




February 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 8:30 Reminiscence Time 9:00 Silver Sneakers Classic 10:00 Tai Chi 12:00 At Home Health Care Bingo	2 8:30 Reminiscence Time 9:00 Silver Sneakers Classic 10:00 Tai Chi 12:00 At Home Health Care Bingo	3 8:30 Reminiscence Time 9:00 Cardio Class 10:30 Senior Sing-A-Long 12:00 What's in the Bag? 4:30-6:00 Exercise Room Open 4:30 SilverSneakers Classic	4 8:00 Deborah on WBRY 8:30 Reminiscence Time 9:00 SilverSneakers Yoga 9:00-11:00 Painting with Liz 10:00 Tai Chi 4-6 FREE Ball Room Dance Class	5 8:30 Reminiscence Time 9:00 SilverSneakers Classic 12:00 Pictionary!!!	6 8:30 Reminiscence Time 10:00 Busy Fingers 7:00 p.m. Music Night James Hamlet and "The Family Tradition Band"	7	
8	9 8:30 Reminiscence Time 9:00 Silver Sneakers Classic 10:00 Tai Chi 12:00 CareAll Brain Games 12:30-1:30 Line Dancing	10 9:00 Cardio Class 9:00-11:00 Wanda's Senior Cuts \$10.00 10:30 Senior Sing-A-Long 4:30-6:00 Exercise Room Open 4:30 SilverSneakers Classic	11 8:30 Reminiscence Time 9:00 SilverSneakers Yoga 9:00-1:00 VITA FREE Tax Assistance Must call and sign up ahead of time! 10:00 Tai Chi 4-6 FREE Ball Room Dance Class	12 <u>Commodity Delivery</u> 8:30 Reminiscence Time 9:00 SilverSneakers Classic 12-1 Riverside Bingo	13 8:30 Reminiscence Time 10:00 Busy Fingers 12:00 Valentines Day Party!! After lunch will have sweets and punch.	14	
15 Closed for President's Day 	16	17 8:30 Reminiscence Time 9:00 Cardio Class 10:30 Senior Sing-A-Long 12:00 Pictionary!! 4:30-7:00 Exercise Room 4:30 SilverSneakers Classic	18 8:30 Reminiscence Time 9:00 SilverSneakers Yoga 10:00 Tai Chi 11:30 Lunch and Learn RN Barbara Prater from the Health Department 4-6 FREE Ball Room Dance Class	19 8:30 Reminiscence Time 9:00 SilverSneakers Classic 12-1 Parkview Bingo	20 8:30 Reminiscence Time 10:00 Busy Fingers 1-3 Meet and Greet with Mark Pody 12:00 Willowbrook Bingo!! 7:00 p.m. Music Night 'Lost in Tyme' \$5.00 Admission	21	
22	23 8:30 Reminiscence Time 9:00 Silver Sneakers Classic 10:00 Tai Chi 12:30-1:30 Line Dancing	24 8:30 Reminiscence Time 9:00 Cardio Class 10:30 Senior Sing-A-Long 12:00-2:00 Movie and Popcorn 4:30-7:00 Exercise Room 4:30 SilverSneakers Classic	25 8:30 Reminiscence Time 9:00 SilverSneakers Yoga 10:00 Tai Chi 11:30 Soup and Sandwich Day 4-6 FREE Ball Room Dance Class	26 8:30 Reminiscence Time 9:00 SilverSneakers Classic 12-1 Suncrest Bingo	27 8:30 Reminiscence Time 10:00 Busy Fingers Trivia after Lunch	28	
		<p><i>"Away in a meadow all covered with snow The little old groundhog looks for his shadow The clouds in the sky determine our fate If winter will leave us all early or late." - Don Halley</i></p>				<p><i>"If apples were pears And peaches were plums And the rose had a different name. If tigers were bears And fingers were thumbs I'd love you just the same." - Valentine's Day Songs and Poems</i></p>	

Happy Valentine's Day

February is Have a Heart month!!

During the month of February, the Center does a month long fundraiser. Any donations given to the Senior Center will be categorized as: Bronze \$5.00-\$99.00, Silver \$100.00-\$249.00, Gold \$250.00-\$499.00, Platinum \$500.00-\$999.00, and Titanium \$1,000.00 and up!! The names of donors will be placed on the plaques in our front hallway. We appreciate any donation that is given to the Senior Center. All donations will go towards the different programs to help make the Senior Center the place you want it to be!

