b>Emotional Support- 10 am</b>  <b>Price is Right w/ Tennova Hospice- 11:00am</b>      Host: Marie Eppes  </p>	<p>7  <b>Easter Cards with Kathy- 10:00am</b>  </p>	<p>8</p>
<p>11  <b>Bingo Lunch w/ TN Quality Care- 11:00am</b>      Host: Maegan Wilson    <b>Veterans Mtg- 6pm</b></p>	<p>12  <b>Foot Care- 8:30am</b>  <b>FCE Mtg -10am</b>  <b>Wings of Hope 11:00 am-</b>      Guest Speaker: Tina Smith (Meals on Wheels)  <b>Harmonicas for Health- 1:00pm</b></p>	<p>13  <b>Emotional Support- 10 am</b>  <b>Lunch &amp; Learn w/ Bob Nardin from GNRC-11:00am</b>      Topic: Medicare  </p>	<p>14</p>	<p>15</p>
<p>18  <b>Trivia - 10 am w/ Zachary Fulton</b>    <b>19</b>  <b>Opry Mills Day Trip 9:00am-4:30pm</b>  <b>AARP Tax Appointments- 12-3pm</b>  <b>Harmonicas for Health- 1:00pm</b></p>	<p>20  <b>Emotional Support- 10 am</b>  <b>Jeopardy w/ Providence Group-11:00am</b>      Host: Debbie Davenport  </p>	<p>21  <b>Walking Club- 10:30am</b>      Meeting at Riverbluff Park to walk/tally month step totals</p>	<p>22</p>	<p>22</p>
<p>25  <b>Birthday Lunch- 11:00am</b>      Host: Linda Staffen &amp; Susie Ryan  <b>Music for Seniors- 11:00am</b>      Performing: Colin O'Brien</p>	<p>26  <b>Harmonicas for Health- 1:00pm</b></p>	<p>27  <b>Emotional Support- 10 am</b>  <b>Bean Auction w/ Lifeline -11:00am</b>      Host: Cole Rullman  </p>	<p>28  <b>FOC Mtg- 10:15am</b></p>	<p>29  <b>CENTER CLOSED</b>      IN OBSERVANCE OF GOOD FRIDAY  </p>

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

# March Birthdays

First Name	Last Name	Birthday
Carole	Parrish	Mar 01
Carol	Streit	Mar 01
Cassie	Birdwell	Mar 02
Sharlee	Read	Mar 02
Vicki	Mundy	Mar 02
Patsy	Perry	Mar 04
Sarah	Morgan	Mar 04
Rita	Pickel	Mar 05
Linda	Franklin	Mar 05
Jane	Dilworth	Mar 06
Gail	Perry	Mar 06
Gale	Jetton	Mar 06
Glenda	Head	Mar 08
Gilbert	Denney	Mar 10
Tommy	Womack IV	Mar 10
Karen	Ellison	Mar 10
Sheila	Johnson	Mar 11
Chuck	Cunningham	Mar 12
Raymond	Staggs	Mar 13
Tracy	Reeves	Mar 14
Wanda	Parker	Mar 14
Debbie	Fitzhugh	Mar 15
Pamela	McCoy	Mar 16
Lori	Welsh	Mar 17
Gail	Coggins-White	Mar 17
Thomas	Carney	Mar 18
Rhonda	Harrison	Mar 18
Julia	Moore	Mar 19
Cindy	Halleck	Mar 19
Bruce	Loftin	Mar 20
Martha	West	Mar 20
Elena	Roser	Mar 21
Judy	Hutton	Mar 21
Bailey	Orton	Mar 22
Nancy	Reeves	Mar 23
Debra	Durham	Mar 23
Tammy	Horrocks	Mar 24
Shirley	Gill	Mar 25
Barbara	Hickerson	Mar 26
Donald	Nicholson	Mar 26
Virginia	Hudgins	Mar 27
Helen	Shivers	Mar 27
Betty	Goss	Mar 28
Shelley	Jones	Mar 28
Charles	Hartley	Mar 29
Jennifer	Carlson	Mar 30
Cindy	Winker	Mar 30
Hazel	Whitman	Mar 31



## Free Birthday Lunch

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, March 25th at 11:00am.

