

MAY 2024

THRIVE 55+ ASHLAND CITY

104 RUTH DRIVE,
ASHLAND CITY, TN 37015



May is Older Americans Month

John F. Kennedy first proclaimed May as Older Americans Month in 1963. This year's theme is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. At Thrive 55+, our main purpose is to provide a place in which you can connect with others. I encourage each of you to try to connect with someone new this month. We wish for everyone to feel welcomed, seen, heard, valued, loved and supported.

May is also the time for our annual Picnic in the Park which will be held on Friday, May 3 from 10a-2p. at the large pavilion at Riverbluff Park. Hopefully you have signed up to attend. Deadline to sign up is Friday, April 26. This is to ensure we 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. Everyone will need to stop at the welcome table to receive your lunch ticket. The event will begin at 10. Lunch will be served at 11, and the band will start playing at 12. This should be a great time of food and fellowship!

Programs and Events:

TN SHIP – Beginning this month, Bob Nardini from TN SHIP (State Health Insurance Assistance Program) will be here on the second Wednesday of each month at 1:00 p.m. This is a federally funded program that provides free, unbiased counseling and assistance to TN Medicare-eligible individuals, their families, and caregivers. Whether you are new to Medicare or a seasoned beneficiary, Bob can assist you with all your Medicare questions. Come by to see him on May 8!

Craft Survey – Please take the time to complete the enclosed Craft Survey to let us know your interests. We hope to add some new and exciting opportunities to showcase your artistic talents.

Computer Classes – We will start another computer class series in June. See flyer for more details.

Trips:

We are getting ready to head to the Great Smoky Mountains this month. Our group will be traveling from May 14-17 to enjoy Dollywood, Anakeesta, the Stampede show, a tour through the mountains and more! There are a few spots still open for this trip if you would like to join us. Please call us soon if you are interested.

There are only 11 spots available for the Sunday Mornin' Country show on June 9. A flyer with information is attached. Call soon to sign up!

Keep thriving! ~ Gena



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.

Pilates

This class improves physical strength, balance, flexibility, posture, and enhances mental awareness.

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 May 7th: 11:00 am

The theme is Mother's Day, so please feel free to bring a guest with you! There will be a silent auction if you would like to bid on something. Please bring salads/finger foods to share!

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.

MAY 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

May 3- Fred Winston & The Stable Boys
 May 10 - Rough Mix
 May 17 - Kevin Dobson & Along for the Ride
 May 24 - To Be Announced
 May 31 - To Be Announced

Monday	Tuesday	Wednesday	Thursday	Friday
 Thrive 55+ Ashland City 104 Ruth Drive, Ashland City, TN 37015 Phone: 615-792-3629		1	2	3
		Emotional Support- 10 am Price is Right w/ Tenna Hospice- 11:00am Host: Marie Eppes 		Picnic in the Park 10am-2pm
		Dancercize- 1pm		Dance- 7:00pm
6	7	8	9	10
Paint with Nancy- 8:30 am Lunch w/ Locals -11:00am Host: Abby Short (County Clerk)	Wings of Hope 11:00 am- Speaker: Ronnie Anderson (Bethesda Center)	Emotional Support- 10 am Lunch & Learn w/ Tara Grimmitt -11:00am Bob Nardini (TN SHIP) 1-2pm		
No Tai Chi	Harmonicas for Health- 1:00pm	Tai Chi- 2:30pm		Dance- 7:00pm
13	14	15	16	17
Bingo Lunch w/ Heather Vogler -11:00am 	Foot Care- 8:30am FCE Mtg -10am	Emotional Support- 10 am Dancercize- 1pm		
No Tai Chi		Gatlinburg Trip: May 14th-17th		
Veterans Mtg- 6pm	Harmonicas for Health- 1:00pm	Tai Chi- 2:30pm		Dance- 7:00pm
20	21	22	23	24
Trivia - 10 am w/ Zachary Fulton Birthday Lunch- 11:00am Host: Linda Staffen & Susie Ryan 	FOC Mtg- 10:15am	Emotional Support- 10 am Jeopardy w/ Providence Group-11:00am Host: Debbie Davenport 	Walking Club- 10:30am Meeting at Riverbluff Park to walk/tally month step totals 	
	Harmonicas for Health- 1:00pm			Dance- 7:00pm
27	28	29	30	31
 Closed for Memorial Day		NO LUNCH		
	Harmonicas for Health- 1:00pm			Dance- 7:00pm

