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*Jodie Wilkerson,
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JANUARY 2021

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Publisher's Message

We are entering our 15th year of publishing *Clarksville Living Magazine*, and our 165th issue.

This issue has motivated me to get outside more often and be active. No, really. And Clarksville has plenty of trails to choose from, so get outta the house and breathe in some fresh air. Read about more of these types of self-care 2021 resolutions in Taylor Lieberstein's article on page 20.

You'll also find an article about a few local heroes like Jodie Wilkerson, RN, BSN, (on this month's cover) on page 14. We're grateful she was able to snap a quick selfie for us during a busy day at work. Paige Eisemann spoke with several local medical professionals, who can offer important insight of the pandemic from their ground zero point of view.

We also have interviews with Olasubomi Aka-Bashorun (aka Ola), who painted the amazing *Starry Night Mural* downtown, and local singer Emmalee Feldman about her journey from being on *The Voice* to where she's headed next. We love shining a spotlight on who and what helps make Clarksville so special.

I am not naïve enough to think that all the stress and chaos of 2020 will just expire and that 2021 will be like replacing a moldy loaf of bread with a fresh one. However, I am optimistically hoping for the best and bracing myself for the opposite.

A huge thank-you to our advertisers and readers is in order. This past year has not been easy for anyone and without you we would not be able to publish every month and continue to thrive and help keep our community informed and connected. Here's to a GREAT 2021!



Founder & Publisher

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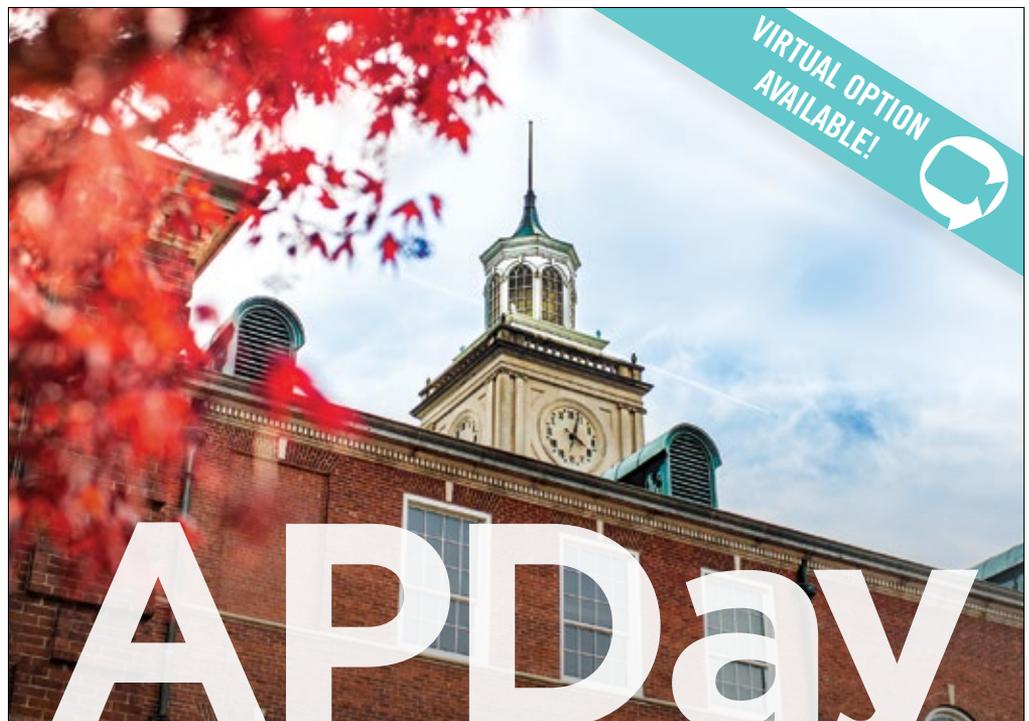
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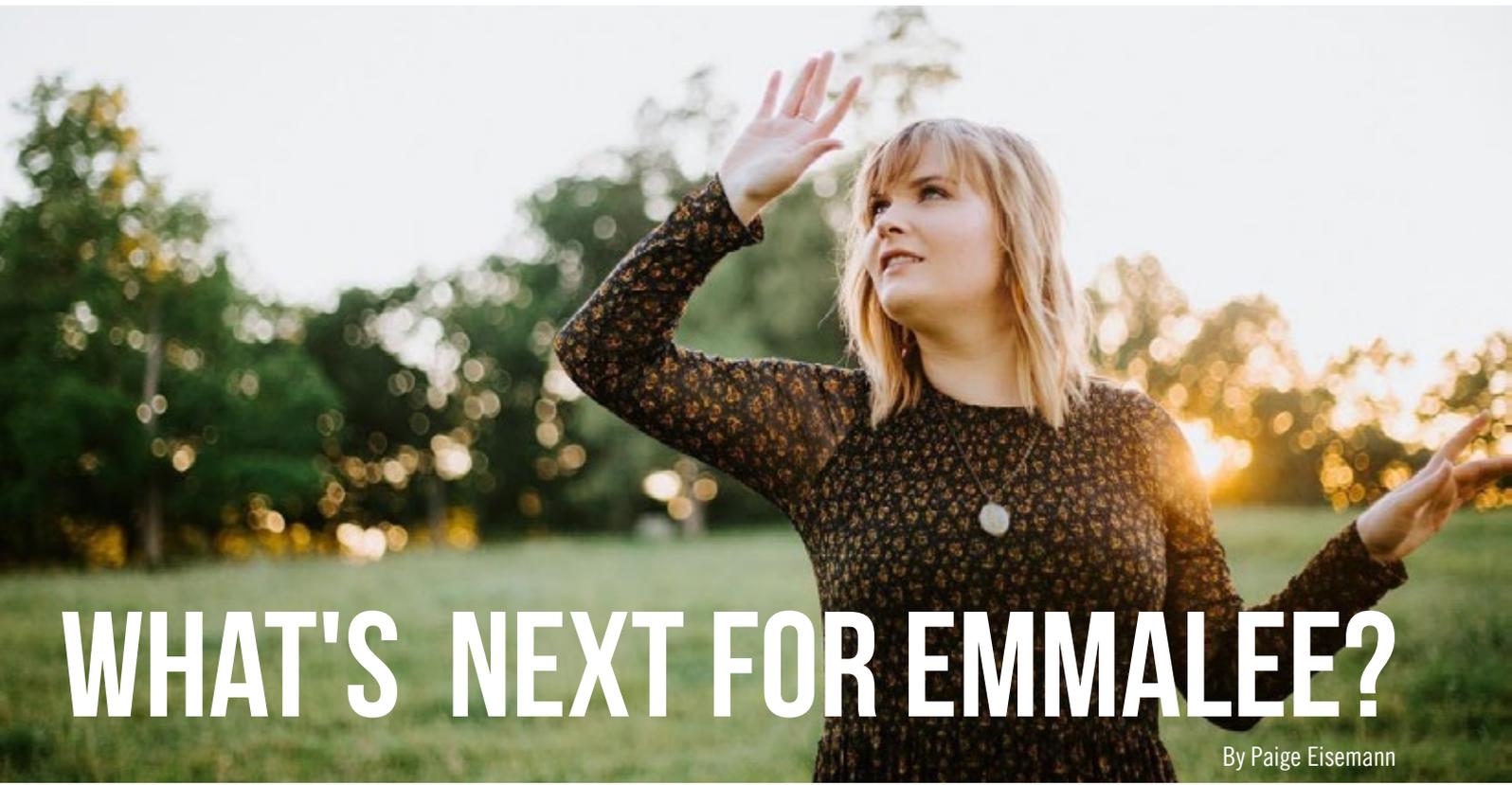
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WHAT'S NEXT FOR EMMALEE?

By Paige Eisemann

Most everyone in Clarksville watched season 19 of *The Voice*, even if they had never watched the show before. The reason for that was simple—Emmalee Feldman. The amazingly talented artist appeared on Team Kelly, and her hometown of Clarksville joined her for the journey. Emmalee blew the judges and audience away with her performances on the show, but what will really blow people away is how Emmalee plans to move forward after her time in the spotlight on *The Voice*.

watched because they know Emmalee’s father, Bryan Feldman, who is principal at Clarksville High School. Proud former music teachers at Madison Street Music & Arts Academy shared updates about her progress on social media. Some remembered her star making turn as winner of Nashville’s *Rising Star* in 2016.

Clarksville as locals followed her journey. The entire community joined in support of Emmalee and her experience on *The Voice*, awestruck by her a cappella audition rendition of Whitney Houston’s “How Will I Know”.

Now that Emmalee has finished her time on Team Kelly, what are her next steps? She

According to her official website, Emmalee has lived in Montgomery County since she was young, when her family moved to the Clarksville area from North Carolina. A self-described indie-pop artist, Emmalee Feldman began singing in church at age 5 when she was known as Emma. She began playing piano at 8, and guitar at 11. After receiving a guitar for her eleventh birthday, Emmalee was inspired to begin writing her own songs. She is known to many around the area as a church worship leader, having served in several local churches. Many folks have seen her live performances in both Clarksville and Nashville. Some people



People scrambled to purchase the five pop singles Emmalee has released over the past two years, which include “Fearless”, “Find Your Fire” and “Cover”. Her two previously released Christian LPs, 2015’s “Pocket Full of Raindrops” and 2017’s “Nothing On Us” became top finds in local music shops, and could be heard all over



recorded and released an incredible version of "Go Tell It On The Mountain" on December 1, 2020. The world took notice, and fans loved Emmalee's beautiful vocals. The song was quickly featured on Apple Music's Hot Tracks for Holiday and Christian, as well as Featured Tracks for Holiday, garnering lots of attention and quickly racking up over 16,000 streams (and climbing) on Apple Music by December 23. Spotify fans showed Emmalee lots of love as well, with over 72.6k streams in over 87 countries for the year 2020! Clarksville fans now have worldwide Emmalee cohorts!

When I spoke to Emmalee just before Christmas, she was enjoying time with family and the holiday season. Christmas with family is a well deserved break, for a young lady who has accomplished so much in 2020. When asked what else we can be on the lookout for after the smashing success of "Go Tell It On The Mountain", Emmalee shared that she will be recording a new LP in 2021. Official dates for that project have yet to be determined but the world has now taken notice of Emmalee and her talents, so the sky's the limit!

Follow along with Emmalee's journey on:
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CREATIVE INSPIRATIONS

By Tony Centonze

Olasubomi Aka-Bashorun flipped a coin in 2012, the choices before him were Boulder, Colorado and Nashville, Tennessee. Nashville won, and eventually, so did Clarksville, as the talented young artist found his way to our fair city.

You may not have seen his DBO (Drafts by Olasubomi) Gallery/studio, on 2nd Street, but you have probably seen his murals around town. He is responsible for the Starry Night recreation at 420 Madison Street, and most recently, a Piet Mondrian-inspired exterior upgrade to the CMCSS School Board building on Crossland Avenue.

The Crossland Avenue project involved students from Norman Smith Elementary School. Working with students seems to be something that is close to Ola's heart. When he is not live painting at events or charity functions, or working on a commissioned piece, you might find him giving art lessons in his studio.

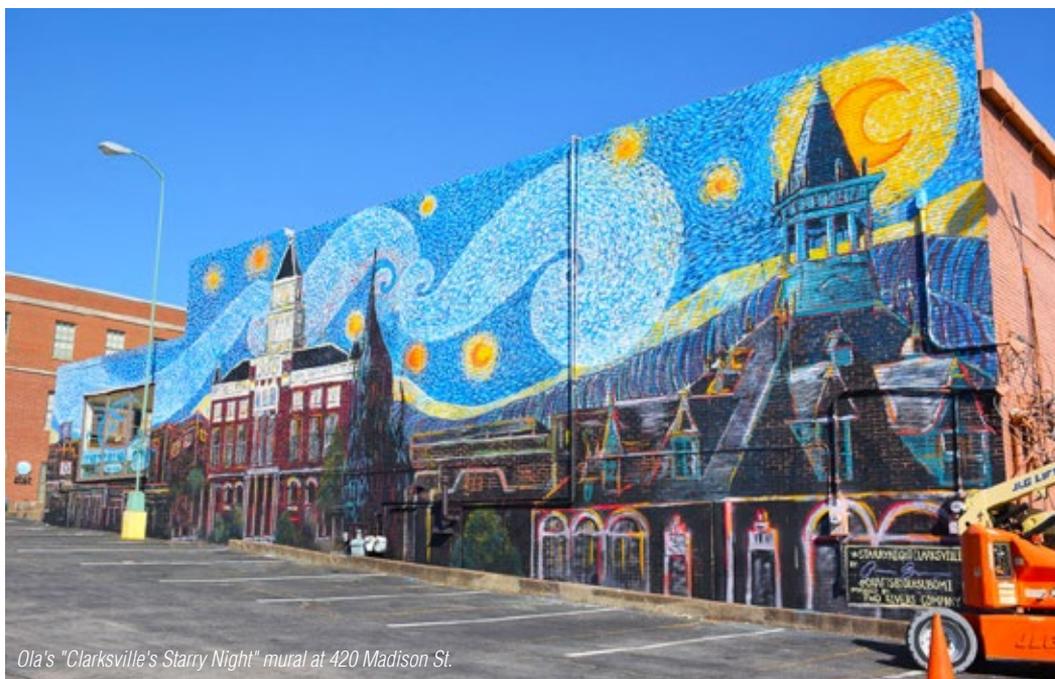
"I've been doing art since I was little," Ola said. "My mom tells me that when I was a kid I would draw

everywhere. So she had to put up special wallpaper, everywhere I could reach. That way she could just rip it off the wall.

"Growing up, I was an athlete, and somewhat smart. My plan was to do art therapy, so, in college I double majored in art and psychology. During that time, I

got to work with kids in a mental hospital for a while, and decided it was a lot to handle."

At Oklahoma Baptist University, Ola pursued that double major. He was also a full time athlete with the track team. "I got away with not always having to go to class," Ola said. "Running track in college keeps you busy. I took core basic art classes, like



Ola's "Clarksville's Starry Night" mural at 420 Madison St.

color theory, and drawing basics. But, also, more advanced classes along the way, painting 1, 2, and 3, and ceramics 1, 2, and 3. My teachers were aware of my artistic abilities, and my other activities, so they gave me lots of leeway to get projects done on my own time. I had a lot of training in art, because I just kept on doing it. But, I never really had an instructor standing over me.”

Ola remembers selling his first piece of art to another student when he was six years old. “I sold it for like \$2, and got myself some popcorn and ice cream. As an adult, I sold my first serious piece during my freshman or sophomore year of college. It was a stained glass piece.”

Though trained in many forms of artistic expression, most of the pieces on display at Ola's 2nd Street gallery are created with acrylic paint on canvas. He uses oil paints also, but hasn't really dabbled in watercolors. The walls of the gallery are lined mostly with the faces of famous musicians and actors.

“Watercolors, that's a different type of thing,” Ola



said. “Watercolor artists will tell you it's so forgiving, but I don't know. Painting with ink is a different story too. It plays like watercolor, especially if you add alcohol, and other things.” He points to a Jimi Hendrix canvas on the wall. “You see that, how the

paint moves in the background of that piece. That's watered-down acrylic paint mixed with rubbing alcohol. It does whatever it wants to do.”

Ola says commissioned pieces keep him pretty busy,

Continued on page 10

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Ola working on a commissioned piece, a portrait of Bob Dylan

and painting portraits of famous people have helped him build an extensive portfolio. "This type of work lets people know that I can do portraits, and make them look just like the subject. The newest ones here are Nipsey Hussle, and Dolly Parton. Over there is a painting of Maren Morris, the country music artist. I painted that live at her sold-out concert at Ascend Amphitheater. I was painting in the VIP Room. I also got to do a live painting at the Lenny Kravitz concert. I sold that painting the night of the concert, and since then, two people have asked me to recreate it. That is so much fun."

Ola has temporarily closed down his galleries in Nashville, due to Covid-19. "I had two," he said. "My lease was up in June. I offered to go month-to-month, but they said no. I am planning on going back into those spots when this is all over. The whole business at those Nashville locations revolves around Art Crawl. Literally, that event, once a month, pays for both those spaces, and the majority of my costs in Clarksville."

Ola says he rents out wall space to different artists in one of the galleries, and in the other, he sometimes shares the space with an up-and-coming artist.

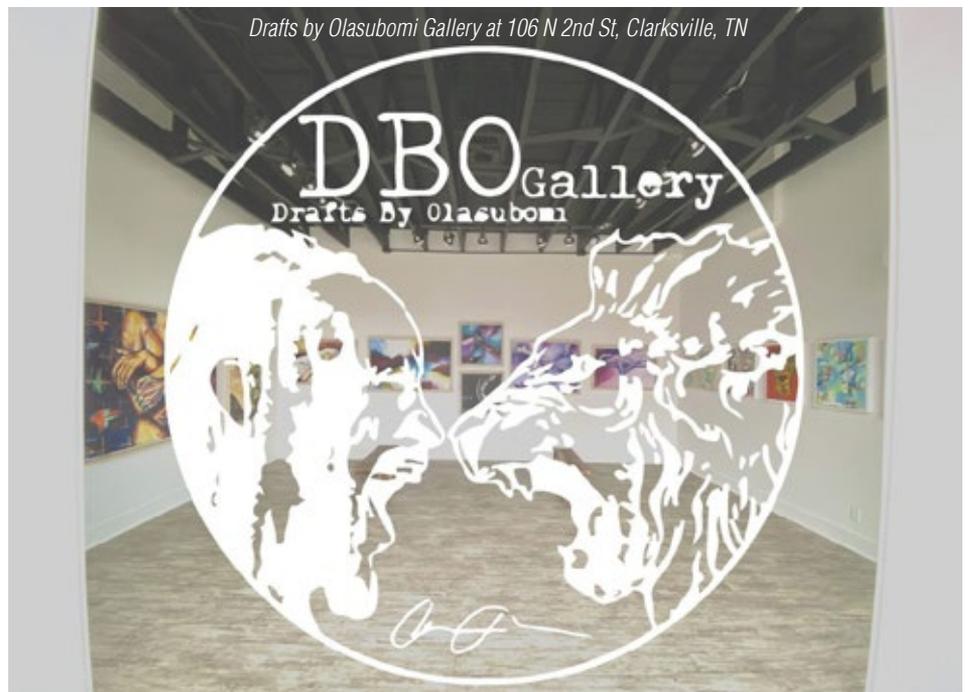
"There is a business side to art," Ola said. "I think that is the difference between myself and many

others. There are some artists who wait until they're retired to pursue their passion full-time. Other artists work a nine to five job until they make it, if they ever do, and then there are some, like me, who understand that you can find a way to turn it into a business and make it work.

"I could have just opened the one space in Nashville, and been okay. But, two galleries at the same time, and keeping the wall space rented, allowed me to cover all the costs. It also gives me the chance to

help other young artists, who couldn't afford a space of their own, to show their work. It helps them and me.

"I tell young artists all the time, if you don't understand the business side, take a cut, and team up with someone who is good at business. Just give them a percentage. You'll make way more money that way."



