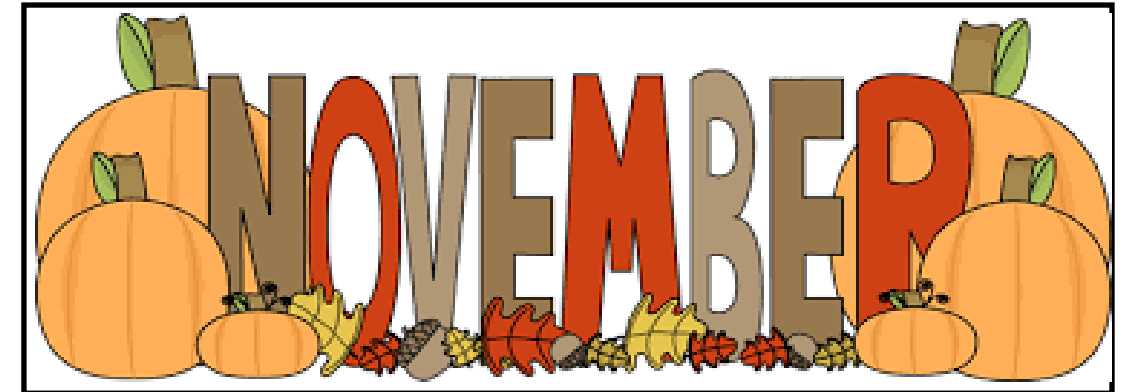


Cannon County Senior Center

609 W. Lehman Street
Woodbury, TN 37190

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From the Director: Fall has finally arrived, and it is great to see more and more members at the Senior Center! We have several events planned this month. Mark your calendars for our annual Health Fair on Friday, October 13th. There will be local vendors providing health screenings, beneficial information, give-a-ways, door-prizes and lunch will be sponsored by DTC Communications. Be sure to sign up for a Flu Shot provided by Woodbury Drug Center. TN SHIP will be on-site, October 30th and November 27th, to offer assistance with Medicare Drug Plan enrollment. An appointment is required! On October 11th we will be painting pumpkins. Bring your creativity! We will have a fun Halloween Party with games, refreshments and a costume contest on October 31st! October is Breast Cancer Awareness month, and the first week in October is Mental Illness Awareness Week. We will have Health Talks on both these topics. Cheers to Melba Checote-Eads for organizing "Echoes from the Trail of Tears" Art Show, and to all the Art Club members who entered artwork! Congratulations to Kim Davenport for winning "Best of Show" and to Wade McMackins for winning 3rd place. Be sure to visit the wonderful exhibit at The Arts Center of Cannon County thru November 3rd. Many thanks to those who donated items to the Yard Sale fundraiser. Your generosity is much appreciated! The Senior Center relies on fundraisers, donations and grants for programming and operations. We are excited to announce...we were awarded an \$8,000 grant from the Tennessee Commission on Aging and Disability for FY 2023-2024. A printer and two new tablets have been added to the computer room. Anna will be utilizing these in her computer class on October 25th. Please schedule an appointment for the computer class and technology assistance. Our Travel Program has several upcoming trips planned. We have trip presentations scheduled on October 3rd and November 7th. On October 17th... a group of 15 will be flying to Greece for a 9-day tour of Athens and The Greek Islands! Wish you were going? Plan to travel with us in 2024! Enjoy the beautiful Autumn season and the changing colors! Happy, Happy Birthday to my amazing mom on the 25th! She is the best!

-Deborah R. Leach, Director



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.

Canadian Rockies & Glacier National Park

June 14 - 20, 2024
7 days/6 nights
10 meals
Roundtrip Air; Hotel Accommodations; Professional Tour Guide
Highlights:
Calgary, Head-Smashed-In Buffalo Jump, Waterton Lakes National Park, Glacier National Park, Going-to-the-Sun Road, Banff, Athabasca Glacier,
Choice on Tour:
Ice Explorer Glacier Tour or Columbia Icefield Skywalk, Lake Louise
\$3,999 pp double (with discount)

Highlights of England, Scotland & Wales

October 30, 2024
9 days/7 nights
First class hotels
10 meals; Roundtrip air
Highlights:
Edinburgh City Tour, London City Tour, Buckingham Palace, Cardiff, Wales, Edinburgh Castle, The Scottish Whiskey Experience, York & York Minster, Stratford-Upon-Avon, Salisbury Cathedral, Stonehenge, Bristol & Bath & Roman Baths Museum
\$3,899 pp double (with discount)

