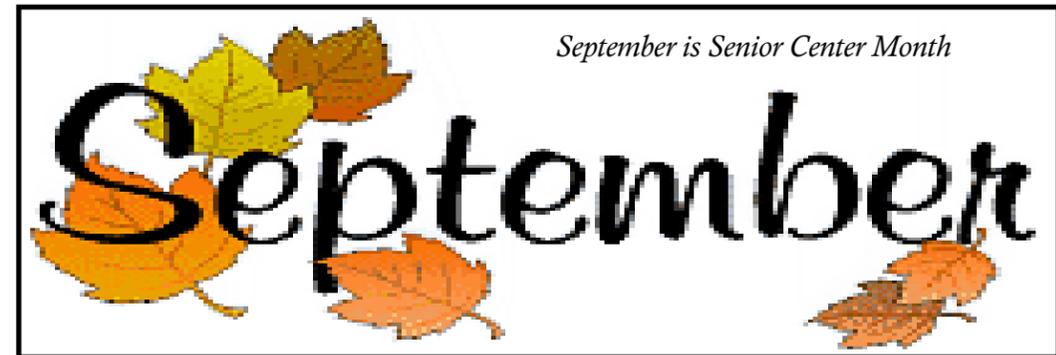


**Cannon County Senior Center**

609 W. Lehman Street  
Woodbury, TN 37190

Non-Profit  
Org.  
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Funds received from Older Americans' Act through the Tennessee Commission on Aging and Disability are used to produce this newsletter. United Way, Jim & Hesta Cummings Memorial Fund, City/County Funds, MTE-Sharing Change, DTC Communications, General Mills, UCDD, Middle TN Gas, The Community Foundation of Middle Tennessee, Experience Community Church, "Have a Heart" and many other donors support the Cannon County Senior Center. Cannon County Senior Center is a 501(c)3 nonprofit organization. Donations are tax deductible.

Contact the Senior Center at:  
615-563-5304

Cannon County Senior Center  
Office Hours: Monday- Friday; 8:00 a.m.- 4:00 p.m.

Check out the Cannon County Senior Center Website to learn more about our Travel Program, upcoming trips, and to view pictures from previous trips.



**2022 UCDD Senior & Caregiver Expo "Age My Way"**

October 18, 2022

8:30 A.M.—12:00 NOON

Free community resources, lunch and health screenings.

**TRICK OR TREAT**

2223 N. Washington Ave.  
Cookeville, TN 38501  
(Life Church)

Any of our seniors can attend! Transportation will be on your own. (Our reserved bus is full!)

**New - Travel in 2023**

**Discover the Islands of New England with Collette Travel**

June 16-23, 2023

8 days; 10 meals; roundtrip airfare; transfers; hotel accommodations

**Highlights:**

Providence, Newport, Lobster Trap Pull Demonstration & Cruise, Plymouth Rock, Cape Cod, Hyannis, Nantucket, Chatham, Martha's Vineyard, and Lobster Dinner

\$2,999 pp double (with early booking discount)

**NEW - Travel in 2023...**

**Athens & The Greek Islands...featuring Mykonos and Santorini with Premier World Discovery**

October 17, 2023

9 days; 7 nights first class hotel accommodations 10 meals; roundtrip airfare; professional tour director

**Highlights:**

Athens City Tour, The Acropolis & Parthenon, The Acropolis Museum, The Plaka & Syntagma Square, Ancient Olympic Stadium, Mykonos, Delos Tour, Santorini Tour, Santorini Winery Visit & Tasting, Oia Village Walking Tour & Greek Island Ferry Rides

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**Center Staff**

Director:  
Deborah Leach, BSW, MA

Social Media & Programs Assistant:  
Anna Leach

Office Assistant:  
Juanita Farless

Kitchen Manager:  
Bettye Harris

Exercise/Fitness:  
Volunteer Instructors

Plus our wonderful volunteers that help us provide all of our programs and services.