Drafts by Olasubomi Gallery at 106 N 2nd St, Clarksville, TN

When he's not trying to help young artists understand the business of art, he is teaching them the foundations of art itself.

"I started teaching when I first moved to Nashville," Ola said. "I worked in an elementary school with special education students. Soon after, I created something of an after-school art program for students through the YMCA. Then, someone told me about the Sip & Paint classes. There was a company called Painting With a Twist. They were opening their second location in Tennessee, in Spring Hill. I was living in Brentwood. I signed up with them and became their head instructor. I had to go and get some training to teach those "fun environment" classes."

Ola says that everything he learned there was useful, including how to teach art without using art language.

"They taught us to simplify our teaching language, so to speak," Ola said. "You don't talk about color theory, and things like that. For example, if I'm telling you to paint the lid of a cup onto the canvas, I would say, we're going to make a smiley face, and a sad face, and a little thing in the middle, and now you have a cup lid."

"It's almost like Art for Dummies. I learned a lot, and I saw, from my experience with high school kids, elementary kids, and adults, the language is the same all the way across. Because, when they aren't artists you have to speak in a way that makes all this relatable."

It took about five years for Ola to eventually land his Clarksville gallery in the perfect spot. He had a space in the Regions building for a while. Before that, he worked out of his house.

"I used to call it Fusion Art and Dance," Ola said. "I was a professional ballroom dancer. That's what actually brought me to Clarksville. I was teaching ballroom dancing, and the paint classes, and I always had private students. That goes all the way back to 2014."

"On average, I would say I have three to four students a week, consistently. I do art therapy with a military veteran. I have a young daughter of a soldier that I do that with as well. I have a

Continued on page 12



Amanda Blount taking art lessons at DBO Gallery

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couple of younger students, a couple of college-age kids, and several adults.”

Ola combines the skills of an artist with the patience of a teacher. As a life-long student of art himself, he has gained insight that helps him effectively communicate with his students.

“For me, it’s about meeting the student where they are,” Ola said. “The first lesson is always free. You come in, I’ll put something in front of you. You’ll do a still-life, and I’m literally going to watch you work. I might say a few things, like try this, or try that, but, I want to know where you’re at, so I can meet you right there.

“I have a 9-year-old student right now who is very talented, already. But, every class and art teacher she goes to wants to start her off like she doesn’t know anything, just because she is nine. When I was nine I could draw myself and make it look like me. Taking a student all the way back is not helpful, it’s just boring to them. I find out where you are, and from there I create a specialized plan for you. What I think you need, and what would be most beneficial.”

The cost of lessons with Ola is \$20 - \$25 an hour, depending on the materials you are using, drawing, acrylics, oils. He provides the materials when you’re in the studio.

“I love for you to have your own stuff at home, but when you come here I’ll provide the canvas, paint, etc,” Ola said. “People do 1-hour classes, some do 2-hour classes, some do twice a week. It’s a constant learning experience. That’s the thing. From the moment you walk in on your first day, you should leave with some new knowledge. The only reason why many people aren’t artists is that at some point in time they stopped creating. If that makes sense. Imagine if you start drawing today and keep on for the rest of your life, you will continue to get better.

“I create a chill work environment with my students. I’m also giving them things to do. With Amanda, I’m going to tell her, the first thing you’re going to do is spend two minutes drawing. Then, I’ll check on her and see where she is.”

Ola’s advice to anyone is, “you have to start somewhere. People’s whole thing is being scared that they won’t be good at it. The fear to fail will keep you from ever starting. We’re all going to fail at everything we do, at first. You have to get back up and try again. Success comes with failure. So don’t be afraid you’re not good enough. It takes practice to be good at anything. How many times did we fall as kids before we learned how to walk. It’s just about determination.”

Find Ola on Facebook or Instagram at DBO Gallery or Drafts by Olasubomi. The gallery offers Sip & Paint classes, and special painting events at Strawberry Alley Ale Works, and Yada on Franklin. 🐾

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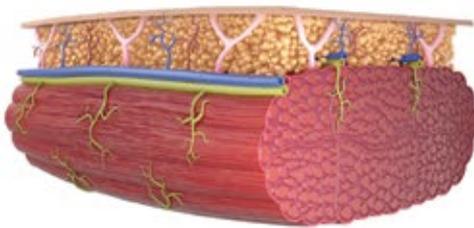


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Members of Clarksville's VUMC Life Flight 3 team transporting a COVID patient.



A HERO IS SOMEONE WHO HAS GIVEN HIS OR HER LIFE TO SOMETHING BIGGER THAN ONESELF - Joseph Campbell

LOCAL HEROES

By Paige Eisemann

The dawn of a new year has never before been looked upon with such hope and expectation. Everyone is threadbare, tired of uncertainty and worry. We have all been stressed to the limits and have felt the strain throughout 2020, but none of us can truly appreciate the strain of the past year more than our healthcare workers. Many magazines and news outlets have declared their choices for the "Person/People of the Year", and for Clarksville, there is little to no competition. Our own healthcare workers are without a doubt our greatest heroes, and we owe them a debt of gratitude larger than we can ever repay.

I recently had the opportunity to speak to several members of the Clarksville medical community. Until you take a moment to think about it, you might never realize just how many people you know that work in the healthcare industry. Most families have at least one person who works in a medical office of some kind, a hospital, a therapy clinic, or a nursing home environment. Many of the professionals I spoke to asked that their names not be included. It is that spirit of selflessness that echoes their strength in the year 2020. Each and every one of these people deserve our thankfulness for their efforts in the past year, no matter what job they do- they have spent the year serving others in a way that we cannot truly fathom. I thought that I had a good understanding about what things might have been like for these professionals over the past year, but until I spoke to them I really had no idea.

The pandemic has shined a light on how much we depend on our healthcare workers. In many ways, our world stepped up to show their gratitude. People sent thank you cards, we saw on the news where crowds gathered to cheer at hospital entrances at shift change. Videos of entire city blocks singing out their windows for healthcare workers were shared on social media. The professionals I spoke to confirmed that yes, they experienced some of that here in Clarksville. Nurses at Tennova Medical Center shared with me that they received thank you cards, Starbucks gift cards, and more. One emergency department physician I spoke to shared how grateful he was for small signs of gratitude from patients and their families. Even small

VUMC Life Flight 3 (Montgomery County base)



Continued on page 16



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gestures mean a lot when they are working so hard in such a stressful time. Some nursing home/assisted living facility staffers that I spoke with told me how much it meant to them when families shared their thankfulness, especially since sometimes those families had been separated and unable to visit family members within the facilities for weeks or even months at a time. Even small words and gestures of kindness have made a big impact. One thing that many healthcare workers mentioned, is that we often forget they are also regular people. They have spouses, children, parents and family members they worry about. There is so much unknown about COVID-19, they have had the same fears as the rest of us. Even with worries and unknowns they use their training to take care of others, and continue to do so even in the midst of a public health crisis. Steve and Jodie Wilkinson graciously agreed to speak with me about this topic. The Wilkinsons both work for Vanderbilt University Medical Center, although in different capacities. They shared with me that early on they came up with a plan on how to continue working safely while taking care of their children and parents. This included creating zones in their garage where they can remove all their work clothing, which is then transported in a sealed container to the laundry where it is sanitized and cleaned. They made plans in case one of them needed to be in their home but away from their young daughters. They had to consider how to manage continuing to monitor the health and care of Jodie's father through his cancer treatment, while keeping everyone safe. Jodie shared with me that she frequently

went home to change and shower, completing her whole "decontamination" routine before even going to the grocery for her family. The considerations their family have undertaken is similar to all the healthcare workers I spoke to. Every family interviewed has worked extra hard to keep their children and homes safe and healthy, while also working to keep caring for patients when they are needed most.

"Jodie Wilkinson shared that her experience receiving the vaccine was unforgettable. ...the entire hospital had an air of excitement, a sense of relief."

The task of patient care itself has also changed in the year 2020. While everyone in the medical field has always been careful, worn masks and followed safety protocols, those efforts have increased exponentially this year. Continued training and education allows these professionals to use the latest information to drive their efforts. The pandemic hasn't changed the way they care for patients. It may have made things more difficult, but they work through a multitude of extra steps to be able to continue to provide care.

Michelle Brazil, chief flight nurse at Life Flight 3 (Montgomery County base) shared with me how they have been able to collaborate in order to continually develop protocols for safety this year. She shared that dealing with COVID patient transports is a process that is ever evolving. They mentally prepare for all the potential issues a patient might face in flight, preparing additional supplies and thinking through a plan of care for that particular patient even before they ever meet. Everything takes extra time in the time of coronavirus, due to safety protocols. Every medical center and hospital they enter has additional oversight for what they call "doffing", meaning the removal of personal protective equipment. This might even include additional personnel keeping watch to make sure they are removing and disposing of things correctly. They spend additional time showering and changing into fresh flight suits, new boots and more after every transport. Something I had not considered was that after every COVID patient transport, each helicopter must be decontaminated. This means their flight teams cannot immediately head out to pick up another patient. The additional time and effort taken to ensure proper care and patient safety is meticulous and astounding!

Quality medical care is often taken for granted. We assume that when we need medical care the facilities, equipment and personnel will be there for our emergency. Healthcare workers I spoke to shared that in Tennessee as a whole, December COVID rates are having a strong impact on the availability of hospital beds for patients. Both Michelle and Steve of Life Flight shared that they are transporting patients to places they historically have not frequently used before. It is not uncommon in December 2020 for patients to be transported to places like Columbus, Mississippi, St. Louis, Missouri, or Paducah, Kentucky rather than Nashville, Memphis or Knoxville. The collaboration required to orchestrate finding available facilities for patients is astounding, especially when you consider that our local hospitals not only serve our more populated cities but also rural communities for miles and miles around. When you consider the information sharing that happens





Jodie Wilkerson, RN, BSN, VUMC



Jodie & Steve Wilkerson receiving the COVID19 vaccine



even between first responders and the next level of caregivers simply to establish the plan of care for a patient, it is mind boggling!

2020 has created a situation where most everyone has become introspective. All the healthcare professionals I spoke to expressed that we must not limit our perspective only to self, but to strive to see the larger picture. It is in that spirit that all of them expressed joy and relief about the vaccination. Jodie Wilkinson shared that her experience receiving the vaccine was unforgettable. She mentioned that the entire hospital had an air of excitement, a sense of relief. The staff seemed excited and energized.

Every professional I spoke to, regardless of their area of expertise, mentioned the vaccine. They strongly urge everyone to receive it when they can, because they have seen the effects the virus has had on our medical system. They have been exhausted. They have been overwhelmed. They have been worried for their families. They have continued training and learning, all to continue taking care of others.

Through the course of writing this article, I have joked that I am writing a "love letter" to our medical professionals, thanking them for their diligence and devotion. More than amazement at the dedication and effort they have shown this year, the general public will hopefully use our newfound awareness to appreciate these

heroes. Merriam Webster Dictionary defines a hero as "one who shows courage". Our healthcare workers have stepped into the breach for us, working with great courage to continue their roles caring for others. They are truly OUR people and heroes of the year. 🦋

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FOR THE LOVE OF ART

By Paige Eisemann

Did you know that Clarksville is home to the second largest general interest museum in the state of Tennessee? Many people driving through the heart of downtown Clarksville pass the historic building without realizing what a jewel our museum is. Perhaps they've gathered to see the beautiful architecture on display in a new lighting display, or they've ventured into the Museum Store to purchase the perfect gift. The Customs House offers so much more within their 35,000 square feet of exhibit space, which houses hands-on activities, rotating and permanent exhibitions, as well as special events. This winter, there are several new art exhibits coming to the galleries. Visitors will be pleasantly surprised by the wide range of themes, mediums and style showcased in the shows. Anne Goetze, portrait artist Chantel Barber and many

Tennessee-based watercolor artists will all be featured in the upcoming months. Pray to Love is an exhibition from Anne Goetze that showcases her deep admiration for the gentleness and love of the contemplative nuns in Annecy, France. Her inspiration comes from childhood visits to France, where her aunt was a nun. The Visitation Order of nuns originated in Annecy over 400 years ago, and the town retains its rich spiritual heritage. The exhibition is sponsored by Vic Daniels & Bill Zientek and will be on display through January 17 in the Crouch, Bruner and Orgain Galleries.

Opening in the Planters Bank Peg Harvill Gallery is Capturing Character: The Portraits of Chantel Lynn Barber. Barber creates expressive, figurative paintings that capture her models in a minimal style. The personalities of her



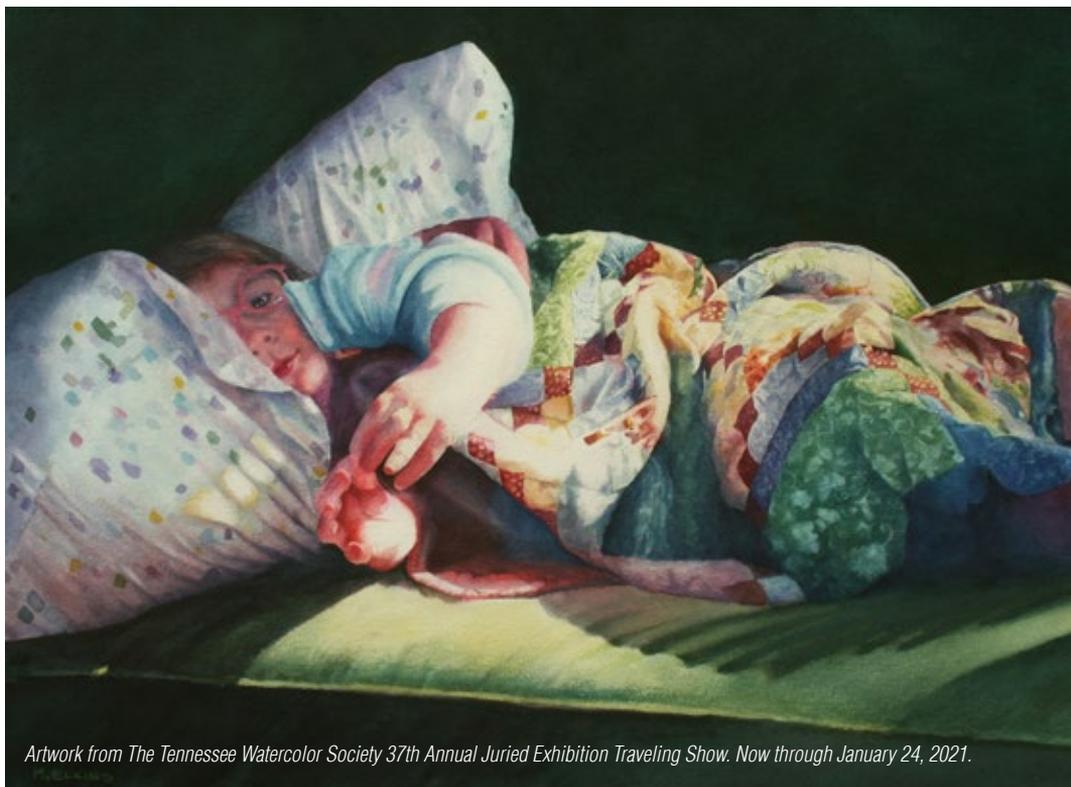
From Anne Goetze's "Pray to Love" exhibit. Now through January 17th, 2021.

models come through sensible lines and movement of colors across the small canvases she prefers to work on. Curator Terri Jordan says, "The intimacy created within the small frames is calming to the eye. Barber's talent is highlighted in finding the human spirit in a loose, acrylic medium."

"The Customs House offers so much more within their 35,000 square feet of exhibit space, which houses hands-on activities, rotating and permanent exhibitions, as well as special events."

The Tennessee Watercolor Society Traveling Exhibition will also be visiting the Museum in December. The show presents 30 juror-selected, award-winning paintings from talented artists of every area of Tennessee. The exhibit is a traditional outreach event sharing the best water media paintings in the state to a broader audience. The show is sponsored by Margo & Jeff Purvis and will be on display in the Kimbrough Gallery from December 2 through January 24.

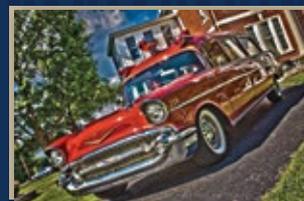
Aside from these wonderful exhibits opening this winter, the museum continues to be a great place for families to spend the day. Children are enchanted by the model train exhibit, the children's area, and the legendary bubble cave. Visit the Customs House Museum & Cultural Center to see these exquisite exhibits and more. The Museum is open Tuesday-Friday and Sunday afternoons. Visit CustomsHouseMuseum.org for ticket prices and more information on visiting. 🦋



Artwork from The Tennessee Watercolor Society 37th Annual Juried Exhibition Traveling Show. Now through January 24, 2021.

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PLAN FOR MORE SELF-CARE IN 2021

By Taylor Lieberstein

2020

was a stressful year in more ways than one. Between a global pandemic, social injustices, and a hectic presidential election it was not easy. As we tip-toe into another year, many of us are a little hesitant, burnt out and scarred. This year is beginning with uncertainty as well. In some parts of the United States and the world, life seems to be getting back to normal with businesses reopening and people living life like they did at the beginning of 2020. And in other places in the US and abroad, there are severe restrictions that make any semblance of normalcy almost impossible.

As much as we hated the year 2020, it did teach us a lot. Most importantly we discovered a lot about at home self-care routines. What is self-care? Self-care is the discipline of taking care of your physical, mental, emotional, relational, and spiritual well-being. It is a great option for your New Year's resolution because it's very doable no matter where you are in life. In other words, self-care focuses on what is best for you and where you are right now in life rather than focusing just on exercise or budgeting better.

Healthy resolutions are not only about personal nutrition, exercise, and sleep- the common new year's resolutions. Resolutions can also be about knowing how to soothe and entertain yourself. Most of us finally found out how to do that and should carry those practices into 2021. We think this year it is best to stray from traditional resolutions and focus on maintaining the lighter lifestyle we learned to live this year. Continuing the self-care rituals and healthy habits that 2020 forced us to learn.

During this pandemic most of us were truly on our own, maybe for the first time. Even if we were quarantined with others, we were still alone inside our own world more than the outside world. We had

to figure out what helped us stay calm and sane, how to work from home, be teachers to our children, and protect ourselves and others when we left our bubble.

Fortunately, focusing on self-care does not mean having to buy any fancy equipment or investing in an expensive membership. Unlike resolutions which are a one-time goal, which are cool too. This alternative

is about making lifestyle changes that allow you to have time to do things that make you feel better so that you can be the best version of yourself. From hiking nature trails to tie dying and from journaling to cooking, we all found out what which activities we like to do when we have time. Mine is making daily gratitude lists, creating art, listening to podcasts, watching educational videos on You Tube. Some of

MYTHS ABOUT SELF-CARE



Self-care is an indulgence



Meaningful self-care includes making mindful changes in patterns of thoughts and behaviours that do not contribute to your wellbeing.



Self-care is selfish



When you make time for yourself and get sufficient rest & exercise, you feel more energetic and will be able to do more - for yourself as well as for those around you.



