

UNITED WAY WORKS HERE

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

«First Name» «Middle Name» «Surname»
«Home Address, Street»
«Home Address, City», «Home Address, State or Province» «Home Address, Postal Code»

Non-Profit Organization
U. S. Postage Paid by
Postal Permit No. 41
Ashland City, TN 37015

RETURN SERVICE REQUESTED

MARCH

THE SENIOR CENTER NEWSLETTER

2011

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

Senior Center		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.

Wanda Pryor with Merck will be at the Center on March 1 at 10:00 a.m. to conduct a diabetes education class.

Dr. David Smith of Gateway Foot and Ankle Center will be at the Center on March 2 at 12:15 p.m. to talk about foot care.

Dr. Mark Sanders, an orthopedic surgeon from Northcrest Medical, will be at the Center on March 9 at 12:00 noon.

Wings of Hope will meet on March 7 at 1:00 p.m. The meal will be covered dish.

April Glover with the U.T. Extension Office will be at the Center on March 14 at 1:00 p.m. to talk about portion size.

There will be a trip to Metropolis on March 17. 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. There is a waiting list.

Patricia Khalil of Springhill will be at the Center on March 22 at 10:15 a.m. to discuss cremation.

We are looking at scheduling a third exercise class each week beginning in March. Please call the Center to let us know if you would be interested and which day you would like for the class to take place.

The Center could use donations of coffee, sugar packets, creamer and napkins.

Rochelle Fuller will be available to fill out income tax, short form only. Her phone number is 792-2202.

The General Jackson trip is coming up on May 9. Cost is \$20.00 per person and is due by April 8. Call to put in your reservation. Seats fill up fast. This year we were able to acquire 68 tickets instead of our usual 56. The bus will only hold 56 people. It will be necessary for some people to drive their personal vehicles. If you are able to do so, please call the Center and let us know.

The Big Brothers/Big Sisters RSVP Fashion Show will be held on April 2 at 1:00 p.m. at Cheatham Middle School. Tickets are \$15.00 each and can be purchased at the Center.

WALKING MAY HELP PREVENT MENTAL DETERIORATION IN SENIORS

Older people who walk 72 blocks a week, or roughly 6 to 9 miles, don't lose as much brain function or gray-matter tissue as seniors who walk less, a study found. Previous research has shown that brains shrink with age, which may cause memory loss. It's long been hypothesized that exercise may help prevent mental deterioration with age; this study suggests that gray matter may be the key to that protection. Study participants (average age: 78) needed to walk the full 72 blocks to get the benefit, but walking more didn't provide any additional help. **Source:** *Neurology*, published online Oct. 13, 2010

March for Meals is a national campaign organized by Meals on Wheels of America to call attention to the problem of senior hunger in the U.S. We are observing "Mayors March for Meals" on March 23. We will also be having a bake sale on that day to raise funds for the program. If you could help this endeavor by providing a baked item, please do so. We will appreciate it so much.

Doye Latimer, Site Mgr.

We are going to start advertising in our newsletter. A business card size ad is \$30.00. If you sign up for three months, it will be \$25.00 per month. You must have your request in by the 20th of the month. Checks can be made payable to the Senior Center at Ashland City.



HAPPY ST. PATRICK'S DAY!


■ Flood Warning
■ Wind Advisory

Pinpoint Desktop
Weather
Temperature



WIDE ALERT

Tornado Watch



47 °F

Send WSMV A News
Menu Radar New



