


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.

<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>Trip Full – 13 Booked!</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</p> <p><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 <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!!! Final Payment due 9/10/25</p>
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Center Staff

Director:
Deborah R. Leach, BSW, MA

Social Media & Programs Assistant:
Colleen Parsley

Office Assistant:
Juanita Farless

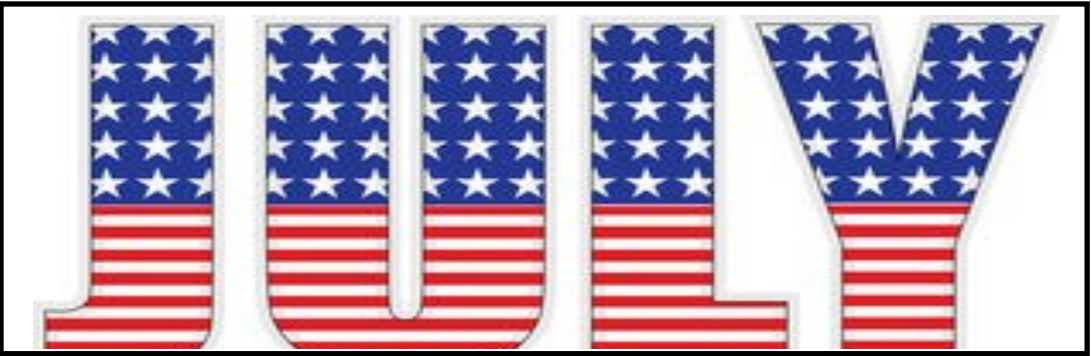
Kitchen Manager:
Bettye Harris

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 & Facebook



From the Director: What an exciting June we had at the Senior Center! The International Folkfest dancers and musicians from Puerto Rico were incredible. We are looking forward to hosting International Folkfest again next year. Mark your calendars for June 12, 2026! We are on their schedule! Celebrating National Doughnut Day with fresh doughnuts, and June Dairy Month with delicious ice-cream sundaes, was a real treat! We also welcomed Colleen Parsley to our staff. She works on Tuesdays. Colleen is a senior at Tennessee Tech University and will be graduating in December with a Bachelor of Science Degree in Psychology. We are so glad she is here! With the extremely hot weather, June sure proved that summer has arrived! We begin July with an important “Health Talk” regarding Summer Safety Tips. Please stay safe and hydrated in the heat! It is no surprise that...we will celebrate National Sugar Cookie Day on July 9th, National French Fry Day on the 11th, and host our annual “Mile Long” Banana Split Party on the 29th! On the 15th, certified Senior and Medicaid advisor, Ron Fischer, will offer guidance regarding long-term care. John will lead “Name That Hymn” by playing some treasured oldies on June 16th. We will talk history and learn about National Moon Day on the 21st and National Amelia Earhart Day on the 24th. It is that time of year again! Be sure to complete a Senior Center Survey and a Nutrition Program Survey. Your feedback is valued and appreciated! Survey results are compiled and sent to Upper Cumberland Development District. We will review our survey results on July 31st. We are looking forward to the Nashville day trip to Monell’s in Germantown on the 26th. Remember, we still need a few travelers for our upcoming trip to Biltmore Estate and Asheville, North Carolina. We must have at least 30 to go! If you go, we go! We are so excited to announce a new flag pole will soon be installed on our front lawn, and will proudly display an American flag and a Tennessee flag. We live in the greatest country in the world! As we celebrate Independence Day on July 4th, let’s remember the freedoms we hold dear and those who so bravely sacrificed for them and those who continue to do so today. “God Bless America...our Home Sweet Home!” - Deborah R. Leach, Director



Many thanks to the Woodbury Lions Club for recently recognizing the Senior Center’s work and dedication to the community with a certificate and generous donation!

Upcoming Events

- Volunteer Appreciation Luncheon ~ August 14th
- California Discovery Tour ~ September 10th
- Yard Sale Fundraiser ~ September 26th and 27th
- Annual Health Fair ~ October 17th
- Biltmore Estate & Asheville, NC Tour ~ November 17th-20th
- Christmas Gala & Silent Auction Fundraiser ~ December 12th

Center Happenings

www.cannoncountyseniorcenter.com

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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 & June 30, 2025... you are invited to attend! Join us as we recognize our "Top Ten Volunteers" & Board of Directors!

Please make your reservation at the Front Desk or call 615-563-5304 by 8/7/2025.

Thank you volunteers!



Guidance for Seniors

Presentation *by* Ron Fischer
Certified Senior Advisor *and*
Certified Medicaid Planner

July 15th at 12:00

1LT (Ret) Ron Fischer works with families, from a legal and financial perspective, who are transitioning into long-term health care environments such as home health care, assisted living, memory care or nursing home.

He specializes in areas related to Medicaid and VA Aid and Attendance planning.

"Name That Hymn" with John
July 16th at 12:00 noon

Can you name
the...

"Treasured Oldies"
from years past?



Health Talk
"Summer Safety Tips"
Wednesday, July 2nd
at 12:00 noon

Senior Center Surveys...are at the Front Desk. Please complete and return by Friday, July 25th. Your feedback is appreciated!



Announcing...

A new 25 ft. flag pole will soon be installed on the Senior Center front lawn, with an American Flag and a Tennessee Flag proudly displayed!

Many thanks to TDDA and the Tennessee General Assembly for grant funding to purchase these items!

CLOSED
Friday, July 4th
Independence Day!



Lou Nave/John
Rose's Representative
Wednesday, 7/9/25
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.



Banana Split Party
Join us for our annual...
"Mile Long"

Banana Split Party

Tuesday, July 29th at 12:00 noon!

National Amelia Earhart Day
Come and learn more about
this American aviation
pioneer... her life &
accomplishments.

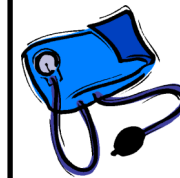


July 24th at
12:00!

Blood Pressure Checks with Melanie
of HomeFirst
Wednesdays at

10:00 a.m.

****CANCELLED**
for July 9th



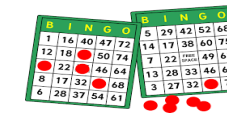
Medical Equipment & Supplies

The Senior Center has gently used wheelchairs, walkers, crutches and other equipment available for loan to our members, and adult incontinence supplies. Please see staff for details.



BINGO!

12:00 noon



Jodi with Buckeye - 7/3

Ed with MedicareHub - 7/10

Melanie with Adoration - 7/17

Claire with AdamsPlace - 7/23



Butterbean Auction
with Melanie of
HomeFirst

July 22nd 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.