Self-care is a one-time experience



Looking after yourself is an ongoing practice in building resilience to face hardships and in preventing burnout.



Self-care is time consuming



Self-care does not require you to take out a huge chunk of time from your busy day.

those things used to make me feel guilty and lazy in the past. However, I have learned they are essential for my wellbeing. These are my forms of self-care.

One way to ensure that you maintain your self-care routine in the new year is to ask yourself 'what's one positive routine and one uplifting ritual' that you can add to each day. I would consider a routine to something that is useful and a ritual something that nourishes you. For example, you might want to keep a daily journal, so you commit to write in that each morning as your ritual. Also, you may want to keep a more organized home. So, each evening you do a Marie Kondo project, such as organizing your sock drawer.

Self-care looks different for everyone. Regardless, I will offer a few routine suggestions proven to make life a feel a little lighter. Change is inevitable, growth is intentional. There has never been a better year to start taking care of yourself. Here's to new beginnings and an amazing year.

WRITE YOURSELF LOVE NOTES

Tap into affirmations by posting self-love quotes somewhere you'll see them every day, like on your phone or your mirror. There is a ton of research showing the power of positive affirmations.

EAT SOMETHING GREEN

Maybe even two things. If you're passionate about nourishing your body more in the New Year, start with adding nutrients into your daily routine, even if it's just into one meal a day. Minimize screen time- One hour after waking up and one hour before bed are the key times to limit screen time. Why? To ensure you get to sleep faster and sleep deeper, as well as start your day more mindfully. Social media apps are seriously a time suck and detriment to your mental health, google it.

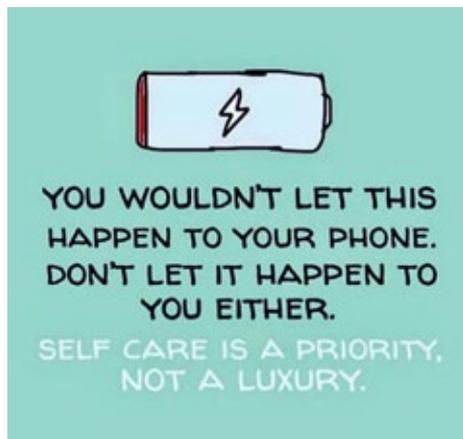
WALK AROUND

Walking just to walk is a great way to be alone with your thoughts and feelings. This has proven

to be a great way to recenter yourself, so do it in a neighborhood you love or a new one to take in new sights.

CARVE OUT TIME TO PROCESS YOUR EMOTIONS

Sitting with unresolved emotions can weigh you down, so this year, work on processing your emotions. Whether you need to write them out in a journal or



simply find some alone time to reflect, taking time to do daily will make you feel infinitely better.

DO SELF-LESS ACTS

Doing something good for others is a good way to create more positivity in your life. This year make it a point to consistently donate to a good cause or volunteer when you can. Remember, what goes around comes around.

CLEAN ONE SPACE OR THING DAILY

This is a win-win. Whether you clean out your refrigerator, scrub the tub, or wash the inside of your car windshield, the reward of a sparkling clean space is always uplifting. Some researchers believe that clutter can stress us out and bring us down. On the flip side, sorting through and purging unorganized papers, clothes, knickknacks, or whatever else is crowding our lives may help us feel more cheerful and calm. 🦋

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LEADING THE WAY

By Paige Eisemann

The Austin Peay State University community has been abuzz with news for the past few months. In the summer of 2020, Alisa White left her position as APSU President. White accepted the position of President at Sam Houston University in Huntsville, Texas, where she would be closer to her children and grandchildren. White's exit left many at Austin Peay concerned about the vacancy, in a year where universities around the country are navigating the impact of coronavirus on their budgets. This was only a piece of the significant transition that Austin Peay has faced in 2020. Rex Gandy, APSU's former provost, also officially retired in May. Gandy's successor, Maria Cronley, began officially serving as provost and senior vice president for academic affairs in July. That means two new people at the top of APSU's leadership, as the university also figures out how to operate during a global pandemic.

Experts around the country have been exploring what long term effects the coronavirus will have on higher education, especially financially. Bill Persinger, executive director of public relations and marketing, has been quoted in university communications as saying "APSU is braced for the impact of the public health crisis, and has worked to reduce budgets. Replacing a president during the pandemic "certainly makes it more challenging" for the university to move forward, but APSU is in good standing financially and the leadership team that is in place has strong standards that have prepared them for situations like these." Austin Peay

has always been a significant piece of the Clarksville/Montgomery County area, employing and educating members of our community for generations. It is in the best interest of everyone in Clarksville for APSU to remain a strong and impactful part of our region. With that in mind, many community members have watched the Presidential search progress with great interest.

The AP University's Presidential search committee members hosted an outstanding group of three presidential finalists on the campus the week of December 7, 2020. The week allowed for the three candidates to be interviewed in a wide-range of settings with students, faculty, staff, University leadership, and members of the Austin Peay community. The purpose of these visits was two-fold. First, they enabled the search committee to know the candidates more fully. Second, and perhaps more importantly, the visit allowed the candidates to be further acquainted with Austin Peay, its many distinctive features, and its people.

The week of December 14, 2020, the Presidential Search Committee met to discuss the finalists and review the community's feedback. The Search Committee also developed its report for the Board of Trustees. As required by state law, APSU removed the confidentiality of the finalists on December 4, 2020 by releasing the finalists' names, cover letters, and CVs to the public and could not hold a Board meeting until 15 days thereafter. From a pool of over 100 talented applicants, the committee narrowed down a list of highly qualified candidates to three finalists – Licari, Dr. Jaime Taylor, provost

and senior vice president for Academic Affairs at Marshall University, and Dannelle Whiteside, interim president of Austin Peay who previously served as the University's vice president for legal affairs. To ensure the Presidential Search Committee completed its charge and remained in compliance with the Open Meetings Act once the finalists had been made public, Mike O'Malley, as both the Board Chair and Search Committee Chair was the lone representative of the Board of Trustees at the final Search Committee Meeting.

The six other trustees on the Search Committee were contacted by non-trustees for their feedback, which was shared during the final Presidential Search Committee meeting. The Austin Peay State University Board of Trustees named Dr. Michael Licari

as the University's 11th president during a special meeting on Dec. 21. As provost at Indiana State University, Licari oversees all academic functions of that university, as well as enrollment management and university marketing. This includes 34 academic departments housed in five colleges – Arts & Sciences, Health & Human Services, the Scott College of Business, Bayh College of Education and the College of Technology. Licari earned a Ph.D. in political science from the University of Wisconsin-Milwaukee with a focus on public administration in 1997, a Master of Arts in Political Science, also from the University of Wisconsin-Milwaukee, in 1994, and a Bachelor of Arts in Political Science from the University of Minnesota in 1993. "I am confident that the APSU Board of Trustees has chosen an outstanding 11th president in Dr. Michael Licari," Mike O'Malley, chair of the search committee and chair of APSU's Board of Trustees, said in the official The Gov Says announcement. "He is an experienced and proven leader who will help guide the institution with distinction and a spirit of innovation in the years to come. We look forward to extending a warm welcome to Dr. Licari and his wife Kirsten to Clarksville!"

President Licari will begin his new role at AP in the coming weeks. The Presidential search has benefitted from the efforts of a committed and engaged search committee and has been informed by thoughtful input from the University's varied constituencies. The committee has completed a comprehensive process, from which Dr. Licari has emerged a well qualified next President of APSU. 🐾



New APSU President, Dr. Michael Licari

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NEW YEAR RESOLUTIONS FOR PETS

By Christina Chittenden

As we enter the year 2021, many of us are hopeful for a new start. Making resolutions that include adopting a healthier, more active lifestyle, cease bad habits and begin more productive ones, and promising to spend more time with family and friends are some that are typically among the top of the “New Year, New Me” list. But, have you considered adding the four-legged member of your family to that list? Here are some things to consider when making New Year resolutions in terms of your fur-babies:

1. FEED YOUR PET HEALTHIER FOODS AND TREATS.

This means no table scraps. Stick to a high quality pet food and consider healthier treat options such as carrots, apples or homemade pet snacks.

2. OBTAIN PET INSURANCE.

When planning your 2021 budget, consider saving money on veterinary expenses while also providing your pet with optimal healthcare. If you have ever mentioned wanting to be more prepared for the unexpected – which us pet owners know can happen at ANY time – this resolution is for you. These days, there are many plans available to meet every need and any budget.

3. TAKE YOUR DOG ON DAILY WALKS.

Humans aren’t the only ones gaining weight during the holiday season. Exercise is always more fun with a companion, so take your favorite four-legged bestie outside and get both of your heart rates up!

4. SCHEDULE A PET PHOTO SHOOT.

You might think this is an expensive resolution, but you’d be surprised by how many affordable photographers are out there ready and willing

to capture special moments with your pet. Often times, photographers will even offer mini sessions just for this. Consider including your pet in photos that you can cherish forever.

5. SIGN UP FOR OBEDIENCE TRAINING.

This isn’t just for hyper dogs. Dogs typically enjoy the challenge of bonding time gained from attending obedience school with their owners. Already taken classes? A refresher course every couple of years is actually recommended by training experts.

6. DAILY TEETH BRUSHING.

This helps eliminate tartar, prevent dental disease and protect your pet’s overall health. Taking your pet for annual dental checkups is always a good plan!

7. TAKE YOUR PET ON AN ADVENTURE.

This is especially good for those adventurous dog breeds or curious cats. This doesn’t have

to be a full-on road trip, just a visit to the local pet store to visit other critters and aquariums can be just as fun. There are many restaurants that have started offering dog-friendly seating areas and most beaches even allow pets.

8. SPEND MORE QUALITY TIME WITH YOUR PET.

Plan to make more time to cuddle, plat and bond with your pet. Maybe its binge watching a favorite TV show on the couch together (possibly after that walk?).

Research has proven that a little extra TLC goes a long way toward health and happiness!

9. KEEP POISONOUS PRODUCTS OUT OF YOUR PET'S REACH.

Every year, thousands of claims are filed by pet insurance policy holders for toxic ingestion. Vow to keep these dangerous substances, such as household cleaning products, medications, unsafe foods, alcohol and plants away from your four-legged family members.

10. SENIOR PET BUCKET LIST.

For those who have pets that are getting up there in years, consider what they might want to do in their golden years. Make the last phase of your pet's life memorable by putting together – and partaking in – a list of tail-wagging, heart soaring activities that they will love! 🦋

WE CAN ALSO LEARN FROM OUR PETS:



12 LEGITIMATELY LIFE-IMPROVING NEW YEAR'S RESOLUTIONS YOU CAN STEAL FROM DOGS

1. EAT MORE STUFF THAT MAKES YOU FEEL GOOD.
2. POOP FREQUENTLY.
3. GREET EVERYTHING
4. PICK FIGHTS WITH SHOES AND PILLOWS.
5. SMELL THINGS THAT LOOK INTERESTING
6. BE LESS SCARED OF TELEPHONES AND STRANGERS.
7. RUN OUTSIDE AND YELL MORE.
8. FORGET WHAT YOU WERE DOING AND NAP INSTEAD
9. TAKE CARE OF YOUR GENITALS.
10. BE NICE TO NICE PEOPLE.
11. FART WITHOUT SHAME.
12. WORRY LESS ABOUT THINGS YOU CAN'T EAT OR PLAY WITH



ADULT KICKBALL

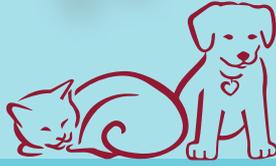
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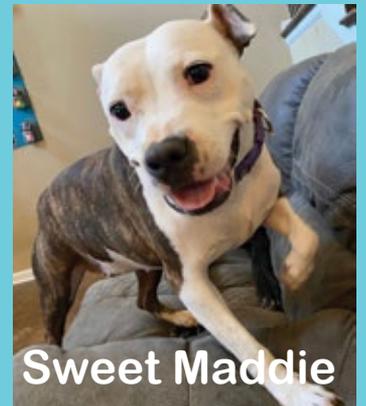
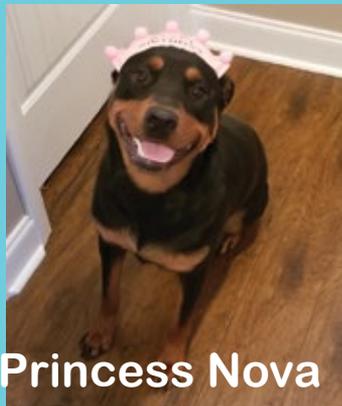
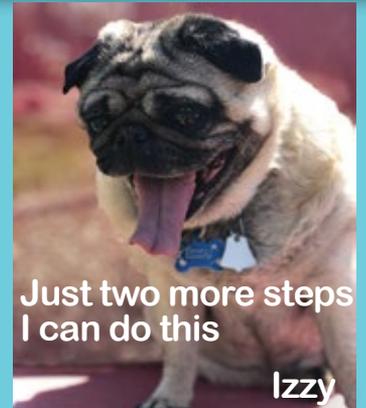
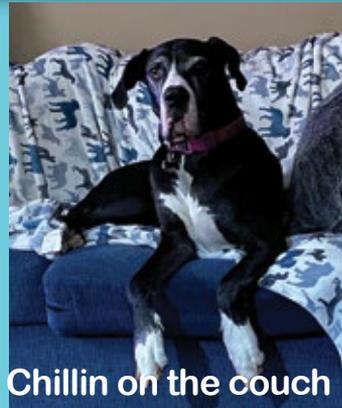


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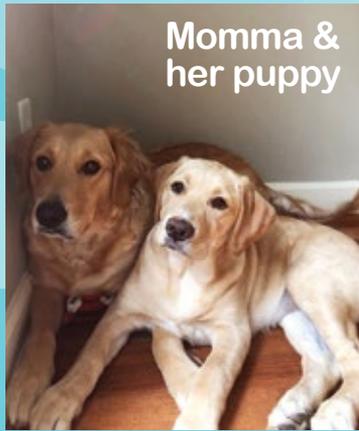
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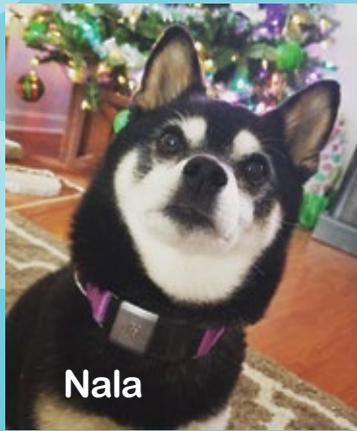
Email a photo and brief caption to petpix@clarkvillelivingmag.com by the 15th!



Lizzy is ready for Christmas



Momma & her puppy



Nala



Bandit Edwards



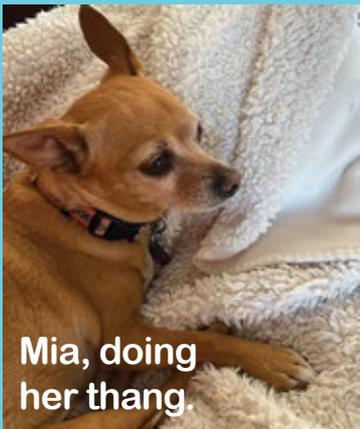
Nash!



Gus Gus



Bunny Edwards



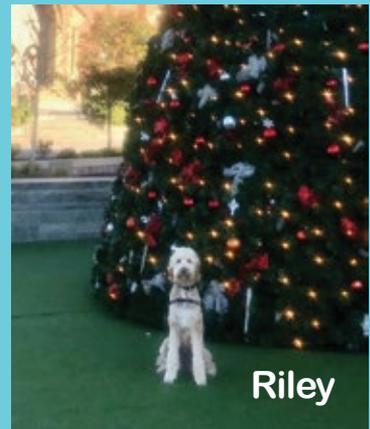
Mia, doing her thang.



Dexi



Roxy



Riley



Darling Dottie



Look for the golden paw to see *who won!*

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We will choose topics in photography you want to know more about and how to use your camera.

Bring the camera you will be using.

This is a weekly class. We will meet every Friday. The cost is \$10.

DUE TO COVID-19 ALL EVENTS ARE SUBJECT TO CHANGE, PLEASE EMAIL, CALL OR VISIT THE LINKS PROVIDED This class is held at our studio

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**MOM N TOT.
1:00PM - 2:00PM**

GrMom N Tots is something fun and creative that you can do with your little one. Come with your baby, toddler or preschooler. If you are a Mama, Grandma, Nanny, or Friend Don't let the name fool you its for any one who has a little one that

wants something fun and creative to do out side of the house for a change;)

We have the class on Tuesdays from 1pm to 2pm. You must register ahead of time as seats are limited. We have created a fun new art project and story by our story reader "Sunny" age appropriate for the littles in your life. Its fun to do the project together and create some memories while taking home a masterpiece that will add some flare to your fridge.

The class is pre-register only and lasts about an hour. We have all the supplies and will clean up the mess too!!

Register today for the next class! We are excited to see you there.

Want to see what we are making this week? check out our facebook event page for each weeks projects

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During this program we have regular karate classes daily.

Benefits:

Not having to fit additional karate classes into your family's already hectic schedule.

The curriculum for classes allows your child to progress through the martial arts ranks and be rewarded for good grades and behavior.

Tests are held during after school hours.

Our staff members are highly trained instructors who help provide an engaging, safe, and healthy environment for your child.

The program is designed to help your child gain self-confidence, self-control, and self-discipline.

All programs include daily karate classes, karate drills and games, snack time, homework help, arts & crafts, and much more!

Transportation options are available from certain schools.

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9AM**

Where they are: We welcome all children, at all levels of development! Come explore our playscapes, for some unguided play time.

What to expect in class: Children are given free range to explore the set-ups, with their adults within a hug's reach. Let your child take the lead and run out some wiggles! Special Open Gym times will sometimes have extra activities like a no-mess art activity, a story-time or a surprise visit from Gympo!

Benefits:

Physical: Allowing children to lead their own play offers time for them to try things repeatedly without worrying about the structure of a class, or trying something again they did in class earlier!

Cognitive: Unguided play supports early brain development.

Social: Sharing a space with mixed ages allows for children to learn and practice more sophisticated social skills and learn from their peers.

Adults: Let your little one guide their own play, which has countless benefits. Spend quality time with them doing what they love to do, and mostly run out some energy!

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Clarksville, TN.

FAMILY LIFE CENTER ACTIVITIES

Monday through Friday, 5:30AM to 9:00 PM (except Wednesday, 5:30AM to 5:00 PM), Saturday, 7:00AM to 4:00 PM This family-oriented facility sports a walking track, basketball courts, weight room, cardio deck, racquetball

court, group fitness, game room, and a luxurious senior-adult social room. It is open to the entire Clarksville community and offers a variety of membership options such as walking pass member, group exercise member, and single-, couple- or family-memberships. Classes include step aerobics, sculpting, Zumba, circuit, senior fit aerobics and beginner step (all classes are \$3).

Hilldale Baptist Family Life Center
250 Old Farmers Road
hilldale.org

CORVETTES OF CLARKSVILLE 6:30PM - 7:30PM

Corvettes of Clarksville monthly meetings to be held on the first

Tuesday of every month. Great opportunity to meet other lovers and support local charities.