Arrow

Be Mine

Candy

Card

Chocolate

Couples

Cupid

Hand holding

Heart

Hugs

Kisses

Love

Lovers

Romance



Date

Diamond

February

Feelings

Flowers

Friendship

Gift

Roses

Stroll

Suitors

Valentine

Valentine's Day Word Search

E	S	M	W	B	F											
T	R	A	E	H	C	A	R	D	N							
O	R	O	S	E	S	V	I	V	M	N	F					
O	F	L	O	W	E	R	S	G	E	C	A	N	D	Y	X	
H	A	N	D	H	O	L	D	I	N	G	L	L	O	R	T	S
H	U	G	S	T	C	D	P	D	K	F	B	E	M	I	N	E
Q	S	R	O	T	I	U	S	U	N	E	C	N	A	M	O	R
D	I	P	U	C	H	O	C	O	L	A	T	E	V	Z		
S	G	N	I	L	E	E	F	C	G	I	F	T				
F	R	P	V	N	D	I	A	M	O	N	D	Z				
Y	E	W	Y	R	A	U	R	B	E	F						
V	V	P	Q	R	T	I	Y	T								
O	U	R	Z	E												
L	O	V														
W																



Cannon County Senior Center

609 W. Lehman Street
Woodbury, TN 37190

Non-Profit
Org.
U.S. Postage
PAID

Returned Service Requested



Thank You Funds received under the Older Americans' Act through the Tennessee Commission on Aging and Disability are used to produce this newsletter. United Way, Jim Cummings Fund, City/County Funds, MTEMC, DTC Communications, UCDD, State Farm & Middle TN. Gas support the Cannon County Senior Center. All donations are tax deductible.

Trips for 2015!!!

Call the Cannon County Senior Center for additional information on our trips!

Day Trip!! March 6th!! 9:30a.m-3:00

Come join us on this wonderful trip to see over 60 wedding dresses dated back to the 1800s. After the wedding dress tour we will have lunch on your own at the Historic City Café! Admission for this trip will be \$20.00! For this trip we need at least 20 people to attend. Please call and sign up!

Southern California & Queen Mary Getaway

April 12-16, 2015

- 5 Nights on the Queen Mary
- Los Angeles City Tour
- Hollywood & Walk of Fame
- Beverly Hills & Rodeo Drive
- Santa Monica Pier & Boardwalk
- Warner Brothers Studio Tour
- Wayfarers Chapel
- Whale & Dolphin Search Cruise

And much more!!!

\$2049 Per Person Double

Single is + \$450

Price includes:

- Roundtrip Airfare— BNA
- 5 Nights Accommodations
- 8 Meals: 5 Breakfasts, 1 Lunch,
- 2 Dinners
- Hotel Transfers
- Professional Tour Guide



Western Frontiers featuring Mt. Rushmore, Yellowstone & the Badlands

August 19th, 2015

9 days

- Yellowstone National Park
- Mount Rushmore
- Mount Rushmore at Night
- Buffalo Bill Historical Center
- Devil's Tower
- Deadwood
- Salt Lake City Tour

Price: \$2550 Per Person/Double

Single: + \$950.00

Price includes:

- Roundtrip Air—BNA
- 12 Meals
- Hotel Transfers
- Professional Tour Guide



CHICAGO

JUNE 8-12, 2015

- Motorcoach transportation
- 4 nights lodging
- 8 meals: 4 breakfasts & 4 dinners
- Museum of Science and Industry
- Willis Tower Observation
- Tour of Chicago
- Cruise Lake Michigan
- Natural History Museum
- Navy pier and more

We must have 30 people going before trip will leave!

\$470.00 per person, double occupancy

Insurance: \$35.00

Single occupancy: \$590.00



SAVANNAH, JEKYLL ISLAND, & BEAUFORT

OCTOBER 12-16, 2015

- Motorcoach transportation
- 4 nights lodging
- 8 meals: 4 breakfasts & 4 dinners
- Tour Jekyll & St. Simons Island
- Tour Beaufort, South Carolina
- Visit Parris Island
- Tour Savannah
- Dinner and Entertainment and more!