Contact us at: 615-563-5304

Visit Our Website and

*From the Director: The nights are getting cooler and the days shorter. Fall is on the way, and changes are ahead! We are looking forward to "Fit Clean Meals" starting in mid-September. County buildings are being upgraded to ADA compliance, and renovations will begin in our restrooms on September 1st. Please be patient during the construction process. We are excited to announce The Cannon County Senior Center was awarded an \$8,000 grant by TCAD (Tennessee Commission on Aging and Disability). These funds will be utilized for building improvements, equipment, programming and activities. Soon our outside windows, water damaged ceilings and inside walls will be repainted. This is only the beginning of welcomed changes! A group of 8 will depart September 1st for an overnight stay in Seattle, Washington then embark on a cruise to Alaska. We want to see pictures! September is Senior Center Month, and we have several activities and programs scheduled including a Fall Prevention Webinar educational series during Fall Prevention Awareness Week; a new Craft Class; Beesley Animal Foundation Pet Vaccination Clinic; DTC Safe Alert presentation; and, "A Golden Age" musical performance by award winning vocalist Tony Zain. In October, we will host our Health Fair on the 14th sponsored by DTC Communications. Be sure to sign-up at the front desk for a Flu Shot. We will offer the "Darkness to Light" training in partnership with the Child Advocacy Center, and the Law Offices of Matt and Tara Cowan will present Estate Planning. Anna will begin Computer Classes in October, with a new tablet to demonstrate. Congratulations to those who completed the "Walk With Ease" evidenced-based program! The Silver Sneakers Exercise Class has been working out with new Barbell Body Weight Bars, and the Weight Loss Support Group members have been tracking steps with their new smartwatches. Way to go! Remember...the Senior Center will be closed on Labor Day! - Deborah R. Leach, Director*

**Crafts with Janet**  
**Come Be Creative!**  
September 13th at 12:00



**Beesley Animal Foundation**  
**Pet Vaccinations**  
(Appointment Only)  
**September 9th**



**"Darkness to Light" Training**  
*with the Child Advocacy Center*  
This nationwide initiative is designed to train adults how to protect children from child sexual abuse. **October 7th at 12:00**  
Please sign up at the Front Desk.

**Estate Planning**  
*presented by*  
The Law Offices of  
Matt Cowan & Tara Cowan  
October 28th at 12:00 noon



**Health Fair**

Our Annual Health Fair is back...October 14th  
8:00 a.m. to 12:00 noon

Join us & local vendors for:

- Health Screenings
- Health Education & Information
- Give-A-Ways
- Door-Prizes
- Light Lunch

Health Fair Sponsor:

**Building Renovations**

County buildings are being updated to meet ADA (Americans with Disabilities Act) standards. Beginning September 1st, our building will be experiencing some renovations in the restrooms. Please be patient with this construction, as the changes will better meet our seniors' needs.

**Ballroom Dance FREE**

Class:  
Beginners Welcome!  
Wednesdays - 3:00 p.m.

**Butterbean Auction**

with Stephanie from The Rutherford  
September 14th at 12:00 noon!!!

**Flu Shot Sign-Up**

Please call ahead or stop by the front desk to sign up for a flu shot.

Woodbury Drug Center will be providing these on the day of the Health Fair (October 14th).



**MEALS**

**Restarting in mid-September...**  
Congregate meals will be served Monday-Friday at 11:15 a.m. in the Cafeteria. Call the Senior Center by 9:30 a.m. on the day you plan to eat to reserve your congregate meal. Menus will be available.

**Meals on Wheels**

*Meals on Wheels is a program providing home-delivered meals to seniors who are homebound and/or disabled, and unable to obtain food. Call 1-866-836-6678 for eligibility requirements.*

Volunteers needed for... SHIP Program & Telephone Reassurance Calls See Staff for Details!



**Exercise Classes - Schedule:**

Monday, Wednesday and Friday SilverSneakers Classic at 8:30 a.m.  
AEA evidenced-based Arthritis Class Tuesday and Thursday at 9:00 a.m.

**Exercise Room**

Exercise Room with exercise machines open - 8:30 a.m. to 3:30 p.m. daily.



Weight Loss Support Group meets on Mondays at 9:30 a.m.

**Fall Prevention Awareness Week Virtual Series**

**September 19 – 23 (10:00 A.M.)**

- Monday — Introduction to Fall Prevention
- Tuesday — How to Fall
- Wednesday — Pet-Related Fall Prevention
- Thursday — Adaptive Equipment Demo
- Friday — Older Adult Falls: EMS Perspective

**Technology Assistance with Anna**  
One-on-one help will be offered every Monday and Friday starting at 9:30 A.M.

Please call ahead to schedule.

Computer Classes will be held every Monday at 10:00 A.M. beginning in **October.**

**BINGO — 12:00 p.m.**

- Buckeye—September 1st
- Farm Bureau—September 15th
- Eastern Star—September 22nd
- Adoration—September 27th
- MedicareHub—September 29th



**DTC Communications Safe Alert Medical Alarm System**

The Safe Alert Console is designed for the way you live, providing independence and peace of mind. With one touch to the emergency pendant or wristband sensor, you can call for help, 24/7.

**DTC Safe Alert**  
*Presentation and Demonstration*  
September 20th at 12:00 noon

**Nutrition Program Changes**  
**Fit Clean Meals**

Our Nutrition Program is provided through a contract with Upper Cumberland Development District Area Agency on Aging. They will be using a new meal provider, Fit Clean Meals. The meals will be prepared and cooked in a kitchen, then packaged and frozen. The plan is for Fit Clean Meals to begin delivering meals to senior centers in our district by mid-September. Please be patient during this meal provider transition.

- Thank You!