Corlew Chevrolet Cadillac,
722 College Street,
Clarksville, TN

GENEALOGY DISCUSSION GROUP 6:00 PM TO 7:30 PM

Second Tuesday of each month. Informal small group discussion of genealogy and family history topics. Contact Brenda Harper at (931) 358-2581.

Genealogy Room on 2nd Floor
Clarksville-Montgomery County
Public Library
350 Pageant Lane
genealogydiscussion@yahoo.com

WICKED GOOD SANDWICHES

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FAMILY-FRIENDLY TRIVIA EVERY THURSDAY 7PM

FAMILY-FRIENDLY KARAOKE LAST FRIDAY OF THE MONTH 8PM

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AMARE MONTESSORI

An educational journey from the first steps through adolescence.

“To teach details is to bring confusion; to establish the relationship between things is to bring KNOWLEDGE.”

-Maria Montessori

931-368-3818
amaremontessori.org
Clarksville, Tennessee

AMERICAN MONTESSORI SOCIETY
Education that transforms lives
Montessori Method School

HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY

Tuesday through Saturday, 9:00AM to 5:00PM Recycling Coordinator: Denny Mihalinec, RecyclingHabitatMCTN@gmail.com. Recycling bin is located at:

Clarksville Restore
408 Madison Street
(931) 645-4242

MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING 7:00PM - 9:00PM

The Montgomery County Beekeepers Association meets on the 2nd Wednesday of each month - except in the months of August (County Fair) and December (holiday party). For details on each meeting, visit <https://montgomerycountybeekeepers.com>. PLEASE NOTE THESE MEETINGS HAVE BEEN CHANGED TO ONLINE ZOOM MEETINGS DUE TO COVID-19 FOR THE FORSEEABLE.

SOCIETY FOR CREATIVE ANACHRONISM

The SCA is an organization dedicated to recreating the Middle Ages as they should have been. We have feasts, medieval combat, tournaments, arts and sciences. If you have an interest in Medieval or Renaissance come join us. We have fighter practice Sundays at 3:00 PM at Liberty Park. We meet past the fishing pond, back by the dog runs. Visit crimsonriversca.org or call Steven at (931) 542-2277.

UFO CLUB.

Shoot down your UFOs. For the quilters or sewers who have Unfinished Fabric Objects lying around. A great way to make new friends and be inspired to conquer some of your UFOs. Join us on the first Saturday of each month at 9:00AM in the classroom at Quilt and Sew. Call the Mother Ship (Quilt Shop) for further details or directions. Free and fun.

What is a UFO? An Un-Finished Object!

A UFO is anything you have started or stashed! You may have bought the kit or a pattern and fabric and just never got started on it. Or you may have started, ran out of time or encountered a problem, and put it down! As with many of our projects, it's just hard to find the time (or enthusiasm) to get back to them. So any project you've put in a drawer, the top of the closet, under the bed or on a shelf could qualify as a Un-Finished Object for this Challenge!

Just follow the directions below and come see us at the shop. "UFO Show and Tell" meetings.

Quilt and Sew
109 South Main Street
Trenton, Kentucky
(270) 466-9222

FRENCH DINNER. 6:00PM

1st Saturday of each month at Madeleine. Reservation Only. Enjoy a French meal with homemade courses. Bring your own wine. Call [931-378-5539](tel:931-378-5539) to reserve.

100 Strawberry Alley
Downtown Clarksville
Clarksville, TN

JANUARY

2 FRIDAY

SNOWTUBING AT EAGLE'S WING.

This Winter season expand your family's time together by spending a night on our snowless tubing lanes. Opening on Monday, December 21, Eagle's Wing Retreat Center will host our annual fundraiser "The Chutes at Eagle's Wing". The chutes are snow tubing without the snow by using an artificial surface. Each session will hold 30 people and last one hour. All of the thrills and chills of winter snow tubing can be found locally just mins from Clarksville near Hickory Point. Our snowless tubing will send you down one of our two 110ft lanes at about 15 mph. You can do singles, doubles and even trains. The Chutes at Eagle's Wing create lifelong memories and are perfect for your entire family or group!

For more information please visit: <https://www.eventbrite.com/e/snowtubing-at-eagles-wing-tickets-127373490539>

Eagle's Wing Retreat Center
a1636 Hickory Point Rd
Clarksville, TN

2 SATURDAY

THE PEANUT BUTTER FALCON

\$5 | RATED PG-13 Sponsored by Bolinger Appraisal & The Silo Event Center After running away from a residential nursing home to pursue his dream of becoming a pro wrestler, a man who has Down syndrome befriends an outlaw who

becomes his coach and ally.
Get your tickets:www.bit.ly/2L6d5ca

HAPPY PENGUIN PAINTING CLASS 6:30PM-8:30PM

Welcome to Art and Attitude! We bring BYOB Paint & Sip art classes to Downtown Clarksville, offering guided classes to people of all skill levels.

DBO's Creative Circle
106 North 2nd Street
Clarksville, TN

WYLD PAINT PARTY. 9:00PM

The Wyld Paint Party tour is Finally BACK in Clarksville Tennessee Saturday January 2ND @ The Warehouse Lounge

GET IN FREE IF BIRTHDAY IS THE DAY BEFORE, DAY OF, OR DAY AFTER THE EVENT! You will be FULLY IMMERSED experiencing Multiple Paint Blasts, Foam Drops, Confetti Cannons, Large LED Screens, Stage Lights, Bass Sounds, Live SFX, Go-Go Dancers, and amazing EDM DJs !Not only have we upgraded to a state of the art foam jet cannon for this event that shoots 35+ feet in the air, but the Foam also changes into different colors that will make an unforgettable Wyld Paint Party experience. Paint Blast 1 and Paint Blast 2 will further transcend your Mind, Body, and Spirit into the Wyld Nyte Group you've been dreaming about for years ! Be prepared to RAGE all Wyld Nyte to some of the best EDM, Dubstep, and House DJs in the world, as you dance the night away in total euphoric bliss! Invite

your friends to Wyld Paint Party and make memories that will last a lifetime

The Warehouse Concert Lounge and Event Center
20 McClure St
Clarksville, TN

PARK RUN! 9:00AM - 11:00AM

pparkrun is a free, timed, and recurring 5km run at Oak Grove War Memorial Trail.

The run is free but registration is required before your first run with a printed copy of a bar code. Everyone regardless of speed is welcome!

After each run, we grab a post-parkrun coffee at Mugsy's Coffee Co., 3291 Fort Campbell Blvd Bldg B, Clarksville, TN 37042. Please come and join us!

For more information visit <https://www.parkrun.us/oakgrove/>

War Memorial Walking Trail Park
101 Walter Garrett Lane
Oak Grove, KY

HATTIE B'S AT KBB NEW YEARS BASH! 6:00PM - 12:00AM

Spice up your 2021 with KBB brews and the delicious Hot Chicken! Hattie B's brings the absolute best quality hot chicken, and we're paring it with Clarksville's best beer made right here at Kings Bluff Brewery! Come early, come hungry, and have FUN! The event is family friendly, we'll have water stations, and plenty of seating, both inside and out with our heaters and fire pits!

Kings Bluff Brewery
128 University Ave
Clarksville, TN

NEW YEAR'S DAY RESTORATIVE. 6:00PM - 8:00PM

Realign yourself with intention and purpose. Start your New Year off with a decadent two hour restorative practice.

A gentle sequence will ease your muscles into longer held restorative postures. Assists, bolsters, and blankets will complement the experience.

A long inviting Savasana will culminate the evening and prepare you for a glorious year.

Cost: \$20

Register at: yogamatclarksville.com

Yoga Mat
227 Dunbar Cave Road
Clarksville, TN

3 SUNDAY

BYOB NIGHT SKY. 6:30PM - 9:30PM

Welcome to Art and Attitude! We bring BYOB Paint & Sip art classes to Downtown Clarksville, offering guided classes to people of all skill levels.

Art and Attitude classes are always in a relaxed, social setting. An experienced artist guides the class step-by-step through replicating each night's featured painting. The process is easy, fun and totally stress-free. All art supplies are included. Many attendees find our classes a therapeutic and convenient way to tap into their creative side.

Our classes are perfect for beginners, so grab your friends, co-workers, fly solo or plan a unique date night. BYOB (Bring Your Own Beer or Bottle of wine/champagne) to any class! Seating is limited so reserve your seats!

Looking to throw a creative get-together? Our classes are great for

all kinds of events, parties and team building workshops.

DBO Gallery
106 North Second Street
Clarksville, TN

PETVET @ TRACTOR SUPPLY COMPANY 9:30-11:00AM

We provide affordable, convenient, preventive veterinary care and wellness services to ensure your pet is healthy year-round. With thousands of locations across the country, our Community Clinics can be found within local pet and retail stores right in your neighborhood. Each clinic operates during designated days and hours throughout the month.

Tractor Supply Company
3355 Guthrie Hwy
Clarksville, TN

6 WEDNESDAY

O'CONNOR'S KARAOKE PARTY. 9:00PM

KARAOKE IS BACK!

Join DJ Spinner for karaoke at the pub. Happy hour every day at 5. Karaoke begins at 9PM

Happy Hour every day from 5:00 to 7:00

Keep up to date on all O'Connor's events. Sign up for our newsletter today! --> <http://bit.ly/2jexLAG> and join our text club by texting "PUB" to 68683

COVID-19 Disclaimer



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All events are subject to change or cancellation without notice.
See the Customer Service Center or call 931-552-0289 for complete details.

THE PEANUT BUTTER FALCON

@ 7:00PM-8:45 PM

Are you behind on your projects? Missed out on club? Need to catch up on projects? Stop by my studio and join me for a fun day catching up on stamping, scrapping or crafting.

Let's have some fun hanging out and enjoy what we love to do over coffee!

Becca's Kreations
Collins View Way
Clarksville, TN

19 TUESDAY

EMBRACE: FAITH, FOOD, FUN & FREE! WOMEN'S EVENT

6:00PM-8:00PM

You're invited to "Embrace"--where women of all ages and stages gather together for an evening of worship, dinner, fun, and faith.

Bring diapers & wipes with you to donate to the Hope Pregnancy Center & receive an extra door prize ticket for each item you donate.

Family Life Center
250 Old Farmers Road
Clarksville, TN

22 FRIDAY

VALENTINE SOAP WORKSHOP

6:00PM-8:00PM

During the class you will learn the soap making techniques and be able to add your very own touches to the soap you help make and get to keep. We will be making heart shaped soaps for upcoming Valentine's Day! There will be lots of scents available to choose from.

Each person will also get to scent their own goat milk lotion to match their soaps. You will get to add extras to multiple soap bars during the workshop and a few extras

Scriptures and Sawdust
260 Needmore Road
Clarksville, TN

23 SATURDAY

THE BREWERY COMEDY TOUR AT TENNESSEE VALLEY. 8:00PM

Laughs are on tap for this nationwide tour that has already hit 1500 breweries across the U.S. More than a dozen New York and L.A. stand-ups are currently on the road, sampling the local fare, local brews and providing the finest and funniest in comedy entertainment. This stop is set to feature a lineup whose credits include top festivals, TV and major club appearances.

Tennessee Valley Brewing Company
2088 Lowes Drive
Clarksville, TN

30 SATURDAY

MCSA "MALL DAY" SOCCER REGISTRATION FOR SPRING 2021 SEASON 1:00PM-4:00PM

Register online at
www.clarksvillesoccer.net

Dick's Sporting Goods
2801 Wilma Rudolph Boulevard
Clarksville, TN, 37040

THE PERFECT PRINCESS TEA. 5:00PM

Every girl can be a Princess. The

Princess Palace offers elegant and fun Princess Tea Parties. Memories that will last always.

Tickets are now on sale for the Perfect Princess Tea Party. What a way to celebrate the Holidays. Tickets can be purchased at:
www.thepamperedpalace.com/perfect-princess-tea-party

Only 24 Seats available per session. Get yours Today.

Regular Seating tickets are per person.

- Each Guest will enjoy:
- Meet and Greet
- Arts and Crafts
- Enchanting Tea Snacks and Drinks
- Performances from Queen Elsa and Princess Anna

The tickets are per person

VIP seating includes:

Arrive 1 hour before other guests to have one-on-one time with the Queen and Princess at 10 am first session and 1 p.m second session

- VIP Princess Swag Bag
- Complimentary Photo
- The ticket includes 1 adult and 1 child

The Perfect Princess Tea
360 Fantasy Lane
Clarksville, TN

FEBRUARY

6 SATURDAY

A CHOCOLATE AFFAIR

**SESSION 1:
3:00 - 4:30 PM**

**SESSION 2:
6:30 - 8:00 PM**

The 2021 Chocolate Affair will be adapted to adhere to COVID-19 precautions and guidelines. This year's event will be a Chocolate

Affair "stroll." Participants will be given a "carry-out" sample box and will walk from vendor to vendor and receive samples of delicious and delectable chocolate of all kinds. After a participant has visited all vendors they will exit the building. Because of social distancing requirements and capacity restrictions at the Wilma Rudolph event Center, no seating will be available.

Tickets are \$20

Register online now before it sells out at www.bit.ly/3aRz3L2

Wilma Rudolph Event Center
1190 Cumberland Drive Ext
Clarksville, TN

27 SATURDAY

THE COLLINGSWORTH FAMILY - 3:00PM

The Collingsworth Family returns to The Carson Center stage on Saturday, February 27. Excitement, spiritual anointing, family-emphasis, and musical excellence are what you can expect to find when you step across the threshold of the auditorium for an Evening of Family Worship and Praise with The Collingsworth Family.

Reserve your tickets now!

Tickets are \$25

The Carson Center
100 Kentucky Ave
Paducah, KY 42003

Submit your event to EVENTS@CLARKSVILLELIVINGMAG.COM by the 15th of the month for the next issue.

ADOPTION & FOSTER CARE

CAMELOT CARE
Located at 2233 Stokes Road, Suite A, we are a therapeutic foster care provider servicing children, adolescents, and their families in the state of Tennessee. For more information on how to become a foster parent please call Karen Pinkett at 931-217-3813 or email karen.pinkett@pathways.com.

CENTERSTONE
Family Centered Services
Serves children and adolescents up to the age of 17. 901 Martin Street, (931) 503-4600.

CLARKSVILLE FAMILY ADOPTION ASSOCIATION
Bringing families and individuals together that have been impacted by adoption, providing support for prospective families and keeping members educated about the needs of adopted children. Events include information meetings, drop in play dates for families with young children, fun days for adopted teens, fun family time and various celebrations throughout the year. Attendance at each event is optional. No commitment. For more information call/text Jaime at (931) 980-8498. To be added to the contact list, please send your e-mail address and/or phone number to CFAA@outlook.com.

CARING CHOICES OF CATHOLIC CHARITIES
1905 Madison Street, is a Tennessee state licensed child-placing agency providing supportive professional counseling services to those experiencing an unplanned pregnancy. Open Monday, Thursday and Friday from 10:00 a.m. to 2:00 p.m. or by appointment. Deasree Williams: (931) 645-9969 or dwilliams@cctenn.org.

OAK PLAINS ACADEMY
1751 Oak Plains Road, Ashland City. We serve children of all ages with therapeutic services, and have several foster homes in Clarksville. Karen Henderlight, (931) 362-4723, karen.henderlight@uhsinc.com.

OMNI VISIONS INCORPORATED
Every child deserves to be a member of a healthy and supportive family. Omni Visions, Inc. provides therapeutic Foster Care, a home-based program for children who are in state custody and need support, supervision, and personal intervention. The qualifications are simple. May be married, single or divorced; May or may not have other children; Can own your home or rent; Must be at least 25 years old to become a foster parent; Must be able to meet the financial and emotional needs of your own family; Can work full-time; Must be a resident of the U.S. How do you become a foster parent? The first step is to contact our office. Our phone number is (931) 436-9310 or visit omnivisions.com.

YOUTH VILLAGES
A private nonprofit organization dedicated to helping emotionally and behaviorally troubled children and their families live successfully through innovative, research-based programs. 651 Stowe Court; contact Jennifer Kessler at (931) 552-5260, jennifer.kessler@youthvillages.org or visit www.youthvillages.org.

ARTS, CRAFTS & HOBBIES
CLARKSVILLE AJAX TURNER SENIOR CENTER
953 Clark St. Clarksville, TN
(931)-648-1345

We are a non-profit senior activities center. There are a wide variety of programs and activities for seniors age 50 and above. Educational activities such as ceramics, coloring, and quilting classes. We have a card room, billiards room, wii bowling, exercise room and more. Our Senior Circle of Friends adult daycare room is available for seniors needing extra care during the day. We hold weekly dance, seminars, bible study. We are currently providing free tax preparation for seniors with a fixed income. For information contact Diana Akin or Dan Blair @ (931)-648-1345

CLARKSVILLE MODEL RAILROAD CLUB
Located in the basement at 420 Madison St. We meet on Monday nights at 6:30 p.m. We play with trains. We are rebuilding our layout and are encouraging any and all who are interested in learning to build a model railroad layout. We are encouraging anyone of any age to come and participate in some great fun which we started to do when we were young. For further information see our Facebook page or call (931) 216-5351.

COMMUNITY SCHOOL OF THE ARTS AT APSU
The Community School of the Arts (CSA) at APSU is now under the management of the Center of

Excellence for the Creative Arts (CECA, or "seek-ah"). Established in 1990, the CSA offers a variety of classes for children and adults, from beginning to advanced levels, in the areas of dance, theatre, music, creative writing, and visual art. Over 20 courses are offered per semester, such as digital SLR photography, drawing, painting, ceramics, children's choir, ukulele, music play for toddlers, ballet, modern dance, fiction writing, and improvisational acting. These classes inspire students of all ages to get involved in the arts in an affordable, friendly environment. For more information, call 931-221-7876, visit www.apsu.edu/ceca/csa, or email csa@apsu.edu.

MADISON STREET MUSIC & ARTS ACADEMY
Offers music and art classes as well as private lessons for both children and adults. Classes include Kindermusik for infants-age 7, Kinderart for pre-schoolers, Musical Theatre for middle and high school students, and Photography and/or Scrapbooking for teens and adults. Private music lessons are available for voice and most instruments, including the impressive pipe organ at Madison Street United Methodist Church. Lessons are available at reduced rates for families who qualify for the school lunch program, and scholarships are available for outstanding music students. For more information, contact Abigail Haake at (931) 278-7921 or abby@madisonstreetumc.org, or visit our website at madisonstreetumc.org and find us on Facebook (Madison Street Music & Arts Academy)!

MONTGOMERY COUNTY WATERGARDEN SOCIETY
A not for profit water garden and koi pond club that hosts an annual Water Garden Tour. Visit www.mcwgs.org, if you would like more information regarding who we are and what we do or contact Linda VanMaanen at (931) 368-1636 or Linda Westfall at (931) 648-6350.

