

November 2019

# The Ashland City Gazette

The Senior Center at Ashland City, 104 Ruth Drive, Ashland City, TN. 37015 615 -792-3629



## Celebrating November

*The Senior Center will be closed in observance of Veterans Day, November 11*

## American Indian Heritage Month

Mr. Mark Tolley from the Tennessee Indian Conservancy will speak Tuesday November 12, at 12:15 on the Heritage of the American Indian and what is being done to preserve the land that belonged to the American Indians in our area.

*The Senior Center will be closed in observance of Thanksgiving Thursday 28 and Friday 29*



## Coming in November

The Senior Center continues to grow, and as the center grows, we have the need to add to our staff.

The decision was made this year to hire an *Assistant Director*. A lot of thought and searching went into finding the right person to work with the staff, as well as the members and community. On Monday November the 4<sup>th</sup> we will welcome Ms. Kelley Young to our staff. Kelley comes to us with 5 plus years of experience in the senior community. She has served as an Activity Director, and most recently a Volunteer Coordinator for Aseracare Hospice. Many of you will recognize Kelley for her time spent offering "Connect with Kelley" once a month at the center or Madame Kalombino during the Mardi Gras Celebration. She has volunteered at our annual picnic and senior service day. We believe Kelley will be an added asset to our center. Please come by and meet and welcome Kelley soon.



**SAVE THE DATE**

The Senior Center Christmas Party  
will be held  
Wednesday December 18  
1:00 – 3:00



Music, dance, and refreshments

*“Trish Kimbrele and the Wayward Junction”*

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*The travel meeting on November 14th has been  
cancelled.*

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**Christmas Show at The CabaRay**

An evening of Dinner and Show  
“Christmas with Ray Stevens”  
Thursday November 21<sup>st</sup>  
The bus will leave Tractor Supply at 4:15

**Quilling w/ Joyce**

Tuesday 19 @ 1:00



**Christmas Wreath Class  
w/ Joyce**

Tuesday 26 @ 1:00

*For more information contact Kathy*



**Painting with Nancy**

Saturday November 23 @ 9:00

Monday November 25 @ 9:00

*For more information contact Kathy*

**Greeting Card Class with Kathy**

Monday 4th @ 9:00

\$5.00

*For more information contact Kathy*



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**Come Join Us for Chair Volleyball on Monday,  
November 25<sup>th</sup> @ 9:00 Sponsored by Cheatham  
County Health Department**



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Needs of the Center

Paper towels - Clorox or Lysol wipes  
Coffee - creamer - sugar  
We appreciate all donations!

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Medicare Open Enrollment Question &  
Answers for November

November 12<sup>th</sup> 10:15 with Linda Staffen  
November 14<sup>th</sup> 9:00 with Cigna

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



 <p><b>3</b> Greeting Card Class 4 9:00 Loomers 10:00 Bridge 10:00 Yoga 1:00 Diabetes Support Group 4:00 Veterans Meeting 6:30</p>	<p><b>5</b> Texas Holdem 8:00 S.A.I.L. 9:00 Harmonica Group 10:00 Trivia 1:00 Wings of Hope 1:00</p>	<p><b>6</b> Quilters 8:00 Loomers 10:00 Bingo 12:00 Hand &amp; Foot &amp; Tripoley 1:00 Dancercize 2:00 Tai Chi 3:00</p>	<p><b>7</b> Texas Holdem 8:00 Blood Pressure &amp; Sugar Check 8:30 S.A.I.L. 9:00 Spanish 9:30 Sews &amp; Sews 10:30 Cranium Crunch 10:15 Yoga 1:30</p>	<p><b>8</b> Loomers 10:00 Bingocize 10:00 Hand &amp; Foot &amp; Tripoley 1:00 Dance 7:00 – Perry Bolin &amp; Loaded Dogs</p>	<p><b>9</b></p>
<p><b>10</b></p>	<p><b>11</b> <b>Senior Center Closed</b> <b>VETERAN'S DAY 2019</b></p>	<p><b>12</b> Texas Holdem 8:00 Foot Care 8:15 S.A.I.L. 9:00 Harmonica Group 10:00 Medicare Q&amp;A 10:15 Indian Heritage w/Mark Colley 12:15 Trivia 1:00</p>	<p><b>13</b> Quilters 8:00 Loomers 10:00 Bingo 12:00 Hand &amp; Foot &amp; Tripoley 1:00 Dancercize 2:00 Tai Chi 3:00</p>	<p><b>14</b> Tropicana 7:30 Texas Holdem 8:00 S.A.I.L. 9:00 Medicare Q&amp;A 9:00 Spanish 9:30 Sews &amp; Sews 10:30 Cranium Crunch 10:15 Yoga 1:30</p>	<p><b>15</b> Loomers 10:00 Bingocize 10:00 Hand &amp; Foot &amp; Tripoley 1:00 Dance 7:00 – Kevin Dobson &amp; Rough Country</p>
<p><b>17</b> Loomers 10:00 Yoga 1:00</p>	<p><b>18</b> Texas Holdem 8:00 S.A.I.L. 9:00 Harmonica Group 10:00 LIHEAP 10:30 Trivia 1:00 Quilling 1:00</p>	<p><b>19</b> Quilters 8:00 Loomers 10:00 Bingo 12:00 Hand &amp; Foot &amp; Tripoley 1:00 Dancercize 2:00 Tai Chi 3:00</p>	<p><b>20</b> Texas Holdem 8:00 Blood Pressure &amp; Sugar Check 8:30 S.A.I.L. 9:00 Spanish 9:30 Sews &amp; Sews 10:30 Cranium Crunch 10:15 Yoga 1:30 CabaRay Show Trip 4:15</p>	<p><b>21</b> Loomers 10:00 Bingocize 10:00 Hand &amp; Foot &amp; Tripoley 1:00 Dance 7:00 – Fred Winston &amp; Stable Boys</p>	<p><b>22</b> Painting w/Nancy 9:00</p>
<p><b>24</b> Painting w/Nancy 9:00 Chair Volley Ball 9:00 Loomers 10:00 Yoga 1:00</p>	<p><b>25</b> Texas Holdem 8:00 S.A.I.L. 9:00 Harmonica Group 10:00 Trivia 1:00 Christmas Wreath Class 1:00</p>	<p><b>26</b> Quilters 8:00 Loomers 10:00 Bingo 12:00 Hand &amp; Foot &amp; Tripoley 1:00 Dancercize 2:00 Tai Chi 3:00</p>	<p><b>27</b> <b>Senior Center Closed</b></p> 	<p><b>28</b> <b>Senior Center Closed</b> Dance 7:00 – Barry Brake &amp; Still Kickin</p>	<p><b>29</b></p>

