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Ashley & Brandon Sather, owners of *Pups Plants + Goods*, in Downtown Clarksville

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Publisher's note

Hopefully, our first issue of the year can help to guide you through a less stressful 2022.

Starting with this month's cover and accompanying article. Staff writer Paige Eisemann had the enviable task of trying out Clarksville's latest stress-relieving sanctuary, Pure Sweat + Float. Be sure to check it out starting on page 8.

Taylor Lieberstein is back with a twist on her annual New Years' resolution strategy by replacing resolutions with goals on page 14.

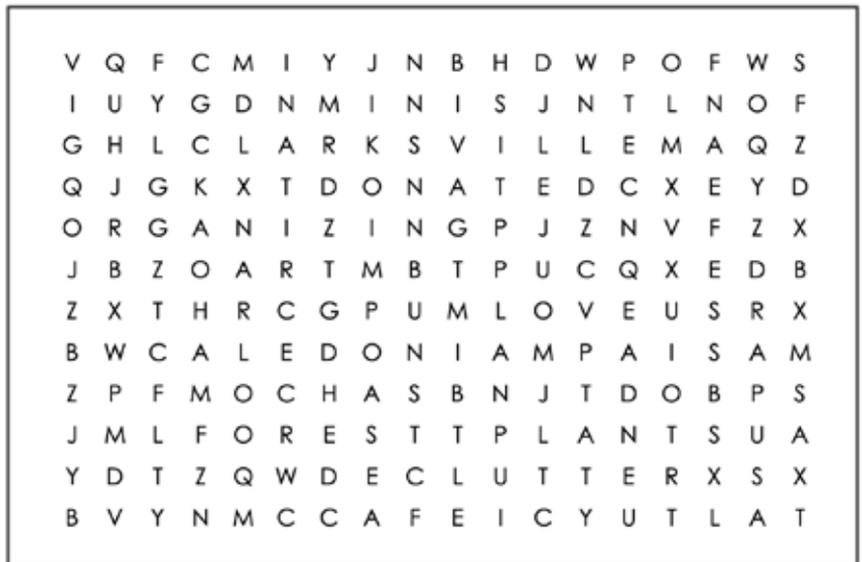
I am not naïve enough to believe that all the stress and chaos of the past two years will expire and that 2022 will be like replacing a curdled carton of milk with a fresh one. However, I am optimistic and determined not to sweat the small stuff and focus on the positive as we find the light at the end of the tunnel.

As always, we are forever grateful to our advertisers and readers. The past two years have 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 2022!



Carla Landtroop
 Founder & Publisher

This month's find-a-word puzzle for clues about what's inside this month's issue!



Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

- | | | |
|-------------|--------|------------|
| CAFE | DONATE | MOCHAS |
| CALEDONIA | FOREST | ORGANIZING |
| CLARKSVILLE | LOVE | PLANTS |
| DECLUTTER | MINIS | PLAY |

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The opinions expressed by articles, advertisements and listings in this magazine are not necessarily the views of Clarksville Living. Reasonable care has been taken to ensure the information presented is accurate, but no responsibility can be taken by Clarksville Living Magazine if it is not.

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Driving amongst the heavy traffic on Wilma Rudolph Boulevard in Clarksville, there are storefronts and restaurants vying for your business and attention. Stores of all kinds beckon. You can purchase lots of things along this busy street in our city, but there is only one place where you can make a purchase and contribute to a forest and wildlife conservation effort at the same time.

Caledonia Forest recently opened at 2269 Wilma Rudolph Suite 100A. Described as



"an enchanting home and garden store", the storefront is woodland and garden themed and there are plenty of interesting and unusual items to interest shoppers. The most remarkable thing about this store, however, is that 100% of profit from all merchandise sales go directly towards the forest and wildlife conservation program of the same name.

According to their website, Caledonia Forest was founded by entrepreneur & business owner, Linda Blackmoor's adoration of Scotland and Wildlife & Forest conservation. She has spent over a million dollars in

personal funds acquiring over 500 acres of forest land in Middle Tennessee and is dedicating the use of the land to grow the Caledonia Forest conservation program. The merchandise and educational products offered by Caledonia Forest are a creative way to introduce an income into the conservation program to help fund their efforts. 100% of profits from sales and donations will go towards growing and opening the conservation program in Dover, Tennessee.

Shoppers and supporters at the store (and on their website) not only delight in

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"Having grown up in a pretty bleak/ugly childhood, life was always made so much brighter through books. There are a lot of things in life that get people through hard times: friends, family, God, etc. But it was the books and the forests for me. Books gave me hope, showed me different worlds, grew my imagination to be able to do and create anything."

Because of the impact reading has on children, and the impact it had on me, it feels important to me to do something related through Caledonia Forest for our children in our communities.

We are dedicating \$25,000 every year to buying books for children in our community. Each month, a family can stop in to the store and get the book of the month for their child for free. One per family so we can expand the impact as much as we can. Since Caledonia Forest is all about wildlife and forest conservations, the books will be related to the mission. This month is one of my absolute favorites for my girls: "If You Go Down To The Woods Today." It's an adorable book for young kids and one of the best sellers at the shop."



JOEL WALLACE
FOR
CIRCUIT JUDGE

JOEL WALLACE

CLARKSVILLE THROUGH & THROUGH

CLARKSVILLE NATIVE

A sixth generation Tennessean, Joel was raised here in Clarksville by a family who understands the importance of public service. He is a graduate of Clarksville High School and a proud supporter of Austin Peay State University.

EXPERIENCE MATTERS

Joel has practiced law right here in our community with the law firm of Cunningham, Mitchell and Rocconi since 2006. Joel was elected to two terms on the Clarksville City Council and serves on a number of local boards and commissions. In 2018, he was elected to the Tennessee Republican Party State Executive Committee.



JOELWALLACE.COM

Continued from page 6

adding unique home goods to their personal collection, but also in knowing they are supporting a great cause. Expected to open in 2025, the forest and wildlife conservation area sits on over 500 acres of land in Stewart County. The hope is that public and private tours will be available upon the opening, as well as observation and interaction with the animals and their caretakers. The foundation plans to expand into ownership of 20,000 acres under their forest conservation program for future maintenance of the tree growing program. In order to meet their goal of 50 Million trees, they need more land. They are working with homeowners, local business owners, state & city ordinances, and even the National Forestry program to reach their lofty goal of planting 50 million trees.

name! When a contributor donates a tree on behalf of someone, they receive a digital gift card share with the recipient stating that a tree has been named after them.

Visit the Caledonia Forest storefront for a peaceful escape of the busy street outside. Wander among the unique home goods offered, delight in the woodland creatures adorning gifts, chat with staff for information on their carefully curated courses designed to help you build your knowledge on connecting to the roots of our planet. Sign up

to contribute a tree as a gift for a loved one, or to mark a special occasion. The store and future conservation park are a welcome respite in a weary world. No where else in our community can you contribute more simply by shopping.

To learn more about Caledonia Forest, visit their storefront at 2269 Wilma Rudolph Blvd, Suite 100A, open Wednesday through Sunday 10AM-7PM (Closed Monday & Tuesday). Visit their website and socials @ CaledoniaForest.com.



