
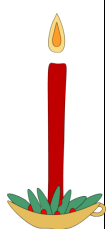





Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30 SS Circuit 10:30 Senior Sing Along 11:30 Health Screenings 11:30 Name That Famous Face Game 4:30-5:30 SS Yoga 4:30-6:30 Open Exercise	2 9:30 SS Yoga 11:30 Scrapbooking 3-6 FREE Ball Room Dance Class	3 9:30 SS Classic 11:45-12:45 Manchester Health Care "What's in the bag?" 3-6 Free Ballroom Dance Couples	4 9:30 SS Classic 10 Busy Fingers 11:45-12:45 Documentary Showing 6:00 Music Night Uptown Country	5
6	7 9:30 SS Classic 11:45 At Home Healthcare Bingo 12:30-1:30 Line Dancing	8 9:30 SS Circuit 10:30 Senior Sing Along 11:30 Health Screenings 12-1 Brain Games 4:30-5:30 SS Yoga 4:30-6:30 Open Exercise Room	9 9:30 SS Yoga 11:30 Lunch & Learn with Nanette Mathe Stories from Hospice: Humor, Humanity, and Harmony 3-6 FREE Ball Room Dance Class	10 9:30 SS Classic 12 Riverside Bingo <u>Commodity Delivery</u> 3-6 Free Ballroom Dance Couples	11 9:30 SS Yoga 10 Busy Fingers 6:00 Christmas Gala	
13	14 9:30 SS Classic 11:45 Careall Bingo 12:30-1:30 Line Dancing	15 9:30 SS Circuit 10:30 Senior Sing Along 11:30 Health Screenings 11:45 Cookie Exchange 4:30-5:30 SS Yoga 4:30-6:30 Open Exercise Room	16 9:30 SS Yoga 12-2 Faithful Strokes Painting Class 3-6 FREE Ball Room Dance Class	17 9:30 SS Classic 12 Parkview Bingo 3-6 Free Ballroom Dance Couples	18 9:30 SS Circuit 10 Busy Fingers 12 Willowbrook Bingo 1-3 Mark Pody Meet & Greet 6:00 Music Night Road West Band ** Senior Star Gifts Due	19
20	21 9:30 SS Classic 12 Creekside Bingo 12:30-1:30 Line Dancing	22 9:30 SS Circuit 10:30 Senior Sing Along 11:30 Health Screenings 11:45 Boulevard Terrace Bingo 4:30-5:30 SS Yoga 4:30-6:30 Open Exercise Room ** Senior Star Gift Delivery	23 9:30 SS Yoga 11:30 Christmas Party (Soup/Sandwich Day) 3-6 FREE Ball Room Dance Class	24 Closed for Christmas!! 	25 Closed! MERRY CHRISTMAS 	26
27	28 Closed For Christmas! 	29 9:30 SS Circuit 10:30 Senior Sing Along 11:30 Health Screenings 11:45 Scrapbooking 4:30-5:30 SS Yoga 4:30-6:30 Open Exercise Room	30 9:30 SS Yoga 12 Quarterly Birthday Party 3-6 FREE Ball Room Dance Class	31 9:30 SS Classic 11:45 New Years Eve Treasure Hunt 3-6 Free Ballroom Dance Couples		



Seventh Annual Cannon County Senior Center Christmas Gala

December 11th, 2015

“It’s Christmas”

6pm until 8:30pm

\$25 per person

**Visit us for an elegant evening in support
of the Center you know and love! Dinner will be catered by
Jeanie Barrett & Shannon Grandey.**

**This fundraiser also includes tables beautifully decorated by lovely hostesses, a silent
auction and musical entertainment. Please reserve your ticket in advance; Money will not
be accepted at the door the night of the event.**

Call 615-563-5304 for reservations



**2014 Winning Table
Kim Gannon**



Cannon County Senior Center

609 W. Lehman Street
Woodbury, TN 37190

Non-Profit
Org.
U.S. Postage
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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 have thirty participants, so we will be going.

