

FREE!

CLARKSVILLE

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

FALL IN LOVE

With one (or more) of Tennessee's 325

WATERFALLS

Ozone Falls State National Park in Cumberland County, Tn is approximately a 2.5 hr drive from Clarksville. Read more about Ozone Falls and our other top picks starting on page 14



JUNE 2022

CONSTRUCTION LOANS



Build your plans into your dream home with our low-rate construction loan.

1.999% RATE

6.402% APR*

MEET OUR LENDERS



JESSICA TAYLOR
LOAN ORIGINATOR

NMLS# 841429

Direct Line
931-920-6515

Email
jtaylor@altra.org

Branch Location
1600 Madison Street



JAY WHITE
LOAN ORIGINATOR

NMLS# 1751071

Direct Line
931-920-6544

Email
jwhite@altra.org

Branch Location
2625 Wilma Rudolph Blvd.



GAIL FIELDER
LOAN ORIGINATOR

NMLS# 630557

Direct Line
931-920-6517

Email
gfielder@altra.org

Branch Location
1600 Madison Street



1600 Madison Street
2625 Wilma Rudolph Blvd. • Clarksville, TN

931-552-3363 • 800-755-0055 • www.altra.org

*1.99% rate corresponding APR (annual percentage rate) of 6.402% assuming a \$200,000 loan amount, without mortgage insurance, closing on the first of the month, and prepaid finance charges of \$1,790. Rates as low as 1.99% available for new owner-occupied construction loans up to \$750,000 maximum; after construction is complete, rate is dependent upon member qualifications. Some restrictions may apply. Repayment terms will depend on timing of draws. Rate subject to change. Please contact Altra for additional loan options. Membership eligibility required. Loans available to qualified members. Equal Housing Lender.

Federally insured by NCUA.



OAK GROVE CONCERT AMPHITHEATER



AN EVENING WITH **JOHNNY GILL**

SATURDAY, JUNE 18

DOORS: 7PM • SHOW: 8PM

Tickets start at \$25*



KANSAS

THURSDAY, JUNE 23

DOORS: 7PM • SHOW: 8PM

Tickets start at \$30*

VISIT OAKGROVEGAMING.COM FOR TICKETS AND MORE DETAILS.



1/2 Off

BOTTLES OF WINE

**SUNDAYS
IN JUNE**

**WINE-DOWN THE WEEK
WHILE ENJOYING HALF-OFF
ALL BOTTLES OF WINE!**

Weekday

DINNER DEALS

**WEDNESDAYS & THURSDAYS
IN JUNE**

**SAVOR A THREE COURSE
MEAL STARTING AT
JUST \$35 PER PERSON!**

VISIT OAKGROVEGAMING.COM FOR RESERVATIONS AND MORE DETAILS.

OAK GROVE
RACING • GAMING • HOTEL

Conveniently located at 777 Winners Way in Oak Grove, KY, just off I-24, Exit 86, across from the Fort Campbell Army Post.

*Taxes and fees additional. Show subject to change. Must be 21. Gambling Problem? Call 1-800-GAMBLER.

Clarksville Living Magazine has 10,000 issues published and distributed monthly at over 180 locations across Clarksville and surrounding areas.

FOR ADVERTISING OR MARKETING INQUIRIES
STEPHEN HOFMEISTER
 call or text: (931) 217-0768
 email: stephen@clarksvillelivingmag.com



For all other information or questions:
 E-mail: info@clarksvillelivingmag.com
 Mail: PO Box 31867
 Clarksville, TN
 Web: clarksvillelivingmag.com
 Look for us on Facebook 

Owner/Publisher
 Carla Landroop

Advertising
 Stephen Hofmeister
 (931) 217-0768
stephen@clarksvillelivingmag.com

Editor
 Victor Lavergne

Graphic Design
 Carla Landroop
 Jordan Cathey

Staff Writers
 Tony Centonze
 Christina Chittenden
 Paige Eisemann
 Taylor K Lieberstein

Clarksville Living Magazine
 © 2007-2022

Publisher's note

Regardless of what the weather is doing, summer is almost here. And as much as I am hoping these cool breezes will stick around, as a lifelong Tennessean, I know better.

It's always nice to try get away during the summer to the beach, mountains, or lake—but isn't always practical. Recently, we discovered a few hidden treasures a couple hours away that allow you to slip away and unwind, even if it's just for the day. The literally hundreds of breathtaking waterfalls in Tennessee are unmatched. We narrowed it down to fifteen for you (starting on page 14) but we encourage you to explore them all!



Also, the Downtown Market is back and they have more vendors than ever. You can get all the details regarding parking and hours starting on page 6.

And be sure to check out our calendar of events for plenty of exciting stuff to do in and around town.

Stay safe, and as always, thank you for picking us up!

Carla Landroop
 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 ↘ .

- | | | |
|-------------|---------|-----------|
| CLARKSVILLE | FARMERS | SKATE |
| COCKTAIL | MARKET | SUMMER |
| DERBY | ROLLER | SWIMMING |
| DOWNTOWN | SILVER | WATERFALL |

DISCLAIMER

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.



The work of YAI Pak Outreach continues to grow and do even more, not only for the local community but for the surrounding region as well.

The "YAI" in YAI Pak is an acronym for "you are important," which has been a message and their theme for helping those in need since founder and CEO Sherry Nicholson began her mission in 2016.

YAI Pak has recently expanded many of their outreach programs, thanks in part to a new 50,000-square-foot warehouse in a new location at 1255 Paradise Hill Road.

For more, visit YAIOutreach.org or email info@yaioutreach.org.
 For questions or volunteer information, call 615-559-7710.
 To report someone who needs help, call 615-559-8272.

\$129

**NEW
 PATIENT SPECIAL:**

**Initial Exam,
 X-rays &
 Oral Cancer
 Screening.**

*(only new patients,
 without insurance)*

304 Providence Blvd. | Clarksville, TN 37042

Monday - Thursday 8 am - 5 pm

Table of Contents

**DOWNTOWN MARKET
 IS BACK!**

6

**BIG BATCH SUMMER
 COCKTAILS**

8

**FALLING FOR
 WATERFALLS**

14

**LOCAL SUMMER
 BUCKET LIST**

18

ROLLER GIRL

20

**CALENDAR OF
 EVENTS**

22

NETWORK

28

**GRADUATE
 PROGRAMS**

Designed for busy adults
 to achieve personal and
 professional ambitions.



LEARN MORE

apsu.edu/grad-studies

**AP Austin Peay
 State University**
 CLARKVILLE, TENNESSEE

Austin Peay State University does not discriminate on the basis of race, color, religion, creed, national origin, sex, sexual orientation, gender identity/pression, disability, age, status as a protected veteran, genetic information, or any other legally protected class with respect to all employment, programs and activities sponsored by APSU. Policy 6.001



By Paige Eisenmann

Bright and early, people begin to arrive. Every Saturday morning the citizens of Montgomery and the surrounding counties flock to the downtown area. Their purpose for visiting is one of the greatest weekly events in our area. What is it that draws people to mingle and explore in the early morning sun every weekend? It's the Downtown Market!

First opening to the public in 2009, the Clarksville Downtown Market has become a community favorite for many reasons. The purpose of the market at its inception was to connect shoppers with local artisans and producers. Along the way it has become much more than that. Beyond just a simple place to shop, it has grown into a place for the community to connect to one another, for small local businesses to launch, and for our city

to highlight the talents and efforts of its citizens. Beginning with just 16 vendors, the market opened this year with over 110 vendors registered to participate. The small businesses, regional farmers, non-profit organizations and musicians who dedicate their time to expanding the market are beloved by their customers. People flock to the market each week to purchase and repurchase their favorite items and try new things.

Relationships are built and businesses can grow because the community supports the efforts of their fellow Montgomery Countians.

According to the city website, the Clarksville Downtown Market was voted the #1 Market in Tennessee for the 10th straight season and the #1 Market in America for the first time ever through the American Farmland Trust organization in 2020. The mission of the market is to:

- Provide access to local food choices and serve as a community-gathering place with a positive atmosphere.
- Offer area farmers, producers, and artisans sustainable business opportunities.
- Foster a sense of local pride while furthering the economic development of Clarksville and surrounding communities.

The market has become known for the quality of the local produce available, handcrafted goods including sauces, soaps and jewelry, and ready-to-consume items including breakfast items, coffee, lemonade, popsicles, popcorn, hot dogs, breads/pastries and even Mexican food. Unique finds await shoppers. A recent visit found everything from luscious fresh strawberries to boutique leather bracelets on display. The variety and

Clarksville Floor Covering
LOCALLY-OWNED SINCE 1961

Sales ★ Service ★ Installation

LVT WATERPROOF FLOORING
HARDWOOD • CERAMIC TILES
LAMINATE • CARPET

CALL TODAY TO SPEAK TO A FLOORING EXPERT!
931-552-1818

Flooring America
Free Estimates!