WARIOTO AUDUBON SOCIETY
A chapter of the National Audubon Society. The mission is to conserve and restore natural ecosystems, focusing on birds, other wildlife and their habitats for the benefit of humanity and the earth's biological diversity. We connect our community to nature through events, hikes and talks.

Meetings are on the 1st Thursday of March, May, September and December at the Clarksville-Montgomery County Library at 6 p.m. with a speaker and refreshments. The program is free and open to the public.

We offer monthly birding field trips from September – May.

Find us on Facebook: Warioto Audubon Facebook Page

ATHLETICS
BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE
Buddy Ball provides individuals with a mental or physical disability the opportunity to play sports, regardless of their limitations. Buddy Ball helps individuals learn teamwork and promotes self-esteem, one of the tools needed to help overcome the stigma often associated with a disability. The Buddy Ball league is aware of the extra expenses on the families of disabled children. Because of this, Buddy Ball does not charge any fees to participate. We rely entirely on private donations to operate. (931) 624-7253 or www.buddyball.net.

CANINE FLYBALL CLUB
The Queen City Road Runners meet most Sunday afternoons at their indoor training facility (call in advance for times). Private lessons also available. Flyball is a fun family sport where a relay team of four dogs races another team, jumping a series of four hurdles, trigger a spring loaded box to release a tennis ball, and race back to the handler. The Road Runners Club teaches the sport using a positive approach, emphasizing the human/canine bond. Family members of all ages welcome. The sport is open to any breed. Call (931) 220-4907, email icflyball@hotmail.com, or visit www.flyballdogs.com/qcr for more information about this exciting canine sport.

CLARKSVILLE BADMINTON CLUB
The Clarksville Badminton Club offers indoor recreational badminton to anyone Ages 15+, novice or experienced players are welcome. We provide both rackets and shuttles...no fees! Our times and locations of play are as follows: Tuesday mornings: 8:00 a.m. to 10:30 a.m. at Sango United Methodist Church Life Center, 3301 Sango Rd; Contact Kim Leavelle at 436-1028 if you need more info.

CLARKSVILLE IMPACT SOCCER CLUB
Involves participation of children ages 5-18 in youth sports, specifically soccer. Impact is a non-profit organization trying to provide opportunities to our youth. (931) 358-4926, info@clarksvilleimpact.us or clarksvilleimpact.us.

CLARKSVILLE TENNIS ASSOCIATION
Open to all who love tennis. A great group of people who bend over backwards to provide fun tennis tournaments and matches for people who are competitive or just play for fun. We encourage all levels and age groups. The President is Preston Howle and he can be reached at PrHowle@aol.com for all who are interested. Visit clarksvilletennis.usta.com.

CLARKSVILLE VOLLEYBALL CLUB
Located at 2231 Madison Street, we provide Volleyball training for all ages. Clarksville Volleyball Club offers training for all levels of volleyball beginner to advanced. Ages 7 and up. Club, clinics, camps and private lessons available. For more information visit jvolleyball.com, email Director Jen Garinger at jeng917@hotmail.com or call Jen at (602) 741-8045.

EMMANUEL FAMILY LIFE CENTER
303 Fairview Lane. Open 8:00 a.m. to 8:00 p.m. Monday, Tuesday, Thursday and Friday; 8:00 a.m. to 4:00 p.m. Wednesday; and 8:00 a.m. to 2:00 p.m. Saturday. Open to the public with gym, walk track, weight room, aerobics, boot camp, Zumba, r&b line dancing, cafe, dining room, meeting rooms, and more. Visit clarksvillefamilycenter.org or call (931) 647-4341.

TEAM CLARKSVILLE YOUTH WRESTLING
The Team Clarksville Wrestling Club is accepting new members. We're a competitive club serving youth in elementary school through middle school. For more information contact David Isbell at (719) 494-6685 or email at isbell_dave@yahoo.com.

THUNDERBOLT AQUATICS SWIM CLUB
We are a Fort Campbell based competitive swim team open to non-military families. For more information please visit thunderboltaquatics.com call (270) 226-8421 or e-mail thunderboltcoach@gmail.com. All participants must pass a swim test.

WARRIORS SPECIAL NEEDS CHEERLEADING
A competition cheerleading squad for children with special needs and disabilities or handicaps. We give kids a chance to cheer year around in a competitive setting, but where they will not be judged. We welcome children ages four to 18. For more information call Michelle Lange at (931) 217-2392 or e-mail warrriorscheersquad@yahoo.com.

CHILDBIRTH & PARENTING EDUCATION
ROOTS CHILDBIRTH PREPARATION
Pregnant? Know someone who is? Roots Childbirth classes are evidence-based, Christ-centered and perfect for any birth plan or birth setting! If you're interested in holistically preparing (mind, body and spirit) for your labor, delivery and postpartum period, our classes will fully prepare you for childbirth in any setting or scenario. Our skilled team of educators all have professional teaching, counseling or Women's Health backgrounds and are the only instructors in our area that are required to complete continuing education courses through Evidence Based Birth™ as part of their certification process each year. Because of this requirement, Roots offers your family excellence in childbirth education, relevant resources and the most up-to-date, evidence-based information so that you can better understand all your options and plan the birth that is right for you. Contact Heidi Duncan, Birth Doula and Childbirth Educator, at (615) 710-7077 or expectingnewlife@yahoo.com for info on classes (group, private or home-study).

BREASTFEEDING EDUCATION AND SUPPORT (WIC)
Montgomery Co. W.I.C is excited to extend a Breastfeeding Basic invitation to ANY expecting mom in our local community! Learn how to successfully breastfeed your baby at a FREE session at the Montgomery County W.I.C office! Breastfeeding classes will always be on the FIRST TUESDAY of the month at 11:00 a.m. and the THIRD THURSDAY of the month at 1:00 p.m.! Hope to see you there!

CLARKSVILLE BIRTH COMMUNITY
A place for families in the Clarksville/Fort Campbell area to find resources for pregnancy, birth and beyond. Join us for monthly playgroups and

gatherings. We have a lively discussion group on Facebook where women can ask questions and get answers from fellow moms and professionals such as childbirth educators and doulas. We want to be sure our members know that all moms are welcome here. Our primary goal is that you make informed choices for your pregnancy, birth and newborn care. Events posted at fortcampbelldoulas.webs.com or find us on Facebook at www.facebook.com/groups/clarksvillebirthpros/.

HEALTHY START
Healthy Start is a community outreach program fostering healthy childhood growth and development by providing free support services to first time parents and their babies. (931) 645-3976.

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL
La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All breastfeeding and expectant mothers and their children are welcome to attend either or both monthly meetings! Meetings are on the first Wednesday of each month at 10:00 a.m. at Clarksville's Montgomery County Public Library in the large meeting room and also on the third Wednesday of each month at 6:00 p.m. on Fort Campbell Army Post. The evening meeting is also open to your support person. Please check our Facebook for location each month facebook.com/LLLClarksville. If you have breastfeeding questions please contact one of our local group's leaders at BreastfeedingTN@gmail.com or call (931) 444-7087.

NINE MONTHS & BEYOND
A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, babyroom vacation and spa packages, and birth plan consultations. Micky Jones, BS, CLE, CLD, CHBE, CAPPA Lactation Educator Trainer at (931) 451-3223 or ninemonthsandbeyond.com.

Tennova Healthcare - Clarksville breastfeeding Class

Classes cover the initial steps to successful breastfeeding, uses for breast pumps and other supplies. Classes are normally taught in Legacy Rooms A & B (651 Dunlop Lane) on the first Tuesday of every month from 7-9 p.m. Registration is required. Register at Tennova.com.

TENNOVA HEALTHCARE - CLARKSVILLE PRENATAL CLASS
Prenatal Classes help parents-to-be anticipate situations that may arise during pregnancy and labor. The classes consist of five, two-hour sessions and are held on consecutive Wednesday or Thursdays at 7:00 p.m. Classes should be attended between the 26th and 34th week of pregnancy. Classes are taught in the Liberty Rooms on the first floor of the Medical Center (651 Dunlop Lane). Registration is required. To register call (855) TENNOVA (836-6682).

TENNOVA HEALTHCARE - CLARKSVILLE SIBLING CLASS
Bring your older children to Sibling Class. It offers an introduction to sibling interactions, a tour of the Nursery, and time to mingle with other children from expectant families. The class is typically offered the last Saturday of the month from 12-1 p.m. in the 3rd Floor Classroom (651 Dunlop Lane). Registration is required. Register at Tennova.com

WHOLE WOMAN
Whole Woman Birth and Lactation Services

We serve the whole woman from pregnancy to postpartum care. As certified Sacred Pregnancy Instructors, Sacred Milk Mentors, Sacred Postpartum Mother Roasters, and Internationally Board Certified Lactation Consultants we offer every service a pregnant and new mother needs. We do accept multiple insurances and are passionate in our care of our community. For current class schedules or for breastfeeding help contact us at (931) 206-9659 or wholewomanlactation.com.

CHILD CARE AWARE
Child Care Aware is a non-profit initiative committed to helping parents find the best information on locating quality childcare and childcare resources in their community. The website offers lots of tips on choosing a child care provider, lots of free publications for parents, local child care rates and a Child Care Options Calculator. childcareaware.org.

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

At 1248 North Second Street, Suite 206, provides assistance to parents in understanding how to select quality child care, how to use the state web site to locate child care, and to understand the star quality rating system. Resources for Parents are available covering topics such as Child Development, Appropriate Behavior Management, Health and Safety, and the Social Emotional Development of Children. Contact number is (931) 648-3695.

PARENT INFORMATION NETWORK

Parents working to keep parents informed about issues that affect the community, education and our schools via a subscriber e-mail network, clarksvillepin.net.

PROGRESSIVE DIRECTIONS

At 1249 Paradise Hill Road, provides services to developmentally delayed children and adults. (931) 647-6333 or progressivedirections.com.

Tennessee Nutrition & Consumer Education Program (TNCEP)

Provides nutrition education programs that help limited-resource individuals and their families improve their diets. When you participate in TNCEP programs, you will learn: how to stretch your food dollars, how to prepare good and nutritious food, how to plan a balanced diet, how to get kids to eat nutritious food, the importance of a good diet and physical activity, and how to use a variety of foods. TNCEP delivers programs in many ways, including: school programs, food demonstrations, group classes, hands-on learning experiences, educational displays, handouts, and newsletters. For more information contact Tamara Adjei at (931) 648-5725 or tadjei@utk.edu.

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

Support for families of alcoholics. Call for more information and meeting times. Grace Lutheran Church, 2041 Madison Street, Joyce at (931) 358-9515; or Ajax Senior Citizens Building, 953 Clark Street, Kim at (931) 647-0566; or Community Church, Jack Miller Boulevard & Airport Road, Kim at (931) 647-0566. middletnalanon.org.

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

At 331 Union Street, Suite B. Office at (931) 647-3632 or Toll-free Crisis Hotline at (800) 879-1999.

CHAP PROGRAM OF CATHOLIC CHARITIES

Creating Hope by Assisting Parents program is a completely free voluntary program that provides individualized parenting education, crisis intervention, and some case management for families with children ages birth - 8 years. Families participating can expect weekly in home visits with a skilled professional providing information on Child Development, Family Routines/Structure, Family Systems and any goals the parent desires assistance with (weaning from the bottle, potty training, pre-school readiness, etc.). For more information or to set up an appointment contact Sarah at (931) 645-9969.

DEPARTMENT OF CHILDREN'S SERVICES

At 350 Pageant Lane, Suite 401. (931) 503-3200.

LEGAL AID SOCIETY

At 120 Franklin Street, provides free legal advice and representation to eligible clients. (931) 552-6656 or las.org.

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

At 93 Beaumont Street. (931) 572-1663.

SAFEHOUSE DOMESTIC VIOLENCE SHELTER

Provides 24-hour emergency shelter, crisis hotline, professional counseling, advocacy and other services to victims of domestic violence and sexual assault. (931) 552-6900 (collect calls accepted).

CHILDREN'S GROUPS

4-H YOUTH DEVELOPMENT

At 1030 Cumberland Heights Road, is open to all youth ages 9-19. Involves participation in 4-H through school clubs, community clubs, special interest groups, and a variety of camps. Contact Julie Newberry at (931) 648-5725.

BOY SCOUTS OF AMERICA

Cub Scouts, dens for boys or girls, K through 5th grades. Scouts BSA, male troops and female troops, ages 11 to 17. Venturing, co-ed crews for ages

14 to 20. To contact Clarksville area volunteers:

(931)249-3383, cogiobascouting@gmail.org, scoutingtn.org

To contact Middle Tennessee Council: (615)383-9724, mtcbsa.org

CHILDREN OF THE AMERICAN REVOLUTION (C.A.R.)

The Children of the American Revolution (C.A.R.) is the nation's oldest, largest, patriotic youth organization. Membership is open to boys and girls from birth until age 22, who can prove lineage, bloodline descent from an ancestor who aided in achieving American independence. Email us at sevierstationCAR@gmail.com.

GIRL SCOUTS OF MIDDLE TENNESSEE

331 A-1 Union Street. (931) 648-1060 or gsmidtn.org. Girl Scouts build girls of courage, confidence and character who make the world a better place. Email bkelly@gsmidtn.org for more information.

LEAP ORGANIZATION

Provides youth development services such as mentoring, case management, counseling, community service, and career development targeted at ages 12 to 18. (931) 378-0500, info@leaporg.net, leaporg.net.

COMMUNITY OUTREACH

101ST AIRBORNE DIVISION ASSOCIATION

Once an Eagle...Always an Eagle

The 101st Airborne Division Association is a non-profit organization that welcomes all Screaming Eagles, from the original veterans to the active duty troopers of today, regardless of where or when they served. For more information on the benefits of being a member or the service the Association offers contact the office between 8:00 a.m. and 4:00 p.m. Monday through Friday at (931) 431-0199 or at our website ScreamingEagle.org.

ALL NATIONS BIBLICAL STUDY CENTER

Offers free Bible courses to the community in the major fields of biblical research. A complete Online Biblical Studies Program is also available. Online Courses are offered year-round. Visit studythescrptures.net or call (931) 648-8844 for more information and to register.

APSU EXTENDED EDUCATION

Develop a new skill, explore a new idea, learn a new language or seek a new career with one of the classes from Austin Peay State University's Center for Extended and Distance Education. Register early and receive a 10 percent discount on selected courses. Preregistration is required for each course. New online classes start every month. Melony Jones at (931) 221-7868, jonesma@apsu.edu or ed2.go.com/apsu.

ARMY COMMUNITY SERVICE

ACS is an important part of the Army's program to assist Soldiers and their Families in meeting specific needs. ACS offers a wide variety of programs with topics such as financial readiness, family programs, and relocation readiness tailored to assist Army Families living on and off post. ACS is the place to go for answers to your questions and help with concerns or issues facing military Families. 2601 Indiana Avenue, Fort Campbell. (270) 798-9322. campbell.armymwr.com/us/campbell/programs/acs or facebook.com/FortCampbellACS/.

ASERACARE HOSPICE

Hospice care provided for individuals nearing the end of life. Our team of professionals, which includes doctors, nurses, home health aides, social workers, chaplains, volunteers and a bereavement counselor to support patients and families by providing pain and symptom management, as well as psychosocial, emotional and spiritual support. 24/7 on-call availability. Serving Montgomery, Cheatam, Stewart, Houston, Humphreys, Dickson, and Hickman counties. (931) 551-4100.

BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

A tax-exempt, non-profit organization. Its purpose is to promote Filipino-American culture to all Filipinos and to any interested nationalities, develop a better understanding of our ethnic Filipino history, and promote our unique and diverse cultural heritage. Our group participates in various community services. Many Filipino soldiers assigned in Fort Campbell Post and their families join our social and civic activities in the community of Clarksville and Kentucky. The organization extends its services to donating clothes, shoes, and canned goods to

various local organizations. The organization is also teaching Tagalog lessons to those interested in learning another language. Membership is open to all. For inquiry, call Mario Wong at (931) 431-6786 or Pat Lowry at (931) 494-1080.

CRISIS CALL LINE

Offers crisis intervention, suicide prevention and referral. (931) 648-1000.

CROATIANS IN TENNESSEE

Our goal is to share our culture and information about Croatia. We would like to unify Croats and encourage educational opportunities for Croatian youth here and abroad. Our annual event at Liberty Park will showcase our amazing culture, food and dance. Our club will help Croats who want to move to Clarksville and make sure their transition is smooth. Visit facebook.com/groups/CroatiainsTennessee/

DAGAN FOUNDATION

Creating schools in rural areas for free education and sending orphans and disadvantaged children to schools in Togo, West Africa. Spreading the word of God through evangelism and planting and supporting churches in rural areas in Togo. Digging wells and providing clean water in rural areas in Togo. Partner with us and join us so together we can change lives in Togo, West Africa. You want to go to mission in Africa, you want to plant a church in Togo, you want to go teach English in our schools in Togo during Summer, you want to adopt a student or a church in a rural area, don't hesitate to contact us. Invite us and we will come to present our projects in your church. Contacts: Mr. Adolph Dagan at (931) 302-0787 or daganfoundation@yahoo.com, or visit daganfoundation.org. Like us on Facebook at Facebook.com/DaganFoundation. Our main partner in Togo is Action Bethesda, actionbethesda.org.

FREE CAKES FOR KIDS KY & TN

Serving Clarksville, Ft. Campbell, Oak Grove & Hopkinsville. We believe that every child deserves a birthday cake. Help us make the world a better place, one cake at a time! A volunteer run and supported organization that provides customized birthday cakes at no cost to children. We provide these cakes specifically to the children whose parents are experiencing financial difficulties and are unable to provide a birthday cake for their child. We simply ask though, if you use this service, that you are truly in need. Volunteer bakers are always welcome. No special talents or formal training needed, only a love of baking, a passion in your heart and a desire to bring a little sunshine into a child's day. If you do not bake or don't have time to bake, then you are welcome to donate store bought cakes. To learn more about our organization or ways you can help, check us out on facebook.com/pages/Free-Cakes-for-Kids-KYTN/529017437122370. Reach Mindy Parker or Christina Johnson at freecakesforkids_fortcampbell@yahoo.com.

FRIENDS OF THE BLUEWAY

A group dedicated to keeping Clarksville's Blueway beautiful and directly involved with the new access point park on Tiny Town. We will have clean up days, fundraisers, events and meetups. This group is passionate about outdoor activities, including kayaking and canoeing. The Parks and Rec department works closely with this group and gives insight on future access points to the rivers. Visit our facebook at facebook.com/FriendsoftheBluewayClarksvilleTN for more information and sign up for email updates at outdoorclarksville.com.

OPERATION STAND DOWN: OSDTN - CLARKSVILLE

a non-profit Veterans Service Organization that has been serving Tennessee for over 20 years, with it being in Clarksville going on 5 years. The office is located at 400 Madison Street, and the office phone number is (931) 896-2184. I am a retired US Army Chaplain who volunteers with the organization. The office manager is Mr. Willie Celestine and he gave me permission to reach out to you.

Career Services through individual employment plans (resume building, interview skills) and links veterans with employers.

VA Health Services and Benefit Counseling directly with a VA counselor.

