

Cannon County Senior Center

609 W. Lehman Street
Woodbury, TN 37190

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From the Director: "Just living is not enough... one must have sunshine, freedom and a little flower." - Hans Christian Andersen. I am certain that we are all ready for sunshine and flowers! Remember, Daylight Savings Time begins on March 9th so be sure to "spring" your clocks forward one hour! March is the month of Mardi Gras. On March 4th, Fat Tuesday, Mitch Burke will make Beignets... New Orleans-Style! We will celebrate St. Patrick's Day with a party on March 17th. Be sure to dress in green for our contest! We will welcome Kaitlyn Parker with Cannon County Health Department to the Senior Center on the 14th for Exercise Bingo. Sara Martin with UCDD will provide an informative presentation about TN SHIP and important updates on March 18th. Sean with CenterWell Primary Care will provide a fun activity on the 12th, and we will celebrate National Chip and Dip Day on the 24th! "Name That Hymn" with John will be on the 19th. Volunteer Income Tax Assistance (VITA) preparers are scheduled on March 13th and March 20th. An appointment is required. Many thanks to United Way South Central Tennessee for providing this program. "March for Meals" brings awareness to nutrition programs across our nation during March. Our Senior Center is a nutrition site, providing congregate meals 5 days a week and delivering Meals on Wheels weekly to those who qualify. We are grateful to offer these programs. It is time for travel! We have some great trips planned during 2025. Premier World Discovery will be hosting a California Discovery trip presentation meeting on March 27th at 5:30 p.m. at the Senior Center. Come and learn more about this amazing travel opportunity. Hope you have marked your calendars for Cannon County Good Ole Days on April 25th and 26th! We need contestants for the "Seniors Got Talent Show" and Ms. Senior Good Ole Days Pageant. Who will our reigning queen, Shirl Barnes, crown? Come ride the Senior Center wagon in the parade! You are guaranteed to have a good ole time! Happy Spring! -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)

Trip Presentation Meeting
Featuring... California Discovery Tour

Hosted by: Premier World Discovery
March 27, 2025
5:30 p.m.
at Senior Center



Come and learn about this amazing travel opportunity!

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!
10 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

"Have-A-Heart for Seniors"...
Many thanks to those who have so generously contributed to our "Have-A-Heart for Seniors" giving campaign. To date... the campaign has raised \$7,665.00 for the Senior Center!



Cannon County Good Ole Days
April 25th and 26th
Courthouse Square!
Come join us for... Bingo On-Stage "Seniors Got Talent Show" Ms. Senior Good Ole Days Pageant and Senior Center wagon in the Parade!
Make plans to attend our largest fundraiser of the year!



Center Happenings

Volunteer Income Tax Assistance
VITA
 Thursday, March 13th
 and
 Thursday, March 20th

United Way's VITA program is an IRS-supported tax preparation service through which trained volunteers prepare taxes at no cost for qualifying individuals and families.

Appointment Required!



Join Mitch Burke...
 on **Fat Tuesday**
 for Beignets

3/4/25

New Orleans - Style
 at 9:00 a.m.

"Name That Hymn" with John
 March 19th
 at 12:00 noon

Saint Patrick's Day Party
 March 17th at 12:00 noon

Join us for
 Refreshments,
 Games, Door-prizes
 and...
 "Who's
 Wearing the Most
 Green" Costume Contest!!!

Chip and Dip Day

March 24th
 at 12:00 noon

Come Enjoy!

Daylight Savings Time Begins
 March 9th!

Time to Spring Ahead

Lou Nave/John
 Rose's Representative
 Wednesday, 3/12/25
 1:00 p.m.

Foot Care Clinic

Keli Cavender, LPN - Foot Care Specialist
 March 18th & April 15th
 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 March and April)

FREE - First-time 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.

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.
Stretching Class - Wednesdays at 9:30 a.m.



Join a **Walking Group**
 Monday - Saturday
 7:00 a.m.
 at Dillon Park or
 Spurlock Park...
 weather permitting.

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

TN SHIP Presentation
 Sara Martin with UCDD - March 18th at 12:00 noon

The Tennessee State Health Insurance Assistance Program (TN SHIP) is a federally funded program that provides free, unbiased counseling and assistance to Tennessee's Medicare-eligible individuals, their families, and caregivers. They do not promote any insurance agency, and maintain confidentiality with their clients.

Exercise Bingo
 Join Kaitlyn Parker
 with
 Cannon County Health Department
 for a fun game of...
Exercise Bingo
 March 14th at 12:00 noon

Blood Pressure Checks with Melanie of HomeFirst
 Wednesdays at
 10:00 a.m.

"March for Meals"
 Every March, The Senior Nutrition Program and services it has provided to millions of older Americans since 1972 is celebrated. The 2025 theme, *A Place at the Table*, recognizes the importance of local nutrition programs and the meals being served in communities across the country. Cannon County Senior Center is proud to be a Nutrition Site.

BINGO!
 12:00 noon

Jodi with Buckeye - 3/6
 Ed with MedicareHub - 3/13
 Melanie with Adoration - 3/20
 Claire with AdamsPlace - 3/26

Butterbean Auction
 with Melanie of HomeFirst
 March 25th at 12:00!

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.