As the site states, "Forest conservation is wildlife conservation. By doing our part to undo the critical damage done to wildlife habitats by deforestation, we can bring animals back to their natural homes. Our reforestation program will give our wildlife food and habitat to thrive in." In store and on their website, you can choose to plant a tree either individually by specific wildlife, type of tree, through their tiered donation program, and more. Contributors will be honored with plaques placed at each tree, as well as a digital map of tree contributors and sponsor listings on their website. They even offer a completely unique gift idea, to honor someone by giving a tree in their

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By Paige Eisemann

Every parent has those days sometimes. The type of day when you just need a strong coffee or a refreshing non-alcoholic drink with a little adult conversation. Your children are tired of being cooped up in the house, and

they yearn to run, jump and play with other children. Clarksville has been limited on places that could satisfy all those needs at once, but no more. Mochas and Minis has opened a world of possibilities for parents and children alike!

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Owners Cheyenne and Jeremy Day are the parents of two rambunctious boys. They needed a place where they could let their children play safely, while they enjoyed watching them and relaxing. The couple says, “We spent tireless hours building the ultimate indoor play experience for ages eight and under. We even kept parents in mind with a full coffee bar cafe.” They see their new venture as a parent hangout, providing a safe place for parents and children to let loose, make friends, and have fun! It is their desire to bring such a unique place to our community that brought Mochas and Minis to life.

The Day family’s attention to detail is evident throughout the business. Followers of their social media know that not only do



they celebrate their talented staff, but they document and share important information. During these trying times, some parents might be cautious about cleaning practices and procedures as they worry about COVID-19 exposure. No need for extra worry about Mochas and Minis, they happily share photos and details showing how proud they are of keeping their business clean and safe for families to visit. New and exciting options for the cafe are already being added, from chocolate muffins to paninis- there is something on the menu for everyone young and old. The coffee and pastries look almost too good to enjoy!

As Mochas and Minis becomes a favorite of Clarksville parents and children, special events are also on the horizon. One example is a Valentine themed "Sip and Paint" date to be held on Friday, February 11 at 6PM. Events such as this would be great girls night gatherings, offering an artist led painting session, charcuterie boards for snacking, and the open coffee bar. Limited availability for these special events will mean planning ahead, but are sure to be worth it! Birthday party packages are also available, at a variety of price points. Hosting a child's birthday party at Mochas and Minis might just mean the parents enjoy the party as much as the children!

The cold chill of winter and the ever changing news regarding the pandemic have led all of us to reconsider how we socialize. Mochas and Minis offers something fresh for Clarksville, with an exciting and safe indoor play area for children as well as a unique and inviting adult space. The next time "one of those days" comes along, visit the Day family at Mochas and Minis. Have a coffee and watch the joy on your child's face as they play and make new friends.

Visit Mochas and Minis at 550 Heritage Pointe Dr. in the Exit One area. Visit their website mochasandminis.com and follow them on social for special event updates and more. 🦋





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Photos & article by Tony Centonze

Downtown Clarksville is changing at a rapid pace. It seems that every time you drive through the heart of downtown you see something new, including restaurants, retail shops, and clothing stores. Did you know there is a hemp store on Strawberry Alley, and an ice cream shop, and a brewery, and a French restaurant? Well, now you can add Pups Plants + Goods to that eclectic mix.

When Brandon and Ashley Sather first got together, a few years ago, they discovered that one of their common interests was house plants. Pups Plants + Goods soon sprung to life, as a tiny retail booth inside Warehouse 41 on College Street.

"That was in 2019," Brandon said. "We were working from the house, and eventually branched out to our first location." Ashley added, "I think that space was about 8' x 8'."

It started with Brandon and Ashley and a bunch of plants that they had at their house(s). They began by splitting them, re-potting them, and stocking the booth with them.

"Ashley was already looking at vintage goods and stuff like that," Brandon said. "It all just came together. The next step in our evolution was a single 10' x 10' booth at Miss Lucille's. The response we got was tremendous, so, after some time we expanded to a double space. We're here now, but we are keeping the Miss Lucille's location as well."

Brandon and Ashley went from friendship and a shared interest in plants to business partners, then came romance, and eventually, marriage. The two tied the knot less than a year ago.

It's important to mention that there are no actual pups (as in small dogs) at the shop. They do get that question, all the time, but pups are actually

offshoots or sister plants that grow from the lateral roots of the plants, just under the soil.

The shop also offers second-hand vintage goods, greeting cards and more. But, let's talk about plants.

House plants, the couple's specialty, are used to transform a space. 66% of Americans have at least one in their home, and sales have surged in

recent years. It has become an almost two-billion dollar business. The trend has stayed strong throughout the last two years as Americans have dealt with the pandemic.

Many people talk about the relationship they have with their plants, (I'm guilty of this, I talk to mine often). They are living thing that need us, if they are to survive. Besides adding color and improving the quality of the air we breathe, plants can actually improve our health.

Brandon and Ashley talk about relationships. The relationships customers have with their plants, and the relationships they have with their customers. They are knowledgeable and caring, and that's what sets them apart from others in the business.

"We offer an assortment of hearty house plants, that are easy to care for," Ashley said. "I don't want to sell anything that we can't take care of. We offer house plants that are easy to maintain, and easy to grow. That would be our specialty. Pothos are my favorite. There are many different varieties, some are climbers. Another name for them is Devil's Ivy.

"These [she points to a different part of the store] are Snake Plants, also called Mother-in-law's Tongue. There are many different varieties of those as well, but I like them because they are super easy, and low-light tolerant."

Brandon joined in, "They like to be dry, you can actually over-water them, that's the biggest problem with them. A lot of people over-love them. You can actually get away with watering them like once a month. So, they are very easy to take care of.

"Then, they will start growing pups, which are little off-shoots from the roots. You can let them grow in there and fill the pot, or you can



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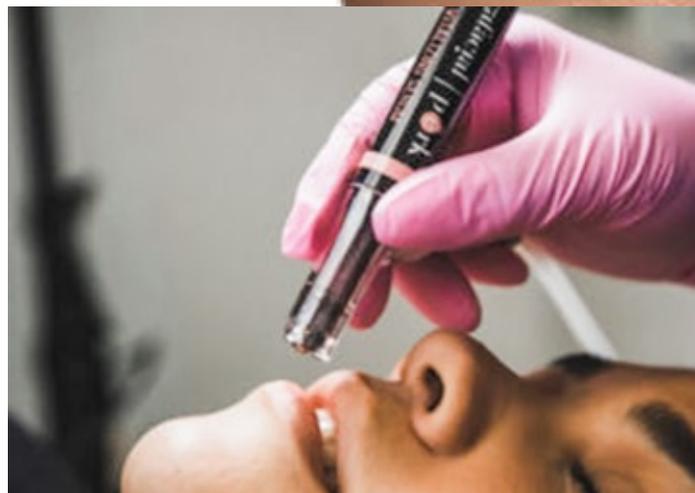
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separate them and start a new pot."