Individual Financial Counseling and Legal Consultations Coordination

Housing Services by assisting veterans remain in their current residence, and find housing for homeless veterans.

A very large clothing and food pantry is also available.

TENNOVA HOME HEALTH & HOSPICE

141 Hatcher Lane. Serving the Clarksville area for 25 years. Offering nursing care, wound care, ostomy care, infusion therapy, home health aides, physical therapy, occupational therapy, speech therapy, hospice care, chaplain, social work, bereavement services and volunteer services. Servicing Montgomery, Cheatam, Roberston, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9551.

GOOD NEWS CLUBS

Teach children about Jesus in their schools! Though most children do not attend church, most do attend public school! Good News Clubs® are after-school Bible clubs that meet one afternoon a week at the school to teach children about Jesus, run by volunteers who are trained and screened by Child Evangelism Fellowship (a worldwide interdenominational ministry to children since 1937). Perhaps God would use you in this important ministry! ReachingKidsForJesus.com, (931) 241-8202, Facebook - CEF Greater Clarksville Chapter

GRACE ASSISTANCE PROGRAM

Helps the community with utility bills, prescriptions, clothing, food boxes, some emergency shelter, transportation, and housing when funds allow. During specific times of the year we have collections like now we are collecting new and gently used coats that we will be giving away at our office located at 217 South Third Street.

HABITAT FOR HUMANITY AND RESTORE

Habitat collaborates with faith, civic, and business organizations for home sponsorships. Homeowner applications are accepted Monday through Friday at 404 Madison Street, (931) 645-4222. habitatmtcn.org. The ReStore accepts and sells building, furniture and appliance donations funding Habitat's mission while providing an environmentally and socially responsible way to keep reusable materials out of the waste stream. 408 Madison Street, (931) 645-4242. donation@clarksvillerestore.org.

HAILEY'S HOPE WITH PROJECT SWEET PEAS

We are a local division of the national 501(c)3 non-profit organization Project Sweet Peas headed here in Clarksville by Kristin Vanderlip. We provide long term stay care packages to families who have babies in Neonatal Intensive Care Units (NICUs). We currently make scheduled deliveries to the level 3 NICU at Monroe Carell Jr. Children's Hospital at Vanderbilt in Nashville. However, we also take personal requests and will mail or hand deliver care packages to other local hospital NICUs. If you or someone you know has a baby who requires time in a NICU, the experience can be stressful and even traumatic; therefore, our care packages are designed to provide families with items they may need or find helpful during their baby's time in the NICU. Please contact us if you know someone who has a baby in a NICU. For more information please visit: facebook.com/haileyshopePSP or email division coordinator Kristin Vanderlip at Kristin@projectsweetpeas.com.

HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

Chartered by the Association of Hawaiian Civic Clubs in Hawaii, the club's goal is to perpetuate the Aloha Spirit and the Hawaiian Culture throughout the state of Tennessee and the surrounding area. Because of our close proximity to Fort Campbell, we are able to contact many native Hawaiians who are stationed here or have decided to retire in the local area. Many soldiers and their families have been stationed in Hawaii and also elect to join us and partake in the activities. Membership is open to everyone, and we love our times to meet and share the Aloha Spirit and the "local grinds" that everyone learns to love. For more information, please call Marlene Livesay at (931) 572-0804 or visit our website at huihawaiiottn.com.

HOPE CENTER

A community service branch of the Family Guidance Training Institute, Inc. provides a number of community activities to include summer camps for seriously emotionally disturbed children, S.T.E.P. into the Light, a women's holistic wellness group, and Women's Share community. The Hope Center also

offers a multitude of workshops for community organizations. For further information regarding our programs, please call (931) 431-7580.

HUMANESOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

Provides reduced-cost spaying-neutering and pet care assistance to eligible owners; pets for adoption through foster homes; dog bite prevention and pet care programs; and a 24-hour help line. (931) 648-8042. humanesociety@clarksville.com or clarksvillehumanesociety.org.

LOAVES AND FISHES

At 215 Foster Street, provides a hot meal Monday-Saturday 10:30 a.m. to 12:00 p.m. Also provides a distribution center for food donated to agencies that feed hungry people on Tuesday and Friday from 1:00 p.m. to 2:00 p.m. (931) 645-9020.

ADOPTION & FOSTER CARE

CAMELOT CARE

Located at 2233 Stokes Road, Suite A, we are a therapeutic foster care provider servicing children, adolescents, and their families in the state of Tennessee. For more information on how to become a foster parent please call Karen Pinkett at 931-217-3813 or email karen.pinkett@pathways.com.

CENTERSTONE

Family Centered Services
Serves children and adolescents up to the age of 17. 901 Martin Street, (931) 503-4600.

CLARKSVILLE FAMILY ADOPTION ASSOCIATION

Bringing families and individuals together that have been impacted by adoption, providing support for prospective families and keeping members educated about the needs of adopted children. Events include information meetings, drop in play dates for families with young children, fun days for adopted teens, fun family time and various celebrations throughout the year. Attendance at each event is optional. No commitment. For more information call/text Jaime at (931) 980-8498. To be added to the contact list, please send your e-mail address and/or phone number to CFAA@outlook.com.

CARING CHOICES OF CATHOLIC CHARITIES

1905 Madison Street, is a Tennessee state licensed child-placing agency providing supportive professional counseling services to those experiencing an unplanned pregnancy. Open Monday, Thursday and Friday from 10:00 a.m. to 2:00 p.m. or by appointment. Deasree Williams: (931) 645-9969 or dwilliams@cctenn.org.

OAK PLAINS ACADEMY

1751 Oak Plains Road, Ashland City. We serve children of all ages with therapeutic services, and have several foster homes in Clarksville. Karen Henderlight, (931) 362-4723, karen.henderlight@uhsinc.com.

OMNI VISIONS INCORPORATED

Every child deserves to be a member of a healthy and supportive family. Omni Visions, Inc. provides therapeutic Foster Care, a home-based program for children who are in state custody and need support, supervision, and personal intervention. The qualifications are simple: May be married, single or divorced; May or may not have other children; Can own your home or rent; Must be at least 25 years old to become a foster parent; Must be able to meet the financial and emotional needs of your own family; Can work full-time; Must be a resident of the U.S. How do you become a foster parent? The first step is to contact our office. Our phone number is (931) 436-9310 or visit omnivisions.com.

YOUTH VILLAGES

A private nonprofit organization dedicated to helping emotionally and behaviorally troubled children and their families live successfully through innovative, research-based programs. 651 Stowe Court; contact Jennifer Kessler at (931) 552-5260, jennifer.kessler@youthvillages.org or visit www.youthvillages.org.

ARTS, CRAFTS & HOBBIES

CLARKSVILLE AJAX TURNER SENIOR CENTER
953 Clark St. Clarksville, TN
(931)-648-1345

We are a non-profit senior activities center. There are a wide variety of programs and activities for seniors age 50 and above. Educational activities such as ceramics, coloring, and quilting classes. We have a card room, billiards room, wii bowling,

exercise room and more. Our Senior Circle of Friends adult daycare room is available for seniors needing extra care during the day. We hold weekly dance, seminars, bible study. We are currently providing free tax preparation for seniors with a fixed income. For information contact Diana Akin or Dan Blair @ (931)-648-1345

CLARKSVILLE MODEL RAILROAD CLUB

Located in the basement at 420 Madison St. We meet on Monday nights at 6:30 p.m. We play with trains. We are rebuilding our layout and are encouraging any and all who are interested in learning to build a model railroad layout. We are encouraging anyone of any age to come and participate in some great fun which we started to do when we were young. For further information see our Facebook page or call (931) 216-5351.

COMMUNITY SCHOOL OF THE ARTS AT APSU

The Community School of the Arts (CSA) at APSU is now under the management of the Center of Excellence for the Creative Arts (CECA, or "seek-ah"). Established in 1990, the CSA offers a variety of classes for children and adults, from beginning to advanced levels, in the areas of dance, theatre, music, creative writing, and visual art. Over 20 courses are offered per semester, such as digital SLR photography, drawing, painting, ceramics, children's choir, ukulele, music play for toddlers, ballet, modern dance, fiction writing, and improvisational acting. These classes inspire students of all ages to get involved in the arts in an affordable, friendly environment. For more information, call 931-221-7876, visit www.apsu.edu/ceca/csa, or email csa@apsu.edu.

MADISON STREET MUSIC & ARTS ACADEMY

Offers music and art classes as well as private lessons for both children and adults. Classes include Kindermusik for infants-age 7, Kinderart for pre-schoolers, Musical Theatre for middle and high school students, and Photography and/or Scrapbooking for teens and adults. Private music lessons are available for voice and most instruments, including the impressive pipe organ at Madison Street United Methodist Church. Lessons are available at reduced rates for families who qualify for the school lunch program, and scholarships are available for outstanding music students. For more information, contact Abigail Haake at (931) 278-7921 or abby@madisonstreetumc.com, or visit our website at madisonstreetumc.org and find us on Facebook (Madison Street Music & Arts Academy)!

MONTGOMERY COUNTY WATERGARDEN SOCIETY

A not for profit water garden and koi pond club that hosts an annual Water Garden Tour. Visit www.mcwgs.org, if you would like more information regarding who we are and what we do or contact Linda VanMaanen at (931) 368-1636 or Linda Westfall at (931) 648-6350.

WARIOTO AUDUBON SOCIETY

A chapter of the National Audubon Society. The mission is to conserve and restore natural ecosystems, focusing on birds, other wildlife and their habitats for the benefit of humanity and the earth's biological diversity. We connect our community to nature through events, hikes and talks.

Meetings are on the 1st Thursday of March, May, September and December at the Clarksville-Montgomery County Library at 6 p.m. with a speaker and refreshments. The program is free and open to the public.

We offer monthly birding field trips from September - May.

Find us on Facebook: Warioto Audubon Facebook Page

ATHLETICS

BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

Buddy Ball provides individuals with a mental or physical disability the opportunity to play sports, regardless of their limitations. Buddy Ball helps individuals learn teamwork and promotes self-esteem, one of the tools needed to help overcome the stigma often associated with a disability. The Buddy Ball league is aware of the extra expenses on the families of disabled children. Because of this, Buddy Ball does not charge any fees to participate. We rely entirely on private donations to operate. (931) 624-7253 or www.buddyball.net.

CANINE FLYBALL CLUB

The Queen City Road Runners meet most Sunday afternoons at their indoor training facility (call in advance for times). Private lessons also available. Flyball is a fun family sport where a relay team of four dogs races another team, jumping a series of four hurdles, trigger a spring loaded box to release a tennis ball, and race back to the handler. The Road Runners Club teaches the sport using a positive approach, emphasizing the human/canine bond. Family members of all ages welcome. The sport is open to any breed. Call (931) 220-4907, email icflyball@hotmail.com, or visit www.flyballdogs.com/qcrr for more information about this exciting canine sport.

CLARKSVILLE BADMINTON CLUB

The Clarksville Badminton Club offers indoor recreational badminton to anyone Ages 15+, novice or experienced players are welcome. We provide both rackets and shuttles...no fees! Our times and locations of play are as follows: Tuesday mornings: 8:00 a.m. to 10:30 a.m. at Sango United Methodist Church Life Center, 3301 Sango Rd; Contact Kim Leavelle at 436-1028 if you need more info.

CLARKSVILLE IMPACT SOCCER CLUB

Involves participation of children ages 5-18 in youth sports, specifically soccer. Impact is a non-profit organization trying to provide opportunities to our youth. (931) 358-4926, info@clarksvilleimpact.us or clarksvilleimpact.us.

CLARKSVILLE TENNIS ASSOCIATION

Open to all who love tennis. A great group of people who bend over backwards to provide fun tennis tournaments and matches for people who are competitive or just play for fun. We encourage all levels and age groups. The President is Preston Howle and he can be reached at PrHowle@aol.com for all who are interested. Visit clarksvilletennis.usta.com.

CLARKSVILLE VOLLEYBALL CLUB

Located at 2231 Madison Street, we provide Volleyball training for all ages. Clarksville Volleyball Club offers training for all levels of volleyball beginner to advanced. Ages 7 and up. Club, clinics, camps and private lessons available. For more information visit JVolleyball.com, email Director Jen Garinger at jeng917@hotmail.com or call Jen at (602) 741-8045.

EMMANUEL FAMILY LIFE CENTER

303 Fairview Lane. Open 8:00 a.m. to 8:00 p.m. Monday, Tuesday, Thursday and Friday; 8:00 a.m. to 4:00 p.m. Wednesday; and 8:00 a.m. to 2:00 p.m. Saturday. Open to the public with gym, walk track, weight room, aerobics, boot camp, Zumba, r&b line dancing, cafe, dining room, meeting rooms, and more. Visit clarksvillefamilycenter.org or call (931) 647-4341.

TEAM CLARKSVILLE YOUTH WRESTLING

The Team Clarksville Wrestling Club is accepting new members. We're a competitive club serving youth in elementary school through middle school. For more information contact David Isbell at (719) 494-6685 or email at isbell_dave@yahoo.com.

THUNDERBOLT AQUATICS SWIM CLUB

We are a Fort Campbell based competitive swim team open to non-military families. For more information please visit thunderboltaquatics.com call (270) 226-8421 or e-mail thunderboltcoach@gmail.com. All participants must pass a swim test.

WARRIORS SPECIAL NEEDS CHEERLEADING

A competition cheerleading squad for children with special needs and disabilities or handicaps. We give kids a chance to cheer year around in a competitive setting, but where they will not be judged. We welcome children ages four to 18. For more information call Michelle Lange at (931) 217-2392 or e-mail warrriorscheersquad@yahoo.com.

CHILD BIRTH & PARENTING EDUCATION

ROOTS CHILD BIRTH PREPARATION

Pregnant? Know someone who is? Roots Childbirth classes are evidence-based, Christ-centered and perfect for any birth plan or birth setting! If you're interested in holistically preparing (mind, body and spirit) for your labor, delivery and postpartum period, our classes will fully prepare you for childbirth in any setting or scenario. Our skilled team of educators all have professional teaching, counseling or Women's Health backgrounds and are the only instructors in our area that are required to complete continuing education courses through Evidence Based Birth™ as part of their

certification process each year. Because of this requirement, Roots offers your family excellence in childbirth education, relevant resources and the most up-to-date, evidence-based information so that you can better understand all your options and plan the birth that is right for you. Contact Heidi Duncan, Birth Doula and Childbirth Educator, at (615) 710-7077 or expectingnewlife@yahoo.com for info on classes (group, private or home-study).

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

Montgomery Co. W.I.C is excited to extend a Breastfeeding Basic invitation to ANY expecting mom in our local community! Learn how to successfully breastfeed your baby at a FREE session at the Montgomery County W.I.C office! Breastfeeding classes will always be on the FIRST TUESDAY of the month at 11:00 a.m. and the THIRD THURSDAY of the month at 1:00 p.m.! Hope to see you there!

CLARKSVILLE BIRTH COMMUNITY

A place for families in the Clarksville/Fort Campbell area to find resources for pregnancy, birth and beyond. Join us for monthly playgroups and gatherings. We have a lively discussion group on Facebook where women can ask questions and get answers from fellow moms and professionals such as childbirth educators and doulas. We want to be sure our members know that all moms are welcome here. Our primary goal is that you make informed choices for your pregnancy, birth and newborn care. Events posted at fortcampbelldoulas.webs.com or find us on Facebook at www.facebook.com/groups/clarksvillebirthpros/.

HEALTHY START

Healthy Start is a community outreach program fostering healthy childhood growth and development by providing free support services to first time parents and their babies. (931) 645-3976.

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All breastfeeding and expectant mothers and their children are welcome to attend either or both monthly meetings! Meetings are on the first Wednesday of each month at 10:00 a.m. at Clarksville's Montgomery County Public Library in the large meeting room and also on the third Wednesday of each month at 6:00 p.m. on Fort Campbell Army Post. The evening meeting is also open to your support person. Please check our Facebook for location each month facebook.com/LLLClarksville. If you have breastfeeding questions please contact one of our local group's leaders at BreastfeedingTN@gmail.com or call (931) 444-7087.

NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, babyroom vacation and spa packages, and birth plan consultations. Micky Jones, BS, CLE, CLD, CHBE, CAPPA Lactation Educator Trainer at (931) 451-3223 or ninemonthsandbeyond.com.

Tennova Healthcare - Clarksville breastfeeding Class

Classes cover the initial steps to successful breastfeeding, uses for breast pumps and other supplies. Classes are normally taught in Legacy Rooms A & B (651 Dunlop Lane) on the first Tuesday of every month from 7-9 p.m. Registration is required. Register at Tennova.com.

TENNOVA HEALTHCARE - CLARKSVILLE PRENATAL CLASS

Prenatal Classes help parents-to-be anticipate situations that may arise during pregnancy and labor. The classes consist of five, two-hour sessions and are held on consecutive Wednesday or Thursday at 7:00 p.m. Classes should be attended between the 26th and 34th week of pregnancy. Classes are taught in the Liberty Rooms on the first floor of the Medical Center (651 Dunlop Lane). Registration is required. To register call (855) TENNOVA (836-6682).

TENNOVA HEALTHCARE - CLARKSVILLE SIBLING CLASS

Bring your older children to Sibling Class. It offers an introduction to sibling interactions, a tour of the Nursery, and time to mingle with other children from expectant families. The class is typically

DUE TO COVID-19 ALL EVENTS ARE SUBJECT TO CHANGE, PLEASE EMAIL, CALL OR VISIT THE LINKS PROVIDED UNDER EACH EVENT TO KEEP AS UPDATED AS POSSIBLE. STAY SENSIBLE AND SAFE.

offered the last Saturday of the month from 12-1 p.m. in the 3rd Floor Classroom (651 Dunlop Lane). Registration is required. Register at Tennova.com

WHOLE WOMAN
Whole Woman Birth and Lactation Services

We serve the whole woman from pregnancy to postpartum care. As certified Sacred Pregnancy Instructors, Sacred Milk Mentors, Sacred Postpartum Mother Roasters, and Internationally Board Certified Lactation Consultants we offer every service a pregnant and new mother needs. We do accept multiple insurances and are passionate in our care of our community. For current class schedules or for breastfeeding help contact us at (931) 206-9659 or wholewomanlactation.com.

CHILD CARE

CHILD CARE AWARE
Child Care Aware is a non-profit initiative committed to helping parents find the best information on locating quality childcare and childcare resources in their community. The website offers lots of tips on choosing a child care provider, lots of free publications for parents, local child care rates and a Child Care Options Calculator. childcareaware.org.

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

At 128 North Second Street, Suite 206, provides assistance to parents in understanding how to select quality child care, how to use the state web site to locate child care, and to understand the star quality rating system. Resources for Parents are available covering topics such as Child Development, Appropriate Behavior Management, Health and Safety, and the Social Emotional Development of Children. Contact number is (931) 648-3695.

PARENT INFORMATION NETWORK

Parents working to keep parents informed about issues that affect the community, education and our schools via a subscriber e-mail network, clarksvillepin.net.

PROGRESSIVE DIRECTIONS

At 1249 Paradise Hill Road, provides services to developmentally delayed children and adults. (931) 647-6333 or progressivedirections.com.

