

Cannon County Senior Center

609 W. Lehman Street
Woodbury, TN 37190

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From the Director: We are counting our blessings as we enter the month of November! The Health Fair on October 18th was a success! Many thanks to all our community partners who provided health screenings, information, giveaways and generous door-prizes! Congrats to Nancy Davenport who won the TV donated by HomeFirst Home Health and to Sharon Simmons who won the wireless hearing aids donated by Nova Hearing! Thanks again to DTC Communications for sponsoring the Health Fair and lunch. Get creative on November 4th and make a beautiful wreath with Deb Wessel! On November 8th, we will honor our veterans with a Veterans' Breakfast. We cannot express our gratitude enough for their service. On November 18th, a group of 33 will be headed to Branson, Missouri for 6 days! It will be an entertaining show trip. You can still book until November 4th. Go with us! We are hosting a Thanksgiving Potluck lunch on Wednesday, November 27th at noon. The Senior Center will provide ham, turkey, rolls and drinks. Bring a dish and join us for delicious food and fellowship with friends! Bravo...to the "Walk With Ease" walking group who walked 723 combined miles during September thru October! Great job! Exciting news... our Senior Center was awarded a \$10,000.00 grant from the TN Department of Aging and Disability. The Yard Sale fundraiser in September raised over \$3,000.00. Thanks again to those who donated items, attended and purchased items and to those who volunteered and helped! Our next fundraiser will be the 15th annual Christmas Gala & Silent Auction on December 13th. Mark your calendars for this grand event! The Adopt-A-Senior stars will be available to select on December 2nd. This is a special giving opportunity. We welcome four new board members to the Senior Center... Diana Borren, Lori Christensen, Darla Cunningham and Lou Nave. We are thankful for all our volunteers and for each of you! Happy Thanksgiving! - 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.

Branson Show Extravaganza

November 18-23, 2024
6 days/5 nights

Motorcoach Transportation,
Hotel Accommodations &
5 breakfasts & 3 dinners
Admission to 6 Shows:
Three Morning Shows &
Three Evening Shows
(3 Christmas Shows)
Visit Historic Downtown
Branson &
Branson Landing

\$799 per person
double occupancy

33 are going!

Still time & space
available to book this
great trip!

Deadline
November 4th!

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.



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

15th Annual Christmas Gala & Silent Auction

December 13, 2024

Theme: "Candy Cane Christmas"

If you are interested in hosting a Gala table, please attend the
Gala meeting on November 12th at 5:00 p.m. at the Senior Center.



Daylight Savings

Time Ends on
11/3/2024!

Set clocks
back
1 hour!



EVENTS Coming Soon...

November - Veterans' Breakfast 11/8
Branson Extravaganza 11/18 - 11/23
Thanksgiving Potluck 11/27

December - Christmas Gala & Silent Auction
"Candy Cane Christmas" 12/13
Adopt-A-Senior for Christmas

Center Happenings

15th Annual Christmas Gala
“Candy Cane Christmas”
December 13, 2024



Dinner, Entertainment,
Beautifully Decorated Tables
& Silent Auction
Join us for an elegant evening!
To host a table or purchase a ticket,
please see staff.
Limited availability.
For information call 615-563-5304.

Foot Care Clinic

Keli Cavender, LPN - Foot Care Specialist
November 19th 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.

\$50 per person

Grant-funded 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.

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 to reserve your congregate meal.
Meals are dine-in only.
Menus are available at the Front Desk.

Veterans’ Breakfast
We are hosting a breakfast
to honor our veterans on
Friday, November 8th at 9:00 a.m.

THANK YOU VETERANS
REMEMBER AND HONOR

Thanksgiving Potluck
November 27th at 12:00 noon
Please bring a dish & celebrate
Thanksgiving with friends!
Senior Center will
provide ham,
turkey, rolls and drinks.
Come join us!!!

CRAFTS with Shanda
of CenterWell
Primary Care
November 13th
at 12:00!

Lou Nave/John
Rose’s Representative
Wednesday, 11/13
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 !

Wreath Making Class
with Deb Wessel
November 4th at
12:00 noon.
Bring your own
materials and make a
beautiful Fall or Christmas Wreath for
yourself or someone else. *Get Creative!*

Health Screening...
Blood Pressure
Checks
Wednesdays
10:00 a.m.
with Melanie!

BINGO!
12:00 noon

Jodi with Buckeye - 11/7
Ed with MedicareHub - 11/14
Claire with AdamsPlace - 11/20
Melanie with Adoration- 11/21

Butterbean Auction with
Melanie of HomeFirst
November 26th at 12:00!

“Adopt-A-Senior”
If you would like to adopt
a special senior for
Christmas, please select a star from
our tree in the front foyer.
Stars will be available December 2nd!
Your generosity in giving will make
someone’s Christmas a little brighter.
When you take a star, please let staff
know. Gift wrap or bag your gift and
return it to the office by December
16th, in time for delivery before
Christmas.
Thank you for giving!!!

BRANSON MISSOURI
Branson Trip Meeting
November 6th at 4:30 p.m.
Senior Center Cafeteria

Senior Center will be **CLOSED...**
Veteran’s Day
November 11th
Thanksgiving
November 28th and November 29th