They have a handful of varieties of assorted house plants in the store, always at least three, sometimes four or five. There were some hanging baskets along one wall. Some of the plants are displayed on tables. There is a potting station near the cash register in the back of the store. A small rack of greeting cards fills one corner. A couple of racks of vintage items, clothing, purses, etc. fill another space.

I asked them what makes their little shop so special.

"I feel like we help people throughout their whole

plant-care journey," Ashley said. "People feel comfortable messaging us, like, 'hey - what's wrong with this plant, what am I doing wrong, or, what am I doing right'. I feel like that's what makes us stand out. We're there for you, and your whole plant journey."

This is a refreshing answer at a time when good customer service seems to be trending in the wrong direction. But, you see it on their faces and hear it in their voices. These young entrepreneurs really care about their business, their customers and each other. Their shop is filled with a great positive energy.

"Yeah, it's more about a face to face experience,"

Brandon said. "The box-stores have all the outdoor stuff, but you don't get that personal service. With us, you can put a local face to the product. That's what we like to offer."

The Sathers acquired the shop around the first of December, began working on their vision in mid-December and opened the doors on January 15.

"Our goal is for our customers to have a relationship with their new plant, and with us," Ashley said. "We have a lot of returning customers."

Brandon added, "She has a good following on the socials, and we get a lot of feedback from that. The cool thing about jumping into a space like this is that she has built a great customer-base over the last two years. So, we're not opening and starting from scratch. People know who we are because of the pop-ups and our space at Miss Lucille's. It's nice to have these established relationships, going in."

So, what's the growth potential for a business like this? (Sorry for the pun).

"I think we'll outgrow this space in two to three years," Ashley said. "My ten-year goal is to have a one-stop shop where you can come and get a plant, a pot, a gift, coffee, a card, and maybe have lunch. That's my goal."

They are trying to keep things local, too.

"We are getting plants and other supplies from a local nursery," Brandon said. "Local sourcing is important to us. I've been here since I was 3, Ashley's from just outside Chicago, she has been here for seven years. I still work full-time for building and codes, but, this is Ashley's full-time gig."

"The booth at Miss Lucille's is still operating seven days a week. Here, we'll offer smaller furniture pieces, and a selection of vintage goods. At Miss Lucille's, it will be more furniture and larger options. We resell furniture as well."

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Each location is different and unique."

Ashley added, "Miss Lucille's really helped us blow up. And, we are thankful. It's hard to say who the driving force is behind our business, I guess we both are."

"Well," Brandon said. Ashley does the day-to-day ordering, handles the inventory and all that stuff. I'm usually just the worker. Plants are what brought us together, in a way. We bonded over our shared interest, and it's grown into all this."

The couple says traffic on Strawberry Alley has been great so far. Social media and word of mouth have helped them establish the new location, quickly.

"Hopefully, this location will introduce us to lots of people who are just walking by," Brandon said. "Downtown is growing, fast. Having a great location is just one more way for people to find us. We want people to come see us. They can purchase plants in the nursery pots, or in a more decorative pot. And, potting is free at the Soil Bar. We also sell soil by the pound, or by the bag."

Ashley shared some of her vision for the company's future growth.

"There are some similar ideas operating in Nashville," Ashley said. "But, we are the first in Clarksville. We're working on ideas for things we can do in the future, seasonal and holiday related product promotions, and such. We also want to host events here at the store; potting classes, maybe yoga classes where you can share plants with your friends. We want to build a community here."

Pups Plants + Goods is located at 117A Strawberry Alley.

Find them on Instagram @pupsplants, and Facebook.com/pupsplants. 🦋



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more calm, less clutter.

By Taylor Lieberstein

Maybe you want to get organized and just can't figure out how to begin. Or perhaps you've tried all sorts of techniques without enjoying any success. Decluttering is a job that should be done regularly – but of course, most of us don't have the time to rationalize and reorganize our drawers, cluttered corners, over-stuffed rooms that often. Whatever your experience, now is the moment to stop stressing and start streamlining with an organizing plan which I am about to try and layout for you.

Decluttering isn't just about clearing your home of things. More shelf space is lovely, but more mental space is the real game-changer. It's tough to find your best self when it's buried under all the possessions from your past — like all the cooking wares you bought a decade ago because you were going to open a catering business and the piles of fitness gear from when you were going through your personal trainer phase. ALSO, spring cleaning is way more manageable after a February decluttering session.

The Life-Changing Magic of Tidying Up by Marie Kondo and her methods brought the idea of decluttering a trending topic across the United States in 2019 when her Netflix series was released. The KonMari Method is simple and effective. You are not choosing what to discard but rather choosing to keep only the items that “spark joy.” Let go of items

that don't; keep those that do while respectfully storing or displaying them.

The first step to a new you is getting rid of the old. Not everything of course; history and sentiment count for something. Step one, mentally prep because sometimes letting go is hard. If organizing is new to you, start with something straightforward to get used to the process. Think small ad specific spots: a junk drawer, a medicine cabinet, a bedside table. Don't try to tackle emotionally charged items first, or you might find yourself discouraged and give up too soon.

Sort and edit first. Buying more storage products is not the way to begin a declutter session. Your own habits and systems are most of the solution. Hooks don't work if you don't hang things on them.

First, bring three reusable bags or storage bins into each room—one for trash, one for donations, and one for items to be stored elsewhere. Large, opaque garbage bags you can tie closed discourage rethinking. For bulky housewares and furniture, use bright dot stickers (the kind you see at garage sales) to mark the categories. Move your decluttered items out of the area and place them in a car or at least by the front door. It would help to donate and/or recycle your decluttered items as quickly as possible. Optimize your clutter by taking it to the right spots. Optimize your clutter by taking it to the right spots.

CLOSETS:

The average person only wears around 20 percent of their clothes. A great place to begin tackling large amounts of clutter is the closet. If you haven't worn something in over a year, it's time to get rid of it. If it's one size too small and you have a realistic weight loss plan, keep it, but if it's two sizes too small, it must go. If it's not stained or torn, donate it. If the space is tight and you need more than you can fit into your closet, time to invest in some wall hooks (with two hooks) to double the hanging space. Group like items together. Bins on a high shelf are great for organizing belts, hats, gloves, and bathing suits.

BATHROOMS:

How many body lotions does one person need? I had over 15 types of lotions and face creams under my sink before my cousin came and helped me get rid of the excess. Tame the clutter with bins. Minimize visual chaos with bins and baskets to corral identical items such as hair ties and cotton balls. Cosmetic companies often provide sample sizes and small make-up bags free with the purchase of other items. Fill those unwanted cosmetic bags with unopened samples and other toiletries and donate them to a local women's shelter. Donate your old towels to a local animal shelter. The animals won't mind if they're frayed or discolored.

KIDS' ROOMS:

A kid's room or playroom overrun by too many toys leaves no place for them to play. These rooms need a declutter session to make more room for fun and growth. Teach your kids the importance of giving back by including them in Operation Declutter. Devote their rooms to the top 10 large playthings and move less-popular items into a closet, rotating as needed after you clear out the toy box pass along unwanted toys to a local thrift store, children's hospital, or women's shelter.

