

Cannon County Senior Center

609 W. Lehman Street
Woodbury, TN 37190

Non-Profit
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Funds received from Older Americans' Act through the Tennessee Commission on Aging and Disability are used to produce this newsletter. United Way, Jim & Hesta Cummings Memorial Fund, City/County Funds, MTE-Sharing Change, DTC Communications, General Mills, UCDD, Middle TN Gas, The Community Foundation of Middle Tennessee, Experience Community Church, "Have a Heart" and many other donors support the Cannon County 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

Round Trip Air; Hotel Accommodations; Professional Tour Guide

Highlights:

Calgary, Head-Smashed-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)

Smoky Mountains Show Trip to Pigeon Forge and Gatlinburg!

November 14-16, 2023
3 days/2 nights
Motor coach

Transportation; 4 meals; Morning, Afternoon and Evening Shows

Free Time in historic downtown Gatlinburg

\$399.00 per person double occupancy

1 Room Available!

Final Payment due 9/7/23!



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)

Athens & The Greek Islands...featuring Mykonos and Santorini with Premier World Discovery

Pre-departure Trip Meeting October 3rd at 5:30 p.m.

Highlights of England, Scotland & Wales with Premier World Discovery

Presentation Meeting October 3rd at 5:30 p.m.

Canadian Rockies & Glacier National Park with Collette Travel

Presentation Meeting November 7th at 5:30 p.m.

Travel with us!!!



THE CENTER
Promoting Independence, Wellness, and Activities

Inside this issue:

- Autumn Potluck 2
- Support Group 2
- Wreath Making 3
- Health Fair 3
- Scam Prevention 3
- Bingo 3
- Travel 4



HAPPY GRANDPARENTS DAY!

Center Staff

Director:
Deborah Leach, BSW, MA

Social Media & Programs Assistant:
Anna Farris

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 great celebration at our recent... Volunteer Appreciation Luncheon. Congratulations to Joyce Rice 2022-2023 "Volunteer of the Year" with 795 volunteer hours! Congratulations to our "Top Ten Volunteers" Joyce Rice, David Peeler, Jean Murawski, Barney Sissom, Sue Springer, Sandra Satchell, Betsy Leach, Wade McMackins, Janet Gardner, Darlene Chartrand and Grace Young. Congratulations also to Sue Springer who was awarded "Honorable Volunteer of the Year" and to Barney Sissom for receiving "Community Volunteer of the Year." During FY 2022-2023 we had 41 senior volunteers who provided 3,613 volunteer hours! THANK YOU Volunteers! Thanks also to those who participated in "A Matter of Balance" evidenced-based program with Kristen of UT Extension Services. September is Fall Prevention month. Hope everyone will practice their new balance skills. "Cheers" to our Weight Loss Support Group members for reaching their goals and losing 27.5 pounds since July 1st! They will meet on Fridays starting in September. Autumn begins this month, and we are looking forward to cooler weather! We are closed for Labor Day on the 4th! Crafting with Traci is the 6th. Wreath making with Deb Wessel is on the 27th. Name That Tune is September 8th. We are having a Potluck Lunch on the 13th. Bring a dish and join us! We welcome Beesley Animal Foundation on the 15th for a pet vaccination clinic, and Anna Smith from TN Department of Commerce & Insurance on the 12th for an informative presentation regarding scams. Rachel with Mary Kay will visit on the 21st, and Butter Bean Auction hosted by Melanie is on the 26th. Do not forget the YARD SALE fundraiser is September 29th and 30th...a 2-day event. Please tell all your friends and family! Come shop till you drop! We will have a lot of items that you cannot live without! Mark your calendars for our annual Health Fair on Friday, October 13th. Woodbury Drug Center will provide Flu Shots. Be sure to sign up at the Front Desk. Happy Grandparent's Day on the 10th. You deserve a special day! -Deborah R. Leach, Director

happy LABOR day

CLOSED

Monday
9/4/2023!

Yard Sale Fundraiser

9/29/23 8:00 am-4:00 pm and
9/30/23 8:00 am-1:00 pm

Accepting Donations!

Invite Family & Friends!

Please Come Shop!!!
(2-day Yard Sale Event!)



Becoming a Healthier You...Support Group

27.5 pounds lost since July 1st!

Increase motivation to improve your health & wellness by... making healthier choices, nutrition education, cooking classes, recipe sharing, incentives for achieving goals and support from friends.



Join us on Fridays at **9:30 a.m.**

United Way of Rutherford & Cannon Counties

FALL POTLUCK



Join us for an Autumn Potluck Lunch!

Wednesday, September 13th at 12:00

Bring your favorite meat, side dish or dessert.



Healthy Hands & Nails

with Rachel K of Mary Kay

Thursday, September 21st at 12:00



Foot Care for Seniors

Appointments September 19th beginning at 9:00 a.m. Services are available at the Senior Center... \$50 per appointment.

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

Felicia Agee, RN
Owner of Sweet Southern Care
615-281-2705
www.sweetsouthernncare.com

Butter Bean Auction is back!

Melanie with HomeFirst will be here Tuesday, September 26th at 12:00!

Come join the fun!



Computer Class with Anna on Wednesday, 9/20 at 10:00 a.m. Come and Learn basic Computer Skills.



Technology Assistance with Anna on Wednesdays 10:00 -11:15. Need assistance with your Cell Phone, iPad, Laptop or Smartwatch? Please schedule an appointment.

Blood Pressure Checks

Wednesdays at 10:00 with Melanie of HomeFirst!



Exercise Classes - Schedule:

Monday, Wednesday and Friday SilverSneakers Classic at 8:30 a.m.
AEA evidenced-based Arthritis Class Tuesday and Thursday at 9:00 a.m.

Exercise Room

Exercise Room with exercise machines open - 8:30 a.m. to 3:30 p.m. daily.



Join the Walking Group...

Monday - Saturday 6:30 a.m. at Dillon Park



Scam Prevention Presentation for Seniors Tuesday, September 12th at 12:00 with Anna Smith of TN Department of Commerce & Insurance Learn... how to protect yourself with scam fighting resources and where to report scams and deceptive business practices.



Lou Nave/John Rose's Representative

Wednesday

September 6th

at 1:00 p.m.



Marie Ferran, Attorney with Aging Services for the Upper Cumberlands, Inc.

Free Legal Assistance

October 4th

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

HealthFair

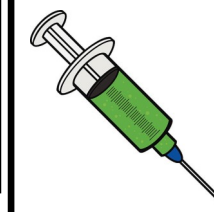
October 13, 2023

8:00 a.m. to 12:00 noon

Vendors, Health Screenings, Health Education & Information, Give-A-Ways, Door-prizes & Lunch.

Sign-up for Flu Shots provided by Woodbury Drug Center.

Health Fair Sponsor:



Wreath Making Demonstration with Deb Wessel

September 27th at 12:00 Come & learn how to make a beautiful Fall Wreath for your Home or Door!



Crafts with Traci from Caris Healthcare

September 6th at 12:00!



The Bubble Gum 60's Name That Tune

with John 9/8/23 at 12:00



BINGO! 12:00 noon

Jodi with Buckeye - September 7th
Ed with MedicareHub - Sept. 14th
Claire with AdamsPlace - Sept. 20th