

**Cannon County Senior Center**

609 W. Lehman Street  
Woodbury, TN 37190

Non-Profit  
Org.  
U.S. Postage  
PAID

Returned Service Requested



**Inside this issue:**

- VITA Tax Assistance 2
- Attorney, Marie Ferran 2
- Soup Day Potluck 2
- Hat Day 3
- Valentine Party 3
- Bingo Schedule 3
- Travel Program 4

*From the Director:* December sure came and went in a hurry! Our 15th annual Christmas Gala fundraiser was the most beautiful ever! Hope you saw the pictures on our Facebook page and in the Cannon Courier. The “Candy Cane Christmas” theme was well recognized by lots of red and white decorated tabletops. Congratulations to Susan Dooley for winning “Best of Show” and the Viewer’s Choice Award. Congratulations to Board Chair, Norma Knox, for winning First Place and Third Place with her two tables. Congratulations also to Sue Springer, Board Treasurer, for winning Second Place. Much gratitude is expressed to all our table hosts and hostesses, volunteers, CCHS FFA students and faculty, caterer Dottie Smith, entertainer Jim Sabia, and the guests who attended. Many thanks to those who donated items for the Silent Auction which raised over \$1,450.00 for the Senior Center. Thanks also to our Quilting Class who made and donated a lovely Christmas quilt which sold for \$275.00! “Oh what fun” we had at our Christmas Party! We enjoyed delicious food, a visit from Santa and a “Dirty Santa” game. Many thanks to those who donated gifts. Thanks also to those who generously donated “Secret Santa” gifts for our Adopt-A-Senior program. Gratitude is expressed to those who delivered the gifts just in time for Christmas. It is hard to believe that we are heading into a new year. We are looking forward to a great 2025! Attorney, Marie Ferran will provide free legal services on January 7th. We will celebrate national “Hat Day” on January 15th. We will also celebrate other national days such as...strawberry ice-cream day, popcorn day, corn chip day and hot chocolate day! On January 22nd, we will host a Soup Day Potluck. Bring your favorite pot of soup, sandwiches, sides or a dessert and join us. In celebration of Martin Luther King, Jr. Day, we will be closed on January 20th. Happy New Year!

-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 \$2,999 per person double occupancy (with discount)

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.  
2 booked!  
\$3,625 pp double (with discount)

Canada & New England

with Celebrity Cruises  
September 29 - October 10,  
2025 12 days / 11 nights  
Roundtrip airfare from  
Nashville **Ports:**  
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.

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!  
4 booked!!!



**Center Staff**

Director:  
Deborah Leach, BSW, MA

Office Assistant:  
Juanita Farless

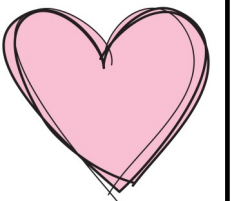
Kitchen Manager:  
Bettye Harris

Exercise/Fitness:  
Volunteer Instructors

Plus our wonderful volunteers that help us provide all of our programs and services.

Contact us at: 615-563-5304

“Have A Heart” for Seniors annual giving campaign... is coming in February. Please look for the pink forms in your February newsletter! Your generosity is much appreciated!



**Coming Soon...**

February - Have-A-Heart Giving Campaign  
March - Volunteer Tax Assistance Program  
April - Cannon County Good Ole Days  
April 25th and 26th! Save the Dates!

### 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.

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



Limited appointments available.

Attorney, Marie Ferran *with*  
Aging Services for the Upper Cumberland  
Legal Intakes and Educational Information

January 7, 2025

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

FREE legal assistance *for* Senior Center members.



Soup Day  
Potluck  
Wednesday,  
January 22nd  
at 12:00 noon

Bring a pot of your favorite soup,  
sandwiches, finger-foods or  
desserts and join us!!!

#### Foot Care Clinic

Keli Cavender, LPN - Foot Care Specialist  
January 21st and February 18th  
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 January & February)

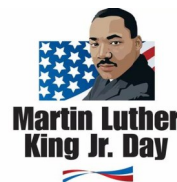
FREE - First-time appointments available for  
Senior Center members, made possible by  
donations from... 100 Women Who Care -  
Cannon County.

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



CLOSED  
January 1st  
Happy New Year!!!

CLOSED  
January 20th  
Martin Luther King, Jr. Day



Winter Safety &  
Great American  
Shakeout  
January 6, 2025  
12:00 noon

Lou Nave/John  
Rose's Representative  
Wednesday, 1/8/25  
1:00 p.m.



### 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.



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...  
weather permitting.

#### Hat Day

Wear your favorite hat, your  
craziest hat, or a creative hat you  
have made and join us for a fun  
"Hat Day Parade."

January 15th  
at 12:00!



Valentine Party  
Friday, February 14th  
at 12:00 noon

Refreshments, Music, Socializing,  
Games & Fun!



Blood Pressure Checks *with*  
Melanie of HomeFirst  
Wednesdays at

10:00 a.m.



#### BINGO!

12:00 noon



Jodi with Buckeye - 1/2  
Ed with MedicareHub - 1/9  
Melanie with Adoration - 1/16  
Claire with AdamsPlace- 1/23



Butterbean Auction  
*with* Melanie  
of HomeFirst  
January 28th at 12:00!

Volunteer Needed to Brighten  
Someone's Day during the Lonely  
Winter Months. See staff for details!



#### 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.