KITCHEN:

Did you go overboard at Sam's or Costco? Donate canned goods and other non-perishable items that have not yet reached their expiration date to a local food bank. Kitchenware and appliances in working order are accepted at Goodwill and the Salvation Army. Local churches and homeless shelters also may have a need for these items. If you need to get rid of a more significant appliance that's in working order, check GE's online Donation Center for a list of national charities that will come to pick it up.

HOME OFFICE:

Organize Your Tech—phones, computers, tablets, chargers, and aux cords. Check with local schools and libraries to see if they have a need

Continued on page 18

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At both Locations: 913 Tiny Town Rd and 285 Dover Rd
Wifi included at Dover Rd. Location. First 2 weeks Free!
Call KAT HILL for more information today! 931-241-7464

Salon Suites



DECLUTTER & DONATE!

for your old equipment. The National Cristina Foundation puts donated computer equipment and software to good use by giving them to youth summer enrichment and after-school programs in or nearby the area. Have small boxes (easy to lift when full) for old books and magazines. As you pull from the shelves, throw out anything torn or stained and box up the donations. Donate them to any local school or the public library or donate online to students through Operation Paperback.

SENTIMENTAL CLUTTER:

Last call for emotional baggage claim. Letting go is freaking hard. I am guilty of living in a house full of things that I maybe, DEFINITELY DO NOT, need. Still, these things all have intense emotions attached to them. Identifying your attachment to things can help you unburden your heart and declutter your life. As you come across items you just can't get rid of, set them aside as homework.

Suppose you can't channel the KonMari method right away. Try the 30-second method. It's hands down the most helpful way I've found to get rid of things that no longer serve a purpose in my home. Especially if you involve an impartial friend or family member to determine what's worth the real estate and what isn't. My cousin, Hollie, helped me get rid of many things I was saving using the 30 methods, which she made up. Call it what you want; I call it the 'Kon Hollie'

Method, obviously. Disclaimer, it's kind of hard at first then it turns into a fun game. After decluttering with Hollie, I had less clutter and a fun cousin memory to go along with the newly found space. Seriously if you can get to a place where you can say I'm ready to let go of this or that thing, the reward is truly freeing.

Once you're rid of the clutter, donate it to an organization that will gift it to someone who needs it. Knowing that you are donating items to people in need can certainly help ease the sting you may feel during the purging process.

If possible, take donations to organizations that give them to those in need, rather than being sold for profit. Those ripped sweatpants or stained bath towels that no one wants? They can be put to good use if given to the right place. Pet shelters can use towels for bedding, and fabric recyclers can use ripped clothing for insulation and padding. It's always a good idea to check with the organization first to make sure they will accept your used items before you load up your car and make the trip. Finally, keep an itemized list of your donations for tax purposes, as most donations are tax-deductible.

Here are some ideas for donating in the Clarksville community:

Goodwill

Visit www.giveit2goodwill.org for locations and drop off centers. They resell hand me down clothing, household items, furniture, electronics, appliances, and everything else.

Manna Café

(931) 933-0970

605 Providence Boulevard

Non-perishable food and pantry items always needed among other items.

Humane Society of Clarksville- Montgomery County

(931) 648-8042

940 Tennessee Avenue

If you are unsure of what to donate to an animal shelter, they have a wish list posted on their website. It includes everything from cotton balls and masking tape to plastic crates and pet beds.

YAIPak Outreach

(615) 559-8272

210 S. 2nd Street

Items may be dropped at the YAIPak Warehouse on Mondays 9-12 or Thursdays 5-8 or at the drop box located at LifePoint Church.

Urban Ministries-

(931) 648-9090

217 S. 3rd Street

This non-profit runs a clothing closet and a Safehouse Domestic Violence Shelter. Clothing, bedding, and other items can be dropped off at Grace Assistance

Habitat For Humanity - ReStore

(931) 645-4222

404 Madison St., Downtown Clarksville

Habitat for Humanity ReStores are nonprofit home improvement stores and donation centers that sell new and gently used furniture, appliances, home accessories, building materials and more to the public at a fraction of the retail price.

Urban Ministries

(931) 648-9090

217 S. 3rd Street

The Institute for Challenging Disorganization offers an online form to help you find an organizer who can help with chronic disarray. Visit challengingdisorganization.org to get help. 🦋



TAX REFUND
Sale!

New Inventory = New Instruments!

10% OFF ANY in-stock instrument
MSRP

Expires 2-28-22. Only valid on in-stock instruments. Not valid with any other offer.

Now enrolling for music lessons. All instruments. All ages.

305 North Riverside Drive, Clarksville, TN 🎸 **931.552.1240** 🎸 LIKE US ON 
Mon-Fri 9am-6pm 🎸 Sat 9am-5pm 🎸 WWW.MARYSMUSICOFCLARKSVILLE.COM

**ONGOING
WICKED GOOD
TRIVIA.
7:00PM**

Every Thur. in Downtown Clarksville is WICKED GOOD TRIVIA with host Joe Padula of The Joe Padula Show

This is not your recycled corporate trivia. This is a Game Show! It's fresh, created each week with Video, Visuals, Audio, Music and more.

Rounds include TV Shows, Music, Movies, History, Sports, Disney Crap, etc. etc. etc. And so Extra Points earned throughout the night.

PLUS \$2 Bud Pints ALL NIGHT LONG and full kitchen open with the Wicked Good Sandwiches Menu.

605 Cumberland Dr. Clarksville, Tn.

Reserve Your Seat by direct messaging The Joe Padula's Facebook page.

Wicked Good Sandwiches
605 Cumberland Driev
Clarksville, TN

**TEEN GAMING
3:00 PM**

Mondays, Wednesdays, & Fridays
November - December

Join us for Teen Gaming in The Loft at your local public library! Gaming days are Monday, Wednesday, and Friday from 3 PM to 5 PM

Clarksville Montgomery Co. Library
350 Pageant Ln
Clarksville, TN

**ARTLINK WEEKLY
PHOTOGRAPHY
CLASS.**

EVERY Fri. 6PM - 7PM

Join us in the studio for a photography class topic based. Each week we will talk about a topic in photography that will help expand and develop your skills and interest in photography. We want to create a easier way of learning, growing

and fine tuning your photography skills. Come at any level and be prepared to be elevated.

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 Fri.. The cost is \$10.

This class is held at our studio

www.artlinkclarksville.com

116 Strawberry Alley
ArtLink Studios

**MONTGOMERY
COUNTY
GYMBOREE OPEN
GYM. 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 Gymbol!

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!

Gymboree Play & Music
210 Needmore Rd.
Clarksville, TN

**COUNTRY QUILTERS
OF CLARKSVILLE
NOON TO 2:00 P.M**

Join us first Mon. of each month. A great way to make new friends and have fun. Be inspired to make and learn all about quilting.

Pardue Memorial Free Will Baptist Church.
1895 Memorial Drive
Clarksville, TN.

**FAMILY LIFE CENTER
ACTIVITIES**

Mon. through Fri., 5:30AM to 9:00 PM (except Wed., 5:30AM to 5:00 PM), Sat., 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 Clarksvile monthly meetings to be held on the first Tuesday of every month. Great oppotunity to meet other lovers ond support local charaties.

