

## Cannon County Senior Center

609 W. Lehman Street  
Woodbury, TN 37190

Non-Profit  
Org.  
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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.

### Southern California & Queen Mary Getaway

March 8th – March 13th, 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

And much more!!



### Western Frontiers featuring Mt. Rushmore, Yellowstone & the Badlands

In August 19th, 2015

- 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

More Details for this trip  
will be available soon!!



### Saturday Outing

Radio City Rockettes Christmas Spectacular

November 22

**SOLD OUT! WAITING LIST IN OFFICE!**

#### 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**

**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**

**Single occupancy: \$560.00**



**THE CENTER**  
Promoting Independence, Wellness, and Activities

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### VETERANS BREAKFAST

Since the Center will be closed on Veteran's Day, November 11th, we will have a light breakfast for the entire Center, in honor of all our Veterans, on Monday, November 10th. This is open to everybody! We will provide juice, milk, coffee, muffins and breakfast breads. If you would like to bring food to share for breakfast, please make sure it is cooked before you come. We want to enjoy the fellowship with all of our Veterans during breakfast. Breakfast will start at 8:15 a.m..



## 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](http://www.thecentercannon.org)

### THANKSGIVING POTLUCK

Join us on November 26th for our monthly meal. We are having a potluck instead of Soup and Sandwich day for the month of November. The Center will provide turkey and ham along with dressing. A sign up sheet will be available at the front desk for those attending and for sides to bring. Please help us make this an enjoyable event for everybody heading into the Holiday Season!



**\*\*SENIOR CENTER WILL BE CLOSED ON \*\***

**NOVEMBER 11th  
NOVEMBER 27th AND 28th!**

Thanksgiving is a time to "count our blessings." At the Senior Center, we are very blessed. We are blessed to have such a nice facility, which is warm and inviting. We are blessed to be in a county that loves and supports their seniors. We are blessed to gather with friends, who are like family, regularly at the Center. "Thanks" to the Senior Center Board of Directors who dedicate their time, leadership and expertise to maintain the operations of our Center. "Thanks" to the Senior Center staff who work hard each day to provide programs and services to meet the needs of our seniors and achieve our mission. "Thanks" to our volunteers who help in so many ways, and to our community partners for their ongoing support. "Thanks" also to our senior members who make our jobs so meaningful. Please do not forget to take time this Thanksgiving holiday to "count your blessings." **CONGRATULATIONS... to the Senior Center on meeting the requirements to be certified by the Tennessee Commission on Aging and Disability.**

*Deborah L. Shahan, Director*

Visit our website at [www.thecentercannon.org](http://www.thecentercannon.org) or at [www.facebook.com/cannonseniorcenter](http://www.facebook.com/cannonseniorcenter)



- "Take Charge of Your Diabetes" - Nov. 4 and 18—12:00-2:00 p.m.
- SHIPP OPEN ENROLLMENT - Nov. 5—10:00 a.m.-3:00 p.m. Sign up at front desk
- DIABETES AWARENESS MONTH -Nov. 10 at the Lions' Club—6:00 p.m
- Lunch and Learn with Lori from Suncrest - Nov. 12—11:15 a.m.
- Computer Safety Class - Nov. 18 and 25—1:00 p.m.-2:00 p.m.
- Meet and Greet with Mark Pody- Nov. 21—1:00 p.m.-3:00 p.m.

**Recipe of the Month**

**HONEY BUN CAKE**

1 box yellow cake mix  
 1/3 cup water  
 4 eggs  
 2/3 cup oil  
 1 cup sour cream  
 Mix all ingredients well and pour 1/2 batter in greased and floured 9x13 pan.  
 Mix 1 cup brown sugar & 3 tablespoons cinnamon and spread on batter in pan. Add remaining batter and cut thru with a knife. Bake at 355 degrees for 40 minutes. While cake is hot punch holes in top and pour the following mixture over cake.—3 cups powdered sugar, 1/2 cup milk and 2 tsp. vanilla that has been mixed well.

**CREAMED CUCUMBERS**

1 cup salad dressing  
 1 cup milk  
 1/4 cup vinegar  
 1 tsp. salt, pepper, garlic powder, & onion powder to taste  
 Slice cucumbers thin and mix with dressing—refrigerate. You can also add sliced onion if you like.

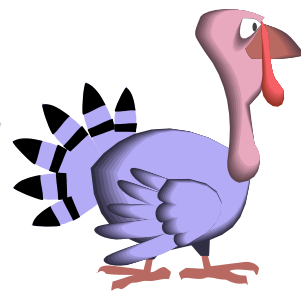
Both of these recipes are courtesy of Janice Higgins!!

