




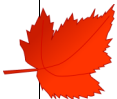








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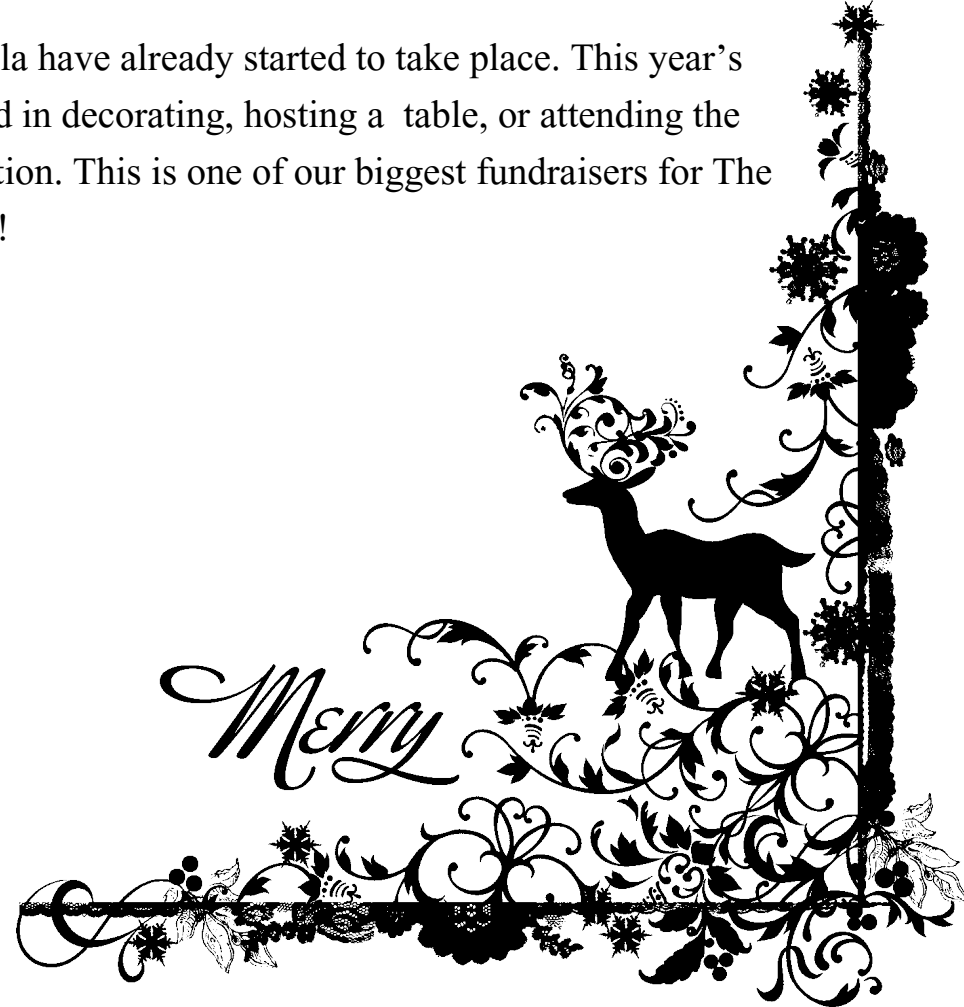
<p>1</p>	<p>2 9:30 SS Classic 12-1 At Home Healthcare Bingo 12:30-1:30 Line Dancing</p> 	<p>3 9:30 SS Circuit 10:30-11 Senior Sing Along 11:30-12:30 Health Screenings 11:45 Center Bingo 4:30-5:30 Chair Aerobics 4:30-6:30 Open Exercise Room</p>	<p>4 9:30 SS Yoga 10-4 TN SHIP Open Enrollment 3-6 FREE Ball Room Dance Class</p>	<p>5 9:30 SS Classic 11:45 Manchester Health Care "What's in the bag?" 3-6 Free Ballroom Dance Couples</p> 	<p>6 9:30 SS Circuit 10am Busy Fingers 11:45-12:45 Genealogy 6:00 Soup Supper Road West Band Music Night</p> 	<p>7</p>
<p>8</p> 	<p>9 9:30 SS Classic 11:45-12:45 Gentiva Bingo 12:30-1:30 Line Dancing</p>	<p>10 8:15 Veteran's Day Breakfast 9:30 SS Circuit 10:30-11 Senior Sing Along 11:30-12:30 Health Screenings 11:45-12:45 Brain Games 4:30-5:30 SS Yoga 4:30-6:30 Open Exercise Room</p>	<p>11</p> 	<p>12 9:30 SS Classic 11:45-12:45 Ipad Class 12-12:30 Riverside Bingo 3-6 Free Ballroom Dance Couples</p>	<p>13 9:30 SS Classic 10am Busy Fingers 11:30 GAME DAY! 11:45-12:45 Trea Wessel Presentation</p>	<p>14</p>
<p>15</p>	<p>16 9:30 SS Classic 12-12:30 Creekside Bingo 12:30-1:30 Line Dancing</p>	<p>17 9:30 SS Circuit 10:30-11 Senior Sing Along 11:30-12:30 Health Screenings 11:30-12:30 Scrapbooking 4:30-5:30 SS Circuit 4:30-6:30 Open Exercise Room</p>	<p>18 9:30 SS Yoga 11:30 Lunch & Learn with Beesely Animal Foundation 3-6 FREE Ball Room Dance Class</p>	<p>19 9:30 SS Classic 12-12:30 Parkview Bingo 3-6 Free Ballroom Dance Couples</p> 	<p>20 9:30 Chair Aerobics 10am Busy Fingers 12-12:30 Willowbrook Bingo 12:30-2:00 Grief During the Holidays 6:00 Gilley Brothers Music Night</p>	<p>21</p>
<p>22</p> 	<p>23 9:30 SS Classic 11:45-12:45 Careall Bingo 12:30-1:30 Line Dancing</p>	<p>24 9:30 SS Circuit 10:30-11 Senior Sing Along 11:30-12:30 Health Screenings 11:45-12:45 UT Ext. Nutrition Presentation 4:30-5:30 SS Classic 4:30-6:30 Open Exercise Room</p>	<p>25 9:30 SS Yoga 11:30 Thanksgiving Potluck Lunch 3-6 FREE Ball Room Dance Class</p>	<p>26</p> 	<p>27</p> 	<p>28</p>
<p>29</p>	<p>30 9:30 SS Classic 9-11 Wanda's Senior Cuts 11:45-12:45 UT Ext. DIY Christmas Presentation 12:30-1:30 Line Dancing</p>					