Corlew Chevrolet Cadillac,
722 College Street,
Clarksville, TN

HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY

Tuesday through Sat., 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

Clarksville Montgomery County Beekeeping Association (CMCBA)

<http://www.cmcb.com>

We are also on Facebook.

Our meetings are The first Sat. of every month at 10 AM. Locations have been varying due to Covid restrictions. Our next three meetings April, May, June will be held at the Dotsonville Community Center.

With the upcoming spring season it always brings the season of honeybees swarms. We definitely want to make sure that the community can connect to us and our beekeepers. And those interested in beekeeping can connect as well.

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 Sun.s 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 Sat. 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. (270) 466-9222

Quilt and Sew
109 South Main Street
Trenton, Kentucky

THE AGITATORS 7:00PM, DAILY: JAN. 17 - FEB 1

THE AGITATORS tells of the enduring but tempestuous friendship of Susan B. Anthony and Frederick Douglass. Great allies? Yes. And at times, great adversaries. Young abolitionists when they met in Rochester in the 1840s, they were full of hopes, dreams and a common purpose. As they grew to become the cultural icons we know today, their movements collided, and their friendship was severely tested. This is the story of that forty-five-year friendship — from its beginning in Rochester, through a civil war, and to the highest halls of government. They agitated the nation, they agitated each

other and, in doing so, they helped shape the Constitution and the course of American history.

Roxy Regional Theater
100 Franklin Street
Clarksville, TN

SCHOOLHOUSE ROCK LIVE! 8:00PM, DAILY: JAN. 21 - FEB 1

The Emmy Award-winning 1970s Saturday morning cartoon series that taught history, grammar, math and more through clever, tuneful songs is not only making a small-screen comeback, but also lighting up the stage. SCHOOLHOUSE ROCK LIVE! follows Tom, a nerve-wracked schoolteacher who is nervous about his first day of teaching. He tries to relax by watching TV, when various characters representing facets of his personality emerge from the set and show him how to win his students over with imagination and music, through such songs as "Just a Bill," "Lolly, Lolly, Lolly" and "Conjunction Junction."

Roxy Regional Theater
100 Franklin Street
Clarksville, TN

FRENCH DINNER

1st Sat. of each month at 6pm 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

DAILY EVENTS

SCHOOLHOUSE ROCK LIVE! FEB 1 - 8, 8:00PM

The Emmy Award-winning 1970s Saturday morning cartoon series that taught history, grammar, math and more through clever, tuneful songs is not only making a small-screen comeback, but also lighting up the stage. SCHOOLHOUSE ROCK LIVE! follows Tom, a nerve-wracked

schoolteacher who is nervous about his first day of teaching. He tries to relax by watching TV, when various characters representing facets of his personality emerge from the set and show him how to win his students over with imagination and music, through such songs as “Just a Bill,” “Lolly, Lolly, Lolly” and “Conjunction Junction.”

Roxy Regional Theatre
100 Franklin Street
Clarksville, TN

AIN'T MISBEHAVIN FEB 11 - 26

**8PM: FEBRUARY
11,12,18,19,25,26**

**7PM: FEBRUARY
17,24**

**2PM: FEBRUARY
19,26**

The inimitable Thomas “Fats” Waller rose to international fame during the Golden Age of the Cotton Club and that jumpin’ new beat, swing music. Although not quite a biography, AIN’T MISBEHAVIN’ evokes the delightful humor and infectious energy of this American original as a versatile cast struts, strums and sings the songs that he made famous in a career that ranged from uptown clubs to downtown Tin Pan Alley to Hollywood and concert stages in the U.S., Canada and Europe.

Roxy Regional Theatre
100 Franklin Street
Clarksville, TN

CONSTELLATIONS FEB 21 - MAR 1 7:00PM

Suppose that life exists in a multiverse — a set of parallel existences that contain infinitely different futures. The possibilities in our lives are, quite literally, endless. Every possible event that could happen, does happen, in one universe or another. And if two lovers

meet — are drawn together in every version of existence — every possible happy ending and heartbreak that could befall them, will. Nick Payne’s beautiful play, CONSTELLATIONS, explores how even the smallest change in our lives can dramatically alter the course we take. It is a spellbinding exploration of love, science, quantum theory, and infinite possibility for heartbreak or for hope. Presented upstairs in theotherspace. Tickets \$30 (adults) and \$15 (10 and under)

Roxy Regional Theatre
100 Franklin Street
Clarksville, TN

WEEKLY EVENTS

STAND UPS' ANONYMOUS PRESENTS: CLARKSVILLE COMEDY NIGHT

**SATURDAYS
FEB 5 - MAR 26
7:00PM**

Clarksville Comedy Night features premiere stand-up comedy talent from all over the East Coast. Every Saturday Stand Ups' Anonymous presents a different themed show of stand-up comedy content, with shows at 7PM & 9PM. Please go to www.standupsanonymous.com for tickets, search Stand Ups' Anonymous on Eventbrite, or purchase in person at Peppers Mercado. Doors open at 6PM. Price: \$15.00 to \$17.55 —\$15 in person tickets, \$17.55 via eventbrite

Peppers Mercado
1191D Fort Campbell Blvd
Clarksville, TN

FEBRUARY

1 TUESDAY

THE AGITATORS 7:00 PM

THE AGITATORS tells of the enduring but tempestuous friendship of Susan B. Anthony and Frederick Douglass. Great allies? Yes. And at times, great adversaries. Young abolitionists when they met in Rochester in the 1840s, they were full of hopes, dreams and a common purpose. As they grew to become the cultural icons we know today, their movements collided, and their friendship was severely tested. This is the story of that forty-five-year friendship — from its beginning in Rochester, through a civil war, and to the highest halls of government. They agitated the nation, they agitated each other and, in doing so, they helped shape the Constitution and the course of American history.