We must have 30 people going before trip will leave!

\$460.00 per person, double occupancy

Insurance: \$35.00

Single occupancy: \$560.00



Inside this issue:

- HAVE A HEART!! 1
- Valentines Party! 1
- Healthy Living 2
- Regular Monthly Events 2
- Center Happenings 3
- Trips 4

HAVE A HEART CAMPAIGN IS HERE!!!!

Starting in February, we will be giving the community and members of the Senior Center an opportunity to support our programs through our annual **HAVE A HEART CAMPAIGN!** Any donation is appreciated, from small to large! Be watching for the pink Have a Heart donation form in your newsletter. If you would like to make a donation in honor or memory of someone, please indicate this on the pink form. All donations will be used here at YOUR Senior Center. We are constantly working on new programs and improvements to make the Center a better place for you!

VALENTINE'S DAY PARTY

On Friday, February 13th, we will provide Valentine's Day Cake and punch after lunch! Join us for a fun time, and bring a picture of you with your sweetheart for the "Guess Who?" game! We will display the pictures and give people a chance to guess who they are! This can be a picture of you with your husband, wife, boyfriend, girlfriend, grandkids, family members or pets... whoever you consider your "sweetheart"! Pictures can be vintage, from the past, or recent. Let's have a lot of pictures to keep us guessing!!!

February is here, and LOVE is in the air! We certainly feel it all around us at the Senior Center as our Have-A-Heart Campaign begins. This campaign promotes "having a heart for seniors." It is the love, kindness and generosity of others that makes the Center such a special place. **THANK YOU** for your donations and support!

In Remembrance: We have lost some very dear members and close friends recently at the Senior Center. We treasure the imprint they have left on our hearts and lives, and we will never forget them. It reminds us that life is short. Be sure to LOVE MUCH!!!

Our piano is tuned and sounds great! We appreciate Col. Jim Stone, who donated the wonderful piano in memory of his mother, "Granny" Stone, to the Center. Please join us each Tuesday for our sing-a-long, and stop by any time to hear a tune. If you hear music and no one is sitting at the piano, you are not hearing things... It is a player piano!

Deborah L. Shahan, Director

Center Staff

Director:

Deborah L. Shahan, M.A.

HELP Coordinator:

Stevi K. Vinson

HELP Assistant:

Reba Prater

Program Coordinator:

Sheila Long

Office Assistant:

Juanita Farless

Plus our wonderful

Volunteers that help us provide all of our

programs. Contact us at: 615-563-5304

Visit Our Website:

www.thecentercannon.org



- February 4th– Painting w/Liz 9:00-11:00 sign up at front desk
- February 18th- “Lunch and Learn” with RN Barbara Prater from the Cannon County Health Department at 11:30
- February 5th & 17th– Pictionary!! 12:00
- February 20th– Meet and Greet with Mark Pody 1:00-3:00
- February 27th– TRIVIA! after lunch

Recipe of the Month

CHOCOLATE COBLER

Ingredients:

- 1 cup flour
- 1/2 cup sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 tablespoons cocoa
- 1/2 cup milk
- 3 tablespoons vegetable oil
- 1 cup packed brown sugar
- 1/4 cup cocoa
- 1 1/3 cups hot water

Directions:

1. In bowl, combine flour, baking powder, salt, sugar and 2 T. cocoa
2. Stir in milk and oil until smooth.
3. Pour into a greased 8 inch square baking pan.
4. Combine brown sugar and the 1/4 cup cocoa.
5. Sprinkle over batter.
6. Pour hot water over the top (DO NOT STIR)
7. Bake at 350 degrees for 45 minutes or until cake springs back when touched. This cake makes its own chocolate sauce!!