HOURS:
Monday - Friday 8 a.m. - 5 p.m.
Saturday 8:30 a.m. - Noon

606 Spring St. Clarksville, TN
clarksvillefloor-covering.com

quality available for shoppers is not the only reason that people flock to the market, however. Visitors commented on affordable prices, availability of unique items, and access to organic options as reasons why they choose to shop at the market. Another reason cited by many visitors is the quality of the products. One shopper shared that they prefer to purchase all the meats for their family's meals from a local farm because not only are they a good value, but she knows the care taken in their packaging and processing. Patrons have found that shopping local means not only saving money but getting higher quality items as well.

Special event days are built into the Downtown Market schedule. Events in May included Fun with Fido and Military Appreciation days. June includes "Corny Cob" (the market mascot) appreciation day, a Wellness Takeover day, and a public picnic on Public Square. For July events include Flower Fest, Tomato Madness, and Christmas in July. August brings Meat Madness and Clarksville Cares. September brings Hispanic Heritage, a fall picnic on the square and winds down the season on October 1 with a Scavenger Hunt. Each of these days will bring additional fun and vendor specials to the exceptional offerings available every Saturday.

The awards and accolades that the Clarksville Downtown Market have won are evident in the media attention and visitor counts. More and more people are catching on to the treasure that is our Downtown Market, with visitors increasing each week. The greatest weekly event in our community is garnering lots of attention, so don't miss out! Wake up early to mingle and explore in the early morning sun each Saturday morning (May 14- October 1), and be a part of Clarksville's greatest weekly event!

DATES & TIMES

Saturdays, now - October 1, 2022 (except September 10)
8:00 AM to 12:00 PM (Noon)*
*Market dates and hours are subject to change due to weather conditions.

LOCATION

1 Public Square, Clarksville, TN 37040

PARKING

All city parking lots and street parking are free nights and weekends. Other parking may be metered or reserved, so check before you park!

ROXY PARKING LOT

2-minute walk

LOWER BIGGERS LOT

4-minute walk

CUMBERLAND PLAZA GARAGE

4-minute walk

FRONT LOT

4-minute walk

TRANSIT GARAGE

4-minute walk

MAIN STREET PARKING LOT

4-minute walk

For more information visit the Clarksville Downtown Market page on Facebook, or visit the City of Clarksville website www.cityofclarksville.com/302/Clarksville-Downtown-Market

**CLARKSVILLE'S
BEST BURGER
SINCE 1965**

*Johnny's
BIG BURGER*

Come enjoy...

The tastes of summer!

Always made to order!

Across from APSU 428 College Street
Open Monday - Saturday 6 AM - 11 PM

647-4545

Big-Batch Summer Cocktails

By Taylor Lieberstein

Let's face it: The costs can quickly add up when you're making drinks for a crowd. Liquor, liqueurs, mixers, and fancy garnishes don't always come cheap. That's why, if you don't want to break the bank, a simple big-batch recipe is the way to go. Keep things basic at your next get-together with one of these budget-friendly and crowd-pleasing drinks made with few ingredients. From fruity punches for adults to classic margaritas and pitcher mojitos, you'll find a boozy new party favorite in this collection of our best affordable big-batch cocktails.

Hawaiian Punch Slush for Adults

A tropical, flavorful, alcoholic slush that packs a punch! Serve 2 scoops in a glass with lemon-lime soda. You'll want to keep this one away from the kids! TOTAL TIME: 15 minutes

INGREDIENTS

- 2 (14 ounce) cans cream of coconut
- 3 (6 ounce) cans frozen lemonade concentrate
- 1 (46 fluid ounce) can unsweetened pineapple juice
- 1 (750 milliliter) bottle vodka
- 2 liters lemon-lime flavored carbonated beverage

Directions

Instructions Checklist

- Step 1
In a plastic container combine cream of coconut, lemonade concentrate, pineapple juice and vodka. Mix well and store overnight in the freezer.
- Step 2
To serve, place 2 scoops in a glass, then fill the glass with lemon-lime soda.

Hippie Juice

This is a quick summer drink that is easy to make and even easier to drink. Enjoy! TOTAL TIME: 5 Minutes

INGREDIENTS

- 1 (1.75 liter) bottle raspberry lemonade (such as Simply Lemonade®)
- 1 ½ cups watermelon vodka
- ½ cup coconut-flavored rum (such as Malibu®)
- ½ cup triple sec

INSTRUCTIONS

- Step 1
Pour 2 1/2 cups raspberry lemonade out of the bottle into a glass measuring cup.

Sorbet Mimosas

This is one of the BEST MIMOSA RECIPE for any brunch. It would even make a great dessert cocktail. Sorbet (or sherbet) Mimosas are a fun and creative way to dress up any mimosa recipe! Use the ice cream, sherbet, or sorbet flavor of your choice and mix with champagne or prosecco. TOTAL TIME: 5 Minutes

INGREDIENTS

- 1 bottle of Champagne or Prosecco
- 2 pints of sorbet (any flavor)
- Mint or fruit to garnish

INSTRUCTIONS

- Add a few small scoops of sorbet to the glass.



Pour Prosecco or Champagne over.
Garnish with fruit slices or mint.

Cherry Lemonade Vodka Slushies

A skinny and refreshing summer treat with made with sugar free lemonade and cherry vodka. A grown up slushie that will be perfect for hot summer days!



INGREDIENTS

- 2 tsp lemonade mix (1 use 2 packets Crystal Light Lemonade or Limeade)
- 3 fl oz Cherry Vodka
- 1 1/2 cups water
- 2 cups ice
- Black Cherries (fresh or packaged)
- Basil for garnish (optional)

INSTRUCTIONS

Add all ingredients into a high power blender and blend until smooth and slushie texture. Pour into 2 glasses and sip away!

Tipsy Mermaid Punch

The combination of Blue Curaçao and Midori gives this party punch it's beautiful aqua color.



INGREDIENTS

- Ice
- 1/2 c. Blue Curaçao
- 1/4 c. Midori (optional)
- 1 bottle prosecco (or champagne)
- 1 1/2 c. pineapple juice
- 1 c. light rum
- 2 cans seltzer
- Pineapple wedges, for garnish
- Maraschino cherries, for garnish

INSTRUCTIONS:

Fill a large punch bowl with ice, then pour over Blue Curaçao and Midori, if using. Top with prosecco, pineapple juice, rum, and seltzer, then add pineapples and cherries. Stir to combine.

Serve immediately.

Fizzy Pineapple Punch

This sweet and easy to make pineapple punch will be the hit of any party! Just 4 simple ingredients plus fresh fruit and pretty garnishes!

INGREDIENTS

- 1 - 12 oz can frozen pineapple juice concentrate thawed
- 1 - 6 oz can frozen limeade concentrate thawed
- 4 1/2 cups cold water
- 1 liter club soda chilled
- Assorted fruits (such as strawberries raspberries, blueberries, oranges, limes, and pineapple)

Continued on page 10

FREE SUMMER CONCERTS!

Music Under The Stars

MUSIC, FOOD TRUCKS, LAWN GAMES, BUBBLE ZONE & BEER GARDEN!

Friday, June 17th, 2022
Friday, July 15th, 2022
Friday August 19th, 2022

Viceroy Amphitheater
101 Walter Garrett Lane
Oak Grove, KY. 42262

GATES OPEN @ 5PM CONCERTS START @ 6PM

Scan Me

FOR MORE INFORMATION GO TO:
WWW.VISITOAKGROVEKY.COM

TEAM
KENTUCKY
KENTUCKY DEPARTMENT OF TOURISM



- Garnishes such as fresh mint

INSTRUCTIONS

Pour thawed pineapple juice concentrate and thawed limeade concentrate in a large pitcher. Add cold water and most of the club soda, reserving about 1/3 cup. Stir to combine and chill until cold. Add ice cubes and assorted fruits to serving glasses and pour in chilled punch. Garnish as desired and top off glasses with a splash of extra club soda for extra "fizz".

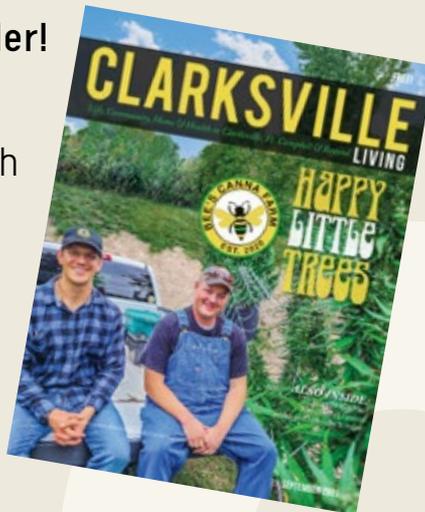
NOTES

1. Can be made alcoholic by adding a splash of vodka or rum to the serving glasses.
2. For extra gorgeous presentation, freeze mint

GROW YOUR BUSINESS WITH CLARKSVILLE LIVING MAGAZINE

Advertise smarter, not broader!

Targeting the most lucrative market in our community with local and engaging content brings in more business, and smart businesses have been partnering with Clarksville Living since 2007!



STEPHEN HOFMEISTER



Ad Deadlines:
15th of the month.

Call, text or email Stephen today!

931-217-0768

stephen@clarksvilivingmag.com

into ice cubes and use in serving glasses.