Tennessee Nutrition & Consumer Education Program (TNCEP)

Provides nutrition education programs that help limited-resource individuals and their families improve their diets. When you participate in TNCEP programs, you will learn: how to stretch your food dollars, how to prepare good and nutritious food, how to plan a balanced diet, how to get kids to eat nutritious food, the importance of a good diet and physical activity, and how to use a variety of foods. TNCEP delivers programs in many ways, including: school programs, food demonstrations, group classes, hands-on learning experiences, educational displays, handouts, and newsletters. For more information contact Tamera Adjei at (931) 648-5725 or tadjei@utk.edu.

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN
Support for families of alcoholics. Call for more information and meeting times. Grace Lutheran Church, 2041 Madison Street, Joyce at (931) 358-9515; or Ajax Senior Citizens Building, 953 Clark Street. Kim at (931) 647-0566; or Community Church, Jack Miller Boulevard & Airport Road, Kim at (931) 647-0566. middlesnalanon.org.

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

At 331 Union Street, Suite B. Office at (931) 647-3632 or Toll-free Crisis Hotline at (800) 879-1999.

CHAP PROGRAM OF CATHOLIC CHARITIES

Creating Hope by Assisting Parents program is a completely free voluntary program that provides individualized parenting education, crisis intervention, and some case management for families with children ages birth - 8 years. Families participating can expect weekly in home visits with a skilled professional providing information on Child Development, Family Routines/Structure, Family Systems and any goals the parent desires assistance with (weaning from the bottle, potty training, pre-school readiness, etc.). For more information or to set up an appointment contact Sarah at (931) 645-9969.

DEPARTMENT OF CHILDREN'S SERVICES

At 350 Pageant Lane, Suite 401. (931) 503-3200.

LEGAL AID SOCIETY

At 120 Franklin Street, provides free legal advice and representation to eligible clients. (931) 552-6656 or las.org.

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

At 93 Beaumont Street. (931) 572-1663.

SAFEHOUSE DOMESTIC VIOLENCE SHELTER

Provides 24-hour emergency shelter, crisis hotline, professional counseling, advocacy and other services to victims of domestic violence and sexual assault. (931) 552-6900 (collect calls accepted).

CHILDREN'S GROUPS

4-H YOUTH DEVELOPMENT
At 1030 Cumberland Heights Road, is open to all youth ages 9-19. Involves participation in 4-H through school clubs, community clubs, special interest groups, and a variety of camps. Contact Julie Newberry at (931) 648-5725.

BOY SCOUTS OF AMERICA

Cub Scouts, dens for boys or girls, K through 5th grades. Scouts BSA, male troops and female troops, ages 11 to 17. Venturing, co-ed crews for ages 14 to 20. To contact Clarksville area volunteers: (931)249-3383, cogioascouting@gmail.com, scoutingtn.org

To contact Middle Tennessee Council: (615)383-9724, mtcbsa.org

CHILDREN OF THE AMERICAN REVOLUTION (C.A.R.)

The Children of the American Revolution (C.A.R.) is the nation's oldest, largest, patriotic youth organization. Membership is open to boys and girls from birth until age 22, who can prove lineal, bloodline descent from an ancestor who aided in achieving American independence. Email us at sevierstationCAR@gmail.com.

GIRL SCOUTS OF MIDDLE TENNESSEE

331 A-1 Union Street, (931) 648-1060 or gsmidtn.org. Girl Scouts build girls of courage, confidence and character who make the world a better place. Email bkelly@gsmidtn.org for more information.

LEAP ORGANIZATION

Provides youth development services such as mentoring, case management, counseling, community service, and career development targeted at ages 12 to 18. (931) 378-0500, info@leaporg.net, leaporg.net.

COMMUNITY OUTREACH

101ST AIRBORNE DIVISION ASSOCIATION
Once an Eagle...Always an Eagle

The 101st Airborne Division Association is a non-profit organization that welcomes all Screaming Eagles, from the original veterans to the active duty troopers of today, regardless of where or when they served. For more information on the benefits of being a member or the service the Association offers contact the office between 8:00 a.m. and 4:00 p.m. Monday through Friday at (931) 431-0199 or at our website ScreamingEagle.org.

ALL NATIONS BIBLICAL STUDY CENTER

Offers free Bible courses to the community in the major fields of biblical research. A complete Online Biblical Studies Program is also available. Online Courses are offered year-round. Visit studythescriptures.net or call (931) 648-8844 for more information and to register.

APSU EXTENDED EDUCATION

Develop a new skill, explore a new idea, learn a new language or seek a new career with one of the classes from Austin Peay State University's Center for Extended and Distance Education. Register early and receive a 10 percent discount on selected courses. Preregistration is required for each course. New online classes start every month. Melony Jones at (931) 221-7868, jonesma@apsu.edu or ed2go.com/apsu.

ARMY COMMUNITY SERVICE

ACS is an important part of the Army's program to assist Soldiers and their Families in meeting specific needs. ACS offers a wide variety of programs with topics such as financial readiness, family programs, and relocation readiness tailored to assist Army Families living on and off post. ACS is the place to go for answers to your questions and help with concerns or issues facing military Families. 2601 Indiana Avenue, Fort

Campbell. (270) 798-9322, campbell.armymwr.com/us/campbell/programs/acs or facebook.com/FortCampbellIACS/.

ASERACARE HOSPICE

Hospice care provided for individuals nearing the end of life. Our team of professionals, which includes doctors, nurses, home health aides, social workers, chaplains, volunteers and a bereavement counselor to support patients and families by providing pain and symptom management, as well as psychosocial, emotional and spiritual support. 24/7 on-call availability. Serving Montgomery, Cheatham, Stewart, Houston, Humphreys, Dickson, and Hickman counties. (931) 551-4100.

BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

A tax-exempt, non-profit organization. Its purpose is to promote Filipino-American culture to all Filipinos and to any interested nationalities, develop a better understanding of our ethnic Filipino history, and promote our unique and diverse cultural heritage. Our group participates in various community services. Many Filipino soldiers assigned in Fort Campbell Post and their families join our social and civic activities in the community of Clarksville and Kentucky. The organization extends its services to donating clothes, shoes, and canned goods to various local organizations. The organization is also teaching Tagalog lessons to those interested in learning another language. Membership is open to all. For inquiry, call Mario Wong at (931) 431-6786 or Pat Lowry at (931) 494-1080.

CRISIS CALL LINE

Offers crisis intervention, suicide prevention and referral. (931) 648-1000.

CROATIANS IN TENNESSEE

Our goal is to share our culture and information about Croatia. We would like to unify Croatians and encourage educational opportunities for Croatian youth here and abroad. Our annual event at Liberty Park will showcase our amazing culture, food and dance. Our club will help Croatians who want to move to Clarksville and make sure their transition is smooth. Visit facebook.com/groups/CroatiansinTennessee/

DAGAN FOUNDATION

Creating schools in rural areas for free education and sending orphans and disadvantaged children to schools in Togo, West Africa. Spreading the word of God through evangelism and planting and supporting churches in rural areas in Togo. Digging wells and providing clean water in rural areas in Togo. Partner with us and join us so together we can change lives in Togo, West Africa. You want to go to mission in Africa, you want to plant a church in Togo, you want to go teach English in our schools in Togo during Summer, you want to adopt a student or a church in a rural area, don't hesitate to contact us. Invite us and we will come to present our projects in your church. Contacts: Mr. Adolph Dagan at (931) 302-0787 or daganfoundation@yahoo.com, or visit daganfoundation.org. Like as on Facebook at Facebook.com/DaganFoundation. Our main partner in Togo is Action Bethesda, actionbethesda.org.

FREE CAKES FOR KIDS KY & TN

Serving Clarksville, Ft. Campbell, Oak Grove & Hopkinsville. We believe that every child deserves a birthday cake. Help us make the world a better place, one cake at a time! A volunteer run and supported organization that provides customized birthday cakes at no cost to children. We provide these cakes specifically to the children whose parents are experiencing financial difficulties and are unable to provide a birthday cake for their child. We simply ask though, if you use this service, that you are truly in need. Volunteer bakers are always welcome. No special talents or formal training needed, only a love of baking, a passion in your heart and a desire to bring a little sunshine into a child's day. If you do not bake or don't have time to bake, then you are welcome to donate store bought cakes. To learn more about our organization or ways you can help, check us out on Facebook facebook.com/pages/Free-Cakes-for-Kids-KYTN/529017437122370. Reach Mindy Parker or Christina Johnson at freecakesforkids_fortcampbell@yahoo.com.

FRIENDS OF THE BLUEWAY

A group dedicated to keeping Clarksville's Blueway beautiful and directly involved with the new access point park on Tiny Town. We will have clean up days, fundraisers, events and meetups. This group is passionate about outdoor activities, including kayaking and canoeing. The Parks and Rec department works closely with this group and gives insight on future access points to the rivers. Visit our facebook at facebook.com/FriendsoftheBluewayClarksvilleTN for more information and sign up for email updates at outdoorclarksville.com.

OPERATION STAND DOWN: OSDTN - CLARKSVILLE

a non-profit Veterans Service Organization that has been serving Tennessee for over 20 years, with it being in Clarksville going on 5 years. The office is located at 400 Madison Street, and the office phone number is (931) 896-2184. I am a retired US Army Chaplain who volunteers with the organization. The office manager is Mr. Willie Celestine and he gave me permission to reach out to you.

Career Services through individual employment plans (resume building, interview skills) and links veterans with employers.

VA Health Services and Benefit Counseling directly with a VA counselor.

Individual Financial Counseling and Legal Consultations Coordination

Housing Services by assisting veterans remain in their current residence, and find housing for homeless veterans.

A very large clothing and food pantry is also available.

TENNOVA HOME HEALTH & HOSPICE

141 Hatcher Lane. Serving the Clarksville area for 25 years. Offering nursing care, wound care, ostomy care, infusion therapy, home health aides, physical therapy, occupational therapy, speech therapy, hospice care, chaplain, social work, bereavement services and volunteer services. Servicing Montgomery, Cheatham, Roberston, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9551.

GOOD NEWS CLUBS

Teach children about Jesus in their schools! Though most children do not attend church, most do attend public school! Good News Clubs® are after-school Bible clubs that meet one afternoon a week at the school to teach children about Jesus, run by volunteers who are trained and screened by Child Evangelism Fellowship (a worldwide interdenominational ministry to children since 1937). Perhaps God would use you in this important ministry! ReachingKidsForJesus.com, (931) 241-8202, Facebook - CEF Greater Clarksville Chapter

GRACE ASSISTANCE PROGRAM

Helps the community with utility bills, prescriptions, clothing, food boxes, some emergency shelter, transportation, and housing when funds allow. During specific times of the year we have collections like now we are collecting new and gently used coats that we will be giving away at our office located at 217 South Third Street.

HABITAT FOR HUMANITY AND RESTORE

Habitat collaborates with faith, civic, and business organizations for home sponsorships. Homeowner applications are accepted Monday through Friday at 404 Madison Street, (931) 645-4222. habitatmctn.org. The ReStore accepts and sells building, furniture and appliance donations funding Habitat's mission while providing an environmentally and socially responsible way to keep reusable materials out of the waste stream. 408 Madison Street, (931) 645-4242, donation@clarksvillerestore.org.

HAILEY'S HOPE WITH PROJECT SWEET PEAS

We are a local division of the national 501(c)3 non-profit organization Project Sweet Peas headed here in Clarksville by Kristin Vanderlip. We provide long term stay care packages to families who have babies in Neonatal Intensive Care Units (NICUs). We currently make scheduled deliveries to the level 3 NICU at Monroe Carell Jr. Children's Hospital at Vanderbilt in Nashville. However, we also take personal requests and will mail or hand deliver care packages to other local hospital NICUs. If

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you or someone you know has a baby who requires time in a NICU, the experience can be stressful and even traumatic; therefore, our care packages are designed to provide families with items they may need or find helpful during their baby's time in the NICU. Please contact us if you know someone who has a baby in a NICU. For more information please visit: [facebook.com/halleysshopESP](https://www.facebook.com/halleysshopESP) or email division coordinator Kristin Vanderlip at Kristin@projectsweetpeas.com.

HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB
Chartered by the Association of Hawaiian Civic Clubs in Hawaii, the club's goal is to perpetuate the Aloha Spirit and the Hawaiian Culture throughout the state of Tennessee and the surrounding area. Because of our close proximity to Fort Campbell, we are able to contact many native Hawaiians who are stationed here or have decided to retire in the local area. Many soldiers and their families have been stationed in Hawaii and also elect to join us and partake in the activities. Membership is open to everyone, and we love our times to meet and share the Aloha Spirit and the "local grinds" that everyone learns to love. For more information, please call Marlene Livesay at (931) 572-0804 or visit our website at huihawaiiotn.com.

HOPE CENTER
A community service branch of the Family Guidance Training Institute, Inc. provides a number of community activities to include summer camps for seriously emotionally disturbed children, S.T.E.P. into the Light, a women's holistic wellness group, and Women's Share community. The Hope Center also offers a multitude of workshops for community organizations. For further information regarding our programs, please call (931) 431-7580.

HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY
Provides reduced-cost spaying-neutering and pet care assistance to eligible owners; pets for adoption through foster homes; dog bite prevention and pet care programs; and a 24-hour help line. (931) 648-8042. humanesociety@clarksville.com or clarksvillehumanesociety.org.

LOAVES AND FISHES
At 215 Foster Street, provides a hot meal Monday-Saturday 10:30 a.m. to 12:00 p.m. Also provides a distribution center for food donated to agencies that feed hungry people on Tuesday and Friday from 1:00 p.m. to 2:00 p.m. (931) 645-9020.

MANNA CAFÉ MINISTRIES
Mobile Café:
Tuesdays 5:30pm to 7:00pm, New Providence area
Wednesdays 5:30pm to 7:00pm, Lincoln Homes
Thursdays 5:30pm to 7:00pm, Veterans Plaza
Saturdays 8:30am to 10:00am, New Providence area and Veterans Plaza

Food Box Distribution:
Mondays, Wednesdays, and Fridays 10:00am to 4:00pm
1319 East Franklin Street

Manna Café Ministries
1319 East Franklin Street, Clarksville, TN
Office: 931-933-0970
Email: info@mannacafeministries.com

MEALS ON WHEELS
Mid-Cumberland Human Resource Agency provides group or home-delivered meals to individuals 60 or older. Volunteers deliver noon meal Monday-Friday. It only takes an hour of your time. Beth at (931) 645-5629.

MONTGOMERY COUNTY WIC CLINIC
300 Pageant Lane. Provides nutrition education and food vouchers for women, infants, and children (up to age five). We offer breastfeeding education, including two free monthly classes (see calendar for dates and times). (931) 551-8777.

RADICAL MISSION
Meets Tuesdays and Thursdays from 9:00 a.m. to 1:00 p.m. at Clarksville First Church of the Nazarene, 150 Richview Road. A Compassionate Ministry Center, founded by Clarksville First Church of the Nazarene, seeks to creatively address issues of suffering and brokenness particularly pertaining to poverty and basic human needs. We provide food, clothing, furniture, volunteer opportunities, and friendship. For more information contact Heather Byrd at (931) 648-1496.

SUNCREST HOME HEALTH
Available 24 hours a day, seven days a week to answer any questions you might have to discuss how we can help your patients feel better, recover faster and live healthier in the place they call HOME. Call (931) 647-7411.

TENNESSEE REHABILITATION CENTER AT CLARKSVILLE
1575 Corporate Parkway Boulevard (past John Deere and Clayton Homes), a county/state agency, the TRC provides counseling, vocational evaluation, work adjustment, and job placement services for graduating high school students and adults with disabilities. (931) 648-5560.

TWO RIVERS ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN (TRAEYC)
The Two Rivers Association for the Education of Young Children, TRAEYC, (pronounced tray-see), is one of the fastest growing affiliates in the history of the statewide associations. TRAEYC members have a passion for young children and are committed to their education. The Tennessee Counties represented by TRAEYC are Benton, Dickson, Henry, Houston, Humphreys, Montgomery and Stewart. We invite you to join us in exciting upcoming professional growth opportunities. Contact Dr. Linda A. Sitton, TRAEYC President, at (931) 221-7308 or visit traeyc.org.

UNITED WAY
At 1300 Madison Street, provides the leadership to increase the organized capacity of people to care for one another. Monitors and provides support for agencies serving Clarksville and Fort Campbell, as well as Montgomery, Houston and Stewart counties. (931) 647-4291.

VETERANS UPWARD BOUND
Provides free educational services to veterans who are planning to enroll in college or technical school, or to take the GED Exam. The program is funded by a grant from the U. S. Department of Education as a TRIO project. VUB provides veterans with free academic and counseling services to assure they are ready to succeed in their educational pursuits. Outprocessing military and discharged veterans may be eligible to receive services. For further information, please contact Sharita Goodrich at: 931-221-7600 or vub@apsu.edu. You can also visit our website at apsu.edu/VUB/.

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH
ALCOHOLICS ANONYMOUS
Do you or a member of your family, or perhaps a friend, have a problem with alcohol? We can help. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem with alcohol. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses or opposes any causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety. AA 24 Hour Hotline: (615) 647-831-1050. Clark Street AA Hotline: (931)-647-0255 (11:30 a.m. to 12:15 p.m.); 5:30 p.m. to 9:15 p.m.). Alanon/Alateen Family Hotline: (888) 425-2666

APTITUDE HABILITATION SERVICES
At 2237 Lowes Drive, Suite G, Aptitude Habilitation Services is a comprehensive educational and rehabilitation services firm dedicated to providing the highest quality applied behavioral therapy to children and adults on the autism spectrum. (800) 991-6070 or aptitudeservices.com.

ASPERGER/AUTISM CENTER
800 Tiny Town Road, serves children and adolescents with Asperger and Autism Disorders. Services include: individual counseling, group counseling, family education and counseling, and psychiatric services. For further information regarding our programs, please call (931) 431-7580.

BRADFORD HEALTH SERVICES
Bradford Health Services at 231 Dunbar Cave Road, Suite A, creates effective and affordable substance abuse programs through a variety of innovative services. (931) 542-9816.

CENTERSTONE
Centerstone offers a comprehensive array of mental health services throughout Middle Tennessee, addressing issues from stress, depression, ADHD and PTSD to anxiety, grief, anger, addiction, substance abuse and family conflict. We provide psychiatric services; individual, marriage, family and group counseling; crisis and intervention services; school-based and foster care support services; life coaching; integrated primary care. 511 Eighth Street, (931) 920-7200, Centerstone.org.

COLUMBUS ORGANIZATION
Provides in-home Applied Behavior Analysis (ABA Therapy) services for children and adults with Autism Spectrum Disorders and Developmental Disabilities. Tricare, TennCare, and many private insurances accepted. (615) 902-0950

HEALTH CONNECT AMERICA
At 1820 Memorial Drive, Suite 203. Offers programs that assist at-risk youth and their families facing issues such as depression, anxiety, grief, abandonment, anger management, substance abuse and family conflict. For more details on our programs please call (931) 933-7200 or visit healthconnectamerica.com.

