

Cannon County Senior Center

609 W. Lehman Street
Woodbury, TN 37190

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From the Director: Welcome Spring! What a great March we had! Our St. Patrick's Day Party was a lot of fun! Congratulations to Betty Melton, winner of the Leprechaun Costume Contest, and Joyce Wilson, winner of the Green Basket door prize! Be sure to check out the pictures in the Cannon Courier. Many thanks to United Way VITA volunteers for the free tax assistance. They were awesome! Speaking of awesome... our "Have-A-Heart" for Seniors donors gave \$8,622.00 to the Senior Center! This is the most ever raised by the giving campaign!!! Thanks so much to those who gave! Be sure to look at our donor wall in the front foyer. Several donations were given in memory or honor of someone special. The Weight Loss Support group added 8 new members, and the "Biggest Loser" competition is well underway! Kristen, with UT Extension, will provide three "Dining with Diabetes" classes this month, and the Child Advocacy Center will present "Darkness to Light" training. April is child abuse prevention month. We will have a Spring Potluck on April 14th. Bring a dish and join us! Foot Care is back by popular demand. Felicia Agee, RN, owner of Sweet Southern Care, is taking appointments for April 18th. The cost is \$50. It is not too early to make your deposit for the Smoky Mountains Show Trip. Deposits are due by July 14th! We must have at least 30 people to go! Hope you are making plans to attend Cannon County Good Ole Days on May 12th and 13th at the courthouse square. We need participants for the "Seniors Got Talent" Show and our Ms. Senior Good Ole Days Pageant. Melba Checote-Eads will crown the 2023 winner. Who will she be? May is Older Americans Month. This year's theme is Aging Unbound, focused on how everyone benefits when older adults remain engaged, independent and included. 261 seniors have attended the Center this year! Keep coming! Have a Blessed Easter! Deborah R. Leach, Director †

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

Thank YOU
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

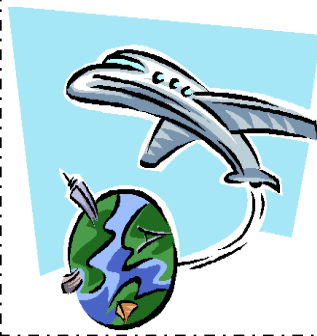
Cannon County Senior Center
Office Hours: Monday- Friday; 8:00 a.m.- 4:00 p.m.

Athens & The Greek

Islands Tour
16 booked
Limited Space!!!

Smoky Mountains
Show Trip
Need 30 people!!!

Check out the Cannon County Senior Center Website to learn more about our Travel Program, upcoming trips, and to view pictures from previous trips.



Join us in 2023...

Smoky Mountains
Show Trip
to Pigeon Forge and Gatlinburg!

November 14-16, 2023
3 days/2 nights

Motorcoach
Transportation; 4 meals

Morning, Afternoon and Evening Shows

Free Time in historic downtown Gatlinburg

\$399.00 per person double occupancy

Must have 30 people
booked on the trip to go!

\$75 deposit due by
July 14, 2023!

Travel in 2023

Discover the Islands of
New England
with Collette Travel

June 16-23, 2023

8 days; 10 meals;
roundtrip airfare;
transfers; hotel accommodations

Highlights:

Providence, Newport, Lobster Trap Pull Demonstration & Cruise, Plymouth Rock, Cape Cod, Hyannis, Nantucket, Chatham, Martha's Vineyard, and Lobster Dinner

Trip is Sold Out!!!

(There is a waiting list.)

Travel in 2023...

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

October 17, 2023

9 days; 7 nights
first class hotel accommodations
10 meals; roundtrip airfare;
professional tour director

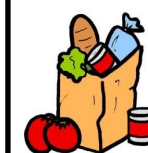
Highlights:

Athens City Tour, The Acropolis & Parthenon, The Acropolis Museum, The Plaka & Syntagma Square, Ancient Olympic Stadium, Mykonos, Delos Tour, Santorini Tour, Santorini Winery Visit & Tasting, Oia Village Walking Tour & Greek Island Ferry Rides

\$4475 pp double (with discount)



Commodity Day



April
18th!

Sign up NOW... for our Smoky Mountains Show Trip!

Gatlinburg & Pigeon Forge
November 14th-16th!

(see page 4 for more details)

Cannon County
Good Ole Days
May 12th & 13th!



The Biggest Loser

Come join us Monday mornings at 9:30! Ready to get in shape for the summer? Get your health back on track? Taste some yummy recipes? Get helpful tips on nutrition & exercise?

Lots of information, encouragement and FUN! Door prizes each week and 3 grand prizes for our biggest losers in June. Come see what it's all about!



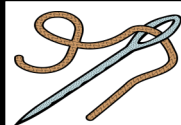
Blood Pressure Checks

Wednesdays at 10:00 a.m. with Melanie from Adoration Home Health



Needlework & Chat

Tuesdays at 10:15 a.m.



Do you enjoy needlework such as crocheting, embroidering and cross-stitching... or want to learn? Do you like to chat with friends? If so, this group is for you!



April is... National Child Abuse Prevention Month

The Child Advocacy Center will present "Darkness to Light" Training on April 3rd 12:00 - 1:00 p.m. Come learn how to protect children from abuse through awareness, education and stigma reduction. Do not miss this very important training! Sign up at the Front Desk.

Join us for

"Dining with Diabetes" with Kristen



April 10th, 17th & 24th at 10:00 am.

Research has shown that healthy eating, engaging in physical activity and maintaining a healthy weight are important for preventing diabetes and managing diabetes once it has been diagnosed. Learn the skills needed to prevent or manage diabetes in the "Dining with Diabetes" classes conducted by Cannon County UT Extension Office!

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 7:30 a.m. at Dillon Park

Weight Loss Support Group meets on Mondays at 9:30 a.m.

BINGO

12:00 p.m.

- Buckeye - April 6th
- MedicareHub - April 13th
- AdamsPlace - April 19th
- Adoration - April 25th



The 17th annual... Cannon County Good Ole Days

May 12th & 13th
Courthouse Square

Make plans to...

- Play Bingo on-stage with Adoration Home Health
- Showcase your talent in the "Seniors Got Talent Show"
- Be a contestant in the "Ms. Senior Good Ole Days" pageant

This is our largest fundraiser of the year!



Pot Luck

Bring a covered dish & join us for a Spring Pot Luck! Friday, April 14th at 11:30 a.m.



Foot Care for Seniors

Appointments April 18th from 9:00 a.m. to 1:30 p.m.

Services available at the Senior Center \$50 per appointment

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

Felicia Agee, RN, owner of Sweet Southern Care www.sweetsouthern.com 615-281-2705

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 your congregate meal. Meals are dine-in only. Menus are available at the Front Desk. Call 615-563-5304 for reservations.