3-2-1 Pitcher Margaritas

A great margarita isn't complicated, and don't let anyone tell you otherwise. If you have tequila, orange liqueur (such as Cointreau or Triple Sec), and plenty of limes on hand, you have everything you need. Just follow a ratio of three parts tequila, two parts orange liqueur, and one part lime juice.

INGREDIENTS

- 3 cups blanco tequila



- 2 cups orange liqueur, such as Cointreau or Triple Sec
- 1 cup freshly squeezed lime juice (from about 8 limes)
- Ice
- 3 medium limes, thinly sliced
- 3 tsp of simple syrup (optional for a sweeter taste)

INSTRUCTIONS

Place the tequila, orange liqueur, lime juice, and ice in a large pitcher, and stir to combine. Top with the lime slices. Let sit for 5 minutes to allow for some of the ice to melt and mellow the margaritas. Pour into glasses, adding more ice from the pitcher to each glass as needed. Scoop a couple of lime slices into each glass when serving.

RECIPE NOTES

Make ahead: The pitcher can be made, without the ice and sliced limes, up to 1 day ahead. Cover and store in the refrigerator and add the ice and limes before serving.

CHANGING THE TART OR SWEET LEVELS: If you prefer sweeter margaritas, you can add a bit of simple syrup to taste. Or, if your prefer more tart margaritas, you can add more lime juice.

White Wine Mojito

The mojito makes a great pitcher drink because it's so simple. For a fun twist, mix one up using white wine. It swaps rum for vino and adds sparkling lemonade to the mix. You'll love how easy it is and your guests will fall for the familiar-yet-unique flavor.

TOTAL TIME: 8 mins YIELD: 6-8 Servings

INGREDIENTS

- 1 750 mL bottle of white wine (Sauvignon



EXPERIENCE MATTERS

Buying, selling or PCSing? We help you love where you live!



2279 WILMA RUDOLPH BLVD, SUITE A
CLARKSVILLE TN 37040



OFFICE: 931-444-3304



Heather Eisenmann

Lauren Hermes

clarksvillehomeowner.com
myclarksvillerealtor@gmail.com
PHONE: 931-538-9816



the leaves begin to brown).

Add optional sugar to taste, especially if the sparkling lemonade is light on the sweet factor. Mix well.

Thinly slice the remaining lime to garnish glass rims and add a sprig of mint leaves to liven things up even more. Serve over ice.

Pear Ginger White Sangria

Pears, ginger and oranges make this white sangria bright and fruity, without being too sweet.

Yield: Serves 8 To 10 Prep Time: 5 Minutes
Additional Time: 2 Hours

Blanc, Riesling, Pinot Grigio)

- 2 cups sparkling lemonade
- 3 limes (2 juiced, one for garnish)
- 1 cup of fresh mint

Optional: sugar to taste (depending on how sweet the sparkling lemonade is)

INSTRUCTIONS

Chill the white wine and Italian sparkling lemonade. Mix the chilled wine and sparkling lemonade in a large pitcher. Juice two limes and add to the wine and lemonade.

Mince 3/4 cups of fresh mint and add to the pitcher (add mint right before serving, otherwise



Ingredients

- 1 (750ml) bottle of your favorite Riesling
- 3 pears, cut into 1-inch cubes
- 1 orange, cut into rounds
- 1 2-inch long piece of ginger, peeled and thinly sliced
- 1/2 cup ginger brandy

INSTRUCTIONS

- Combine ingredients in a large pitcher and stir.
- Refrigerate until ready to serve, at least 2 hours (remember the longer it sits, the better it tastes).
- Fill the pitcher the rest of the way with ice when ready to serve.

Pineapple Rum Sangria Recipe

This refreshing treat is not only super easy to make, but tastes like tropical paradise in a glass!

Yield: Serves 4 to 6

Ingredients

- * 1 pineapple, peeled and cut into chunks
- * 2 cups of water
- * 1 cup white wine
- * coconut sugar to taste
- * 1 cup white rum
- * juice of 1 lemon
- * 1 cup soda water or club soda (works great with ginger ale or sparkling lemonade too)

INSTRUCTIONS

- Combine ingredients in a large pitcher and



stir.

- Refrigerate until ready to serve, at least 2 hours (remember the longer it sits, the better it tastes).
- Fill the pitcher the rest of the way with ice when ready to serve. 🦋

Personalize your family's wishes to honor and celebrate a life well lived.

Cremations, Pre-Arranged Funerals, Traditional and Veteran Funerals.



Ed Larson

Tom Creech

Tony Nave



MCREYNOLDS NAVE & LARSON

We Honor Our Veterans.

Pre-Need payment plans available.

www.navefuneralhomes.com • 931-647-3371 • 1209 Madison Street, Clarksville

bella | MED SPA

SKINCARE MUST-HAVES



Introducing our signature line of skincare curated specifically for you!

When it comes to skincare we know the importance of choosing medical-grade products that yield amazing results! All ingredients of our signature line have been carefully chosen and thoughtfully created by a team of experts with your skin's needs in mind. Getting great skin should be easy! So, we have made this process as easy as possible by offering these medical grade ingredients available for purchase online:

FORACNE: Blemish Stick

Description: This medical grade formulated spot treatment contains acne and blemish fighting ingredients ranging from salicylic acid for gentle exfoliation; niacinamide to calm the skin and provide antioxidant protection; as well as azelaic for brightening and the prevention of inflammation. This blemish-stick releases the lightweight, fragrance free solution through the antimicrobial sponge tip.

Directions: Dab onto affected areas 1-3 times as needed, or as directed.



FOR HYPERPIGMENTATION:

Koji C Skin Brightening Pads

For: All skin types, except sensitive.

Description: This is one of our Best Sellers by far! A daily-use treatment pad that treats pigmentation, skin tone, texture, and photoaging. This product includes a custom combination of enzymes, acids, and antioxidants formulated to address pigmentation and texture.* Each batch of Koji C Brightening Pads are compounded upon order. Free of fragrance, preservatives and hydroquinone.

Directions: Smooth pad over areas to be treated. Apply 1-2 times daily, or as directed.



FOR BRIGHTENING & SMOOTHING: Glow UP

For: Normal, combination and oily skin types

Description: This antioxidant formula nourishes the skin as it fights free radicals and protects against the effects of photoaging. High-potency ingredients combine to brighten and smooth skin texture, while antioxidants enhance retinoid effects and protect the skin from oxidization and elemental damage.

Stimulates new collagen growth and



fortifies the skin's dermis.

Directions: Apply serum every other evening, alternating with a retinoid, or as directed. Daily SPF application is recommended during use.

FOR ANTI-AGING: Reti-Na 50 -

Reti-na 50 helps to improve the appearance of fine lines (in around 4 weeks), wrinkles (in around 12 weeks), skin texture and smoothness. It has also clinically been shown to improve the appearance of oily skin and large pores. This sustained-release retinol slowly delivers the active ingredients to deeper layers of the skin to bypass the common irritation that comes with using retinols.

Appropriate for all skin types.

Suggested use: Apply every evening to every other evening as tolerated.



bella | MED SPA

931.245.0500
2151 Wilma Rudolph Blvd.

www.bellamedspa.com



FALL FOR THESE TN WATERFALLS

By Taylor Lieberstein

With the weather turning warmer soon, we all look for ways to get out and soak up a little nature and sunshine. Tennessee has over 325 waterfalls, making it tough to choose just 15, but those on the list are definitely the most magnificent.

When you combine the number of waterfalls that drop over 200 feet with pools below, they become even more amazing. Many of the waterfalls are near Nashville or within a few hours drive. Hikers can find short routes or more arduous paths, depending on their skills and desires.

We've put together some fast facts about these top 15 to hopefully help you decide which one you want to visit!

1. CANE CREEK CASCADES



Cane Creek Cascades is close to Spencer, in Fall Creek Falls State Park, Tennessee.

The name is impressive, but one might assume the cascades are smaller falls and not worth the trip. The cascades are wide, with less than a 20 feet drop into a shallow pool with plenty of boulders. In fact, Fall Creek Falls is more impressive in sheer height, but there is something about the picturesque beauty and tranquility of these falls – plus the hike is easier than reaching the Fall Creek waterfall.

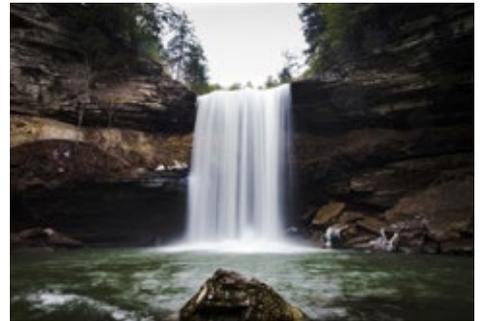
2. BURGESS FALLS



Burgess Falls in Sparta, Tennessee is an amazing trek. It will take a bit of a hike for you to reach the stunning falls; take the River Trail on the Service Loop Road to get to the top of the falls. It is important to note that the hike down is treacherous and steep.

