

**UNITED WAY WORKS HERE**

The Senior Center at Ashland City  
104 Ruth Drive  
Ashland City, TN 37015

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**MAY**

**THE SENIOR CENTER NEWSLETTER**

**2009**

SERVING THE SENIORS OF CHEATHAM COUNTY SINCE 1980

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	Cynthia Sanders	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

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The Center will be closed on May 25 in observance of Memorial Day.

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 have their meeting on May 4 at 1:00 p.m. at the Center. The activity will be Mother's Day with a covered dish, games and recipe swap.

May birthday celebration and covered dish will be on May 13 at 11:30 a.m. There is no charge for the covered dish, but please bring a dish, if possible.

Advisory Council will be held on May 19 at 11:15 a.m. at the Center.

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

Yoga classes are being held at the Center on Tuesday night from 6:00-7:00 and on Saturday from 9:00-10:00 a.m. The class is free for seniors.

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.

Artists are meeting every Tuesday at 10:30 a.m. at the Center. There is no charge for this activity.

There will be a trip to Metropolis on May 21. Cost is \$10.00 per person. Call the Center to put your name on the list.

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

Country line dance lessons are still continuing on Thursday night from 7:00-8:30. The cost is \$1.00 for individuals over 60 and \$2.00 if you are under 60. You do not have to be a senior to take the class.

Old eye glasses can be brought to the Center to be donated to the Lion's Club.

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

We want to welcome our new members:

- Sarah Binkley
- Sandra Bradshaw
- Joann Conwell
- Hope Duke
- Nancy Farmer
- Elie Franklin
- Barbara Gambrel
- Travis Groves
- Beverly Harris
- Buddy Jennette
- Dudley King
- Zona Lyons
- Melva Meeks
- Lou Porter
- Ronald and Rosemary SoBo
- Kenneth Stepp
- Tom and Eva Williams

The Center could use donations of the following items: napkins, paper towels, coffee, sugar, small foam coffee cups, foam dessert plates, china platters and non-dairy creamer. Any help would be greatly appreciated. Items can be dropped off at the Center.

We have medical equipment, walkers, etc. to be loaned out for short periods of time.

The Civitan Club still has chocolate-covered peanuts and pecans for sale at \$5.00 a bag. Contact Rochelle Fuller at 792-2202.