\$695.00 per person, double occupancy

Insurance: \$59.00

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.



Alaska Cruise Tour

with Princess Cruises

May 29th-June 8th 2016

- 11 Days and 10 Nights
- Visit Anchorage, Mt. McKinley, Denali and Whittier by motorcoach and rail.
- Visit Hubbard Glacier, Glacier Bay National Park, Skagway, Juneau, Ketchikan, and Vancouver by boat.
- Deposit of \$610 per person double occupancy or \$1,220 per person single occupancy
 - Insurance: \$422
 - Outside Cabin \$4,078
 - Balcony Cabin \$4,163
 - Mini Suite Cabin \$4,363

Make reservations soon. This is a popular cruise and is selling quickly.

Tour has a professional guide.

Discover Tuscany

November 3rd-11th 2016

- Nine days
- 10 Meals: 7 Breakfasts & 3 Dinners
- Montecatini Terme, Florence, Lucca, Gothic Line, Siena, a Winery Tour, Pisa, and San Gimignano
- Included in price: Round trip air from Nashville Metro Airport, Air taxes and fees, and hotel transfers
 - Double Occupancy \$2,999
 - Single Occupancy \$3,149
 - Triple Occupancy \$2,969
 - Insurance: \$280

Join us on this wonderful trip to Italy!

Trip Meeting with Collette Travel, Tuesday February 9th, 5:00 p.m. at the Center.



THE CENTER
Promoting Independence, Wellness, and Activities

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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

DECEMBER

An Elegant Evening at The Center

Our Annual Christmas Gala will be held on December 11th from 6pm to 8:30pm. Dinner is 25.00 for guests. Tickets can be purchased in the office, but no money will be accepted at the door the night of the event. The theme this year is "It's Christmas." There will be a silent auction as well as entertainment. Reserve your seat today!

Faithful Strokes

Painting Classes are back! Courses are provided by Faithful Strokes of Murfreesboro. The painting will be holiday themed, and there will be a 20.00 fee. Come ready to create a masterpiece on Wednesday December 16th at 12pm.

Christmas Party

It's the most wonderful time of the year! Celebrate it with your friends at the senior center on December 23rd at 11:30am. This is a potluck event, so bring your favorite dish to share. The best way to spread Christmas cheer is singing loud for all to hear! Get ready for some caroling!

Merry, Merry Christmas to you! December is a time of celebrating and giving. We will celebrate... during an elegant evening at our 7th annual Christmas Gala fundraiser on the 11th. The theme is "It's Christmas." At Music Night on the 18th, the popular Rode West Band will perform and we will host a potluck Christmas meal. On the 19th, we will be loading two buses, traveling to Nashville, and boarding the General Jackson Showboat for the "Nashville Christmas" midday cruise. This will be a time of excellent holiday food and entertainment. Our Christmas Party will be held on the 23rd, along with our Soup and Sandwich meal. Come hear our Senior Center choir as we sing Christmas carols. We will give... as we share delicious cookies and recipes during our Cookie Exchange party on the 15th. We will also give when we select a senior star from our "Adopt-A-Senior Star" Christmas Tree. We want to remember to say, "thanks" to those who have given to us. Many "thanks" to our Board of Directors and generous donors who made it possible for us to recently purchase beautiful window treatments for the new addition. We also want to recognize Barney Sissom, our "Volunteer of the Month," and thank him for his time and dedication to the Center. As we celebrate, give and spend time with loved ones this Christmas season, let us reflect on the One true "Love That Came Down At Christmas."

Deborah L. Shahan, Director



- Senior Sing-Along Every Tuesday at 10:30
- Scrapbooking Club-Bring your own pictures. Some supplies will be provided. Dec. 2nd & Dec. 29th
- Closed for Christmas December 24th-28th
- Closed for New Year's Day January 1st

Remember to enter our monthly Door Prize Drawing!

Trivia Night

The Center will be hosting its annual Trivia Night on January 22nd. Dinner will be served at six and the game will begin at seven. This event is open to the entire community. Admission is ten dollars per person.