Roxy Regional Theatre
100 Franklin Street
Clarksville, TN

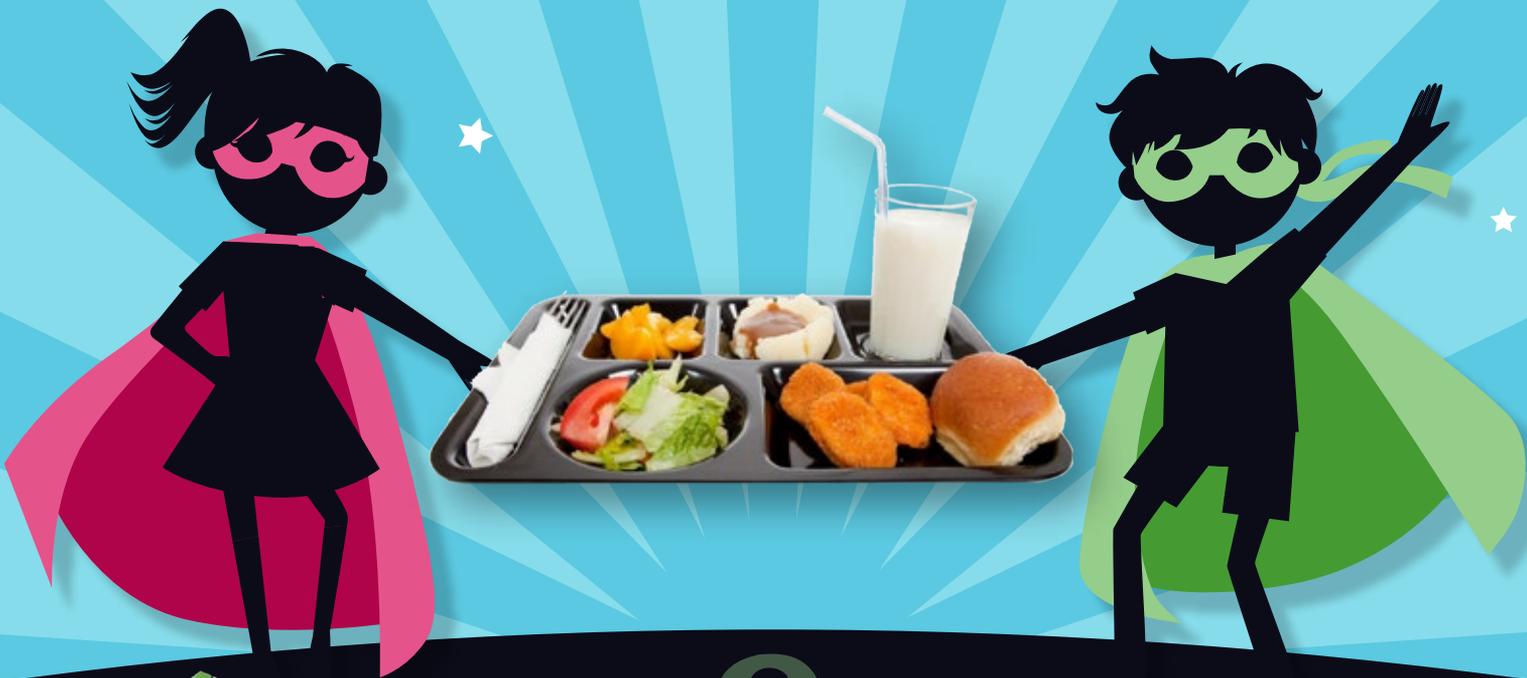
2 WEDNESDAY

MEET SKYE AND CHASE FROM PAW PATROL 6:00 PM

Join Magic Wheels on Wednesday, February 2 from 6:00pm - 8:00pm for fun and games with Skye and Chase from Paw Patrol! Admission is \$12.00 and includes all of the following: Roller Skating, Skate Rental, & Amazing Playground (ages 10 & under). Every child must pay admission to enter. Children 12 months and under do not need to pay admission provided they are coming in with an older sibling. Supervising Adults are \$3.00 each. This is a special event. No passes or coupons.

BE A HERO!

HELP WIPE OUT STUDENT LUNCH DEBT!



**Education
Foundation**
CLARKSVILLE-MONTGOMERY COUNTY



CLARKSVILLE
Life, Community, Home & Health in Clarksville, Ft. Campbell & Beyond **LIVING**

We invite you to donate to Clarksville Living Magazine's charity of choice:
The CMCSS Education Foundation Lunch Fund
to help pay down student lunch debt!

To donate to this amazing cause, visit:
bit.ly/LunchDebtDonations

All payments are securely processed via Bloomerang.
Please email us at robin.burton@cmcss.net with any questions.

Magic Wheels Fun Center
1671 Fort Campbell Blvd
Clarksville, TN

3 THURSDAY

EMPTY BOWLS PAINT PARTY

3:30PM

Please come paint a bowl for Empty Bowls-all bowls will be donated to the Empty Bowls dinner event at Sango UMC on Tuesday, February 22nd. The cost to paint a bowl is \$10. You can come anytime between 2:30 and 6:00. Bring a friend or two. All ages are welcome. Kids love doing this. It is a lot of fun and all bowls are donated to an event that helps feed the hungry right here in Clarksville. It is a GREAT way to help feed the hungry locally

The Pottery Room
110 Needmore Rd
Clarksville, TN"

ART WALK CLARKSVILLE

5:00 PM

First Thursday Art Walk is a free, self-guided tour that combines visual art, live music, engaging events, and more in the heart of Downtown Clarksville. Held each month from 5 p.m. to 8 p.m. – rain or shine!

DBO Gallery
106 North 2nd Street
Clarksville, TN

6 SUNDAY

BARRACUDA – AMERICA'S HEART TRIBUTE BAND

6:30PM

Get ready to Rock Like it was Nothing at All on February fifth with Barracuda-Americas Heart Tribute Band. Join us in the Grandstands at 7pm to listen to great songs honoring Ann and Nancy Wilson featuring, What About Love, Alone, Dreamboat Annie, Crazy on You and

more! Barracuda performs the music of Heart with a true passion for the songs that have become beloved classics to fans around the world. Come Celebrate the Valentines Day season at Oak Grove Gaming with this powerful tribute to one of Classic Rocks best. Doors open at 6:30. Performance from 7:00 to 8:30.

Tickets: www.ticketmaster.com/barracuda-a-tribute-to-heart-oak-grove-kentucky-02-05-2022/event/1B005C328A6517E0

Oak Grove Racing, Gaming & Hotel
777 Winners Way
Oak Grove, KY 42262

COFFEE LOVE - ADULT CANVAS CLASS

12:00PM

It is cold and we want to dedicate our love of coffee on a canvas! Grab some coffee, come in and paint with us!!

RSVP: courtneyscreativepalette.com

Courtney's Creative Palette+
94 Franklin Street
Clarksville, TN 37040

MUSIC AT GRACE SERIES:

BOB'S YOUR UNCLE 4:00PM

Bob' Your Uncle entertain with rock & roll, Americana, Motown, blues and all kinds of music. They have 3 albums and perform all over Nashville.

Grace Lutheran Church 2041
Madison St
Clarksville, TN

EXPLODING PICTURE BOX 6:00PM

Join us for some fun creating a heart felt gift or a keep sake time capsule of memories.

This is a in studio project that we will guide you through making it in a group

workshop setting.

What to bring: any pictures, scrapbooking materials or paper cut outs of any sort. Any items that you for sure want to be include to personalize this box for whatever you hearts desire.

We have tons of other supplies to complete the project too from magazines to scrap booking materials we got you covered the rest of the way. COST: \$15"

ArtLink Studio
116 Strawberry Alley
Clarksville, TN

7 MONDAY

CLARKSVILLE POLICE DEPARTMENT JET OPEN GYM 4:30PM

Clarksville Police Department's Juvenile Engagement Team (J.E.T.) will be hosting Open Gym starting Monday, February 7th at 4:30pm-8:00pm at the Crow Recreation Center at 211 Richview Rd. Clarksville, TN 37043.

