

Cannon County Senior Center

609 W. Lehman Street
Woodbury, TN 37190

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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

From the Director: What a busy month we had in March! We want to thank United Way of Rutherford and Cannon Counties VITA volunteers for the free tax assistance and Legal Aid Society for the Power of Attorney and Advanced Directives Clinic. Many thanks to all those who donated to our "Have-A-Heart" for Seniors in February and March. The giving campaign raised a grand total of \$8,480.00 for the Senior Center! Amazing generosity! In addition to the \$9,450.00 donation we received from 100 Women Who Care - Cannon County, we will also receive a matching gift of \$4,725.00 from the Richard M. Schulze Family Foundation in June. We are so blessed! Our free Foot Care Clinic is well underway, every Tuesday. Hope you have been to the exercise room and tried out our new Recumbent Bike! Both are benefits of the donations we have received. We are looking forward to Spring and all it brings... We are excited about Drums Alive, a new evidenced-based exercise class on Mondays and Wednesdays for 8-weeks starting April 1st. You will not want to miss it! We are hosting a Spring Potluck. Bring a dish and join us on April 10th. Carl Hirlston, representing Vietnam Veterans of America, will provide a presentation about the Field of Honor on April 12th. Anna's popular Cooking Class is back on April 16th. We are sad to announce that Anna will be leaving the Senior Center. She has decided to accept another job working from home, but she plans to visit us on special occasions and volunteer. She will be missed! Hope you have made plans to attend Cannon County Good Ole Days on May 3rd and 4th! This is our 18th year hosting the community event. Pageant forms are available, and we are looking for "Seniors Got Talent Show" contestants. Who will Viann crown as 2024 Ms. Senior Good Ole Days? Who will be our next Talent Show winner? Want to be in the Good Ole Days Parade? Here is your opportunity! Our seniors will be leading the parade as Grand Marshal! Do not forget...International Folkfest Performers will be at the Senior Center in June! Exciting times ahead!!! -Deborah R. Leach, Director

Thank You! Funds received from Older Americans Act through the Tennessee Commission on Aging and Disability are used to produce this newsletter. United Way of Rutherford & Cannon Counties, 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.

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)
4 travelers booked!

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)
14 travelers booked!

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)

Cannon County Field of Honor

Presentation by
Carl Hirlston

April 12th
12:00 noon

Come learn how you
can honor
a Hero or Patriot
serving our community
or country, or help
sponsor the event.



Commodities

Tuesday,
April 16th



Cannon County Good Ole Days...

May 3rd & May 4th

Courthouse Square

Bingo On-Stage

"Seniors Got Talent Show"

"Ms. Senior Good Ole Days" Pageant

Make plans to attend and support our
largest fundraiser of the year!



Center Happenings

www.cannoncountyseniorcenter.com

Drums Alive...

is a new evidenced-based program that combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm.

Drums Alive uses drumming, music, movement and science to make health and wellness more than just effective. It is irresistibly fun and totally engaging!

Drums Alive is a fitness program that fosters a healthy balance physically, mentally, emotionally and socially!

EveryBODY comes alive with

Drums Alive!

Join us ...

Mondays and Wednesdays for 8-weeks

8:30 a.m. – 9:30 a.m.

April 1st through May 22nd!

Class made possible by UCDD/AAAD funding!



Attorney, Marie Ferran
with Aging Services for the Upper Cumberland

Legal Intake Appointments

April 9th
Starting at 9:30 a.m.

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

Spring Potluck
Wednesday,
April 10th at Noon!
Bring your favorite
dish and join us!



Cannon County Good Ole Days PARADE

May 4th at 12:00 noon

In honor of the Older Americans

Month theme "Powered by Connection," which recognizes the profound impact that meaningful relationships and social connections have on our health and wellbeing, we want to show those connections by having our seniors be front and center leading the parade as Grand Marshal!

To participate, be in the Senior Center parking lot on Saturday, May 4th by 11:40 a.m.

A wagon/trailer will be provided.

Activity with Traci of Caris Healthcare

April 3rd at
12:00 noon

Join the Fun!!!

Lou Nave/John Rose's
Representative
Wednesday, April 10th
1:00 p.m.



Foot Care Clinic

Keli Cavender, LPN - Foot Care Specialist
Every Tuesday in April starting @ 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.

Services will be provided **FREE**

for Senior Center members,
made possible by donations from...
100 Women Who Care - Cannon County.

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

To serve as many members as possible, only one free
appointment will be scheduled per person.

Center Happenings

www.cannoncountyseniorcenter.com

Exercise Classes - Schedule

Drums Alive - Monday & Wednesday
at 8:30 a.m.

Silver Sneakers Classic - Friday
at 8:30 a.m.

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



Join the Walking Group...

Monday - Saturday
7:00 a.m. at Dillon Park

Come try a new recipe!

Cooking with Anna

Tuesday, April 16th at
12:00



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



Butterbean Auction
with Melanie April 23rd

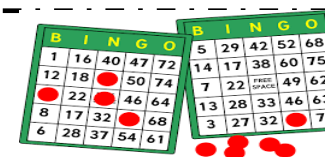
Nutrition Program

"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.



Call 615-563-5304 for reservations.

BINGO!
12:00 noon



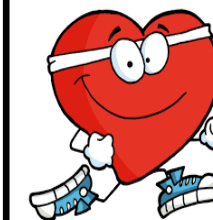
Jodi with Buckeye - 4/4
Ed with MedicareHub - 4/11
Claire with AdamsPlace - 4/17
Jessica with Suncrest - 4/19

Exercise Room
with exercise machines open 8:30 a.m.
to 3:30 p.m. daily. Be sure to try out
our new Recumbent Bike!

What if you lost 1 pound a week in 2024?

By Valentine's Day you would be 7 pounds lighter. By St. Patrick's Day you would be 11 pounds lighter. With the luck of the Irish you will make your goal! By Easter you would be 18 pounds lighter. You would be a cute bunny! By Memorial Day you would be 23 pounds lighter. It won't rain on your parade. By Flag Day you would be down 25 pounds. Boy, you could wave a flag then! By Independence Day you would be 27 pounds lighter. That's a neat declaration of independence from overeating. By Labor Day you would be 38 pounds lighter. What a wonderful reward for all your hard work. By Columbus Day you will be down 41 pounds. What a joy to discover what you can do. Halloween you would be 44 pounds lighter. Bet you didn't think you had a ghost of a chance! By Thanksgiving you would be 47 pounds lighter. You would have so much to be thankful for. By Christmas Eve, 51 pounds down. Talk about a merry day! By New Years Eve you would have lost 52 pounds. Its not just a new year. It's a new YOU!

You may not need to lose 52 pounds, but its never too late to start an action plan to get healthy and have a wonderful, active life. Start today by joining our "Get Healthy Group" on Fridays at 9:30!



United Way of Rutherford & Cannon Counties