Christmas Gala



It's that time of the year again! Preparations for the Christmas Gala have already started to take place. This year's theme is "*It's Christmas.*" Please let us know if you are interested in decorating, hosting a table, or attending the event as soon as possible. Items are also needed for the silent auction. This is one of our biggest fundraisers for The Center, so your help is essential in making the occasion a success!

The Gala will be held on December 11th.



Cannon County Senior Center

609 W. Lehman Street
Woodbury, TN 37190

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**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.

New York City & The Statue of Liberty

June 9-15th 2016

- Motorcoach transportation
- 6 nights lodging including 4 consecutive nights in the NYC area
- 10 meals: 6 breakfasts and 4 dinners
- Two guided tours of New York City. See Central Park, Rockefeller Center, Times Square, Wall Street, the 9/11 Memorial, and much more!
- Visit Ellis Island and Liberty Island- home of the Statue of Liberty
- For more information, pictures, and videos visit:
www.GroupTrips.com/CannonCountySeniorCenter

WE must have 30 people to go before the trip will make!

\$695.00 per person, double occupancy

Insurance: \$35.00

Single occupancy: \$964.00

Single occupancy insurance: \$69.00



Cannon County Senior Center

Hours of Operation

Monday-Friday 8:00 a.m. – 4:00 p.m.



Happy Thanksgiving

*General Jackson Presents
Nashville Christmas Midday
Cruise*

Join us on this wonderful Christmas Day Trip! Enjoy an excellent holiday meal and amazing entertainment.

This trip will be on Saturday, December 19th, and the cost will be \$70.00.

You can't beat this trip for the price, so don't miss out and call to reserve your seat on the bus.

