

Cannon County Times

Cannon County Senior

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Website: Cannontimes.com

Connie Rigsby, Director

May 2012

- **Special Points of Interest:**
- **Good Ole Days**
- **Congressman Diane Black**
- **Arthritis Foundation Self-Help Program**
- Art Class
- Journaling Class
- Tole Painting Class
- Night Line Dancing
- Salad Day

New this Month

Congresswoman Black	3
AseraCare - Chit Chat	3
AARP Driver Safety	10-11
Arthritis Self- Help	22-29
AARP—Bob Paredes	29

Office Staff:

Christin Duncan—Help Coordinator
 Karen Campbell— Media Coordinator
 Reba Prater—HELP Assistant/Thrift
 Juanita Farless —Task Assistant

Special Thanks to our wonderful Volunteers that help us provide all of our programs.

Contact us at
 615-563-5304.

From the Director:

Welcome to May, May is National Older American Month and National Arthritis Month , come by and enjoy the activities , class and trips we have in store for you this month. We have Congresswoman Diane Black coming May 3rd for a Town Hall Meet & Greet. ON May 22nd we are starting a six week class developed by Stanford University, called Arthritis Foundation Self-Help program registration is \$10.00. Then on **MAY 18 & 19** we will be hosting the **GOOD OLE DAYS Festival**, with parades, dog shows, Cannon Ball 5K Run, Pageants, food and craft vendors, horses, antique cars ,trucks and tractors and lots of fun, come on down to the square. If you are interested in exercise we have you covered M-F from 8-4 classes or in our full exercise room. Maybe you want to learn something and would be interested in oil painting, tole painting or crochet classes. There are still a few sets left on or Lancaster trip and Mackinac Island trip.

Connie C. Rigsby, Director

Congresswoman Diane Black

May 3, 2012

2:30 - 3:15

Town Hall Meet and Greet

Everyone welcome!



Senior Summit & Pizza Party

May 3rd 2:00 - 2:30

Lets talk about what you would like to see and do at the Center in the coming year of 2012 and 2013.

Brings your friends we want to hear your ideas on trips, programs and clubs.



Health and Education Topics in MAY



May 3rd— Congressman Diane Black
May 3rd— Chit Chat John & Asera Care

May 10th & 11th – AARP Drive Safety Program

May 7th & 14th— Painting Class

May 22 & 26—Arthritis Foundation Self-Help Program

May 29th—You Got a Say

***SilverSneaker classes Monday, Tuesday, Wednesday and Thursday check out the times on the calendar.**

**** Nurse on Duty every Thursday provided by Stones River Hospital at 10 am. Stop by to have your blood pressure taken or have a consultation.**

Bingo provided this month by:

SunCrest Home Health
Riverside
Broadmore Senior
Living
Parkview Meadows
Creekside Assisted
Living
Windsor

***Please be sure to Thank each group that provides our weekly fun!**

Tole Painting with Trish

Class May 10th

Project cost is \$10.00

Class includes all paints, brushes and project materials

Wear clothing that are paint friendly.

Class time

1:00 to 4:00

6:00 to 9:00



SALAD DAY is May 30th

Come enjoy a cool refreshing salad. If you haven't been to a salad day, you don't know what you are missing. If you would like to bring dessert please do.

We have salad day as a Board Member fundraiser don't forget to make a small donation for all the salad you can sit down and eat.



Join us for Regular Monthly Events:

- SilverSneakers Exercise classes every Monday and Thursday at 8:30 and 9:30am.
- SilverSneakers YogaStretch Wednesdays at 9:00.
- SilverSneakers Cardio Circuit Tuesdays at 8:10am
- Bingo every Monday and Thursday at 12:00.
- Line Dancing 12:30 on Mondays.
- Line Dancing 6:00pm on Tuesdays
- Journaling Class every Friday .
- Nurse on Duty every Tuesday.
- Rook Club twice a month.
- Crochet class every Tuesday
- Monthly Health Programs.
- Crochet Class Tuesdays at 9:00.
- Oil Painting class once a month.
- Tole Painting once a month
- Various types of computer classes.



Every Tuesday at 9:00 we are having a crochet class/club. Always wanted to learn? It's not too late. Already know how? Enjoy visiting and sharing patterns as you complete a crochet project.



Line Dancing

on Mondays at 12:30 pm. !

Night Class

Tuesdays at 6:00 pm

Big Bingo Winner

Lillian Sanders



With

John from AseraCare

May 3 at 10:15– 11:15

Volunteer

Appreciation Day

Top Volunteer

Yvonne Grimes with
over 184 hrs.



Top Community

Volunteer

Dr. Michael

Thomas



Arthritis Foundation Self-Help Program

This class will meet on Tuesday's for six-weeks from 12:00 to 2:00 being May 22 through June 26. The first 10 people to register will receive a \$10 scholarship for the program which pays for there class, so for the **first 10 people to register the class will be free**, all others there is a \$10 fee. This is a program designed for persons with Arthritis disease. The program helps to manage your arthritis on a day-to-day basis. The benefits of this program include Reducing pain by 20%, Reducing doctors visits by 40%.Participants gain knowledge and self-confidence to control there arthritis symptoms.

AARP Driver Safety Program

May 10th - 11th

12:00 to 4:00pm

Class Fee: \$12:00 members

\$14.00 Non-members

Class will make you eligible for a

3 year discount on your auto insurance

Register by calling 563-5304 or come by center and register .