Burgess Falls is part of Burgess Falls State Park and the most magnificent of four waterfalls. The four waterfalls take a 250-foot trip from the top of the mountain to the lowest point in the river. The most spectacular is the 130-foot waterfall – Burgess – that plunges into an amazing gorge.

3. ALTAMONT FALLS



Altamont Falls – close to Altamont, Tennessee – is one of the prettiest and most moderate of hikes. Visitors can pick up on Greeter Falls Loop and Trail, walking the 3.2 miles to reach the falls. There is an elevation gain of 485 feet.

The park allows dogs, as long as they are on the leash. The lower Greeter Falls is about 30 minutes from the parking area in South Cumberland State Park. A side trail from the lower falls will bring hikers to a Blue Hole swimming spot or one can continue up to Altamont Falls.

4. FOSTER FALLS



Foster Falls is also part of Cumberland State Park; however, to reach this waterfall, hikers need to start at Foster Falls Visitor Center in Sequatchie, Tennessee. The waterfall is 60 feet high and just two miles from the parking lot. The hike is of medium difficulty and loops from the parking lot back around. The best time of year to go is during spring, summer, or fall. It is possible to rock climb, swim, and camp in the park.

The path has a drop down into a gorge, which brings you to the bottom of the falls.

With the refreshing water, many swim near the cascades and feel the power of how much water is actually plunging over the cliff into the gorge.

5. TWIN FALLS



Twin Falls waterfall is in Rock Island State Park. It straddles White and Warren Counties, with Collins and Caney river forks coming together.

The park boasts several waterfalls but Twin Falls is the largest, with an 80-foot drop. The hike to the falls is one mile.

It is not a loop, but an out and back type of trail. The elevation gain is minimal and the terrain is pleasant, offering an easy hike to the magnificent waterfall. It is possible to reach the falls throughout the year since the climate is mild.

6. COON CREEK FALLS



Fall Creek Falls State Park – as mentioned previously – has more than one waterfall, including the impressive Coon Creek Falls.

This has a 250-foot drop, which is almost as great as Fall Creek Falls' total drop of 256 feet. Hikers can visit an overlook to see both falls or take a gentle walk along a hedged path.

Continued on page 16

<h1>Free Presentation</h1>	<h2>Immunity, Stress, & Hormones</h2> <p>Your Health and Life Can be Better!</p> <p>June 8th & June 21st at 6:15 pm</p> <p>190 Hatcher Lane, Suite B Clarksville, TN 37043</p>
--------------------------------	---

ARE YOU DEALING WITH...

STRESS? • DIABETES? • BELLY FAT? • HORMONES?

HIGH BLOOD PRESSURE? • TIREDNESS?

Call today **931-221-0902 to reserve your seat! Spaces are limited.**

	<p><i>"We educate, empower, and encourage people to feel better, to have more energy, and to live their dreams."</i></p> <p>Dr. Gregory Fryer, M.D. National Speaker and Leading Wellness Expert</p> <p>Medical Direct Care Total Health and Wellness Family Medical Clinic Wellness Center</p> <p><i>We are Accepting New Clients</i></p>	<p><i>Client Testimonial:</i></p> <p>★★★★★</p> <p>"Best of both worlds, i.e. alternative, holistic health care combined with traditional medical care as needed. Not a place where pharmaceuticals are prescribed as a first course of treatment, but a place where root problems are identified and treated holistically and systemically"</p> <p><i>Annette Backlar</i></p>
--	--	---

WWW.MEDICALDIRECTCARE.COM

The fun part is that both Fall Creek and Coon Creek Falls hit the same pool beneath; however, there is no way to walk to the bottom and it is never a good idea to cliff dive into the plunge pool – there are too many rocks and it is not possible to tell how deep the pool is at any given time.

7. STEP FALLS

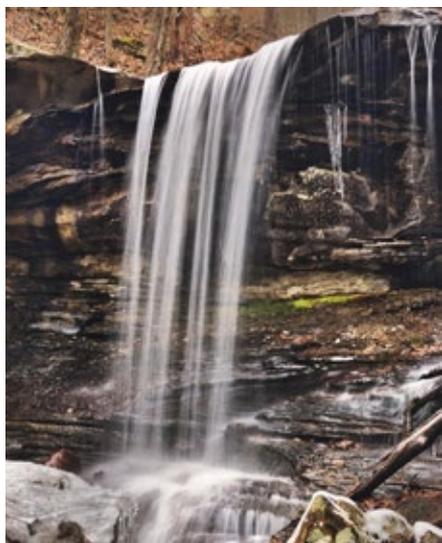


Step Falls At Old Stone Fort State Park In Manchester TN. It is difficult to talk about just one waterfall when bringing up Old Stone Fort State Park; the park has ten waterfalls, the most impressive is Step Falls, which is part of Little Duck River.

Bluehole Falls are 30 feet high and end in a pool. Big Falls is the grandest of the falls, with more than a 30 feet drop.

Step Falls is named for its step features that make each drop short rather than a continuous height.

8. EMORY GAP FALLS



Emory Gap Falls in Wartburg, Tennessee can be accessed from Panther Branch Trailhead.

The falls are a total of 3.2 miles out and back from the beginning of the trail. The elevation gain is 465 feet but it is a slow incline with an easy walking path versus rugged terrain.

The first waterfall along the path is Debord Falls, which is easy to see from the path but not as impressive as Emory Gap. Debord Falls has a two-tier cascade that is exceedingly small. Another 0.7 miles from Debord is Emory Gap.

9. OZONE FALLS



Ozone Falls is part of Ozone Falls Park in Cumberland County TN.

The park is 43 acres of natural area. Its proximity to Interstate 40 means plenty of visitors come to picnic and enjoy the day; however, not many are aware of the waterfall that plunges 110 feet nearby.

Fall Creek feeds the waterfall, pouring down the rocks into a pool before disappearing underground to emerge a short distance later.

10. CONASAUGA FALLS



Conasauga Falls are located at the Tellico Plains. The waterfall crests several rocks, spreading out over the landscape and eventually falling down two tiers to the river below. There is no pool or swimming at this location. The hike is 1.2 miles to the falls.

It is a downhill trek going in, making it more difficult on the slippery rocks when going home.

The trail is open from April to October.

11. SINK CREEK FALLS



Sink Creek Falls are in Dekalb County. Not as impressive in height as Machine Falls, Sink Creek Falls are shorter, but just as magnificent and worth the hike.

The falls gush over one location in the river and come out of the mountain in another, creating a near 180-degree waterfall with underground and above river cascades.

The water does not plunge over the rocks, but cascades over rock formations, stepping down into a small whirlpool beneath before continuing down the river.

The water moves quickly in this area, so it is not a good idea to try to cross near the falls.

12. MACHINE FALLS



Machine Falls in Short Springs State Natural Area is just outside Tullahoma, Tennessee.

The waterfall is one of the tallest in the state, cascading down the rock face. There is a small pool with a steep rock formation at the bottom of the falls.

The trail is 1.6 miles. As a loop, hikers can make it back to their car in a short distance or decide to take a longer hike by crossing the bridge to the other side of the falls.

The path is not difficult in terms of elevation gain; however, there are slippery rocks at times, so one should proceed with caution.

Dogs are welcome on the trail

13. CARMAC FALLS



Carmac Falls in Evins Mill near Smithville, Tennessee, is a 90-foot waterfall.

There is a short hike to the plunging falls, which can be accessed from Evins Mill Resort.

For those who wish to take the hike, it is important to call the resort and ask if the trail is available. The property is considered private but it is rare that visitors will be turned away. The hike is a total of one mile, with an easy walk to the falls. It is also possible to swim at one's own risk.

14. FALLS OF JERICO



The Falls of Jericho sit on the Tennessee-Alabama state line.

Legend stated Davie Crocket used this area for hunting. The natural preserve is 8,900 acres of hiking and horse trails.

The trail to the falls is 3.5 miles one way and takes hikers downhill. The plunging fall hits a shelf with a cavern beneath, before plunging into a very shallow pool.



15. CUMMINS FALLS



Cummins Falls are part of the Cummins Falls State Park near Cookeville, in Jackson County. The park has more than 200 acres of land, with the magnificent 75-foot Cummins Falls. A pool waits below for those who wish to cool off and enjoy a bit of a swim; especially after the one-mile hike it takes to reach the falls.

The round trip is two miles of rugged terrain. As one of the most accessible waterfalls, it can be rather busy throughout the summer months, right up to the Labor Day holiday. 🦋

AVEDA

Step inside to discover
NEW 100% vegan color control
shampoo and conditioner

color control
shampoo
plant-powered protection
for color-treated hair
shampooing
protection des cheveux
colorés au pouvoir des plantes

color control
conditioner
plant-powered protection
for color-treated hair
après-shampooing
protection des cheveux colorés
grâce au pouvoir des plantes



 **EDEN**
day spa & salon

150 Hillcrest Dr., Clarksville TN
www.edendayspas.com

931-552-2313



Ah, the sweet, sweet summertime. Pool days, barbecues, beach vacations, and bored kids who want to spend the days playing video games or creating Tik Tok dances. But there must be some better things to do with that free time, right? Here are five local summer activities you and your kids will both love! Use these ideas to jump start your own summer to remember.