**The menu for the day is BBQ Sandwich, Baked Beans, Mac & Cheese, 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: March 25th @ 11:00 a.m.**



# March 2024 Lunch Menu

Lunch served Mondays & Wednesdays at 11 a.m.

Cost is \$5.00 per person.

Includes Meal, Dessert, and Drink.

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## **Monday, March 4th**

Lunch Sponsored by Cheatham Chamber of Commerce

## **Wednesday, March 6th**

Beef Tacos, Black Beans, Rice, Tres Leches Cake

## **Monday, March 11th**

Broccoli Cheese Soup, Salad, Roll, Brownie

## **Wednesday, March 13th**

Baked Chicken, Turnip Greens, White Beans, Cornbread, Cookies

## **St. Patrick's Day Lunch - Monday, March 18th**

Shepherds Pie, Cabbage, Roll, Dessert- by FCE Group

## **Wednesday, March 20th**

Chicken & Rice Casserole, Green Beans, Roll, Pecan Pie

## **Monday, March 25th- Birthday Lunch**

BBQ Sandwich, Mac & Cheese, Baked Beans, Cupcakes & Ice Cream

## **Wednesday, March 27th**

Salisbury Steaks, Mashed Potatoes, Roll, Peach Dumplings

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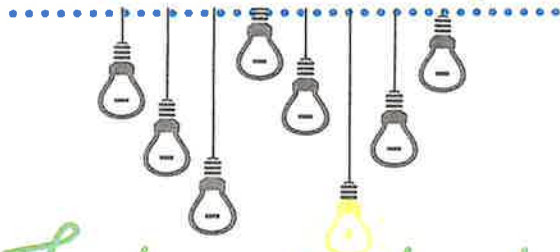
**Space is limited to 40 people on Mondays  
& 50 people on Wednesdays.**

**This is on a first come first serve basis.**



MID-CUMBERLAND  
COMMUNITY ACTION AGENCY  
*Helping people. Changing lives.*

DON'T BE LEFT IN THE  
DARK.



*Let us help.*

## Income Guidelines

Number in Household	Monthly Income Limit	Yearly Income Limit
1	\$2,345	\$28,141
2	\$3,066	\$36,800
3	\$3,788	\$45,459
4	\$4,509	\$54,118
5	\$5,231	\$62,776
6	\$5,952	\$71,435
7	\$6,674	\$80,094
8	\$7,396	\$88,753



**THRIVE 55+ Ashland City**

104 Ruth Dr.  
Ashland City, TN



**10:00 AM- 2:00 PM**



**March 4, 2024**

You could receive **\$600, \$800, or \$1000** toward your energy account!

### REQUIRED DOCUMENTATION:

- Social security cards for everyone in the home
- Last 30 days of income for anyone in home 18 or older
- Photo ID for head of household
- A 12-month printout from your energy provider

If applicable, please also bring:

- Military ID or DD-214
- Child support TCESES number or signed letter explaining frequency & amount
- 2023 - 2024 Social Security benefit/award letter
- Paystubs for last 30 days
- Current award letter or employer statement for pension/annuities

No person on the basis of race, color, national origin, sex, age, disability, ancestry, status as a veteran, or any other characteristics protected by Federal, State or Local will be excluded from participation in, or be denied benefits of, or be otherwise subjected to discrimination in the operation of the LIHEAP program. This project is funded under an agreement with the THDA .

# DIAMOND PAINTING CLASS

MARCH 5TH @ 10:15 AM

PLEASE CALL THE CENTER NO LATER THAN  
MARCH 1ST TO SIGN UP & TELL US WHICH  
OPTION YOU WOULD LIKE.

