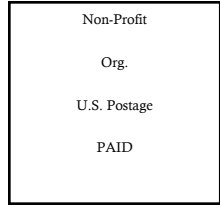


Cannon County Senior Center

609 W. Lehman Street
Woodbury, TN 37190



Returned Service Requested



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From the Director: Cannon County Good Ole Days is almost here! Hope you have made plans to join us at the Courthouse Square on April 25th and 26th! Melanie Mayo with HomeFirst Home Healthcare will be hosting Bingo on-stage! Have a talent? We want to showcase you in the "Seniors Got Talent Show." We are still taking applications for the Ms. Senior Good Ole Days Pageant. Want to ride in the Parade? Dr. Trea Wessel will provide a trailer so our seniors can lead as Grand Marshal again this year! Come support our largest fundraiser! There will be great entertainment; activities; lots of vendors including food, crafts, retail, information, civic, and religious organizations; pageants; a Dog Show; a pizza contest; and, a parade. It is a fun community event for the entire family! April will be a busy month. Besides getting ready for Cannon County Good Ole Days... Amber with CenterWell Home Healthcare will be back on April 1st for a Cake Walk. Sean with CenterWell Primary Care will host an activity on April 9th. Kristen with UT Extension Services and Kaitlin with Cannon County Health Department are teaming up for a food demonstration on April 16th. We will have an indoor Scavenger Hunt on the 21st. I am celebrating my 59th Birthday on April 14th. Come join me for cake and ice-cream. Guess next year, I will officially be a "Senior." Where did the time go??? We are excited to announce two upcoming events! Legal Aid Society of Middle Tennessee and the Cumberlands will be providing a Power of Attorney and Advanced Directives Clinic at the Senior Center on May 8th. Availability is limited! Sign-up at the Front Desk. International Folkfest Dancers will be performing at the Senior Center on Friday, June 13th at 10:00 a.m. We are honored to be a host again this year! You will not want to miss it! Admission is free. Reminder... We will be closed on Good Friday, April 18th! Wishing everyone a blessed Easter celebration!

-Deborah R. Leach, Director



Thank you! Funds received from Older Americans Act through the Tennessee Department of Disability & Aging are used to produce this newsletter. United Way of South Central Tennessee, Jim & Hesta Cummings Memorial Fund, City & County Funds, MTE-Sharing Change, DTC Communications, General Mills, UCDD, Middle TN Natural Gas, The Community Foundation of Middle Tennessee, Experience Community Church, 100 Women Who Care - Cannon County, "Have a Heart" and many other donors support the 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.

Tropical Costa Rica

July 21 - 29, 2025
9 days/14 meals
Roundtrip Airfare;
Hotel Accommodations
Highlights: San Jose, Coffee Plantation, Arenal Volcano, Cano Negro Refuge, Lake Arenal Cruise, Farm Tour and Lunch, Monteverde Cloud Forest, Choice on Tour: Monteverde Hanging Bridges or Canopy Zip Line Adventure, Guanacaste \$3,099 per person double occupancy

Optional: 4 days-3 night Jungle Adventure Pre Tour Extension \$999 pp double

California Discovery

September 10, 2025
7 days/6 nights
9 meals - 6 breakfasts and 3 Dinners;
Roundtrip Airfare;
Hotel accommodations
Highlights: San Francisco City Tour; Muir Woods; Napa Valley Winery Tour & Tasting; Sierra Nevada Rail Journey; San Francisco Bay Cruise; Lake Tahoe Paddle Wheeler Cruise; Old Sacramento Waterfront; Virginia City; Nevada State Railroad Museum; Reno & National Auto Museum.

\$3,625 pp double (with discount)

More travel opportunities coming in 2026!



Travel with us!!!

Biltmore Estate & Asheville, North Carolina

November 17th-20th
4 days/3 nights
6 meals

Included:
Motorcoach Transportation and Hotel Accommodations

Highlights:
Guided Tour of Asheville, Full day visit to the Biltmore Estate, Guided drive along the Blue Ridge Parkway, Visit to the famous Folk Art Center and Visit to the Blue Ridge Parkway Visitor Center.

\$630 per person; double (Add \$160 for single)

Must have 30 to go!
14 booked!!!



Center Staff

Director:
Deborah Leach, BSW, MA

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 Page



Cannon County Good Ole Days
April 25th and 26th
Courthouse Square!

Come join us for... HomeFirst Bingo On-Stage "Seniors Got Talent Show" Ms. Senior Good Ole Days Pageant and Senior Center trailer in the Parade! Make plans to attend our largest fundraiser of the year!

Center Happenings

Cannon County Senior Center
hosting...

International Folkfest Dancers

Friday,
June 13th
at
10:00 a.m.



Free Admission!

Come watch their
incredible performance!

**Cake Walk with Amber
of CenterWell Home Health**

Tuesday,
April 1st
12:00 noon

It's My Birthday Party!

Join us for...
**Cake &
Ice-Cream**
as we celebrate
Deborah's
(our Director's)

59th Birthday!

April 14th
at
12:00 noon

Commodity Day

Tuesday,
April 15th!

**CLOSED
April 18th!**

GOOD
Friday

Lou Nave/John
Rose's Representative
Wednesday, 4/9/25
1:00 p.m.

Power of Attorney & Advanced Directives Clinic with Legal Aid Society Attorneys

Thursday, May 8th

1. Must sign up for the Clinic in advance.
2. Receive POA and ADHC forms to read in advance.
3. Attend the Clinic and an informative presentation.
4. Meet with an attorney.
5. Leave with your notarized documents.

This is a FREE service...provided by
Legal Aid Society of Middle Tennessee
and the Cumberland.

Sign up at the Front Desk.

Limited appointments available!

Center Happenings

Exercise Classes - Schedule

Monday, Wednesday and Friday
Silver Sneakers Classic
at 8:30 a.m.

AEA evidenced-based *Arthritis Class*
Tuesday and Thursday at 9:00 a.m.



Exercise Room with Exercise Machines is open
8:30 a.m. to 3:30 p.m. Monday - Friday!

Join a Walking Group
Monday - Saturday
7:00 a.m.



at Dillon Park or
Spurlock Park...
weather permitting.

Food Demonstration

Kristen Jones with UT Extension Services and
Kaitlin Parker with Cannon County Health Department...
are teaming up for a Food Demonstration. Come learn how
to make an easy and nutritious meal for a low cost.

April 16th at 12:00 noon



"Eating Smart At Home"
Curriculum



Scavenger Hunt

Join us for an indoor
Scavenger Hunt!

April 21st
12:00 noon



**Blood Pressure Checks with
Melanie of HomeFirst
Wednesdays at**

10:00 a.m.

BINGO!

12:00 noon

Jodi with Buckeye - 4/3
Ed with MedicareHub - 4/10
Melanie with Adoration - 4/17
Claire with AdamsPlace - 4/23

Butterbean Auction

Sponsored by Senior Center
April 29th at 12:00!

Cannon County Good Ole Days
PARADE

April 26th at 12:00 noon

Our seniors will be leading the parade as
Grand Marshal again this year!

To ride in the parade, be in the Senior Center
parking lot on Saturday, April 26th
by 11:40 a.m. A trailer will be provided by
Dr. Trea Wessel and her family.

Nutrition Program

"Fit Clean Meals" congregate meals
are served Monday-Friday at 11:15 a.m.
in the Cafeteria.

Please 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.
Call 615-563-5304 for a reservation.