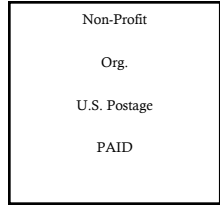


Cannon County Senior Center

609 W. Lehman Street
Woodbury, TN 37190



Returned Service Requested



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From the Director: Many thanks to those who helped make Cannon County Good Ole Days a success! Thanks to those who participated, volunteered, represented the Senior Center in the parade, and/or attended the event. Special thanks to those who made the delicious baked goods, and to First National Bank of Middle Tennessee for selling them. Thanks to our board members, sponsors, vendors and the many volunteers who supported our fundraiser. Congratulations to Joyce Rice who was crowned 2025 Ms. Senior Good Ole Days and Paula Larkin, "Seniors Got Talent Show" winner! May is just around the corner, and it is Older Americans Month! The theme is "Flip the Script on Aging," which we do everyday at the Senior Center! Two upcoming events in May will bring in the experts. Legal Aid Society of Middle Tennessee and the Cumberlandns will be providing a Power of Attorney and Advanced Directives Clinic on May 8th. An appointment is required. Anna Smith, Outreach Coordinator, with State of Tennessee Division of Consumer Affairs, will be presenting important information on May 7th regarding Scam Prevention. We will host a Potluck Meal on May 22nd. Bring a dish and join us for a delicious lunch! We are so excited to host International Folkfest Dancers who will be performing at the Senior Center on Friday, June 13th at 10:00 a.m. Make plans to attend! You will not want to miss it! Admission is free! Nurse, Keli Cavender, will be back in June, for the Foot Care Clinic! We appreciate Keli providing this much needed service at our Senior Center! We also want to thank The Experience Community - Cannon County for their very generous donation. Reminder... We will be closed on Monday, May 26th in honor of Memorial Day. We want to remember and honor those who died in the line of duty while serving our great country. Happy Mother's Day to all our mothers, grandmothers and great-grandmothers...and especially to mine. We love and appreciate you!

-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.



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



May is Older Americans Month!

This year's Older Americans Month theme, **Flip the Script on Aging**, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions.

The Senior Center offers opportunities for staying engaged and contributing, and also provides opportunities for purpose, exploration and connection. Come join us as we **Flip the Script on Aging!**

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><u>Tropical Costa Rica</u></p> <p>July 21 - 29, 2025 9 days/14 meals Roundtrip Airfare; Hotel Accommodations</p> <p>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</p> <p>Optional: 4 days-3 night Jungle Adventure Pre Tour Extension \$999 pp double</p>	<p><u>California Discovery</u></p> <p>September 10, 2025 7 days/6 nights 9 meals - 6 breakfasts and 3 Dinners; Roundtrip Airfare; Hotel accommodations</p> <p>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. 2 booked! \$3,625 pp double (with discount)</p>	<p><u>Canada & New England with Norwegian Cruise Line</u></p> <p>8 days/7 nights October 4-11, 2026</p> <p>Ports: 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><u>Biltmore Estate & Asheville, North Carolina</u></p> <p>November 17th-20th 4 days/3 nights 6 meals</p> <p>Included: Motorcoach Transportation and Hotel Accommodations</p> <p>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.</p> <p>\$630 per person; double (Add \$160 for single)</p> <p>Must have 30 to go! 15 booked!!!</p>
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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!

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

Thursday, May 8th

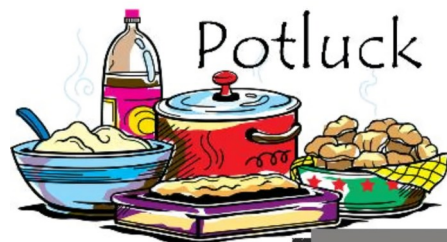
1. Must sign up for the Clinic in advance.
2. Receive POA and ADHC forms to read in advance.
3. Attend the Clinic and an informative presentation.
4. Meet with an attorney.
5. Leave with your notarized documents.

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!

Potluck Meal
Bring a dish & join us for lunch!

Thursday, May 22nd
at 12:00 noon



Foot Care Clinic... is back!!!

Keli Cavender, LPN
Foot Care Specialist

June 17th 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)

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

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

CLOSED
May 26th!



Lou Nave/John Rose's Representative
Wednesday, 5/14/25
1:00 p.m.



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.



Scam Prevention Presentation for Older Adults

Participants will learn:

- Why scam prevention education is vital
- Which scams often target older adults
- How to protect yourself with scam-fighting resources
- Where to report scams and deceptive business practices



Anna Smith, Outreach Coordinator
Office of Attorney General
Wednesday, May 7th at 12:00 noon



STATE OF TENNESSEE
Division of Consumer Affairs



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

10:00 a.m.



BINGO!

12:00 noon



Jodi with Buckeye - 5/1
Ed with MedicareHub - 5/8
Melanie with Adoration - 5/15
Claire with AdamsPlace - 5/21

Butterbean Auction
with Melanie of
HomeFirst

May 27th at 12:00!



Congratulations to...

2025 Ms. Senior Good Ole Days

Joyce Rice

and

2025 "Seniors Got Talent" Show Winner

Paula Larkin

Many thanks to those who volunteered
and those who donated baked goods
during Cannon County Good Ole Days!



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.