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The Senior Center at Ashland City
104 Ruth Drive
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AUGUST

THE SENIOR CENTER NEWSLETTER
SERVING THE SENIORS OF CHEATHAM COUNTY SINCE 1980

2010

The Senior Center is funded by the Town of Ashland City, The Greater Nashville Regional Council, The Area Agency on Aging and Disability, United Way of Middle Tennessee and by your generous donations

Center Director		615/792-3629
Center Activities Coordinators	Sue Stevens & Teresa Morris	615/792-3629
Meals on Wheels and Senior Dining	Doye Latimer	615/792-7276
Mid Cumberland Van Service	Wade Schoonover	615/792-7242
Retired and Senior Volunteer Program	Rochelle Fuller	615/792-2202

You can get blood pressure and glucose checks every Tuesday at 9:00 a.m. We would like to thank the Fire Department who is now performing this service.

Wings of Hope will meet on August 2 at 1:00 p.m. at the Center. This is birthday month, so please bring a \$3.00 wrapped gift. Birthday cake and ice cream will be served.

August birthday celebration and covered dish will be on the 11th at 11:30 a.m. There is no charge for the covered dish, but please bring a dish, if possible. Monetary donations can be made for the purchase of fried chicken for the September lunch.

Advisory Council will meet on August 17 at 11:15 a.m. at the Center.

Exercise classes are being held on Tuesday and Thursday at 9:00 a.m.

Computer classes are being held on Monday and Wednesday from 9 a.m.- 4 p.m. If you are interested, please call the Center to set up a class time.

A prayer service is being held at the Center every Thursday from 9:00-10:00 a.m. Everyone is welcome to attend.

There will be a trip to Metropolis on August 19. Cost is \$10.00 per person. The bus will leave from Tractor Supply at 8:00 a.m. and Pleasant View at 8:15 a.m.

We are having craft day on Monday's. Class meets at 10:00 a.m.

We are still having a dance on Friday night at 7:00 p.m. Cost is \$3.00 per person. If you would like to participate in the meal, please bring a dish. The \$3.00 admission goes toward payment for the band.

We have information at the Center about the "Changes to Medicare Part D Prescription Drug Coverage Gap." Please call or come by if you are interested in this information.

Ladies Bunco will be held on August 10 at 6:00 p.m. at the Center. We really need more players. We always have a good meal and a good time. Prizes are given for the first bunco, the most buncos, the most wins and the most losses. Please feel free to just come by and observe if you are not sure you want to participate. If you have any questions, you can call Sharon Hadley at 615/390-6395.

The Vietnam Veterans of America Chapter in Ashland City will meet on August 2 at 6:30 p.m. at the Center. The chapter was not able to obtain a charter, so the new name will be United States Veterans Alliance (USVA). Any veteran will be able to join. The contact person is James Cripps and can be reached at 615/952-3213 or jamescripps9@aol.com.

Please consider the cost of electricity and use the handicap button on the front doors only when necessary.

We have wheel chairs available to lend out. If you have a need, please call or come by the Center.

If you have any suggestions for our next day trip, please let Sue or Teresa know.



DON'T FORGET TO VOTE!

