

CALENDAR EVENTS REQUIRING RSVP

J&H WELLNESS ASSESSMENT

*These assessments are free and done with a licensed Physical Therapist.*

WILSON BANK & TRUST TRAVEL GROUP

*They will be providing lunch for their travel presentation. Come see what adventures they are offering.*

KROGER SHOPPING TRIP

*Weekly trips will leave the lobby promptly as timed.*

TOUR THE ENRICHMENT CENTER

*A tour, lunch, and a show will be provided.*

"BE YOUR OWN KIND OF BEAUTIFUL"

*Join Lindsey Benedict for her Faith centered discussion. Guests are welcome and encouraged.*

SUNDAY CHAMPAGNE BRUNCH

*The last Sunday of the month from 11am-1pm*

HAPPY BIRTHDAY

Jean Scott 8/5



WELCOME TO YOUR AVENIDA LIFE

AvenidaPartners.com | (615) 599 - 3000 | August 2019  
222 Mallory Station Rd. | Franklin TN | 37067



Sally Ostheimer, Executive Director



GUEST SPEAKERS

HABITAT FOR HUMANITY

*Join Rain Fisher for a 15 minute presentation on opportunities available within the organization.*

STONES RIVER NATIONAL BATTLEFIELD

*Join us for a discussion on the site of one of the most important battles of the American Civil War.*

KNOWLEDGE TO STAY SAFE

*Ryan Ramsey with the State Health Insurance Program (SHIP) will be coming to answer questions and provide information to keep yourself safe from the top scams his department is seeing right now.*

MONEY MATTERS

*Come listen to Chevonne Farler, Wealth Management Advisor continue her discussion on "Money Matters"*

CLASSES AVAILABLE THIS MONTH

TECHNOLOGY CLASS

*Join Maria Moen for a breakdown of all things technology to assist your everyday processes.*

MIXED MEDIA ART

*Enjoy monoprinting in a variety of mediums and techniques.*

INTRO TO SPANISH

*Finish out the last 3 weeks of the Spanish language course.*

MUSIC HISTORY CLASS

*Join Eli Rhodes for a three week music history class.*

FINE ARTS OIL PAINTING

*Jean Jaeger will walk you though oil painting techniques for all stages.*

NATIONAL GEOGRAPHIC SERIES

*8 week series on the Geographic Parts of the world. Each showing is under an hour.*

GROUPS & CLUBS AT AVENIDA

**Stag Night** | Join the men of Avenida Monday nights at 6pm for Stag Night. The weekly activities are listed on the calendar. See Craig Dillworth if interested.

**Mahjong Monday** | Monday nights at 6pm the ladies of Avenida meet in the Great Room to play Mahjong. See Jean Dye if you are interested.

**Investment Club** | Join us at 10:30am Monday August 12th in the Bistro. Grab a coffee, pull up a seat and join the discussion on financial industry topics.

**Open Aces** | Wednesdays at 2:00pm join a card playing or dominoes group in the Club Room.

**A Novel Idea** | Avenida Cool Springs Book Club meets the second Thursday of the month at 2:00pm. See Maureen Napoli if you are interested.

**Master Minds Trivia** | A resident run trivia club. Join us August 14th and 28th at 4:00 in the Great Room.

**Veterans of Avenida** | Calling all Veterans at Avenida. Our first meeting will be Friday August 30th at 11am. Potential for lunch to follow. See Paul Bender for more information.

**Ladies Corner** | Join the ladies of Avenida the last Friday of the month for lunch out in the community at 11:30. Restaurant will be decided on by group. RSVP required.

**Holly Hobbies** | Crochet, Quilting, Sewing and anything in between. Join your neighbors on Thursday August 15th to learn or to finish your projects in good company. See Gayle Gilmer more details.

**Small Group Bible Study**

We would love for you to join us most Thursday nights at 6:30pm. Please contact Ed Anthony for more information.

**Weekend Walking Club** | Meet friends and neighbors in the lobby to go on a leisure or brisk walk at 6:00pm Saturday and Sunday.

When we first opened I reflected on the Avenida Mantra and wanted to share one of the other principles this month: ***Take joy in successful relationships with the people in your life.***

I hear daily from all of you about the relationships you have formed and the opportunities to be together that you create. That truly is part of the Avenida Life, take part in it and enjoy it. Invite your new neighbors or the ones you don't see out often to come to breakfast or the next happy hour. Relationships in any time of our lives are important.

A few reminders:

- a) We cannot allow pets in the bistro area at any time because of Health department regulations;
- b) Use Amy for your maintenance needs and please don't grab Rod or Jeremy in the hall to handle, they have their days planned;
- c) dog owners remember to minimize the barking when you are out by some form of entertainment or pleasure for your animals.

I want to thank all for your patience, understanding and practicality while we have opened our new community. Moving into new homes is always stressful and when it is preparing 142 homes for move ins, somethings get missed. I wanted your continued feedback and encourage all to be involved as we create our Resident Council leadership. One thing I often say is complain to the person that can do something about it to get results. I and my staff are available and willing to do what we can when possible. Just ask!!!

We are excited to announce the opening of the salon at Avenida on August 1st from 9-3 with GLOW Medspa offering Botox from 3-7!

Stop by the salon to make an appointment or call our salon director Angie Dillard at 615-681-3127.

All booked appointments and walk-in customers on August 1st will be entered into a drawing for a FREE gift!!

Weekly Hours

Wednesday-Friday 8:30-5:00pm & Saturday 9:00-3:00pm

Deep Conditioner.....	\$20.00
Roller Set .....	\$25.00
Blowout with Round Brush .....	\$30.00
Blow Dry and Flat Iron or Curling Iron.....	\$35.00
Specialty Styles .....	\$55.00 and Up
Men's & Women's Haircut .....	\$25.00
Beard Trim, Bang Trim, or Neck Trim .....	\$10.00
Color Retouch .....	\$60.00
Allover Color .....	\$85.00 and Up
Glazing/Ton.....	\$30.00
Balayage .....	\$75.00 and Up
Partial Foil .....	\$75.00
Full Foil .....	\$100.00
Pedicure .....	\$40.00
Manicure .....	\$25.00
Brow, Lip, Ear, or Nose Wax (each) .....	\$15.00
Eyebrow Tinting .....	\$20.00