

**Cannon County Senior Center**

609 W. Lehman Street  
Woodbury, TN 37190

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# November

**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, General Mills, UCDD, State Farm, Middle TN. Gas and other donors support the Cannon County Senior Center. All donations are tax deductible.

**Biltmore Estate & Asheville, NC**

*April 17th-20th 2017*  
**(Mon-Thurs)**

Motor coach Transportation  
3 Nights Lodging  
6 Meals: 3 Breakfasts and 3 Dinners  
Guided Tour of Asheville, NC  
Full Day Visit to Biltmore Estate  
Guided drive along the Blue Ridge Parkway  
Visit to the famous Folk Art Center & Blue Ridge Parkway Visitor Center  
Double Occupancy \$395  
For more information and reservations contact:  
Deborah Leach  
615-563-5304

**Visit Beautiful Ireland!**

October 25th-  
November 1st, 2017

Highlights include Dublin, Irish Night, Kilmainham Gaol, Blarney Castle, Killarney, Dingle Peninsula, Cliffs of Moher, and Cabra Castle.

Includes nine meals (6 breakfasts and three dinners)

Double occupancy \$2,799 before April 26th, 2017.

Contact Deborah Leach at the Senior Center for more information

615-563-5304

ccsc@dtccom.net

**Cannon County Senior Center**

**Hours of Operation**

Monday-Friday 8:00 a.m. – 4:00 p.m.

**The Ark Encounter**

June 12-16, 2017

(Mon-Fri)

Motor coach Transportation

4 Nights Lodging

8 Meals: 4 Breakfasts and 4 Dinners

Admission to Ark Encounter and Creation Museum

Exclusive Diamond Tours Dinner Party with Entertainment

Admission to the Top Rated Newport Aquarium and Cincinnati Zoo and Botanical Gardens

Double Occupancy \$549

For more information and reservations contact:

Deborah Leach

615-563-5304

Virginia Beach, Norfolk, & Colonial Williamsburg

September 24th-30th, 2017

More information coming soon!

Travel with us in 2017!!!

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**Center Staff**

Director:

Deborah Leach, M.A.

HELP Coordinator:

Stevi K. Vinson

HELP Assistant:

Reba Prater

Program Coordinator:

Dericka Simmons, B.S.W.

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.cannoncountyseniorcenter.com

**TN SHIP Open Enrollment**

On November 17th from 9:30 am until 3:00 pm, representatives from TN SHIP will be assisting seniors with switching, dropping, or adding Medicare drug coverage. If you are interested in exploring your options, there is no obligation to make a change. Call and schedule your appointment today!

**Lunch & Learn: Financial Fraud**

On November 16th at 11:30 am Stephanie Willeby will be giving a presentation on issues of financial fraud facing seniors today. This is also a potluck event, so bring your favorite dish as well as all your questions!

*From the Director,*

“Give thanks with a grateful heart, give thanks...” are words to one of my favorite songs, which is certainly appropriate for this time of year. We want to express thankfulness for those who so richly bless our lives. At the Senior Center, we are thankful for... our governing board members who give of their time and expertise, our staff who are truly dedicated to our mission, our volunteers who are so helpful, our community partners who make our programming and activities possible, our donors who are very generous, and our members who are like family. We want to express thankfulness to our local government for supplying us with such a wonderful facility. We are grateful to our veterans for their service and our freedom. Let us also not forget to thank our families and friends for their ongoing love and support. I will be in Italy from November 3rd-11th with a group from the Senior Center. This will be an adventure, and a trip of a lifetime, for me! Be sure to notice our travel trips for 2017. We will be traveling to... the Biltmore in North Carolina, Ark Encounter in Kentucky, Virginia Beach and Williamsburg, and Ireland! Come travel with us!