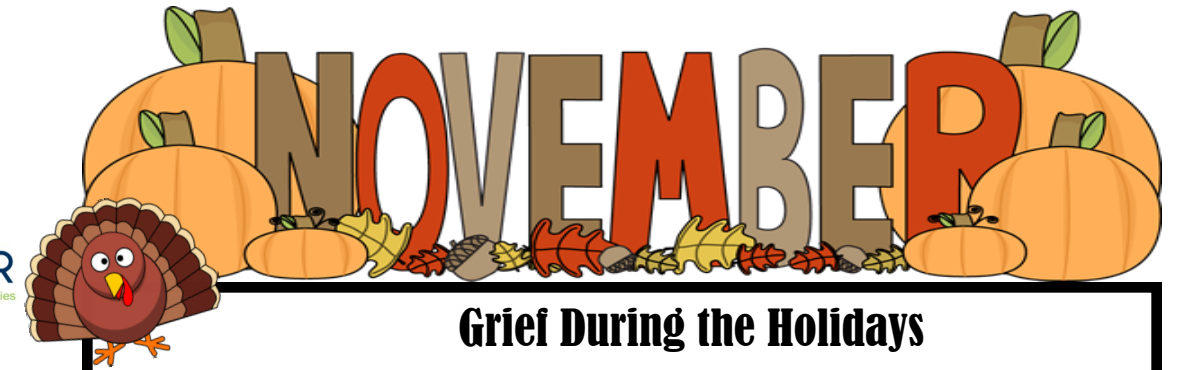
Must have payment in by November 30th!



Happy
Thanksgiving
from our
family
to yours!



THE CENTER
Promoting Independence, Wellness, and Activities



Grief During the Holidays

The holidays can be a difficult time for some, particularly those who may have lost friends or family members throughout the years. Nanette Mathe from Alive Hospice will be holding an discussion on how to deal with the loss of a loved one on November 20th at 12:30pm. Refreshments will be provided.

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Supper & A Show

November 6th, 2015
The Senior Center will be offering a soup supper for 5 dollars extra in addition to admission to hear Rode West Band. Supper will be served at 5pm and the show will begin at 7pm.

LUNCH & LEARN

Amanda Oliver from Beesley Animal Foundation will be the guest speaker on Wednesday, November 18th, for the monthly lunch and learn event. Bring your favorite dish and become an expert on pet preparedness during emergencies and inclement weather. A door prize will be awarded to one lucky guest.

Center Staff

Director:
Deborah L. Shahan, 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

November is a time of THANKSGIVING. A time of giving thanks to our veterans for their dedication, service and sacrifice. A time to give thanks to family and friends for their love and support. A time to give thanks to the many who help make the Senior Center such a wonderful place...our board of directors, staff, community partners, donors, volunteers and members. A time to give thanks to God for all things. We are truly blessed.

Our recent Diamond Tours bus trip to Savannah, St. Simon's Island, Jekyll Island, Parris Island and Beaufort, South Carolina was absolutely wonderful. The weather was incredible, and the sites could not have been any more beautiful...from ocean tides, to streets lined with Spanish moss dangling from oak trees, to historic and stately homes, to magnificent artistry in stained glass church windows, to lush green parks, etc. One of my many highlights was climbing 129 steps to reach the top of a lighthouse and standing on the outside deck. The wind was strong, but the view was priceless. Memories were made, as well as friendships. If you have not traveled with us, you have missed something special. Our next Diamond Tours bus trip will be June 9-15, 2016, when we will be traveling to New York City & The Statue of Liberty. If your prefer international travel, join us for Discover Tuscany...a trip to Italy November 3-11, 2016. If a cruise is on your bucket list, you may enjoy the Alaska Cruise Tour with Princess Cruises May 29-June 8, 2016. A professional tour guide will be on this trip. Please call the Center for more information.

It is not too soon to be planning for Christmas. Our annual Christmas Gala will be held on Friday, December 11th. The theme is "It's Christmas." Tickets are now on sale, and you will want to buy yours early.
Deborah L. Shahan, Director



- Senior Sing-Along Every Tuesday at 10:30
 - Walking Club Monday-Friday 10:30-11:30
 - Scrapbooking Club-Bring your own pictures. Some supplies will be provided.
 - November 4th-Annual Enrollment for Medicare Part D
- ✦ **Don't forget to look at your calendar! There are a lot of new programs you can attend!** ✦

TN SHIP

On November 4th, 2015 representatives from TN SHIP will be assisting seniors with switching, dropping, or adding Medicare drug coverage. Call and make your appointment today!