Instructor—Bob Paredes

AARP You Got A Say Forum

May 29th 10–11:15

AARP wants your inputs concerning Social Security and Medicare. You've paid into both of these programs throughout your adult life and AARP wants to know your concerns and opinions on how to improve and strengthen these programs. Currently the politicians in Washington are formulating their own programs without your inputs. AARP is conducting these listening sessions throughout the United States to provide you with a voiced that will extend to the halls of Congress about what you think should be done to save these programs. The session will be led by Bob Paredes at the senior center. Be part of the solutions not part of the problem. We need your voice. AARP is listening to you.

Cannon County Senior Center

609 W. Lehman Street
Woodbury, TN 37190

Non-Profit

Org.

U.S. Postage

PAID

Woodbury, TN

Return Service Requested

Please note that the Senior Center has
changed its address to 609 W. Lehman St.
please don't mail to the P.O. Box.

THANK YOU! Funds received under the older Americans' Act are used to produce the newsletter. United Way, Susan G. Komen, General Mills, Jim Cummings Fund, City/County Funds, MTEMC Middle TN. Gas and Lions Club Supports the Cannon County Senior Center. All donations are tax deductible.

Reservations Needed For:

Arthritis Foundation Self-Help Program, AARP Driver Safety Program, Mackinac Island, Lancaster PA, Tole Painting and Oil Painting Classes
Call us at 615-563-5304!

Lancaster

Dutch Country

4 seats left

- Motorcoach

- 5 nights lodging including 3 consecutive nights in Lancaster area
- 8 meals- 5 breakfast and 3 dinners
- "JONAH" Show at the Sight and sound Millennium Theater
- Guided tour of LANCASTER including Amish Country
- Visit Kitchen Kettle Village
- Admission to Mennonite Information Center
- Admission to Landis Valley Museum & Village
- Visit Gettysburg National Military Park Museum and Visitor Center
- much more.

\$545*

6 Days 5 Nights

Per Person, Double Occupancy
(Sun-Fri)

June 3-8, 2012

Mackinac Island

- Still have seats open
 - Motorcoach
- 6 nights lodging including 4 consecutive nights in Northern Michigan
- 10 meals- 6 breakfast and 4 dinners
- Visit the Mackinac Island, including a Guided Carriage Tour
- Visit to Mackinaw Crossings
- Boat ride through the Soo Locks and free time and sightseeing in Sault Sainte Marie
- Guided Tours Mackinaw City
 - Admission to Colonial Michilimackinac
 - much more.

\$675*

7 Days 6 Nights

Per Person, Double Occupancy
(Sun-Sat)

August 5-11, 2012

2nd bus added

**The Good Ole Days
May 18 - May 19
ON the Square
Woodbury, TN.**

**FUN
FOOD, CRAFTS
PARADE
DOG SHOW
5K CANNON BALL
RUN/WALK**

**PAGEANTS
BABY SHOW
LITTLE MISS & JR. MISS
MISS TEEN
MISS GOOD OLE DAYS
MS.SENIOR GOOD OLE DAYS**

**Senior Fun Events
Talent Contest
Decorated Hat
Hog Calling
Hula Hoop Contest
Prettiest Legs
Pick up forms at Center or
Call 615-563-5304**

MAY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:10 SilverSneakers Cardio 9:00 Crochet Class 10:00 Nurse on Duty 6:00 Beginning Line Dancing	2 9:00 SilverSneakers Yoga Stretch	3 8:30 SilverSneakers 9:30 SilverSneakers 10:15 Morning "Chit Chat" 11:30 Bingo –Broadmore 2:00 Pizza Party 2:30 Congress Women Black	4 9:30 Journal Class	5 Rook Club
6	7 8:30 SilverSneakers 9:30 SilverSneakers 12:30 Line Dancing 1:00 Art Class w/Liz	8 8:10 SilverSneakers Cardio 9:00 Crochet Class 10:00 Nurse on Duty 1:00 Relative Caregiver Support Group 6:00 Beginning Line Dancing	9 9:00 SilverSneakers Yoga Stretch	10 8:30 SilverSneakers 9:30 SilverSneakers 12:00 AARP Driver Safety Program 12:00 Bingo - Riverside 1:00 Tole Painting with Trish	11 9:30 Journal Class 12:00 AARP Driver Safety Program	12
13	14 8:30 SilverSneakers 9:30 SilverSneakers 12:00 Bingo –Windsor 12:30 Line Dancing	15 8:10 SilverSneakers Cardio Circuit 9:00 Crochet Class 10:00 Nurse on Duty 6:00 Beginning Line Dancing	16 9:00 SilverSneakers Yoga Stretch	17 8:30 SilverSneakers 9:30 SilverSneakers 12:00 Bingo-Parkview Meadows	18 9:30 Journal Class	19 Rook Club 
20	21 8:30 SilverSneakers 9:30 SilverSneakers 12:30 Line Dancing	22 8:10 SilverSneakers Cardio Circuit 9:00 Crochet Class 10:00 Nurse on Duty 12:00 Arthritis Self-Help Program 6:00 Beginning Line Dancing	23 9:00 SilverSneakers Yoga Stretch	24 8:30 SilverSneakers 9:30 SilverSneakers 12:00 Bingo - SunCrest	25 9:30 Journal Class	26
27	28 Closed for Memorial Day	29 8:00 SilverSneakers Cardio Circuit 9:00 Crochet Class 10:00 Nurse on Duty 10:00 You Have a Say Fourm 12:00 Arthritis Self-Help Program	30 9:00 SilverSneakers Yoga Stretch 11:30 SALAD DAY	31 8:30 SilverSneakers 9:30 SilverSneakers 12:00 Bingo - CCSC Office		