


Cannon County Senior Center

609 W. Lehman Street
Woodbury, TN 37190

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 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.
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<u>Tropical Costa Rica</u> July 21 - 29, 2025 9 days/14 meals Roundtrip Airfare; Hotel Accommodations <u>Highlights:</u> 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 \$2,999 per person double occupancy (with discount) Optional: 4 days-3 night Jungle Adventure Pre Tour Extension \$999 pp double	<u>California Discovery</u> September 10, 2025 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. 2 booked! \$3,625 pp double (with discount)	<u>Canada & New England</u> <u>with Celebrity Cruises</u> September 29 - October 10, 2025 12 days / 11 nights Roundtrip airfare from Nashville <u>Ports:</u> Boston, Massachusetts Rockland, Maine, Halifax, Nova Scotia Sydney, Nova Scotia Quebec City, Quebec, Canada Charlottetown, Prince Edward Island, Portland, Maine Boston, Massachusetts Inside Cabin \$3,844 Outside Cabin \$4,129 Balcony Cabin \$4,292 Rates are per person double occupancy. Passport is required.	<u>Biltmore Estate &</u> <u>Asheville, North Carolina</u> November 17th-20th 4 days/3 nights 6 meals <u>Included:</u> Motorcoach Transportation and Hotel Accommodations <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. \$630 per person; double (Add \$160 for single) Must have 30 to go! Book Today!!!
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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: "Tis the Season ..." We are looking forward to the Christmas season and our upcoming 15th Annual Christmas Gala & Silent Auction fundraiser on December 13th! It will be an elegant evening with dinner, entertainment and beautifully decorated tables. There will also be great items to bid on during the Silent Auction. Tickets are still available! What a wonderful trip we had to Branson, Missouri! We enjoyed entertaining shows, good food and most of all...great company! Want to travel in 2025? We are offering trips to Costa Rica, California, New England & Canada and the Biltmore Estate next year! Travel with us! Have you noticed our shiny tile floors? They look amazing, and grant funds from the TN Department of Aging and Disability made it possible. We are excited about other improvements in the near future. Foot care will be available for \$25 during December, thanks to a generous donation. There are several activities and events planned for December including an informative presentation by Vanderbilt Memory and Alzheimer's Center on 12/4; a Cookie Exchange Party on 12/9; and, "Name That Christmas Tune" with John on 12/23. We will be participating in a Christmas Tree Challenge for Hospice patients on December 2nd. Our Christmas Party and Finger-Food Potluck will be held on December 18th. Bring finger-foods and join us! It will be fun! The Adopt-A-Senior stars will be available on December 2nd! This is a special giving opportunity. When you select a star, please let staff know. Thank you for giving and making someone's Christmas a little brighter! The 4th Annual Christmas in Auburntown will be held on Saturday, December 7th. Enjoy festivities in the park and throughout town. The Senior Center will be closed December 24th, 25th, 26th, 31st and January 1st in celebration of Christmas and the New Year. Hallelujah... Christ is born! Merry Christmas!
-Deborah R. Leach, Director

15th Annual Christmas Gala & Silent Auction
December 13, 2024
"Candy Cane Christmas"
Tickets are Available!



Commodity Day
Tuesday,
December 10th



Coming Soon...

February - Have-A-Heart Giving Campaign
March - Volunteer Tax Assistance Program
April - Cannon County Good Ole Days



Center Happenings

www.cannoncountyseniorcenter.com

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15th Annual Christmas Gala
"Candy Cane Christmas"
December 13, 2024



Dinner, Entertainment,
 Beautifully Decorated Tables
 & Silent Auction
 Join us for an elegant evening!
*To host a table or purchase a ticket,
 please see staff.*
Limited availability.
For information call 615-563-5304.

Foot Care Clinic

Keli Cavender, LPN - Foot Care Specialist
December 17th 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.

\$25 per person (during December)

Grant-funded appointments available 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.

Vanderbilt Memory & Alzheimer's Center
Presentation:
Aging & How to Prevent Memory Loss

Understanding Causes, Early Symptoms,
 Prevention and New Research

December 4th at 12:00 noon

VANDERBILT UNIVERSITY
 MEDICAL CENTER



Christmas Party
and Finger-Food
Potluck
Wednesday,
December 18th
at 12:00 noon

Bring your favorite finger-food
 and join us for...
 great food, fellowship and fun!

"Name That Christmas Tune"
with John
December 23rd at 12:00 noon



Cannon County Senior Center
CLOSED
December 24th, 25th, 26th & 31st
& January 1st!

CRAFTS with Shanda
of CenterWell
Primary Care
December 11th at
12:00 noon

Lou Nave/John
 Rose's Representative
 Wednesday, 12/11
 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
 7:00 a.m.



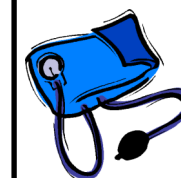
at Dillon Park or
 Spurlock Park.

Cookie Exchange Party

We will be hosting a
 Cookie Exchange Party

December 9th at 12:00 noon.

Bring your favorite batch of cookies, the
 recipe and enough to cookies to share!
 Yum! Yum! Yum!



Blood Pressure Checks with
Melanie of HomeFirst
Wednesdays at

10:00 a.m.

**BINGO!**

12:00 noon



Jodi with Buckeye - 12/5
 Ed with MedicareHub - 12/12
 Melanie with Adoration - 12/19
 Claire with AdamsPlace- 12/20



Butterbean Auction
with Melanie
of HomeFirst
December 17th at 12:00!

"Adopt-A-Senior"

If you would like to adopt
 a special senior for
Christmas, please select a star from
our tree in the front foyer.
Stars will be available December 2nd!
Your generosity in giving will make
someone's Christmas a little brighter.
When you take a star, please let staff
know. Gift wrap or bag your gift and
return it to the office by
December 16th, in time for delivery
before Christmas.
Thank you for giving!!!

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.