**Our Christmas Gala is December 9th! Please mark your calendars!**

*Deborah R. Leach, Director*

### Cap Tel Phones

Is it difficult for you to hear others on the phone? There may be a solution! Come learn about the benefits of receiving a captioned phone from Cap Tel.

November 15th at 11:45am



### Physical Therapy

The Physical Therapy Department at St. Thomas Stones River Hospital will be giving a presentation on November 21st at 11:45am. Join us for some great conversation!

### Music Night & Soup Supper



Supper at 5pm & Music Starts at 7pm

Admission \$5

Soup Supper \$5

Rode West Band

November 4th

Come by for our annual Thanksgiving Potluck tradition on Wednesday, November 23rd at 11:30am.

The Center will provide turkey, ham, and dressing. Please bring your favorite side dish.



### Book Club



Our regularly scheduled meeting has been changed due to conflicts with other events. This month, we will meet Monday, November 7th at 12:30pm.

### Documentary Day

Drop by for hot popcorn and a fun learning experience!

November 22nd at 11:45am



- SilverSneakers Classic on Mon. Tues. & Thurs. at 9:00 Fri. at 10:00
- SilverSneakers Yoga Wed. at 8:30 & 1:00pm
- Busy Fingers every Tues. at 9 & Fri. at 10:00
- Arthritis Exercise Mon. Thurs. at 10am & Fri. at 9am
- FREE Ballroom Dance Class 3:00-6:00 on Wednesdays

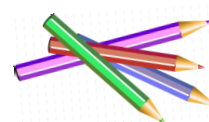
- FREE Ballroom Dance Couples ages 20-45 Thurs. 3:00-6:00. Please call 615-904-5966 if you plan to attend.
- Soup/Sandwich Day! Bring a dish and enjoy! Wednesday November 30th

- At Home Healthcare Bingo 7th
- Parkview Bingo 17th
- Adoration Bingo 10th
- Suncrest Bingo 16th & 28th
- Willowbrook Bingo 4th
- Aid & Assist Bingo 22nd



## Center Happenings

www.cannoncountyseniorcenter.com



Creative Expression Day  
November 1st at 11:45am



The Senior Center would like to express our eternal gratitude for those who have served in the military by providing breakfast on November 10th, for veterans and their families. Those who wish to honor our veterans by bringing a dish are welcome to do so by 8:15 am.

For such bravery, hard work, and dedication to our country, we want to thank all those who have courageously fought for our freedom throughout the years.

*"Without heroes, we are all plain people, and don't know how far we can go." -Bernard Malamud*

### Upper Cumberland Regional Health Dept.

Roberta Arnette from Upper Cumberland Regional Health Department will be giving a presentation on everything you need to know about cervical and breast cancer.

November 29th at 11:45am

### Yellow Dot Program

Tim Bell will be assisting those interested in the Yellow Dot program on November 8th at 12pm.

Each participant will be provided a packet to place in their vehicle that helps first responders to get the information they need as quickly as possible in an emergency.

### UT Extension Holiday Craft

Join Shavon Ward with UT for a fun project that will get you in the spirit for the holidays!

November 3rd at 10:00am

### Volunteer Project

The HELP program will be delivering Thanksgiving baskets to homebound seniors. Volunteers are needed to help organize supplies.

November 17th at 12:30pm



### Senior Stars

The holidays can be a difficult time for some. Give the gift of Christmas cheer by adopting a senior through the HELP program. Senior stars will be available for pick up on November 21st in the office. Please notify a staff member if you take a star off of the tree. All gifts need to be returned by December 19th.

### Cooking with the Center!

Come by to learn a new recipe for a Thanksgiving treat.  
November 9th at 11:30am

### Jim Valdez Concert

Stop by for great music and light refreshments.  
November 14th at 11:45am

### Baby Shower



Our favorite kitchen worker Samantha Hurley is expecting! Come celebrate with us on November 30th at 2:00pm.



### Walking Club

Don't forget about walking club! Check your calendar for upcoming dates and times.