- SilverSneakers Classic on Monday, Thursday at 9:00
- SilverSneakers Cardio Tues. at 9:00
- SilverSneakers Yoga Wednesdays at 9:00
- SilverSneakers Classic Tuesday at 6:00 pm
- Exercise Room open 5:30- 7:00 Tues.pm
- Line Dancing Monday at 12:30

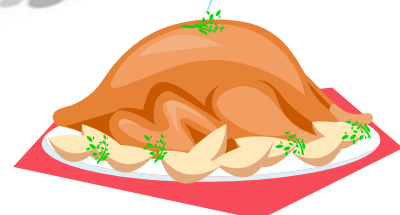
- Busy Fingers every Friday at 10:00
- Reminiscence Time at 8:30 -10:30 M-F
- **Thanksgiving Potluck 11:30**
- TRIVIA! Nov. 14 & 21
- FREE Ballroom Dance Class 4-6 on Wednesdays!
- *Wanda's Senior Cuts* on November 20th! Only \$10.00!!

Cannon County Senior Center  
 Hours of Operation:  
 Monday—Friday  
 8:00 a.m. to 4:00 p.m.

**Regular Monthly Events**



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



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

**CENTER HAPPENINGS!!**



[www.thecentercannon.org](http://www.thecentercannon.org)

- ◇ **November is Diabetes Awareness Month!** Dr. Michael Thomas and Dr. Brandon Busbee will be speaking about diabetes awareness foot care/eye care. This event will be open to the public and is on November 10th, 6:00 p.m. at the Lions Club.
- ◇ We will be collecting **Baby Wipes** and **Sleepy Time Lotion** for the American Legion Auxiliary during the month of November. These items are needed by the residents of Woodbury Health and Rehabilitation Center. We will have a box set up in the office for donations. Thanks!
- ◇ **Painting with Liz** on November 5th from 9:00-11:00. Picture for the month is on the bulletin board by the front desk. Make sure to sign up! Cost is \$20.00
- ◇ **Senior Sing-A-Long** 10:30 a.m. in the social room on November 4th and 18th!
- ◇ **Music Nights for November!** The Gilley Brothers will be here on November 7th. On November 21st we will have **Uptown Country**. Cost is \$5.00. Doors open at 6:00. Music starts at 7:00 p.m.
- ◇ **Ben Kilgrow**, lawyer, will be here at 9:30 a.m. on November 6th. Please call and sign up.



**ADOPT-A-SENIOR STAR**

**Adopt-A-Senior Star program begins on November 21st.**

The Adopt-A-Senior program assists the H.E.L.P staff with providing gifts for our Homebound members. Take a Star off the tree, shop for the item listed, and return the wrapped package with the star attached to the Center by December 15th. Packages will be delivered on December 16th. If you are aware of a homebound client that needs to be included, please contact us at the Center. Help some of our Homebound members have a special Christmas!



**CHRISTMAS GALA TICKETS AVAILABLE NOVEMBER 3rd!!**

**Join us on December 12th at 6:00 p.m. for our annual Christmas Gala! Beautifully decorated tables, entertainment, and a special meal will set the tone for the Holiday Season! The theme this year is "Frosty Friends". This is a major fundraiser for the Senior Center so plan on joining us. Tickets will be available in the office for \$25.00. Hope to see you there!**



A Letter from a Member

Our New Director

"For the past few months, we have been breaking in a new director, Mrs. Deborah Shahan. At the onset, we worried she could never replace our previous director. Mrs. Deborah came in kind of timid, trying to learn everyone's name, and trying to figure out what needed to be done.

In no time at all, she showed us a sweet caring person willing to do most anything to help her seniors. Even though she is the director, she never hesitates to fall right in with everyone, whether it's preparing food, washing dishes, or pampering the seniors who may need a little extra help. We were tickled to death to find out she loves to play piano. Now every Tuesday we have a sing-a-long where at least twenty people fill up the room to sing hymns or anything else she comes up with. It is one of our favorite days at the Center.

So many seniors live alone and we are truly blessed to have a wonderful Senior Center to visit everyday to be with friends, share a laugh, and often a great big hug. The second most important commandment is "Love thy neighbor as thyself." These words have taken on a life of their own at the Cannon County Senior Center. It is rare to find a place where all the people practice this message as they do at the Center, from the Director, staff, and volunteers with their time, actions and caring ways."

- Anonymous