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

May Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Kathy	Krantz	May 02	Ray	Mayo	May 20
Julia	Strickland	May 02	Pat	Allinder	May 20
Daryl	Heim	May 03	Brian	Ensley	May 20
Norma	Atchley	May 04	Lillie	Davidson	May 21
Mary	Keeler	May 04	John	Ryder	May 21
Marvis	Boyd	May 04	Cathy	Bentley	May 22
Shirley	Moulton	May 04	Teresa	Binkley	May 23
Jim	Dotson Jr.	May 04	Harriett	Krieke	May 23
Sherry	Gladney	May 05	Dennis	Fulk	May 23
Jerry	Davenport	May 05	Carl	Hulsey	May 23
Eric	Grasman	May 05	Bruce	Prehn	May 23
Teresa	Harris	May 05	John	Meredith	May 24
Bonnie	Vonnegut	May 05	Pete	Reilly	May 24
Juanita	Jolly	May 05	Mary Ann	Terranova	May 25
Kay	Meek	May 06	Susan	Hampton	May 26
Frank	Castelli	May 06	Emily	Fly	May 26
Sarah	Benson	May 07	Lula	Anderson	May 27
Barbara	Sawyers	May 09	Dana	Hawkins	May 27
Lois	Binkley	May 10	RB	Hester	May 27
Myrla	Sproat	May 10	Cindi	MacDonald	May 27
Delphine	Roberts	May 10	Clytee	Netzer	May 28
Nancy	Barraw	May 11	Susan	Oliver	May 28
Sherry	Crenshaw	May 11	Bob	Shafer	May 28
Martha	Rawls	May 11	Peggy	Claud	May 28
Judy	Coffel	May 12	Juan	Rodriguez	May 29
Jerri	Moore	May 12	Jan	Taylor	May 29
Linda	Mosier	May 12	Melanie	Smiley	May 29
Tony	Bedwell	May 13	Laura	Mallernee	May 30
Joyce	Mayo	May 13	Brenda	Holland	May 31
Regina	Roberts	May 13			
Fred	Bennett	May 13			
Diane	Bowman	May 13			
Benny	Hannel	May 14			
Charles	Hadley	May 14			
Pat	Callahan	May 14			
Brenda	Edwards	May 15			
Hadley	Williams	May 16			
Michael	Boyd	May 16			
Bill	Henderson	May 16			
Kathy	Doyle	May 17			
Amber	Locke	May 17			
Ronnie	Parker	May 17			
Lonnie	Singleton	May 18			
Kristi	Anderson	May 18			
Carney	Christian	May 19			
Shelby	Harper	May 19			
Rayburn	Raymer	May 19			
Linda	Wayman	May 19			
Katherine	Fulk	May 19			
Brian	Lain	May 19			
Nancy	Strantz	May 19			



Free Birthday Lunch

We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, May 20th at 11:00am.

The menu for the day is Cheeseburger, Fries, Baked Beans, 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: May 20th @ 11:00 a.m.



May 2024 Lunch Menu

Lunch served Mondays & Wednesdays at 11 a.m.

Cost is \$5.00 per person.

Includes Meal, Dessert, and Drink.

Wednesday, May 1st

Polish Sausage Pepper Skillet, Broccoli, Rice, Lemon Bar

Monday, May 6th - Cinco De Mayo

Beef Taco Salad with Tortilla Chips, Pinto Beans, Tres Leches Cake

Wednesday, May 8th

Lemon Pepper Chicken, Green Beans, Mashed Potatoes, Fudge Pie

Monday, May 13th

Chicken Salad on Croissant, Chips, Carrots & Celery Sticks, Fruit Jell-O

Wednesday, May 15th

Lasagna, Salad, Garlic Bread, Cheesecake

Monday, May 20th - Birthday Lunch

Cheeseburger, Fries, Baked Beans, Cupcakes and Ice Cream

Wednesday, May 22nd

Beef Stroganoff, Sautéed Spinach, Corn, Roll, Pineapple Cheese Pie

Monday, May 27th - Memorial Day

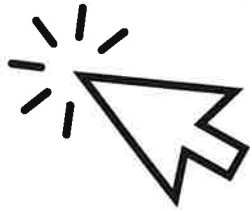
Closed

Wednesday, May 29th - Cook on VACATION!!

No Lunch!

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

This is on a first come first serve basis.



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 a free Google Chromebook laptop, help accessing discounted high-speed internet for qualified participants and the opportunity to receive counseling sessions from Insight Counseling Centers.

Classes will begin June 4th through June 20th. 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.



CRAFT SURVEY

We want your opinion on all things crafts!

Check yes or no on each craft to let us know the interest we have.

Diamond Painting:

Yes

No

Jewelry

Picture

Ornaments

Bookmarks

Key Chains

Bag

Jewelry:

Earrings

Bracelet

Necklace

Key Chains

Decoupage:

Plate

Cup

Glass

Miscellaneous:

Sock Bunnies

Sun Catchers

Paint a Birdhouse

Day of Coloring Pictures

Embroidering a Tea Towel

Other
Suggestions:



DAY TRIP

Dinner and Show June 9, 2024

**BACK BY
POPULAR
DEMAND!**

**SPOTS
STILL
available!**

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!*

**SPOTS
STILL
available!**

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.**