

Cannon County Senior Center

609 W. Lehman Street
Woodbury, TN 37190

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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.

<p>Summer Day Trip</p> <p>Breakfast/Brunch at... Monell's in Historic Germantown Nashville, Tennessee</p> <p>Meal is family style & includes: Smoked Sausage, Bacon, Biscuits & Gravy, Country Ham, Fried Apples, Pancakes, Scrambled Eggs, Hashbrowns, Cheese Grits, Skillet Fried Chicken, Corn Pudding, Coffee & more! Saturday, July 26th</p> <p>Trip Cost: \$50 Includes meal & transportation.</p> <p>Limited Space Available!</p>	<p>California Discovery</p> <p><i>September 10, 2025</i> 7 days/6 nights 9 meals - 6 breakfasts and 3 Dinners; Roundtrip Airfare; Hotel accommodations <u>Highlights:</u> 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. <u>2 booked!</u> \$3,625 pp double (with discount)</p>	<p>Canada & New England with Norwegian Cruise Line</p> <p>8 days/7 nights October 4-11, 2026</p> <p><u>Ports:</u> Boston, Massachusetts; Portland, Maine; Bar Harbor, Maine; Saint John, Bay of Fundy, New Brunswick; and, Halifax, Nova Scotia</p> <p>Inside Cabin \$2,596 Outside Cabin \$2,772 Balcony Cabin \$2,959</p> <p>Rates are per person, double occupancy and include roundtrip airfare from Nashville.</p> <p>Passport Required.</p>	<p>Biltmore Estate & Asheville, North Carolina</p> <p>November 17th-20th 4 days/3 nights 6 meals</p> <p><u>Included:</u> Motorcoach Transportation and Hotel Accommodations</p> <p><u>Highlights:</u> 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.</p> <p><u>\$630 per person; double (Add \$160 for single)</u></p> <p><u>Must have 30 to go!</u></p> <p>17 booked!!!</p>
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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



From the Director: We are looking forward to June and hosting International Folkfest Dancers again this year! They will be at the Senior Center on Friday, June 13th at 10:00 a.m. You will not want to miss their incredible performance! Admission is free! We welcome nurse, Keli Cavender, back on June 17th, for the Foot Care Clinic! We appreciate Keli providing this much needed service at our Senior Center, and have missed her the last few months! June is National Dairy Month, and we will celebrate with ice-cream sundaes on June 11th! What a delicious treat! June is also Alzheimer's and Brain Awareness Month. Wear purple to raise awareness! We will have a Health Talk on June 9th related to brain health. We will also enjoy several other activities during the month. Amber with CenterWell Home Health will host her fun Cake Walk on June 3rd. We will celebrate National Doughnut Day on June 6th! Yum! Yum! Sean with CaptionCall will visit on the 30th. Kristen with UT Extension will provide nutrition education on June 17th. We will learn about the history of Juneteenth on the 18th. Reminder - We will be closed on Thursday, June 19th in honor of this National Independence Day. Have you noticed the new glass double doors at the middle entrance to our building? Once the threshold is installed, we can begin using them. Much appreciation is expressed to Cannon County government and the Cannon County School Board for this great addition, which also meets ADA requirements. We have a Nashville Day Trip planned to Monell's in July! We are also looking forward to the Volunteer Appreciation Luncheon on August 14th, and celebrating our amazing volunteers! We could not operate without you! We want to wish all our fathers, grandfathers and great-grandfathers a very Happy Father's Day. We love and appreciate you! Reminiscing... It was 11 years ago, on June 2, 2014, that I began my employment at the Senior Center. It continues to be an honor and a blessing to serve as your Director. Hope everyone has a wonderful start to their summer...which begins June 20th! - Deborah R. Leach, Director



Volunteer Appreciation Luncheon

August 14, 2025 at 12:00 noon

You "mint" the world to us this year!

If you were a volunteer for the Senior Center between July 1, 2024 and June 30, 2025 you are invited to attend!

Please RSVP at the Front Desk or call 615-563-5304.



Commodity Day is... June 10th!



First National Bank of Middle TN... raised \$178.00 for the Senior Center at the Bake Sale during Cannon County Good Ole Days! Thanks to everyone who provided the delicious baked goods!

Center Happenings

www.cannoncountyseniorcenter.com

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Cannon County Senior Center
hosting...

International
Folkfest Dancers

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



Free Admission!

Come watch their
incredible performance!

Foot Care Clinic

Keli Cavender, LPN
Foot Care Specialist

June 17th and July 15th starting at
9:30 a.m.



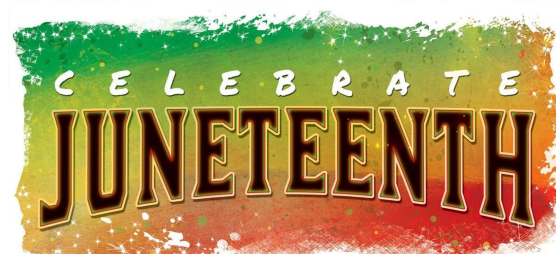
Services include:
Trim, thin and file nails;
file and buff corns and
callouses; massage and lotion
feet; and, foot health
education.

\$25 per person
(during June and July)

FREE - First-time appointments made
possible by donations from...
100 Women Who Care-Cannon County.

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

Cannon County Senior Center
CLOSED... June 19th!



ALZHEIMER'S
& BRAIN
AWARENESS
MONTH

June is...
Alzheimer's & Brain
Awareness Month

Go Purple to Raise Awareness

Purple is the official color of the
Alzheimer's movement. Wear & share
purple throughout June to spread
awareness & invite others to join the
fight to end Alzheimer's Disease.

Take Charge of Brain Health
June 9th at 12:00

Wait, What? If your phone calls sound
like this, CaptionCall can help!

There is no cost for those with hearing loss
who qualify.

Come learn about captioning phone service.

Presentation by Sean Ledden



CaptionCall June 30th at 12:00
Life is Calling



Lou Nave/John Rose's
Representative
Monday, 6/16/25
1:00 p.m.



Center Happenings

www.cannoncountyseniorcenter.com

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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
6:30 a.m.
at Dillon Park or
Spurlock Park.



June is National Dairy Month



Join us for...
**Ice-Cream
Sundaes as we
Celebrate!**



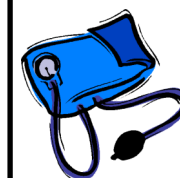
June 11th
12:00 noon

National Doughnut Day

Join us for a yummy treat...
Friday, June 6th
12:00 noon!



Celebrate...
Flag Day
on
June 14th!



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

10:00 a.m.



BINGO!

12:00 noon



Jodi with Buckeye - 6/5

Ed with MedicareHub - 6/12

Melanie with Adoration - 6/23

Claire with AdamsPlace - 6/25



**Butterbean Auction
with Melanie of
HomeFirst**

June 24th at 12:00!



UCHRA** Upper Cumberland
Human Resource Agency

Need Help Paying Your Energy Bill?

Need transportation services?

Need Commodities?

Contact UCHRA at 615-563-2916

UCHRA also has *Ensure* for \$25 per case.

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.