Open Gym will be held every other Monday and it will consists of tutoring between 4:30-5:30, snacks 5:30-6:00, and basketball and other recreational games from 6:00-8:00 pm. This recurring event is for children, grades 6th-12th. If you have any questions you can contact 931-648-0656 ext. 5811

Crow Recreation Center
211 Richview RD
Clarksville, TN

8 TUESDAY

JOSUE JIMINEZ MORALES FACULTY TUBA RECITAL 7:30PM

Austin Peay State University
601 College Street
Clarksville, TN

10 THURSDAY

OPERATION STAND DOWN TENNESSEE 7TH ANNUAL HEROES BREAKFAST

7:30AM

7th Annual Heroes Breakfast brought to you by the Maynard Family. Registration starts at 7:30 am; breakfast at 8:30 am. Keynote speaker: Noah Galloway: U.S. Army 502nd Infantry veteran, Purple Heart Recipient, Motivational Speaker, Extreme Sports Enthusiast

Wilma Rudolph Event Center
8 Champions Way
Clarksville, TN

11 FRIDAY

SMASH ULTIMATE MONTHLIES 5:00PM

Come and join the esports team at APSU for our first in a series of monthly tournaments we plan to do for super smash bros ultimate! We plan to have prizes, and if we start getting good attendance the prize will be monetary. Bringing your switches/screens would make it faster for all if you are willing to, and make sure to bring your favorite controller! This event is OPEN TO THE OUTSIDE COMMUNITY, FEEL FREE TO BRING ANY OF YOUR FRIENDS AND INVITE OTHER SMASH PLAYERS YOU KNOW.

\$5.00 —Entry Fee

APSU Maynard Building Room 244
Maynard Mathematics
8th Street
Clarksville, TN

WE ARE THE CULTURE 6:00 PM

Grab a date or a friend and join BLK Clarksville for a night of art, culture and luxury. We ARE the Culture will feature live performances, opportunities to shop and view black art, cultural showcases and more. Your ticket will include an

artist showcase, curated wine pairing, lite bites, live music & 1 drink ticket.
Price: \$40.00 to \$50.00

Talley Hall Event Center
200 Harnett Court
Clarksville, TN

12 SATURDAY

GENEALOGY CLASS 10:00AM

Join us on Saturday at 10 AM for the Genealogy class! Whether you are a beginner or a pro, we look forward to seeing you there! If you have any questions, please feel free to contact Raymond at Ray@clarksville.org

Clarksville MOCO Library
350 Pageant Ln
Clarksville, TN

GRACE HOUSE MINISTRIES 10:00AM

Grace house Ministries will be collecting food, clothing and household items to give to those in need.

Grace House Ministries
3171 Trenton Road
Clarksville, TN

DOUBLE CANVAS CLASS: MICKEY & MINNIE 12:00PM

Valentine's Day is almost here and what better way than bringing your special someone in for a painting event that will create some lasting memories?! Join us in painting this classic duo! (This class includes both canvases; food, and drinks are more than welcome)

RSVP: courtneyscreativepalette.com

Courtney's Creative Palette +
94 Franklin St
Clarksville, TN

GALENTINE'S DAY - SPECIAL ADULT CANVAS CLASS

5:00PM

This February, why not celebrate with your girls and paint together! And guess what?! We are offering a glass of wine for anyone who signs up! This class is going to be amazing and fun!! Join us for our Galentine's canvas class!!

RSVP: courtneyscreativepalette.com

Courtney's Creative Palette +
94 Franklin St
Clarksville, TN

THE LOVERS AND FRIENDS VALENTINE RNB EXPERIENCE 7:00PM

This is a night you don't want to miss jam packed with live performances, chances to win prizes, complimentary refreshments, limited VIP access and a photograph room. This event is for couples and for singles! VIP tickets will consist of intimate front row seating, a complimentary bottle of champagne and Meet and Greet with the headlining artist. Price: \$30.00 to \$50.00

Talley Hall Event Center
200 Harnett Court
Clarksville, TN

MOMMY/DADDY & ME VALENTINE'S DAY COOKIES DECORATING WORKSHOP 7:00PM

Join us for a lovely evening of cookie decorating with your little ones. We've partnered with HOMEmade, a small business known for their buttercream sugar cookies, cakes & cupcakes. Attendees will learn how to decorate cookies just like the master herself.

This magical experience comes with a complete sugar cookie kit for one adult and one child. Each kit will come with 4 cookies & all the buttercream icing you'll need to create the best treat you'll ever have! *Have more than one child? No worries, they can be added to your order. Additional children are \$25 each.

Magical Moments will provide the perfect environment with beautiful tablescapes, decor and backdrops to help create memorable moments with your little ones that they'll never forget.

This is an instructor led workshop.

Magical Moments Event Center
210 Needmore Road Suite H
Clarksville, TN

13 SUNDAY

GALENTINE'S DAY CHARCUTERIE BRUNCH

11:00AM

Gather all your besties & come out to a morning full of nothing but fun! We'll start with a workshop where you build and create your own brunch charcuterie board. Enjoy your board with mimosa flights & a unique and beautiful backdrop fit to the theme. We have lots of giveaways and raffles and a few surprises up our sleeves. You won't want to miss this date! Tickets are \$60 each

Magical Moments Event Center
210 Needmore Road Suite H
Clarksville, TN

VALENTINE SPAGHETTI SOCIAL 5:00PM

God's love is all around us if we only look for it! Come and find it at Mt. Hermon Baptist Church on Sunday, February 13th from 5pm-7pm at our Valentine Spaghetti Social sponsored by our AWANA Club! Everyone is welcome so please bring your spouse, your friends, children and grandchildren, nieces, nephews and your neighbors for this special evening. We will have a wonderful spaghetti dinner, a photo booth and game show fun! The event is free and open to all! Not a member of Mt. Hermon? No worries! This invitation is to all who wish to come! Just let us know you are planning to attend by February 10th by registering on our website at www.mounthermonbaptist.org/VSS.

mounthermonbaptist.org/VSS. You can also call or text us your name, phone number and how many will be attending with you to 931-362-3323. Price: Free but we do ask that you pre-register by February 10th.

Mt. Hermon Baptist Church
2204 Jarrell Ridge Rd.
Clarksville, TN

14 MONDAY

COMPANY CABARET: LOVE HITS 7:00 PM

Join us for a special night of music and entertainment, featuring our company of professional actors who come to us from all over the country. Musical selections will vary from musical-theatre to contemporary music, classic-standards to holiday tunes.

Roxy Regional Theatre
100 Franklin Street
Clarksville, TN

16 WEDNESDAY

PUPPY PLAY WEDNESDAY 6:00 PM

Bring your puppies for puppy play a safe place to socialize your puppies!!! All puppies ages 10-20 weeks are welcome!!! Learn about appropriate play and how to safely socialize your pups who have not completed all vaccines!!! Price: \$20.00 —1 hour of play and socialization with trainers present.