Recipe of the Month:
Old Fashioned Caramel Pie by Christine Rich

- 1 9 inch pie shell (baked)
- 1 cup white sugar
- 1 cup white sugar
- 4 egg yolks beaten
- 1/3 cup all purpose flour
- 2 cups milk
- 1/8 teaspoon salt



In a medium saucepan, mix together one cup sugar, flour, salt, milk, and egg yolks, stirring until smooth. Cook over medium heat until thick and bubbly, stirring constantly. Remove from heat and set aside.

Sprinkle remaining one cup sugar in a 10 inch cast iron skillet. Cook over medium heat, stirring constantly until sugar is caramelized. Remove from heat and carefully pour into warm cream mixture. Stir until smooth. Pour mixture into pastry. Chill completely and serve with whipped cream.

- SilverSneakers Classic on Monday & Thursday at 9:30
- SilverSneakers Cardio Tuesday at 9:30
- SilverSneakers Yoga Wednesday at 9:30
- Line Dancing Monday at 12:30
- Busy Fingers every Friday at 10:00
- Walking Club 10:30
- Mountain View Medical Health Screenings on Tuesdays 11:00-12:00

- FREE Ballroom Dance Class 3:00-6:00 on Wednesdays
- FREE Ballroom Dance Couples ages 20-45 Thursdays 3:00-6:00
- Beginners Line Dancing Monday at 3:00
- Advanced Line Dancing Tuesday at 6:00. Cost \$3.00.
- Salad/Sandwich Day! **Bring a dish and enjoy!**
- Gentiva Bingo Nov. 9th



- **At Home Healthcare** 1st Monday
- Intrepid **Brain Games** 2nd Tuesday
- **Creekside Assisted Living Bingo** 3rd Monday
- **Willowbrook Bingo** 3rd Friday
- **CareAll Bingo**
- Manchester Health Care **"What's in the Bag?"** 1st Thursday
- **Riverside Bingo** 2nd Thursday
- **Parkview Bingo** 3rd Thursday
- **SunCrest Bingo** 4th Thursday

Interested in learning more about your family tree?

Peggy Tate from the Genealogy department at Adams Memorial Library will be giving a presentation on Friday, **November 6th, 2015 from 11:45-12:45**. This is a great educational opportunity to learn more about how to search your family's history.



Center Happenings

www.cannoncountyseniorcenter.com

Happy Thanksgiving from the Senior Center!

"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom." -Marcel Proust

Our annual potluck Thanksgiving lunch will be held Wednesday, November 25th, 2015. Bring your favorite Thanksgiving dish and enjoy time spent with friends. The Center will be providing the turkey, ham, and dressing.

Veteran's Day Breakfast

The Senior Center would like to express our eternal gratitude for those who have served in the military by providing breakfast on November 10th, 2015, 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

Dr. Trea Wessel from Cannon Co. Chiropractic will be coming to give a presentation on the benefits of receiving regular adjustments and specific concerns to seniors on Friday, **November 13th at 11:45-12:45**.

Dr. Trea C. Wessel has been helping people live healthier lifestyles in her clinic since 2004.

Adopt a Senior Star

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 20th in the office. Please tell a staff member if you take a star off of the tree.

Ipad Instructional Class

November 12th from 11:45-12:45 Gina Burke will be offering an interactive, educational class on how to use your Ipad. Bring your device, its charger, and all your questions!

HUH? WHAT?!

McMinnville Hearing Center will be conducting hearing screenings on January 5th, 2015 in the new addition from 11:30am until 1pm. A sign up sheet will be available at the front desk. We must have at least 25 people signed up to receive services.

Just in time for the holidays, UT Extension Agents Mawiyah Hayes and Shavon Ward will be giving a presentation on food safety and nutrition labels on November 24th at 11:45 am. In addition, they will also be hosting a discussion about DIY decorating and gift giving for Christmas on November 30th at 11:45 am.

GAME DAY!

The Senior Center will be hosting a game day consisting of rook, checkers, corn hole, Wii bowling, and ring toss on Friday November 13th starting after lunch.

Don't Forget!

Each time you visit the center, make sure you enter your name for the monthly drawing. An increase in attendance means increasing your chances of winning!