LOCAL VACATION BIBLE SCHOOLS

There are plenty of VBS opportunities for Clarksville children this summer. Some meet all week during the day, others in the evening and even a few over a weekend. Here are a few to consider:

Hilldale Baptist Church

- Friday, June 3rd, 9am-12:15pm
- Saturday, June 4th, 9am-3:15pm (lunch provided)
- Sunday, June 5th, 9am-12pm special service for families at 11am (lunch provided after service)

Ages: VBS is for ages K-5th grade completed.

Location: Hilldale Family Life Center | 250 Old Farmers Rd.

First Baptist St. Bethlehem

- June 13-17
- 6:00 PM – 8:00 PM

Ages: For children who have completed K-5th Grade in 2022

Location: 2232 Wilma Rudolph Blvd

Vineyard Church

- June 6 – 10

- 5:30 – 8:30 PM
- Ages: K-6th Grades
- Location: 2182 Old Russellville Pike, Clarksville, TN 37040

Grace Lutheran

- June 20-24
- 5:30 PM - 7:30 PM
- Location: 2041 Madison Street

Hilldale United Methodist

- July 29 from 6-8pm
- July 30 from 9am-3pm
- July 31 from 9-10am
- Ages: Pre-K – 5th grade
- Location: 1751 Madison Street

*Registration is required for all VBS locations. Visit church websites for more information.

THE DOWNTOWN MARKET

Few things are as rewarding as growing one's own fruits and vegetables, but if you didn't get in on planting season – you can find the next best thing each Saturday morning. For a super fun activity, choose a recipe or two with your children and see if you can get all or most of the ingredients from local suppliers and then cook together. Your children will be amazed that not all food has to come from the shelves of a grocery store. The Clarksville Downtown Market is a weekly open-air market featuring farmers and artisans who offer locally-grown fresh produce, food items, and handcrafted products. The Market strives to provide an opportunity for customers

to connect with local businesses while enhancing the quality of life in our community.

Dates and Times:

Returning Saturdays, May 14 - October 1, 2022 (except September 10)

8:00 AM to 12:00 PM (Noon)*

*Market dates and hours are subject to change due to weather conditions.

Location:

1 Public Square, Clarksville, TN 37040

VOLUNTEER TOGETHER

Do you want your children to learn the value of giving back to those who are less fortunate? There are several local organizations and charities who would love to let your family lend a hand. One you might check out:

Yai Pak

The mission of Yai Pak is to serve the under-resourced through acts of kindness.

There are opportunities to serve in the warehouse every week as follows:

- 1255 Paradise Hill, Clarksville, TN 37040:
- Monday 9am-12pm
- Wednesday 12-2pm
- Thursday 5-8pm

Serving in the warehouse is very important to make this

ministry possible! We need all the help we can receive to sort through donations and place everything where it needs to go. Being very organized as a mobile ministry is key to meeting the volume of need, and this cannot happen without volunteers in the warehouse!

The atmosphere is relaxed and family-friendly. We guarantee you'll have fun serving along with others and seeing the impact you're making!

What you might expect:

- Sorting through all donations
- Restocking bins
- Packing and storing items for 2nd warehouse
- Organizing in both warehouse
- Sorting and packing items for outreach
- Unloading and resetting trailer for outreach

Register to serve at the warehouse and be ready for some fun! If you have any questions, email info@yaioutreach.org.

Other charitable ideas:

- Sort through toys and clothes with children to donate to a local charity.
- Bake cookies or brownies and host a bake sale or lemonade stand to donate.
- Create a change jar or piggy bank to see how much you can collect over the summer for a donation to your local church or charity.
- Make cards or write letters to deliver to an assisted living facility or the Veteran's home.

GET MOVING

Children have a lot of energy that lends itself well to wide open spaces and long expeditions. Clarksville has numerous beautiful spots for hiking, biking, fishing, swimming, and playing. Here are a few to consider:

- Rent or take bikes to Liberty Park or the Clarksville Greenway
- Canoe or Kayak down the Red River
- Check out Dunbar Cave State Park



- Walk the Riverwalk and play on the playground at McGregor Park
- Hike in Rotary Park
- Play in the creek and collect cool rocks
- Visit cityofclarksville.com for a list of all city parks and pools

CREATE A PHOTO SCAVENGER HUNT

There are few things more fun than a friendly competition between family members or friends. Scavenger hunts can be done on foot, on bikes, or in cars and the possibilities are endless. Create teams and set a time limit to capture photos of a few random items with bonus points for creativity. Here is an example of a city-wide hunt to inspire you but add your own twist geared to the interests and ages of your family.

Rules:

All on the team must be in the picture

No speeding!

No photo editing

You have 75 minutes to complete as many as possible
First one back with all pictures or the team that has the most points, wins.

TAKE A LOCAL LANDMARK PHOTO:

1. at the public library
2. in front of City Hall
3. in front of a pool
4. in front of your school
5. with any first responder or emergency personnel
6. at an ice cream store
7. with a parent watching a sporting event
8. FOR 10 extra points get picture with referee or umpire at the event
10. in front of one of Clarksville's Community Centers
11. of the group helping

12. in front of a utility provider location (electricity, water, gas etc.)
13. in a city park on a slide or swing
14. in front of a doctor's office
15. In front of or holding an American Flag

Hopefully these ideas have inspired you to come up with a few of your own. In whatever way your family chooses to spend your summer, focus on making lasting memories. If you think back to your own childhood, it is likely that those things you remember most fondly were the simple things. Children grow up quickly...enjoy as many moments together as you can.

Stephani Cook is a life coach, speaker, author, podcast host and the creator of On Purpose Coaching. Through On Purpose Coaching she helps others to improve relationships and to discover intentional abundant living. She does that through group and/or individual coaching, live event speaking or Enneagram workshops in private and corporate settings. To connect with Stephani about the possibility of coaching or speaking to your group or organization, visit her website www.stephanicook.org. 



AMARE MONTESSORI
An educational journey from the first steps to adolescence.

"The senses are gateways to the intelligence. There is nothing in the intelligence which did not first pass through the senses." —Aristotle

931-368-3818
amaremontessori.org

AMERICAN MONTESSORI SOCIETY
Education that transforms.
Accredited Member School



Roller girl

By Tony Centonze

Clarksville's own Jaime Varriale is about to make history on an international stage as she prepares to compete in Buenos Aries and San Juan, Argentina at this October's 2022 World Skate Roller Games.

Varriale went to two try-outs earlier this year to take a shot at making Team USA, and in late April she got the news. She is one of eighteen players in the United States to make this year's USARS team.

USA Roller Sports USARS is recognized as the National Governing Body of competitive roller sports in the United States, including speed, figure, hockey, roller derby, and other extreme sports. USARS has sponsored amateur competitions since 1937, exercising jurisdiction over the participation of United States roller skaters in international competition, including World Championships, World Games, Pan American Games and Olympic Games.

"I've been doing roller derby for twelve years," Varriale said. "I actually read an article in The Leaf-Chronicle about Clarksville getting its first team. I went to the try-outs, and I've been doing it ever since."

Varriale says she is nearly 44 years old, but has been an athlete her entire life.

"I'm from Clarksville," Varriale said. "I played softball for eight years when I was growing up. I was always in the newspaper. I went to state championships. I played

soccer for Northwest High School. "I've just always been an athlete."

After reading the article about Clarksville's first roller derby team, The Red River Sirens, Varriale joined. Soon after, she started the Clarksvillain Roller Girls. Now, those two teams have merged into one, Clarksville Roller Derby.

The local team hasn't seen much action these last couple of years, due to the pandemic, but Varriale has managed to stay active, by traveling and playing with other teams.

"We're going to Knoxville next," Varriale said. "We're just getting started back, after the pandemic brought everything to a halt. We're struggling here for numbers. Roller derby is a way of life, and a lot of our players haven't made it back to us since the pandemic disrupted everything."

Varriale is currently playing on three different teams, including one in Pittsburgh, PA. That team will be playing in the national championships in August, in Texas.

"A lot of people that are on the USARS team play with me on the Pittsburgh team," Varriale said. "I travel a lot. I have a tournament every month until I go to the World Games. That is pretty much my training. This weekend I'm going to Pittsburgh, next weekend I'm in Knoxville. I'll be in Vegas in July, and then I'll be in Texas in August."



Varriale is recognized among the top talent in the country, so she gets invited to play with the best teams, all over. The thing is, she, like everyone she skates with and against, doesn't get paid by any of these teams.

"This is all self-funded," Varriale said. "I own True Colors, a home improvement business, so I do alright, and it allows me the freedom I need in my schedule to accommodate this sort of activity. But, we are planning to have a fund raiser to help me get to the World Games.

"I have a lot of friends, and a lot of people who support me. They all want to chip in and donate to me so I can get to the World Games in Argentina this October."

The fundraiser will probably take place sometime in June, at Mr. Billy's Bar & Grill

"We do a lot of things with Bikers Who Care, and Chris Scogin is a good friend of mine," Varriale said. "I think we're going to do a bike wash, and a raffle - all kinds of stuff."

