

# CITY OF GOODLETTSVILLE

## September Newsletter



**GOODLETTSVILLE**  
TENNESSEE



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@GvilleTN



goodlettsville.gov



### FAMILY MOVIE NIGHT

Friday, September 14th 6:00pm-8:00pm

Bring your blankets, pillows, lawn chairs, and the whole family to watch a FREE indoor movie on the big screen at Delmas Long Community Center in the gym! Concessions including: fresh popcorn, assorted candy, and Pepsi products will be available for purchase. Doors will open 30 minutes before showtime at 5:30pm.

This drop-in program is for all ages; youth 11 & under must be accompanied by an adult. To register and find out what movie is playing, visit us online at [www.goodlettsvilleparks.com](http://www.goodlettsvilleparks.com) or call 615-851-2253.

### COME EXPLORE YOUR WORLD WITH THE GOODLETTSVILLE PUBLIC LIBRARY!

FALL YOGA-Every Monday, begins September 4th at 6:30pm

Instructor Chelsea Fite leads adults through a series of beginner-level poses. All experience levels are welcome to attend. Mats available if needed.

### STRANGE ADVENTURES COMIC BOOK CLUB

September 19th at 6:00pm

All new and experienced comic book readers are welcome to attend. Ages 18+

### SENIOR MOVIE DAY

September 20th at 12:30pm

Potluck included, so bring a favorite dish, or sample others.

### PAGE TURNERS BOOK CLUB

September 25th at 6:30pm

This month the group will read *Lilac Girls* by Martha Hall Kelly.



### play matters for all kids

The City of Goodlettsville invites you to build a playground at Pleasant Green Park. KaBOOM!, The CarMax Foundation, and Goodlettsville Parks and Rec are teaming up to create a custom play space for kids in the Goodlettsville area.

Get involved in the planning process by contacting:

Amy Mitchell, Director of Parks and Rec  
[amitchell@goodlettsville.gov](mailto:amitchell@goodlettsville.gov)  
615-851-2218

Volunteer to build!

We need 15 volunteers for Monday, September 24 for prep day and 75 volunteers for Wednesday, September 26 for build day  
[www.goodlettsvilleparks.com](http://www.goodlettsvilleparks.com)

Transforming spaces into PLAYces!

### Upcoming Events for Senior Adults at the Delmas Long Community Center



For more information on all these and other upcoming senior events, visit [www.goodlettsvilleparks.com](http://www.goodlettsvilleparks.com) or the City of Goodlettsville website. To register for these events contact Jennifer at [jspillers@goodlettsville.gov](mailto:jspillers@goodlettsville.gov) or call 615-851-2203.

FREE OPEN HOUSE for the SENIOR ADULT'S PROGRAM-with instructors and demos.

Friday, September 14th, 10:30am-1:00pm

This is a great time for new participants to meet the instructors and check out the gym, fitness and program room. Lunch will be served sponsored by Jubilee Hills.

FREE MUSIC FOR SENIORS Thursday, September 20th, 11:30am

Music for Seniors pairs talented professionals in the Nashville and Goodlettsville area with senior interactive music programming for senior adults. Join us for live music. Soup & Sandwiches are provided.

FREE TEA PARTY- MOTIVATIONAL SPEAKER Friday, September 28th, 11:30am

Join Dr. Canary Hogan as she inspires participants to continue to set new goals, make new memories, communicate with friends and family, and create their legacy every day by never giving up. Tea and Sandwiches will be served.

FREE SILVERSNEAKERS YOGA STRETCH Mondays, 10:15am-11:15am

Move through seated and standing yoga poses designed to increase flexibility, balance, and a range of movement. This works to increase cardiovascular and muscular endurance through low impact levels. There is no charge for this class. Taught by certified instructor, Dr. Canary Hogan. Participants are asked to bring a bottle of water.

FREE SILVERSNEAKERS CIRCUIT Thursdays, 9:00am-10:00am

Experienced seated and standing, low-impact choreography alternated with standing upper-body strength work. Exercises consists of cardio, weights, ball, resistance band, and balance. This class is suitable for nearly every fitness level, and can be adapted to the exercises depending on your skill. There is no charge for this class. Taught by certified instructor, Dr. Canary Hogan. Participants are asked to bring a bottle of water.