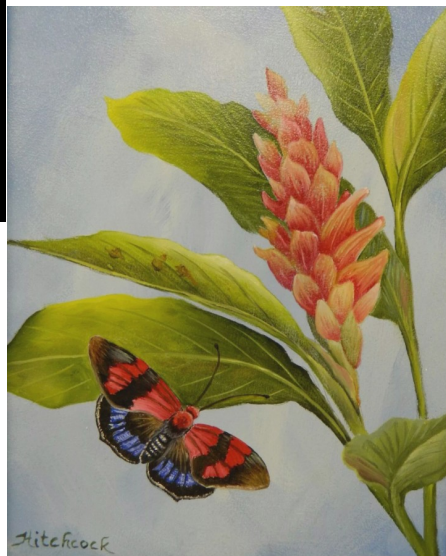
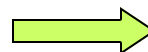


- SilverSneakers Classic on Monday, Thursday at 9:00
- SilverSneakers Cardio Tuesday at 9:00
- SilverSneakers Yoga Wednesday at 9:00
- SilverSneakers Classic Tuesday at 4:30 pm
- Exercise Room open 4:30– 6:00 Tues. pm
- Line Dancing Monday at 12:30

- Busy Fingers every Friday at 10:00
- Reminisce Time 8:30-10:30 M-F
- TRIVIA! After lunch Feb. 27th
- FREE Ballroom Dance Class 4-6 on Wednesdays!
- Wanda's Senior Cuts on Tuesday Feb. 3 & 24 9:00-11:00 \$10.00

- Soup/Sandwich Day February 25th
- Popcorn and a Movie! February 24th

Painting with Liz will be on February 4th from 9:00-11:00. If you are interested please give us a call. Cost is \$20.00!!



Regular Monthly Events

- At Home Healthcare 1st Monday
- CareAll Trivia Games 2nd Monday
- Creekside Assisted Living 3rd Monday
- Willowbrook 3rd Friday



- Senior Center 1st Thursday
- Riverside 2nd Thursday
- Parkview 3rd Thursday
- SunCrest 4th Thursday
- Aid & Assist 1st Friday

CENTER HAPPENINGS!!

www.thecentercannon.org

- **Senior Sing-A-Long** on February 3rd, 10th, 17th, and 24th at 10:30 in the Social Room. The player piano is up and running! Come join us!
- **Music Nights in February! “James Hamlet & the Family Tradition Band” on February 6th and “Lost in Tyme” on February 20th.** Doors open at 6:00, music starts at 7:00. Admission is \$5.00.
- **FREE TAX ASSISTANCE PROVIDED BY VITA THROUGH UNITED WAY! SIGN UP AT THE FRONT DESK**
- **WE WILL BE CLOSED ON FEBRUARY 16TH FOR PRESIDENT’S DAY!!**

TUESDAY NIGHT EXERCISE CLASS TIME CHANGE!!!

The SilverSneakers Classic class will begin at 4:30 on Tuesday nights starting in February. The exercise room will be open from 4:30 till 6:00 for those wanting to use the exercise equipment. We have Treadmills, Vibe-fits, a PhysioStep, Stair Stepper, Universal Gym, and an Ab-Torso machine for use by our members. Let your friends know about all the good things that are happening here at the Center!

BLACK HISTORY MONTH

In honor of Black History Month we will be showing the film, **“THE LONG WALK HOME”**. This film is about Mrs. Miriam Thompson (Sissy Spacek) who finds herself in the middle of a Civil Rights revolution when she helps her maid (Whoopi Goldberg) during the infamous bus boycott of the 1950s. So come join us for this film on

February 24th for POPCORN AND A MOVIE!

“VITA” TAX ASSISTANCE PROGRAM—PROVIDED BY UNITED WAY

Volunteer Income Tax Assistance (VITA) is a FREE service that aids qualifying seniors in claiming their tax refund dollars. The 2015 VITA program is available to any household with an annual income of \$58,000 or less. United Way Volunteers will be at the Senior Center on February 11th, March 4th and March 25th from 9:00 a.m. to 1:00 p.m.

TO SCHEDULE AN APPOINTMENT, call the Senior Center at 563-5304!

Congratulations to Carla Y. Bush on her new job with UT Extension Service in Rutherford County. Carla has made a significant impact on the Senior Center over the years as a board member and board chairman, and in providing health education classes. Carla will be missed in Cannon County and at the Center. We wish her well in her new adventures.

THANK YOU Carla!

We want to welcome Wanda Hall as our new Board Chairman and Tim Akers as Board Vice-Chairman.

REMEMBER...WHEN THERE IS INCLEMENT WEATHER, PLEASE CALL THE SENIOR CENTER TO SEE IF WE ARE OPEN! WE WILL ALSO PUT AN ANNOUNCEMENT ON WBRY RADIO 1540!

Call The Center @ 615-563-5304