PRICE WILL RANGE FROM \$5-\$10 DEPENDING  
ON WHICH ONE YOU DECIDE TO DO!

## OPTIONS:

EASTER 10X10 PICTURE- \$10

5 AVAILABLE

HOLIDAY  
EARRINGS  
\$5 EACH



EASTER  
DECORATIONS  
\$5 EACH



# WALKING CLUB

## MEET-UP

Date: March 21st

Time: 10:30 am

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!

Ashland City  
Pace Makers



IMPROVING OUR HEALTH,  
ONE STEP AT A TIME!



# Harmonicas for Health<sup>®</sup> Classes

Harmonicas for Health class is back! The benefits include better breathing control, decreased shortness of breath and stronger abdominal muscles. This would be an introductory class, so no musical ability is required to take this class. If this interests you, come try it out!



**Tuesdays at 1:00pm**



## Jam Session Meeting March 12th @ 2:00 p.m.

During this meeting everyone will discuss the instruments they play, and how often everyone would like to get together to play. We hope to see you there!





## **INTERESTED IN KNOWING HOW TO USE A COMPUTER? JOIN US FOR OUR NEXT DIGITAL LITERACY COURSE!**

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**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.**



[www.westendhomefoundation.org](http://www.westendhomefoundation.org)



[www.insightcounselingcenters.org](http://www.insightcounselingcenters.org)



[www.techgoeshome.org](http://www.techgoeshome.org)

SAVE THE DATE

# "Greats, Grands & Friends" Painting Class

Nancy will be holding enrollment to 10 painters. So please email her ASAP to sign up! Size will be 11x14 with covered back & hanging wire.

**Email:** reeves.nancy@gmail.com

**Text message:** 615-294-2578

**When:**

Saturday  
April 6, 2024  
10am-2pm

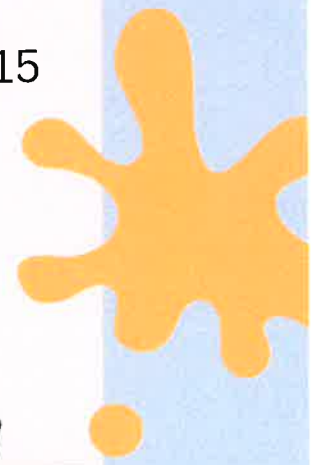
**Where:**

Thrive 55+ Ashland City  
104 Ruth Drive,  
Ashland City, TN 37015

**Cost:**

\$25 **Painting**

**Options:**



# Day at Opry Mills

Tuesday, March 19, 2024  
9:00 a.m. – 4:30 p.m.

## DAY TRIP



**Cost \$55.00 per person (non-refundable)**

**Includes meal and gratuity at the Bavarian Bierhaus German Restaurant, admission to Madame Tussauds Wax Museum, bus transportation and driver gratuity.**

**The deadline to sign up and pay is March 1.  
Please call the center at 615-792-3629 for more information.**

**Wax Museum Tour:** This has become one of Nashville's best attractions! It is a self-guided tour of past and present music stars and takes approximately 60 to 90 minutes.

**Lunch Menu:** Pretzel Bites & Bier Cheese, Entrée of Chicken Schnitzel and Sausage Plate, German Potato Salad, Green Beans, and Black Forest Cake

**Shopping:** You will have the opportunity to browse the many stores in Opry Mills Mall during the afternoon.

**The bus will leave promptly at 9:00 a.m. from the upper parking lot of Tractor Supply. We will arrive at Opry Mills around 10:00 a.m. We will tour the wax museum first and then eat around 12:00 p.m. After the meal, there will be time for shopping. We will leave Opry Mills between 3:00-3:30 p.m. The bus will arrive back in Ashland City between 4:00-4:30 p.m. Mobility scooters are permissible for this trip.**

# 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