THE FAMILY GUIDANCE TRAINING INSTITUTE
800 Tiny Town Road, committed to positively impacting the lives of our community's children, youth and their families. Family Guidance Training Institute, Inc. is a 501c3 licensed community mental health center and alcohol and treatment facility. Offering quality, private, compassionate services to persons who seek emotional wellness. Therapeutic and psychiatric services include: assessments, individual counseling, marriage and family counseling, group counseling, supervised visitation, mental health case management, and alcohol and drug treatment and education services. For further information call (931) 431-7580.

LIFESOLUTIONS - ASPIRE & JOBLINK
611 Eighth Street, (931) 920-7210.

MENTAL HEALTH COOPERATIVE
Provides evidence-based services including: Child & Family Counseling, Child Psychiatry and Community Based Case-Management to children and adolescents with emotional/behavioral challenges. Case managers assist families in their homes with parenting and behavior management in addition to linking them to needed resources in the community. Initial intake assessments are offered within one week and at no cost. MHC welcomes TennCare recipients. Located at 201 Uffelman Drive, Suite A. For more information or to make a referral please call (931) 645-5440 or visit mhc-tn.org.

PASTORAL COUNSELING CENTER
The Pastoral Counseling Center at 516 Madison Street, is a ministry of professional care dedicated to healing and growth in human life and relationships. In partnership with local congregations the centers are committed to providing clinical and education services to all who need these services. When you or someone you love is troubled by depression, marital or relationship problems, substance abuse, or a vague sense that your life is adrift, we can help. Professional support is available with fees based on your ability to pay. (931) 648-9009 or pastoralcounselingctr.org.

THE PATH LIFE COACHING
Through The Path Life Coaching, ThePathLifeCoaching.com, you can explore your options to move you forward to a more fulfilling and satisfying life! The Path Life Coaching is designed to promote and support you as you discover harmony and happiness along your life journey. You will be guided along "your Life's Path" becoming empowered to realize your own truths and solutions as you move forward and achieve your own goals and dreams. The Path Life Coaching is based on a wellness approach to life coaching that embraces the "whole" self to include self-truth, spirituality, and emotional and physical wellness. This success of The Path Life Coaching rests on the assurance that the coaching experience is a "safe place for reflection and growth." Each session is a "rest stop" along your journey where you will embrace exploration, design, action, evaluation and achievement giving you insight and awareness as you move along the

"Path" of your choosing. Please contact Dr. Julie Poole for more information at JulieSPoolePHD@aol.com or (931) 906-5449.

REGIONAL INTERVENTION PROGRAM (RIP)
Regional Intervention Program 404 Pageant Lane, (931) 920-2347, is a program through local mental health agency and not-for-profit organization Centerstone providing behavior modification for preschoolers 18 months through 6 years old. RIP offers a 2-hour classroom setting for children and siblings, in addition to case management for parents two times per week on Tuesdays and Thursdays. RIP currently has immediate openings for the morning program @ 10:00 a.m. to 12:00 p.m. Katrina Watts, RIP Coordinator @ (931) 494-4863, Katrina.Watts@centerstone.org.

WESTERN KENTUCKY MEDICAL OPIOID TREATMENT
Methadone Maintenance Treatment combined with counseling and professional help for medical, psychiatric, and socioeconomic issues has the highest probability of being effective for opiate and heroin addictions. Methadone is one of the longest-established, most thoroughly evaluated forms of drug treatment. Once accepted into the program, individuals will receive doses of methadone and individual counseling to address the patients specific treatment needs. Please give us a call at (270) 887-8333.

YMCA'S RESTORE MINISTRIES COUNSELING CENTER
Restore Ministries offers one-on-one, couples (including marital and pre-marital) and family counseling in addition to play therapy for children ages 3-12 years old in a safe and confidential setting. Private counseling fees are frequently out of reach for individuals with limited financial resources or no insurance. We are committed to providing professional, holistic counseling on a sliding scale so that no one is turned away due to the inability to pay. You do not have to be a member of the YMCA to seek counseling. For more information about our counseling services or to schedule an appointment, please contact Susanna Powers at (931) 647-2376 or spowers@ymcamidtn.org.

INTERNATIONAL ORGANIZATIONS
MISS TENNMY AREA AFS VOLUNTEER LEADERSHIP TEAM
The above team operates locally as the volunteer arm of AFS Intercultural Programs (www.afsusa.org) which has been hosting and sending folks on international exchanges since 1947 and now partners with 90 countries. Local registered volunteers are always needed. See www.afsusa.org/volunteer-with-afs.

Mini-bios are arriving weekly for the AFSers who will need loving hosts for the fall. You may view and apply to host at www.afsusa.org/host. Apply early as CMCCS will only allow four (4) exchange students per local high school.

Many scholarships are available for students who wish to study abroad in 2020-21 (summer, semester and year long). To see those that will soon have deadlines go to www.afsusa.org/scholarships and study-abroad. Some of those are: BP Full scholarships for Summer Academies in Egypt, India and Brazil, Cultural Explorer, Viaggio Italiano, Vaya a America, Latina, Sakura (Japan) LGBTQ Pride, and one locally for participants from Montgomery County for two (2) \$4,000 scholarships to study German in Germany or Austria. The deadline is March 1st, and an essay will be required. Locally, contact Susan Roberts at sroberts@afsusa.org and 515-721-3651.

Follow AFS on Facebook, AFSUSA, Twitter: afsusa, YouTube: AFSTV, and Flickr: AFSUSA.

MOM & PARENT GROUPS
SPRING CREEK MOMS
Moms on a Mission is for moms, grandmoms, or any woman who wants to grow in the Lord, fellowship, and give back to our community by working in various mission projects. We meet at Spring Creek Baptist Church at 2760 Trenton Road. Meetings are from 9:30-11:30 with childcare provided. For a calendar of events or more information regarding MOMS look us up on Facebook at sbcmoms. We meet at Spring Creek Baptist Church at 2760 Trenton Road. Meetings are from 9:30-11:30 with childcare provided.

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HILLDALE BAPTIST CHURCH HOMESCHOOL MINISTRY
 "CHARA" is a support group for families who have chosen to educate their children at home. We offer monthly meetings throughout the school year. Additional activities are also held throughout the year. For more information email karen.clarksvillechara@gmail.com or visit www.hilldale.org/aboutchara.

CLARKSVILLE, HOPKINSVILLE FORT CAMPBELL SAHM PLAYGROUP
 The Clarksville, Hopkinsville, and Ft. Campbell SAHM playgroup is here to support mothers who are navigating the phases of newborn through preschool with their children. We do all kinds of different activities throughout the year from Moms' Night Out, Potluck Lunches, Coffee and Donuts playdates, and other activities and events that include moms, kids and families. sahm.meetup.com/1943/

HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)
 An online Christian support group for home schooling families in the Clarksville/Montgomery County area. Members have access to info on area activities, co-ops, classes, small groups and much more. For basic information and to join visit groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL
 La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All breastfeeding and expectant mothers and their children are welcome to attend either or both monthly meetings! Meetings are on the first Wednesday of each month at 10:00 a.m. at Clarksville's Montgomery County Public Library in the large meeting room and also on the third Wednesday of each month at 6:00 p.m. on Fort Campbell Army Post. The evening meeting is also open to your support person. Please check our Facebook for location each month facebook.com/LLLClarkville. If you have breastfeeding questions please contact one of our local group's leaders at BreastfeedingTN@gmail.com or call (931) 444-7087.

MOMS CLUB OF CLARKSVILLE
 We are moms in and around Clarksville who meet-up for "play dates" and fun "mom time" activities. We consist of two independent clubs, based on location. If you live in Sango or St. Bethlehem areas of Clarksville (east of Wilma Rudolph), you are zoned for MOMS Club of Clarksville-East. To learn more, send an email to eastclarksvillemomsclub@gmail.com. If you live in Ft. Campbell, Woodlawn, Oak Grove, or areas of Clarksville west of Wilma Rudolph you are zoned for MOMS Club of Clarksville-West. To learn more, send an email to momsclubofclarksvillemomswest@gmail.com. Look for both groups on Facebook. A typical month of activities may include story time at the library, lunch at a local eatery, and a crafting play date, to name a few. Clarksville is a growing town with many family friendly activities. Contact us to explore these opportunities together.

MOPS AT FIRST BAPTIST CLARKSVILLE
 Meets on select Fridays every month throughout the school year from 9:15 a.m. to 12:00 p.m. at First Baptist Church downtown, 435 Madison Street. Childcare is provided for members. For more information on visiting a meeting or joining please contact Alison Weakley, child care coordinator, at (931) 409-2466, or send an email to clarksvillemops@gmail.com. Check us out online at clarksvillemopsatfbc.wordpress.com. We look forward to meeting you!

HILLDALE BAPTIST CHURCH MOMS TO MOMS
 Moms to moms is for moms of all ages, whether you're expecting or have grandchildren. We meet most 1st and 3rd Fridays from 9:30 - 11:30 am from September to May. Child care is provided from birth to 4 years of age. For more information contact Sara Turnquist or Lindsay Marlow, Co-coordinators at momstomoms@hilldale.org or visit www.hilldale.org/momstomoms.

SUPER MOM'S GROUP
 If you are a single mom—you are a SUPER MOM! We meet every Sunday morning at 9:45 a.m. at First Baptist Clarksville. We are a small group that does various studies on parenting, Christian growth, boundaries, dating again, and other

topics! We also do monthly get-togethers, mom's nights out, and play dates for the kids. Any single moms are welcome to attend these monthly events even if you can't come to the small group on Sundays! Please like our Facebook group to stay updated on all events: Clarksville - Super Moms. Contact Devin for more info at devin.maureen@yahoo.com.

PARENTS OF MULTIPLES
 An email support group for parents of twins, triplets and more that live in Clarksville or the surrounding area. Call Kelly Corley at (931) 358-0127 or e-mail KCorley77@aol.com for more information.

PARENTS REACHING OUT
 Provides peer counseling and support services. Aims at long-term preventive health care solutions to families facing the challenges of a high-risk pregnancy or having an infant or child in critical care. Call (615) 365-7004.

TNSHARE (SECLAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)
 SHARE is a non-religious home school group for Clarksville and the surrounding areas. All homeschoolers are welcome to join this group, regardless of religious beliefs, race, homeschooling methods, or family lifestyles. An online support and information network is available as well as bi-monthly meetings. This group is a community in which we all play an important role in deciding and implementing the activities we want for our children. For membership information please visit: facebook.com/#!/groups/tnSharehomeschool/

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)
 "Growing Together Little by Little." A voluntary educational program for families with children ages birth to three years old with disabilities or developmental delays. Visit tennessee.gov/education/teis or call (800) 852-7157.

WIC NUTRITION EDUCATION CENTER
 All prenatal moms are welcome to a free preparation breastfeeding class (includes free breastfeeding information packet). 1:00 p.m. to 2:00 p.m. the third Thursday of each month at the WIC Clinic, 300 Pageant Lane. Call (931) 551-8777 for more information. No reservations needed.

RETIREMENT GROUPS
AARP LOCAL CHAPTER 1957
 Meets on the 2nd Tuesday of each month at 10:00 a.m. at Hilldale United Methodist Church, 1751 Madison Street. Affiliated with the National AARP. To become a member of the local chapter you must be an active member of the national chapter. The local dues are \$5 per year. Our motto is "To Serve and Not to Be Served" in our communities. We have guest speakers monthly who reflect on services to our seniors. We welcome guests at all our meetings, and have light refreshments after each meeting. For additional information, please contact Charmist Fields, President, (931) 358-3875, charmistfields@charter.net.

NARFE CHAPTER 870, (NATIONAL ACTIVE & RETIRED FEDERAL EMPLOYEES)
 The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. Local NARFE Chapter 870 meets on the 2nd Thursday of each month at Golden Corral at 2188 Wilma Rudolph Blvd. Our meeting begins at 11:00 a.m. Even with our speaker, we are normally finished by 12:30 p.m. or 12:45 p.m. We have a private area reserved with our own waitress service. We always have an interesting program. We encourage retired or active federal employees to join us and bring a guest. For more info, please contact Sandra Simms at hsimms6551@charter.net.

SUPPORT GROUPS
ALZHEIMER'S CAREGIVERS' SUPPORT GROUP
 Meetings are the second Monday of each month at 6:30 PM at Clarksville Montgomery County Public Library, and the third Wednesday of each month at 11:00 AM at Clarksville Montgomery County Public Library. Contact Rick Richmond at (931) 362-3143.

ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)
 Meets the 3rd Tuesday of every month at the Clarksville-Montgomery County Public Library at

350 Pageant Lane, Clarksville from 7:00 p.m. to 8:00 p.m. For more information contact Shelley Taroli at (931) 980-2597 or shelleytaroli@gmail.com.

AUTISM SUPPORT GROUP
 Donna Richardson at (931) 503-2315.
BREAST CANCER SUPPORT GROUP
 ABC (After Breast Cancer) outreach program provides survivor support through a free, comprehensive 16-week program that includes a YMCA membership, Pink Ribbon training classes, lymphedema education, and nutrition classes in a wellness-focused, caring environment. Survivors are encouraged to attend our monthly meetings held the 2nd Monday of each month. If you are going through chemo and are in need of a wig, please let us know. For more information or to sign up for the next session, contact Sherrie Lewis at (931) 647-2376 or slewis@ymcamidtn.org.

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)
 Where individuals, families and the community come together to enrich, educate and support one another. Contact Patricia Hanna at (931) 645-1261 or cadstn@hotmail.com. Visit cadstn.org.

CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP
 For patients, family members and caregivers in the day to day management of M.S. Activities include guest speakers, up to date medical news, advances in finding a cure for M.S., and open forum discussions. Meets the third Tuesday of each month (September through May) at 7:00 p.m. at First Christian Church, 516 Madison Street. For more information call Melba Dowdy at (931) 552-1486 or Mary Nell Wooten at (931) 647-8904.

CLARKSVILLE OSTOMY SUPPORT GROUP
 Clarksville Ostomy Support is for people who have undergone ileostomy, colostomy, or urostomy or who suffer from CROHN'S DISEASE or other diseases of the bowel. Group meets monthly, on a varying schedule, so please call (931) 502-5001 for next meeting day, time and location.

CLARKSVILLE PARENT/CAREGIVER SUPPORT GROUP
 Are you the parent or caregiver of a child exhibiting challenging behaviors? Do you sometimes have feelings of frustration, anger, helplessness, guilt or isolation? Do you live in the Ft. Campbell/Montgomery County area? Join us at Thursday Nights, 5:00 p.m. to 7:00 p.m. at the LEAP Building, 1860 Wilma Rudolph Boulevard. Free child care and food—please call Monica to reserve child care. For more information contact: Monica Causey at (615) 269-7751 ex. 133 or mcausey@invoices.org, Jennifer Allen at (615) 854-2165 or JAllen@invoices.org; or Sharon Jarrell at (931) 266-6064.

COMPASSIONATE FRIENDS
 When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family. Meets the third Wednesday of each month from 6:00 p.m. to 7:30 p.m. at the Clarksville-Montgomery County Public Library. Contact Henry Moore, Jr. at tcfofclarksville@gmail.com.

DIABETES SUPPORT GROUP
 Need help managing your diabetes? Tennova's Diabetes Support Group offers up-to-date information and peer support related to self-management of diabetes. The group meets the third Tuesday of each month from 12 to 1 p.m. in the Liberty Rooms of Tennova Healthcare - Clarksville. For more information contact our Registered Dietitians at 931-502-1127

Focus autism now

Online support for parents with children and youth with Autism. We serve the community from Clarksville since 2009. Contact us for information, resources, support, advocacy and leadership tools. Hablamos Español. focusautismnow.com

GRIEF SUPPORT GROUP AT ASERACARE
 A grief support group provides opportunities to connect with others who have had a similar experience and talk about the experience in a safe, supportive, and understanding environment. Remember that support groups will take several

sessions to help develop coping skills and strategies to deal with one's loss(es). AseraCare Hospice offers grief support groups and individual bereavement services free of charge open to anyone who has or is experiencing grief. A new six-week support group will start every 10 - 12 weeks. For more information, please contact Henry Moore Jr. at (931) 551-4100.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)
 Meets the last Saturday of each month. Contact cvostrand-free@jdrf.org.

MEN HELPING MEN
 A Christ-based outreach ministry which focuses on restoring and inspiring men to return to God's glory. We believe that by encouraging spiritual unity, growth and providing assistance to men in need this can be accomplished. We assist by teaching small groups, partnering with other outreach ministries and volunteering in the community. Contact us at (931) 241-1884 or (931) 249-4806.

Do you have a loved one battling a mental illness? Our monthly support group is for families and friends of the mentally ill. We encourage, support, and provide information to families. We meet monthly every third Monday at 6:30 at Tennova Healthcare (formerly known as Gateway Medical). For more information, call Karen at 931-221-2696 or look for us on Facebook at Clarksville NAMI.

PARENTS HELPING PARENTS
 A bereavement support group for any person who has ever loved and lost a baby or child. You can expect compassion, support and useful information to help you through this time of grief. Held the first Monday of each month from 7:00 p.m. to 9:00 p.m. in classroom 2 off the "A" lobby at Blanchfield Army Community Hospital, Ft. Campbell. The group is open to the community. For directions or information e-mail Sharee at InfantLossProject@yahoo.com or call the chaplain's office at (270) 798-8777.

PARKINSON'S SUPPORT GROUP
 Meetings are the 2nd Thursday of each month from 3:00 - 4:00 p.m. (for patients and caregivers) at the Church of Christ at Trenton Crossing, 2650 Trenton Rd. Contact: Shirley Cook at 931-368-1361 or Vennie Evans at 931-358-9668 or vennieevans@aol.com.

TENDERPAWS PET THERAPY
 Tenderpaws Pet Therapy Group meets at 10:00 a.m. the first Saturday of the month in the Liberty Room of Tennova Healthcare - Clarksville. To have your pet screened call Kathy at (931) 553-8959.

YMCA'S RESTORE MINISTRIES SMALL GROUPS
 Restore Ministries offers small groups led by trained and caring facilitators in a supportive environment in which people who are seeking to make similar life changes can work together to identify and overcome the barriers standing between them and lasting change. If you are having relationship difficulties, experiencing loneliness, grief, stress, sadness or just need encouragement, we can help. Our groups address all types of issues ranging from anxiety to grief to low self-esteem and body image. Restore Ministries is for everyone, guiding men and women to complete hope, healing and restoration. Most groups meet for 8 weeks. Fees are based on your ability to pay. Groups are open to both members and non-members of the YMCA. For more information or to sign up for a group, contact Susanna Powers at (931) 647-2376 or spowers@ymcamidtn.org

TUESDAY OVEREATERS ANONYMOUS MEETING
 Tuesday meeting, noon to 1:00 pm. Saint Joseph Center Room #10 (Downstairs: parking behind building) For more information call: 931-257-6817 Email contact: tuesday11meeting@gmail.com

For corrections or to include your group's information e-mail: network@clarksvillivingmag.com

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