Sango Veterinary Clinic
102 Country Ln,
Clarksville, TN

19 WEDNESDAY

PUPPY PLAY WEDNESDAY 6:00 PM

Bring your puppies for puppy play a safe place to socialize your puppies!!! All puppies ages 10-20 weeks are welcome!!! Learn about appropriate play and how to safely socialize your pups who have not completed all vaccines!!! Price: \$20.00 —1 hour of play and socialization with trainers present

Sango Veterinary Clinic
102 Country Ln,
Clarksville, TN

17 THURSDAY

AS THE PAGE TURNS BOOK CLUB 2:00 PM

Join us on the third Thursday of the month at 2 PM for a discussion of this month's book. To find out more information, you can check us out on Facebook ([facebook.com/cmcpubliclibrary](https://www.facebook.com/cmcpubliclibrary)) or contact Brandi Campbell.

Clarksville MOCO Library
350 Pageant Ln
Clarksville, TN

18 FRIDAY

CRAFT & SIP 6:00 PM

Come and create 3 great greeting cards with new Stampin' Up! products. As we relax and engage with friends new and old while enjoying an evening of creativity.

TAKE A SIP

Whether you're an expert crafter or a creative dabbler, we make it easy to get going. Start with just a SIP—stamps, ink, and paper—and you're ready to begin. The rest, such as the use of tools and embellishments, is icing on the cake: add as much or as little as you like. It's that easy, and a whole lot of fun! Let me show you!

Cost: \$12 (free with qualified Stampin' Up! purchase of \$35 (minus tax and shipping) - class fee will be credited on your order)

Email stampwithbecca@yahoo.com for more details.

Class Policy: Payment is required to secure your spot. If you CANCEL from the class after you've already submitted your payment your kit will be available for you to pick up at an agreed time.

NO REFUNDS.

By registering for this workshop you agree to this policy.

RSVP with payments to:

Venmo (@BecksSantos)

Cash App (\$BexSantos)

Paypal (FF to santosrh@yahoo.com; If you do not use friends and family you will be charged the PayPal fees in addition to the class fee)

If you have any questions about this policy, please ask prior to RSVPing.

SUPPLIES: Scissors, Paper Piercer and Adhesive

Becca's Kreations:

Independent Stampin' Up Demonstrator

Collins View Way

Clarksville, TN 37043

HAVE A HEART BLOOD DRIVE

Have a big heart, give blood! Blood Drive at Governor's Square Mall Friday, February 18th from 10am-3pm. All donors will receive a Heart Throb t-shirt when they give!

Sign up online at: bloodassurance.org/

Governors Square Mall
2801 Wilma Rudolph Blvd
Clarksville, TN 37040

19 SATURDAY

SURRENDER OF CLARKSVILLE 10:00 AM

Fort Defiance Civil War Park and Interpretive Center will host a living history event to commemorate the surrender of Clarksville and Fort Defiance to Union soldiers in 1862. The surrender of Clarksville was a significant event in Civil War history, opening the South to Union forces and the capture of Nashville. Outside activities will include uniformed soldiers providing living history and cannon

firing demonstrations. Also, visitors are welcome to tour the indoor permanent exhibit and view the film, "Crossroads of Change."

Fort Defiance Civil War Park
120 Duncan Street
Clarksville, TN

EXPLODING PICTURE BOX 12:00PM

Join us for some fun creating a heart felt project you can create as a heart felt gift or a keep sake time capsule of memories.

This is a in studio project that we will guide you through making it in a group workshop setting.

What to bring: any pictures, scrapbooking materials or paper cut outs of any sort. Any items that you for sure want to be include to personalize this box for whatever you hearts desire.

we have tons of other supplies to complete the project too from magazines to scrap booking materials we got you covered the rest of the way. COST: \$15

ArtLink Studio
116 Strawberry Alley

Clarksville, TN

21 MONDAY

CLARKSVILLE POLICE DEPARTMENT JET OPEN GYM

Clarksville Police Department's Juvenile Engagement Team (J.E.T.) will be hosting Open Gym starting Monday, February 7th at 4:30pm-8:00pm at the Crow Recreation Center at 211 Richview Rd. Clarksville, TN 37043.

Open Gym will be held every other Monday and it will consists of tutoring between 4:30-5:30, snacks 5:30-6:00, and basketball and other recreational games from 6:00-8:00 pm. This recurring event is for children, grades 6th-12th. If you have any questions you can contact 931-648-0656 ext. 5811

Crow Recreation Center
211 Richview Rd
Clarksville, TN

24 THURSDAY

ADVANCED KIDS CLASS: SQUIDWARD ART, 6:00 PM

We are going to put more advanced kids classes up for those kids who joined our Friday night classes and believe they are too old for those classes. These are great for the older kids to come to and keep pushing those skills!! Join us for this fun Spongebob-themed class and pizza!!

RSVP: courtneyscreativepalette.com

Courtney's Creative Palette +
94 Franklin St
Clarksville, TN

CANDLE MAKING WORKSHOP, 6:30PM

We have teamed up with the talented Rachel of Elegant Country creations for a smell-good time We will have a fun evening creating candles from beginning to end. You can create 2 custom scented 16oz candles. We have limited spots so get your tickets today!! The cost is \$36 per person. A portion of the proceeds will be going to support ArtLink's non profit art program. The event cost is \$36. Space is limited so be sure to sign up before we sell out! Price: \$36

ArtLink Studio
116 Strawberry Alley
Clarksville, TN

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. Deanne Williams: (931) 645-9969 or dwilliams@ccctenn.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, bill 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 Flynn City Road Villagers 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 JGVolleyball.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 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 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. middlealanon.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) 645-9669.

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. Contact: (615) 383-9724 mtcbsa.org

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.

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/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/CroatiainsinTennessee/](https://www.facebook.com/groups/CroatiainsinTennessee/)

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](https://www.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](https://www.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](https://www.facebook.com/FriendsOfTheBluewayClarksvilleTN) for more information and sign up for email updates at outdoorclarkville.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. Serving Montgomery, Cheatham, Robertson, 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, habitatmtn.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](https://www.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.

HUMAN 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, humansociety@clarksville.com or clarksville.humansociety.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.

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/clarksvillebirthpro/.

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/LLLClarkville](https://www.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.

NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, babymoon 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 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.

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/FortCampbellACS/](https://www.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, 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 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/CroatiainsinTennessee/](https://www.facebook.com/groups/CroatiainsinTennessee/)

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](https://www.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.com/FriendsoftheBluewayClarksvilleTN](https://www.facebook.com/FriendsoftheBluewayClarksvilleTN) for more information and sign up for email updates at outdoorclarkville.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, Robertson, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9551.

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, [habitatmtn.org](https://www.habitatmtn.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@clarksvilleresstore.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](https://www.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 grids" 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, humanesocietyofclarksville.com or clarksvilllehumanesociety.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 501(c)3 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. Juliee Poole for more information at JulieePoolePHD@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 TENN KY 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-afsa.

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 CMSS 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: AFS TV, 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.

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.clarkvillechara@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/LLClarkville. 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 momsclubofclarksvillwest@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-Coordinator 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 Kelley 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 (SECULAR 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 ext. 133 or mcausey@tnvoices.org, Jennifer Allen at (615) 854-2165 or Jallen@tnvoices.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.](http://hablamosespanol.com) 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 cvoiland-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 931-624-4561
Vennie Evans 931-801-2706 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: tuesday1meeting@gmail.com

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

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