

City of Goodlettsville

August 2019 Newsletter



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goodlettsville.gov

HANDS FREE TENNESSEE

NEW LAW EFFECTIVE
JULY 1, 2019

WHAT IS the Tennessee Hands
Free Law?

PCO412 makes it illegal for a driver to:

- a) hold a cellphone or mobile device with any part of their body.
- b) write, send, or read any text-based communication.
- c) reach for a cellphone or mobile device in a manner that requires the driver to no longer be in a seated driving position or properly restrained by a seat belt.
- d) watch a video or movie on a cellphone or mobile device, and
- e) record or broadcast video on a cellphone or mobile device

LEARN MORE AT:
HANDSFREETN.COM



**HANDS FREE
TENNESSEE**

NEW STATE LAW BEGINS JULY 1, 2019

Tax Freeze and Tax Relief Programs for Senior Citizens SAVE THIS DATE!

Representatives from Davidson and Sumner County Trustee offices will be at Goodlettsville City Hall on Thursday, September 12th and Friday, September 13th from 8:00 am til 4:00 pm to register qualified property owners for the tax freeze and /or tax relief programs.



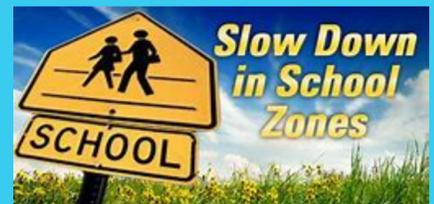
Be a safe cook.

Cook only where it is allowed.
Keep an eye on what is cooking
in the microwave or on the stove.

U.S. Fire
Administration



REMINDER TO BE SAFE AND
WATCH FOR OUR CHILDREN.
SCHOOL STARTED FOR THE
2019 - 2020 SCHOOL YEAR IN
DAVIDSON AND SUMNER
COUNTY ON AUGUST 5TH.



Labor Day Holiday is
Monday September 2nd.
Trash service in the City will
run a normal schedule this
week!

SAVE THE DATE



Salty Dog Festival hosted by the
Goodlettsville Chamber of Commerce
Saturday, September 7th, 2019
10:00 am - 4:00 pm
on the grounds of
Goodlettsville City Hall
105 South Main Street





City of Goodlettsville



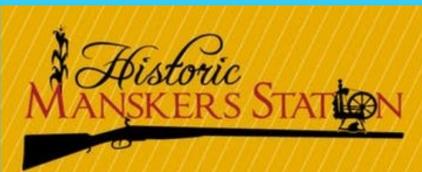
Goodlettsville Farmers Market
 Each Thursday thru
 October 10th
 3:00 pm - 7:00 pm
 Goodlettsville
 Visitor's Center
 705 Caldwell Drive
 615-859-3678

Pioneer Pals Old McDonald

Thursday, September 5th
 10:00am - 11:00am
 \$2 per child
 Ages 3 - 5
 Historic Mansker's Station
 705 Caldwell Drive 615-859-3678
 Join us for a day of "farm" fun! Be sure to dress for mess. A story, songs, and a water activity will help children to experience life at Old McDonald's. We also learn the letter F and the number 1.



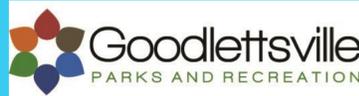
Reservations required www.visitgoodlettsville.com or call 615-859-3678



Homeschool Program:
Little House Series
On the Banks of Plum Creek
 Tuesdays,
 August 27th - November 19th
 13 week literature-based unit study
 1:00 pm - 3:00 pm
 4th - 6th Graders
 \$65 per student

Historic Mansker's Station
 705 Caldwell Drive
 615-859-3678

Learn about Laura Ingalls and her family's joys and struggles as they pioneered the woodlands and prairies of the post-Civil War American frontier. Each student will need to bring their own copy of the book, *On the Banks of Plum Creek*, each week. All other supplies are included in the fee. Reservations required www.visitgoodlettsville.com or call 615-859-3678



Senior Adult Program

For ages 60 and up
DELMAS LONG COMMUNITY CENTER
 200 MEMORIAL DRIVE

COFFEE HOUR - We welcome you to come enjoy some coffee daily Monday - Friday 9:00am - 10:00am. This is a great time to meet and greet other people living in and around the community or are here for a visit. This social time is perfect to tell us all about yourself; where you are from, where you have been, what brought you to Goodlettsville, and get caught up on the latest current local and national events!



LINE DANCING CLUB - Every Monday, Thursday and Friday 10:00am - 11:00am. Line Dancing is very popular among seniors - it's fun, and there is no need for a partner. It's a wonderful way to stay healthy. Some have even said that, when line dancing on a regular basis, possible benefits are an increase in flexibility, muscular strength, and lung capacity, as well as an improvement in bone health and coordination. At the Delmas Long Community Center, not only do we dance to Western tunes, we dance to ALL tunes! We welcome beginners. No registration required!

OPEN CARDS AND GAMES - Every Monday, Tuesday, and Thursday 1:30pm - 3:00pm. The daily participants play Dominos, Uno, Canasta, and Shanghai. Beginners are welcomed. For ages 60 and up.



Potluck - Every Tuesday 11:30 am - 1:00 pm. The program will provide drinks, plates, napkins, and utensils for the potluck. Participants are expected to provide a dish to participate in Potluck lunch. No take out is allowed. Please bring a dish that has multiple servings and be considerate when serving yourself. No registration is required.

SILVERSNEAKERS YOGA CIRCUIT - Every Thursday and Friday 9:00am-10:00am. Experience seated and standing, low-impact choreography alternated with standing upper-body strength work. Exercises consist of cardio, weights, ball, resistant 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.



SILVERSNEAKERS YOGA STRETCH - Every Monday 9:00am-10:00am. Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. This works to increase cardiovascular and muscular endurance through low impact movement and stretching the whole body. This class can be modified to accommodate all fitness levels. There is no charge for this class. Taught by certified instructor, Dr. Canary Hogan. Participants are asked to bring a bottle of water.

GRIEF SESSION - Tuesday August 13 1:00pm - 3:00pm Avalon Hospice sponsors a Coping with Grief and Healing Your Spirit at the Delmas Long Community Center. The support group is designed to assist individuals in understanding their emotions of grief. The presenter is Justin Wright, licensed social worker, free and open to the Senior Adults.

Tot Time

Parents and children ages 5 and under can enjoy TOT Time.



Delmas Long Community Center
 200 Memorial Drive
 615.851.2253

Tot Time - Imagination Playground - Every Monday and Thursday 9:00am - 11:00am
 Tot Time Imagination is a fun way for mom's and dad's to create a play date for their kids, outside of the house in a safe environment. The Imagination Playground is comprised of large foam blocks that can be used to create castles with a moat, a robot, a speeding car, the tallest tower or anything your child can imagine! Bring your child to participate in this exciting play date and see what their imagination can create!

Tot Time - Gym - Every Wednesday Morning 9:00am - 11:00am
 This program allows for free play in the gym. No registration required and no fee to pay!

Pickleball

Delmas Long Community Center
 200 Memorial Drive
 Every Thursday and Friday 8:00am-11:00am
 Pickleball open play!! A paddle sport for all ages and skill levels.
 Residents \$2.00 / Non-Residents - \$4.00