Reefs & Rhythms Oceania Cruise

December 3 -13, 2024
11 Days/10 Nights
Roundtrip Airfare, Free Internet and Extra Amenities.
Embark: Miami, Florida
Ports:
Costa Maya, Mexico
Harvest Caye, Belize
Santo Tomas, Guatemala
Roatan, Honduras
Puerto Limon, Costa Rica
Colon, Panama
Cartagena, Colombia
Includes: Exploration of Panama Canal Excursion
Inside Cabin \$3,629
Outside Cabin \$4,079
Balcony Cabin \$4,729
Concierge Veranda Cabin \$4,929-\$5,129
Penthouse Suite Cabin \$5,829-\$5,929
(Rates per person double)

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

Pre-departure Trip Meeting
October 3rd at 5:30 p.m.

Highlights of England, Scotland & Wales with Premier World Discovery

Presentation Meeting
October 3rd at 5:30 p.m.

Canadian Rockies & Glacier National Park with Collette Travel
Presentation Meeting
November 7th at 5:30 p.m.

Travel with us!!!



Center Staff

Director:
Deborah Leach, BSW, MA

Social Media & Programs Assistant:
Anna Farris

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.

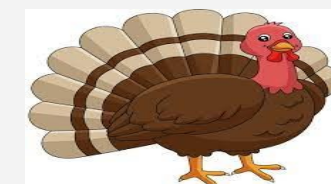
Contact us at: 615-563-5304

Visit Our Website and Facebook

Veterans Day
November 11th!



The Center will be CLOSED Friday
November 11th in observance of



Veteran's Day.

Closed Thursday and Friday November 23rd & 24th for Thanksgiving Holiday

Center Happenings

Foot Care Clinic

Appointments November 14th beginning at 9:00 a.m. Services are available at the Senior Center... \$50 per appointment.

Schedule an appointment at the Front Desk or call 615-563-5304.

Felicia Agee, RN
Sweet Southern Care
615-281-2705



Nutrition Program "Fit Clean Meals" congregate meals are 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. Meals are dine-in only. Menus are available at the Front Desk.

Wreath making class with Deb

Join us November 6th at 12:00 noon.



Thanksgiving Potluck

Wednesday November 22nd at 12:00

Join us and bring your favorite covered dish!



TN SHIP

State Health Insurance Assistance Program

Medicare Drug Plan Enrollment Event

November 27th

9:00 a.m. - 3 :00 p.m.
Registration Required!

Call 931-432-4150 to schedule an appointment!



Computer Class with Anna on Wednesday, 11/29 at 10:00 a.m. Come and Learn *basic* Computer Skills.

Technology Assistance with Anna on Wednesdays 10:00 -11:15. Need assistance with your Cell Phone, iPad, Laptop or Smartwatch? Please schedule an appointment.



BINGO!
12:00 noon

Jodi with Buckeye - Nov. 2nd

Ed with MedicareHub - Nov.9th

Claire with AdamsPlace - Nov. 15th

Center Happenings

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



Join the Walking Group...

Monday - Saturday
6:30 a.m. at Dillon Park



Volunteer Project with Traci from Caris Healthcare October 4th



Becoming a Healthier You... Support Group



Increase motivation to improve your health & wellness by... making healthier choices, nutrition education, cooking classes, recipe sharing, incentives for achieving goals and support from friends.

Join us on Fridays at 9:30 a.m.

Woodbury Lions Club Nuts are available at the Center. Pecans, Trail Mix, Walnuts, Cashews and Chocolate Covered Peanuts! Get ready for holiday baking!



Name that Tune 70's

Part 1 with John

Monday November 21st at 12:00

Lou Nave/John Rose's Representative

Wednesday November 1st at 1:00



Marie Ferran, Attorney with Aging Services for the Upper Cumberland, Inc.

Free Legal Assistance
Schedule appointment at Front Desk or call 615-563-5304.



Blood pressure checks Wednesdays at 10:00 with Melanie of HomeFirst.

Butterbean Auction with Melanie October 28th at 12:00 noon.