# November Birthdays

Kim Hornsby	1
Kate McKeon	1
Kenneth Puckett	1
Linda Costello	3
Angie Durr	3
Eva Phillips	3
Kathleen Barnes	4
Carolyn Carroll	4
Mary Perry	4
Leonard Varva	4
Yvette Hawkins	5
Barney Hicks	5
Carl Krantz	7
Lisa Walker	7
Thomas Cain	8
Roxanne Clinard	8
Wayne George	8
Pam Binkley	9
Lou Tevis	9
Dianne Johnson	10
Kristen Ohlundbender	10
Louise Rediker	10
Alice Hicks	12
Kenneth Kirby	12
Tina Smith	13
Shirly Allen	14
Connie Parrish	14
Ann Lay	15
Dwight Newman	15
JoAnn Sykes	15
Elizabeth D. Walker	15
Mary Boyte	17
Judy McMillan	17
Glenda Jacoway	19
Dot Newman	19
Beverly Tuberville	19
Mena Bell	20
Lena Harrell	20
Randal Stewart	20
Patricia Hester	21
Marjorie Perry	21
Jeanetta Crabtree	22
Ruth White	23
Angela Mayo	24
Kim Walters	24
Dwanna Beregon	25
Sherry Gading	25
Donald Shadrach	25
Carl Archer	26
June Stewart	26
Maureen Denney	27
Barbara Dobbins	27
Juanita Glasgow	27
Phyllis Brown	28
Frances Combs	28
James Shacklett	28
Cheryl Carlton	29
Tom Hazelwood	29

Clementine Pace	29
Carolyn Welch	29
Ethel Pepper	30
Edward Perry	30

**If you are a Senior Center member and your birthday is not listed please contact us.**



First Saturday Garden Club  
4<sup>th</sup> annual Tinsel Table Brunch  
Saturday December 7, 2019  
The Senior Center at Ashland City  
***Brunch Buffet served at***

***11:00***

***Tickets are \$20.00 each***

***Available from members of the club or at the Senior Center***

*Janie Binkley  
Caroline Borum  
Paulette Cothren  
Betty Harris  
Lindy Murff  
George Ann Raines  
Judy Richell  
Annette Robbins  
Patsy Slayden  
Diane Treadway  
Joyce Williams  
Melissa Womack*

***Seating is limited get your ticket soon!***

Proceeds go to a community project  
and  
"Friends of the Center"  
support for the Senior Center at Ashland City  
***beautiful and creatively designed holiday tables  
set the mood of the season***





**ARE HOT TEMPERATURES MAKING IT DIFFICULT TO AFFORD YOUR ELECTRIC BILL? LET US HELP!!**

The following documentation is required at the time of application for LIHEAP services:

- Most current income for the **last 4 weeks** for all household members
- At least one electric bill from your electric provider
- Social security cards for **everyone** in the household
- Head of household photo ID

**YOU CAN RECEIVE \$350, \$500 OR \$650 ON YOUR ELECTRIC ACCOUNT!**

Number of Household Members	Monthly Income	Annual Income
1	\$1,561.25	\$18,735.00
2	\$2,113.75	\$25,365.00
3	\$2,666.25	\$31,995.00
4	\$3,218.75	\$38,625.00
5	\$3,771.25	\$45,255.00
6	\$4,323.75	\$51,885.00

*-If you have military status, please bring your military ID or DD-214.*

*-If child support is your source of income, please bring your TCESES number or a signed statement from the non-custodial parent stating how much is payed and how often. (Statement must be signed and dated)*

*-If you receive Social Security, SSDI or SSI, we need your 2019 benefit letter from the Social Security Administration.*

*-If you receive pension/annuities, please bring a current bank statement or the most recent employer statement.*

Mid Cumberland Community Action Agency provides utility assistance for Williamson, Rutherford, Wilson, Trousdale, Sumner, Robertson and Cheatham counties. Our LIHEAP (Low-Income Energy Assistance Program) allows us to assist income eligible families AND individuals with their electric or gas bills. We also provide emergency assistance for individuals and families who are at risk of having their electricity disconnected!

**A representative for the Energy Assistance Program will be at Ashland City Senior Center on 11/19/19 at 10:30 AM – 11:30 AM. Please bring all necessary documentation so we can assist you. We look forward to seeing you!**



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 Tennessee Housing and Development Agency.