Recipe of the Month:

Grinch Punch

- 1/3 cup sugar
- 6 tablespoons plus 1-1/2 teaspoons water
- 1/3 cup evaporated milk
- 1/2 teaspoon almond extract
- 12 drops neon green food coloring
- 2 pints vanilla ice cream
- 2 liters lemon-lime soda, chilled



In a large saucepan, combine sugar and water. Cook and stir over medium heat until sugar is dissolved; remove from the heat. Stir in milk and extract. Transfer to a bowl; cool to room temperature. Cover and refrigerate until chilled. Just before serving, transfer milk mixture to a punch bowl. Stir in the food coloring and soda. Top with scoops of ice cream. Yield: 4 quarts.

Center Happenings

www.cannoncountyseniorcenter.com

Lunch & Learn

Nanette Mathe, Chaplain at Alive Hospice, will be sharing her experiences as a healthcare professional on December 9th at 11:30am. Her talk is entitled "Stories from Hospice: Humor, Humanity, and Harmony." This is a potluck event, so please bring your favorite finger food!

New Year's Eve

Treasure Hunt

Begin the new year with lots of fun and a little adventure. Two teams will be given clues in the form of riddles and rhymes.

The first team to gather all their clues scattered around the center will win a prize!

The Center will be closed on New Year's Day.

Senior Star Gifts

Adopt a senior for the holidays! Senior stars can currently be picked in the office. Gifts will need to be turned in on **December 18th**, as we will be making deliveries on **December 22nd**.

"Who's that Famous Face?"

Come sharpen your memory skills and compete against your friends at the Center on Wednesday, December 1st at 11:30 am! Participants will be shown a wide variety of famous faces and the person to guess the most will win a prize!

Quarterly Birthday Party

Come celebrate October, November, and December birthdays with us on December 30th at 12 pm. Look forward to cake, ice-cream, refreshments and birthday bingo!

December Documentary Showing

The Center will be hosting a documentary showing of "Wildest Arctic: Taiga- The Frozen Forests" on Friday, December 4th after lunch. This movie follows a year in the life of animals in the Arctic, such as the brown bear, that have adapted to the freezing Taiga, which contains one-third of the world's trees. Popcorn and hot chocolate will be provided.

MUSIC NIGHTS

Doors Open at 6:00pm

\$5.00 Admission

Dec. 4th Uptown Country

Dec. 18th Road West Band

***On December 18th**, bring your favorite dish or finger food for a Potluck Christmas Celebration. Doors will open at 5:30pm. Dinner will begin at 6pm, and the band will start at 7pm.

Cookie Cookie Cookie!

The Senior Center will be hosting a cookie exchange beginning after lunch on December 15th. Please bake your favorite homemade cookies to participate. Must be enough to share and exchange. Bring your own cookie tin to carry a few back home!

HELP WANTED!

Office ambassador needed! Experience with computers, filing systems and data entry is preferred. Need to be available on Mondays from 9am-12pm.

- 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
- Mountain View Medical** Health Screenings on Tuesdays 11:30-12:30

- 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 beginning in January
- Advanced Line Dancing Tuesday at 6:00. Cost \$3.00. Beginning in January
- Salad/Sandwich Day! **Bring a dish and enjoy!**

- **At Home Healthcare** 1st Monday
- Intrepid **Brain Games** 2nd Tuesday
- **Creekside Assisted Living Bingo** 3rd Monday
- **Willowbrook Bingo** 3rd Friday
- **CareAll Bingo** Monday 14th
- Manchester Health Care "What's in the Bag?" 1st Thursday
- **Riverside Bingo** 2nd Thursday
- **Parkview Bingo** 3rd Thursday

Are you constantly asking others to repeat themselves? Do your loved ones complain of the radio or TV always being too loud? You might want to have your hearing checked! On **January 5th** come to the Center and have it done for free! McMinnville Hearing Center will be conducting hearing screenings from **11:30am until 1:00pm**. *We MUST have 25 people signed up to provide services.*