Varriale appeared in the national championships last year. Her team finished second, taking home the silver medals. Playing at that level led to her being invited to try out for the USARS team

"They reached out to me," Varriale said. "USARS builds teams with high-level players. I'm a Jammer. I tell people I'm the one who wears the star on my helmet, and I'm the one who scores a point for every opposing blocker that I pass."

She has come a long way since her start with the Sirens and Villains. Last year's second place finish at the championships set her up for the skating opportunity of a lifetime.

"I got the call about the World Games at the end of April," Varriale said. "I actually went to both try-outs just to better my odds. About 150 skaters tried out, and I got the call that I'm one of the eighteen that made the team.

"It feels amazing, especially at my age, to go to the Olympics. It has been twelve years of working hard, and making this team means it has all paid off."

At this level there are some big time sponsors, worldwide partners and official supporters, but Varriale says roller derby is still difficult, financially. "We fund ourselves. We have to pay for airfare and other things.

"I'm new to this level, so I'm not sure what to expect. USARS rules are a little different from what I've always done. And, being pretty new, I'm asking a lot of questions about different strategies and rules. I have some friends who played in Barcelona. They've been advising me on how this will work.

"I think there will be eight teams from around the world, Japan, Spain, etc. The USA won the gold last time."

Varriale thinks the games will be shown on ESPN 3. She is still waiting for all the details.

"I'm waiting to figure out when we have practices, and when we need to be places," she said. "This is a totally new experience. I lived in South Florida for twelve years, so I've been to some islands in the Caribbean, but I've never really traveled outside the country. I'm beside myself. I'm really excited to be able to do something like this. Not just for me, but for my 17-year-old daughter.

"It makes me proud that she will see me do something so awesome, especially at my age, and me being from

Clarksville, which was a small town when I grew up here."

Varriale has hopes of lining up some endorsements or sponsorships of her own.

"There are high-level teams that will want you to move to their town and play for them," Varriale said. "It's interesting to think about being sponsored by Redbull, or one of the big companies, but I've never been paid to do this. When people say, 'do you get paid, whats in it for you', I say. It's my soul. It makes my soul feel good. It's something that is mine. It belongs to me. I've put my heart and soul into it, and I've worked really hard. It just feels good - and that's enough payment for me."

It's a Match!



Meet your match!

Get matched with a highly-vetted, top-rated local
REALTOR® to buy or sell your next home.
Are you ready to find your real estate agent?

tnagentmatch.com

ONGOING

CLARKSVILLE DOWNTOWN MARKET

SATURDAYS JUNE 4 - OCTOBER 1 8AM-12PM

Voted the #1 Market in America in the American Farmland Trust's 2020 Market Celebration, the Clarksville Downtown Market is a weekly open-air market featuring local farmers and artisans who offer locally-grown fresh produce, food and beverages, and handcrafted products. The Market provides an opportunity for local customers to connect with locally owned businesses while enhancing the quality of life in our community. Enjoy live music, meet our Market mascot Cory the Cob, and experience special events on select market days.

City Hall
1 Public Square
Clarksville, TN

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. 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

CRY-BABY THE MUSICAL

8PM JUNE 3,4,10,11,17
7PM JUNE 9,16
2PM JUNE 11,18

It's 1954. Everyone likes Ike, nobody likes communism and Wade "Cry-Baby" Walker is the coolest boy in Baltimore. He's a bad boy with a good cause – truth, justice and the pursuit of rock and roll. Cry-Baby and the square rich girl Allison are star-crossed lovers at the center of this world. Fueled by hormones and the new rhythms of rock and roll, she turns her back on her squeaky clean boyfriend, Baldwin, to become a "drape" (a Baltimore juvenile delinquent) and Cry-Baby's moll. At the other end of the topsy-turvy moral meritocracy of 1954 America, Baldwin is the king of the squares and leads his close-harmony pals against the juvenile delinquents, who are ultimately arrested for arson, sending the drapes all off to prison. It's Romeo and Juliet meets High School Hellcats.

Tickets \$35 (adults) and \$15 (10 and under)

PLUS TICKETING OPERATION FEE

Roxy Regional Theatre
100 Franklin St
Clarksville, TN 37040

SMASH ULTIMATE MONTHLIES JUNE 10TH & 24TH 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 & Computer Science
8th Street
Clarksville, TN

GENEALOGY CLASS SATURDAY, MAY 14TH, JUNE 11TH 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 Montgomery County Library
350 Pageant Ln
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 Gympo!Benefits:

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

Cognitive: Unguided play supports early brain development.

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

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

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 "My doctor told me I would never walk again. My mother told me I would. I believed my mother."

Wilma Rudolphing pass member, group exercise member, and single-, couple- or family-memberships. Classes include step aerobics, sculpting, Zumba, circuit, senior fit aerobics and beginner step (all classes are \$3).

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

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

Corvettes of Clarksville monthly meetings to be held on the first Tuesday of every month. Great opportunity to meet other lovers and support local charities.

Corlew Chevrolet Cadillac,
722 College Street,
Clarksville, TN

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.cmcba.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

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

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.

Madeleine's
100 Strawberry Alley
Downtown Clarksville

SATURDAYS MAY 7 - MAY 28 WALKING HISTORY TOUR 1:00 PM

Take a walk with me and learn about Clarksville's beginnings. We will laugh and learn and (maybe) sing! History can be fascinating! Price: \$12.00 —Plus tax. T-shirts available for \$25

Downtown Clarksville
131 Franklin Street
Clarksville, TN

JUNE

2 THURSDAY

FIRST THURSDAY ART WALK 5 - 8 PM

The Museum will offer free admission during First Thursday Art Walk Clarksville from 5 - 8 pm. Burgasm food truck will be serving up delicious eats in the Courtyard.

Customs House Museum
200 South Second St.
Clarksville, TN

3 FRIDAY

HOTEL CALIFORNIA - THE ORIGINAL EAGLES TRIBUTE BAND 8:00 PM

For over three decades now HOTEL CALIFORNIA, have been recreating the legendary sound of THE EAGLES, and thrilling audiences all over the world. The band set the bar in 1986, and they've remained the industry leading substitute for The Eagles ever since. Playing to huge outdoor and arena audiences, sharing bills with some of rock's legends, and going places no tribute band has gone before. A long run by any measure, but it begs the question - what makes HOTEL CALIFORNIA so special? Well, incredible lead vocal similarity, intensely accurate instrumental work, soaring harmonies, and top flight live performances, just for starters. These are the band's hallmarks, and the foundation on which their reputation has been built. With over a century of collective professional experience in the band today, they're still going stronger than ever!

Oak Grove Gaming
Outdoor Amphitheater
777 Winners Way
Oak Grove, KY

READING ROUND-UP 10:00 AM

Join us every first Friday of the month for a reading circle with the Blue Star Families of TN. No registration required, snacks provided and books are being given away to help build home libraries!

Wade Bourne Nature Center
2308 Rotary Park Drive
Clarksville, TN

4 SATURDAY

TENDER PAWS ANIMAL THERAPY 11:00 AM

Do you want to learn more about what we do?

Do you think you and your pet would make a great registered pet therapy team?

We'd love to meet you!

Join us on Saturday, 6/4/2022, at Riley's Pet Market @ rileyspetmarket (2550 Madison St Suite A, Clarksville, TN).

We'll be there from 11am-1pm.

If you bring your dog we'll be happy to do a temperament test

to determine if you and your pet are ready to start the process to become a registered pet therapy team.

You can talk with current team members about the process or learn more about what we do.

See you then!

Riley's Pet Market
2550 Madison Street
Clarksville, TN 37043

4 WEDNESDAY

WE GROW WEDNESDAYS, NATURE JOURNALS

Topic: Nature Journals

Self-Guided activities for you and your preschooler! All materials are provided and no registration is required. FREE, Rain or Shine

Rotary Park
Clarksville, TN 37043

ARTIST RECEPTION 2:00 PM

Come celebrate the beautiful artwork on display in the Hand Family Community Room created by Lynne Waters Griffey!

Refreshments will be served, open to all.

Wade Bourne Nature Center
2308 Rotary Park Drive
Clarksville, TN

10 FRIDAY

FRIDAY NIGHT KIDS DROP OFF CLASS - SNOOPY

5:30PM

Friday nights are so much fun when the kids get to come and get creative with us! This night we are painting Snoopy! An easy painting but so much creativity can be done with this painting! Join us for a fun night of painting! Pizza and drinks will be provided!

Tickets: courtneyscreativepalette.com/classes

Courtney's Creative Palette
94 Franklin St,
Clarksville, TN, 37040

PARENTS NIGHT OUT 6:00 PM

Parents looking for a fun night out can drop off their kids at Nailed It, where our Art-tenders will encourage your child to explore their creativity and choose from a variety of projects and activities. Kids will need to wear suitable clothes for crafting. Snack and drink provided. Grab your friends and put your random knowledge to the test for your chance to win a Blackhorse gift card for 1st, 2nd, and 3rd place!