# \*\*\*ANNOUNCEMENT\*\*\*



The City of Goodlettsville acknowledges the USDA Forest Service and the Tennessee Department of Agriculture Division of Forestry for providing a State Grant to conduct an urban tree canopy assessment of trees on public property and along Right of Ways to include Ash tree size, location and condition within the city limits of Goodlettsville. This will also include the geolocation of measured Ash trees and the development of a management plan in an effort to recognize the established threat of the Emerald Ash Borer and prioritize the management strategy and cost effective solutions.

**TAX FREEZE  
AND  
TAX RELIEF  
FOR SENIOR  
CITIZENS**



Goodlettsville City Hall  
Thursday, September 13 and  
Friday, September 14  
8:00am-4:00pm  
Representatives from Davidson and  
Sumner County Trustees offices will  
be available to register  
qualifying property owners  
for these programs.  
Take time to visit our vendor tables,  
which will have information about the  
wonderful services offered to our  
seniors here in Goodlettsville.

\*\*\*\*\* DATE CORRECTION \*\*\*\*\*

**NO PLASTIC  
BAGS in  
RECYCLING cart**  
It's not that used  
plastic bags,  
wraps and film  
can't be recycled into new  
materials - they simply  
require a different collection  
system and processing  
equipment than our  
curbside recycling program  
provides. Thank you for  
keeping your recycling bin  
free of plastic bags.



Goodlettsville Fire Department has  
installed over 100 smoke alarms in  
city resident's homes in 2018.  
Call us today at  
615-851-2245 and  
we will do an  
install for you!



Make sure  
your house  
number can  
be seen from  
the road. Clearly display your house  
number so emergency responders can  
quickly find you.



## Upcoming Events at Historic Mansker's Station



For more information on all of these and upcoming events,  
please call the Visitor's Center at 615-859-3678, or visit  
the City of Goodlettsville website.  
Reservations for these and other programs can be made at  
[www.historicmanskersstation.eventbrite.com](http://www.historicmanskersstation.eventbrite.com)

### FARMERS MARKET

Each Thursday thru October 11,  
rain or shine, 3:00pm-7:00pm,  
Goodlettsville Visitor's Center,  
705 Caldwell Drive at Historic Mansker's Station,  
including children's activities such as making a craft,  
playing games or scavenger hunts.



### HOMESCHOOL PROGRAM SPECIAL SERIES

Little House on the Prairie Program  
Little House in the Big Woods  
Every Tuesday, September 4th-November 13th, 1:00pm-3:00pm  
Grades 4th-6th, \$50 per child for 10 week program  
Students will learn about Laura Ingalls and her family's joys  
and struggles as they pioneered the American frontier.

### Heritage Cooking: Cake Decorating

Wednesday, September 12th  
1:00pm-3:00pm, Ages 8-14, \$10 per child  
Learn the history of cakes and basic cake  
decorating techniques. We will make cake icing,  
learn to fill a pastry bag, smoothing techniques for  
your cake and practice three decorating tips.  
Bring your apron!



### Little Red Hen

Thursday, September 13th  
10:00am-11:00am, Ages 3-5 FREE PROGRAM  
We will make this classic story come to life so dress  
for the mess. We will discover why it is good to be a  
helper. The children will learn the letter H and the  
number 3.



### Nature: From Soil to Spoon

Wednesday, September 19th  
1:00pm-3:00pm, Ages 8-14 \$10 per child  
Where does your food come from? Are your favorite  
foods grown on a farm? Raised on a ranch? Picked  
from a tree? No matter where your food comes  
from, it all has one thing in common...SOIL! Learn  
more from Davidson Soil & Water Conservation.



### Charlotte's Web

Thursday, September 20th  
10:00am-11:00am, Ages 3-5 FREE PROGRAM  
Come and learn about friends Charlotte and Wilbur  
and dress for the mess. We will learn the letter S  
and the number 1. (No live spiders at this program)



### Let's Welcome Autumn!

Wednesday, September 26th  
1:00pm-3:00pm, Ages 8-14 \$10 per child  
Come explore the what/why/and how's of Autumn.  
We'll do some hands-on experiments, have fun with  
apple art and leaves, plant fall veggies, and share  
fun facts about the Autumn season. Sumner County  
Master Gardner, Nanci Burgess will facilitate.



### What is that Smell?

Thursday, September 27th  
10:00am-11:00am, Ages 3-5 FREE PROGRAM  
We will explore Fall with the sense of smell  
and discover how important the senses are. We  
will also learn the letter N and the number 4.