Nailed It DIY Studio*2670
Madison Street
Clarksville, TN

MANNA CAFÉ GOLF SCRAMBLE 7:00 AM

Meet us out on the course for this epic Golf Scramble fundraiser for Manna Café Ministries! This is an awesome way to support the community while having a blast at the same time.

Manna Café supports the community with food provision and restoring lives.

Eastland Green Golf Course
550 Clubhouse Ln
Clarksville, TN

MAGICIAN RUSS NOWACK 11:00 AM

Magician Russ Nowack meets us at the Downtown Commons and dazzles us with his amazing show.

Downtown Commons
215 Legion St.
Clarksville, TN

11 SATURDAY

THE BREWERY COMEDY TOUR 8:00 PM

Laughs are on tap for this nationwide tour that promises to hit 300 breweries across the U.S. More than a dozen New York and L.A. stand-ups are currently on the road, sampling the local fare, local brews and providing the finest and funniest in comedy entertainment. This stop at Tennessee Valley Brewing Company in Clarksville is set to feature a lineup whose

credits include top festivals, TV and major club appearances.
Price: \$6.50

Tennessee Valley Brewing Co.
2088 Lowes Drive
Clarksville, TN

JAZZ IN JUNE: AN EVENING WITH CINDY MCELROY & THE WOOTEN BROTHERS 6:00 PM

The Museum welcomes local vocalist Cindy McElroy, accompanied by renowned Nashville musicians Regi & Joseph Wooten, known for their work with The Gap Band and Steve Miller Band, to our second Jazz in June fundraiser. Enjoy a lively evening of soulful jazz, food, drinks and dancing at the Museum!

All proceeds go towards the Museum's mission. With your support, the Museum can continue to provide creative program opportunities for children, share artists' work in new exhibits and preserve the history of our community by expanding our collection. Price: \$50.00 to \$75.00

Customs House Museum & Cultural Center
200 South 2nd Street
Clarksville, TN

GENEALOGY CLASS 10:00 AM

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 Montgomery County Library
350 Pageant Ln
Clarksville, TN

PRE-JUNETEENTH ART WORKSHOP 11:00 AM

You're invited to paint with us! Saturday, June 11th at 11 am for a Pre-Juneteenth Art Workshop. Step by Step instruction provided by local artist Tremayne Morrison of B.Jolful Art & Design. You will create a 16 x 20 piece of art. Light Refreshments will be served. 12 seats are available \$45 each cash or check payable at the UT TSU

Montgomery County Extension Office. Deadline to register is Friday, June 3rd!

UT TSU Montgomery County Extension
1030 Cumberland Heights Road Suite A
Clarksville, TN

PATRIOTIC PORCH PLANK CLASS 6:00 PM

Spruce up your front porch with this beautiful personalized patriotic porch plank, just in time for Independence Day! Book now and add an additional seasonal design on the back! Price: \$70.00 —Price is per project

Patriotic Porch Plank Class
2670 Madison Street
Clarksville, TN

MOVIES IN THE PARK - CRUELLA

The preshow will begin at 6:00 pm with the show starting at sunset. Movies in the Park is an outdoor movie series hosted by Clarksville Parks and Recreation. Enjoy free movies under the stars. Each movie will host pre-show activities a few hours before the movie begins. Follow us on Facebook to stay up-to-date on all the activities scheduled for each movie!

Heritage Park Complex
1241 Peachers Mill Road
Clarksville, TN 37040

BLUE MAN GROUP 8:30 PM

More than 35 million people around the world have experienced the smash hit phenomenon that is BLUE MAN GROUP and now it's your turn! BLUE MAN GROUP returns to Paducah for a limited engagement on their new North American tour. It's everything you know and love about BLUE MAN GROUP—signature drumming, colorful moments of creativity and quirky comedy—the men are still blue but the rest is all new! Featuring pulsing, original music, custom-made instruments, surprise audience interaction and hilarious absurdity, join the Blue Men in a joyful experience that unites audiences of all ages.

Carson Center
100 Kentucky Ave
Paducah, KY 42003

16 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 Montgomery County Library
350 Pageant Ln
Clarksville, TN

ARTS FOR HEARTS 5:30 PM

This organization's goal is to bring the joy that comes with creating art to everyone in the community. Be sure to come out for these fun and free classes!

Clarksville-Montgomery County Public Library
350 Pageant Ln, Ste 501
Clarksville, TN 37040

17 FRIDAY

REAL SCIENCE WITH BRAD REYNOLDS 11:00 AM

Exciting, entertaining, and innovative science programs that feature live animals and real body parts.

Downtown Commons
215 Legion St.
Clarksville, TN

SIP N PAINT: WHAT A CATCH! 6:00 PM

Grab your favorite fish enthusiast for a fun couples Sip and Paint at Nailed It DIY Studio with our partners from Sip N Paint Tennessee! Price is \$35 per person/\$70 per couple. Perfect for father/son, father/daughter just in time for father's day or couples looking for a fun date night! Each participant will make 1/2 of a 2 part canvas painting. Price: \$35.00

Nailed It DIY Studio
2670 Madison Street
Clarksville, TN

18 SATURDAY

CLARKSVILLE JUNETEENTH FESTIVAL 12:00 PM

Dead people receive more flowers than the living ones because regret is stronger than gratitude." — Anonymous Not this year! Join us to celebrate this year's theme "Flowers to the People" as we celebrate life, love, culture, and those who mean the most to us.

Powered by Emerald City CBD and named the largest Juneteenth festival in the region, there is something for everyone! Live music, food, kids zone, art gallery, author's corner, cigar and cbd lounge, wine bar, over 100 vendors (based on last year), and more! Don't forget to get this year's official festival shirt. Sponsorship, vendor, and volunteer opportunities available! Manifest is also a certifying agency for the President's Volunteer Award.

Wilma Rudolph Event Center
8 Champions Way
Clarksville, TN

2ND ANNUAL CLARKSVILLE JUNETEENTH BLOCK PARTY 12:00 PM

The Clarksville Juneteenth Block Party is a cultural celebration of Freedom Day. Our block party takes place at the Downtown Commons and this year will be expanding to add more vendors, more entertainment, and more activities.

Downtown Commons
215 Legion St.
Clarksville, TN

DIY & DONUTS WITH DAD 9:00 AM

Send your kids to make a special memory with dad on Father's Day weekend that they'll never forget! The project will be a squirrel feeder and each dad and their kids will get to work side by side to create this project together. Donuts & Refreshments will be

provided. Price: \$45.00 —Price is per project so Dad and kids can work together.

Nailed It DIY Studio
2670 Madison Street
Clarksville, TN

AN EVENING WITH JOHNNY GILL

Spend an evening with Grammy-nominated, multi-platinum R&B superstar, Johnny Gill as he performs all his hits live on-stage at the Oak Grove Gaming Concert Amphitheater. Tickets are on sale now starting at just \$25

Oak Grove Gaming Outdoor Amphitheater
777 Winners Way
Oak Grove, KY.

23 THURSDAY

KANSAS LIVE! 9:00 PM

Don't miss rock icons, Kansas, as they perform all their classic hits live on stage at the Oak Grove Outdoor Concert Amphitheater. Tickets are on sale now starting at just \$30, with VIP packages available.

Oak Grove Gaming Outdoor Amphitheater
777 Winners Way
Oak Grove, KY

24 FRIDAY

MR. RICHIE SOCCER SHOW 11:00 AM

Mr. Richie combines science, a little bit of magic, and awesome soccer skills to bring you a fun time!

Downtown Commons
215 Legion St.
Clarksville, TN

FAMILY GAME NIGHT YARDZEE! 6:00 PM

Join us for a fun family game night where we'll teach you and the entire family how to make your own Yardzee game to play this summer. \$55 per Yardzee kit. Bring the whole family!

Nailed It DIY Studio
2670 Madison Street
Clarksville, TN

26 SUNDAY

DOOR HANGER - MILITARY BOOTS 12:00 PM

We live so close to Fort Campbell, we want to give our guests the chance to support their military members with this fun door hanger!! Join us in a step-by-step painting class to get your personalized military boots!

Tickets:
[courtneyscreativepalette.com/classes](https://www.courtneyscreativepalette.com/classes)

Courtney's Creative Palette
94 Franklin St,
Clarksville, TN, 37040

COLORFUL SUNFLOWER DOOR HANGER 3:00 PM

Sunflowers are one of the most recognizable flowers during summertime. Join us for a fun class where we will walk each one of our painters through the steps of creating this colorful sunflower. Also, our painters are able to choose their own colors! We want everyone to get as creative as they want!

Tickets:
[courtneyscreativepalette.com/classes](https://www.courtneyscreativepalette.com/classes)

Courtney's Creative Palette
94 Franklin St,
Clarksville, TN, 37040

Customs House Museum EXHIBITIONS

TENNESSEE WILD SIDE

MAY 3 – JUNE 22 | BRUNER & ORGAIN GALLERIES

Learn about the wildlife of Middle Tennessee with this hands-on look at rivers, caves and other local habitats. Check out the bats in Dunbar Cave, identify animal footprints and more!

Customs House Museum
200 South Second St.
Clarksville, TN

SOCIETY OF ANIMAL ARTISTS: THE ANIMALS OF NORTH AMERICA

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.

MAY 5 – JUNE 26 | CROUCH GALLERY

The Society of Animal Artists is devoted to promoting excellence in the artistic portrayal of domesticated and wild animals in art. This year's special exhibition celebrates the creatures found here in North America with over 50 artworks from artists around the world.

Customs House Museum
200 South Second St.
Clarksville, TN

REMEMBERING FRANK ADKINS

THROUGH JUNE 26 | LOBBY

Lieutenant Colonel Frank Adkins was the most decorated Montgomery County resident to have served in World War II. This collection of photographs, documents and other artifacts illustrates the courage of this hometown hero.

Customs House Museum
200 South Second St.
Clarksville, TN

BOLD EXPRESSIONS: THE ART OF STEPHANIE J. BROWN

THROUGH MAY 29 | HARVILL GALLERY

Stephanie J. Brown is an empowered artist, activist and author who shines a light on self-awareness, survival and pride through her work. "I love to represent the African diaspora by painting faces and accentuating our bold features. I include bold colors, which spiritually represent chakras."

Customs House Museum
200 South Second St.
Clarksville, TN

BREAKING THROUGH: THE RISE OF AMERICAN WOMEN ARTISTS THROUGH MAY 29 | KIMBROUGH & JOSTENS GALLERIES

This juried show features over 100 paintings and sculptures by members of American Women Artists (AWA) from across the country. AWA is an organization that aims to increase the number of professional opportunities for women in the visual fine arts.

Customs House Museum
200 South Second St.
Clarksville, TN

EXPLORERS LANDING: EXPLORING OUR TOWN

OPEN NOW ON THE LOWER LEVEL

New Memories, New Adventures, New Explorers Landing! Explore our town with timeless favorites like the Bubble Cave and McGregor's Market and new discoveries like the Landing and Car Ramp. It's an adventure for all ages.

Customs House Museum
200 South Second St.
Clarksville, TN

Customs House Museum EVENTS

FIRST THURSDAY ART WALK

JUNE 2, 5 – 8 PM

The Museum will offer free admission during First Thursday Art Walk Clarksville from 5 – 8 pm. Burgasm food truck will be serving up delicious eats in the Courtyard.

Customs House Museum
200 South Second St.
Clarksville, TN

JAZZ IN JUNE: AN EVENING WITH CINDY MCELROY & THE WOOTEN BROTHERS

JUNE 11, 6 – 9 PM

The Museum welcomes local vocalist Cindy McElroy, accompanied by renowned Nashville musicians Regi & Joseph Wooten, known for their work with The Gap Band and Steve Miller Band, to our second Jazz in June fundraiser. Enjoy a lively evening of soulful jazz, food, drinks and dancing at the Museum!

All proceeds go towards the Museum's mission. With your support, the Museum can continue to provide creative program opportunities for children, share artists' work in new exhibits and preserve the history of our community by expanding our collection.

Tickets are on sale now – \$50 for general seating and \$75 for

premium seating at a four-top table close to the stage. There are only 100 tickets available!

Customs House Museum
200 South Second St.
Clarksville, TN

38TH ANNUAL FLYING HIGH

JULY 16, 5 – 10 PM

Mark your calendars and join the Customs House Museum & Cultural Center at Oak Grove Racing, Gaming & Hotel for a 007-inspired event with a license to thrill. Bid on exceptional works of art, experiences and more! Enjoy a glamorous night of dinner, dancing and cocktails – shaken or stirred – at Clarksville's premier fundraising gala. Tickets go on sale in June – stay tuned to the Museum's website and Facebook!

Customs House Museum
200 South Second St.
Clarksville, TN

Customs House Museum PROGRAMS

FAMILY ART SATURDAY: PAINTED PAPER PLATE FISH

JUNE 25, DROP BY BETWEEN 10 AM – 12 PM & 2 – 4 PM | AGES 3+, WITH ADULT

Free with membership or paid admission | Family Art Studio

Many kinds of fish live in the Cumberland River, and one of the most unusual is the paddlefish. You can find a picture of it in the "Rivers" section of Explorers Landing. Create your own unique fish with paper plates. Some paints may stain, please dress accordingly.

*All parents are expected to participate with and supervise their children.

Customs House Museum
200 South Second St.
Clarksville, TN

MUSEUM DISCOVERY QUEST

Free with membership or paid admission | Developed for school-age children

Free Take It N' Make It Activity

Explore Museum exhibits with your family in a creative way with Museum Discovery Quests

– entertaining, self-guided "scavenger hunts" that pique kids' curiosities and captivate their attention. Different themes are offered, and all of them include a free Take It N' Make It activity packet for kids to make a fun project at home. Sign up for a Perks Pass to win a free prize from Seasons: The Museum Store after finishing three Quests.

Customs House Museum
200 South Second St.
Clarksville, TN

HUFF & PUFF EXPRESS MODEL TRAINS EXHIBIT OPEN DAILY - TRAINS RUN SUNDAYS, 1 – 4 PM AND WEDNESDAYS, 10 AM – 12 PM

Enjoy one of the largest model railroad layouts in the region boasting a miniature castle, UFO and scenic landscape. Interact with the miniature world by making automobiles move and helicopters fly. The model train exhibit is open daily and themes change every season.

Customs House Museum
200 South Second St.
Clarksville, TN

BLUE STAR MUSEUMS NOW – SEPT. 5

Blue Star Museums offers free Museum admission to the nation's active-duty military personnel and their families, including the National Guard and Reserve, from Armed Forces Day through Labor Day. Admission is good for the military ID holder and up to five family members.

Customs House Museum
200 South Second St.
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 cса@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 Croatians and encourage educational opportunities for Croatian youth here and abroad. Our annual event at Liberty Park will showcase our amazing culture, food and dance. Our club will help Croatians who want to move to Clarksville and make sure their transition is smooth. Visit [facebook.com/groups/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. Servicing 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 clarksvillehumansociety.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 Thursdays at 7:00 p.m. Classes should be attended between the 26th and 34th week of pregnancy. Classes are taught in the Liberty Rooms on the first floor of the Medical Center (651 Dunlop Lane). Registration is required. To register call (855) TENNOVA (836-6682).

TENNOVA HEALTHCARE - CLARKSVILLE SIBLING CLASS

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

WHOLE WOMAN

Whole Woman Birth and Lactation Services

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

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. Servicing 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](https://www.humanesocietyofclarksville.com) or [clarksvilllehumanesociety.org](https://www.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 pastoralcounselingctrs.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-afs.

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

Many scholarships are available for students who wish to study abroad in 2022-23 in many foreign countries

for semester, summer and/or year long programs. Here in Montgomery County only residents may apply for a \$8,000 scholarship to study in Austria or Germany. To learn more about these go to www.afsusa.org/study-abroad and also www.afsusa.org/scholarships. Locally, contact Christina Pettinelli at christina.pettinelli@afsusa.org or 315-525-7182. She is the sending coordinator for the Miss Tenney Area Team.

Follow AFS on Facebook::AFSUSA, Twitter::afsusa, You Tube: AFS TV, and FICKR::: 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](https://www.facebook.com/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.clarksvilleara@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/](https://www.meetup.com/1943/)

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

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

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-Coordiators 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/](https://www.facebook.com/#!/groups/tnSharehomeschool/)

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

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

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

NARFE CHAPTER 870, (NATIONAL ACTIVE & RETIRED FEDERAL EMPLOYEES)
The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. NARFE

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

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

ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)
Meets the 3rd Tuesday of every month at the Clarksville-Montgomery County Public Library at 350 Pageant Lane, Clarksville from 7:00 p.m. to 8:00 p.m. For more information contact Shelley Taroli at (931) 980-2597 or shelleytaroli@gmail.com.

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

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

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

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

CLARKSVILLE PARENT/CAREGIVER SUPPORT GROUP
Are you the parent or caregiver of a child exhibiting challenging behaviors? Do you sometimes have feelings of frustration, anger, helplessness, guilt or isolation? Do you live in the Ft. Campbell/Montgomery County area? Join us at Thursday Nights, 5:00 p.m. to 7:00 p.m. at the LEAP Building, 1860 Wilma Rudolph Boulevard. Free child care and food—please call Monica to reserve child care. For more information contact: Monica Causey at (615) 269-7751 ex. 133 or mcausey@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 tcfocclarksville@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://hablamos.espanol.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 cvholland-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) 249-8406.

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 Sharea 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 OVERTREATERS ANONYMOUS MEETING
Tuesday meeting, noon to 1:00 p.m. 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@clarksvillevivingmag.com

Things to celebrate this month:

FLAG DAY

FATHER'S DAY

FIRST DAY OF SUMMER

\$13.50
PER MONTH
RESIDENTIAL
SERVICE



GREEN FOR LIFE
environmental



SAFE FOR LIFE

call (931) 552-7276
www.gflenv.com

\$11 PER MONTH MILITARY DISCOUNT
Including Active Duty and Retired

NOW HIRING CDL DRIVERS!