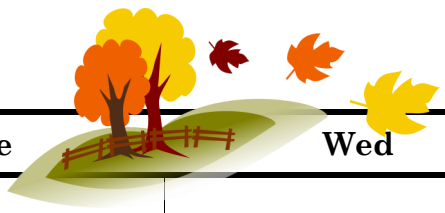















# September 2015



Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat

		<p><b>1</b> 8:15-9:15 Indoor Walking Club <b>9:30 SilverSneakers Cardio</b> 10:30-11 Senior Sing Along <b>11:00-12:00 Health Screenings</b> 6:00 Advanced Line Dancing</p>	<p><b>2</b> 8:00 WBRY 8:15-9:15 Outdoor Walking Club <b>9:30 SilverSneakers Yoga</b> 9-11 Painting with Liz 3-6 <b>FREE Ball Room Dance Class</b></p>	<p><b>3</b> 8:15-9:15 Indoor Walking Club <b>9:30 SilverSneakers Classic</b> 12:00 Manchester Health Care "What's in the Bag?"</p>	<p><b>4</b> 9-10 Chair Aerobics Exercise Video <b>10:00 Busy Fingers</b> 11:30-12:30 First Bank Presentation <b>7:00 Music Night "Road West Band"</b></p>  	<p><b>5</b></p>
<p><b>6</b></p>	<p><b>7</b> <b>Center is Closed LABOR DAY</b></p> 	<p><b>8</b> 8:15-9:15 Indoor Walking Club <b>9:30 SilverSneakers Cardio</b> 10:30 Senior Sing-A-Long <b>11:00-12:00 Health Screenings</b> 12:00 Intrepid Brain Games 6:00 Advance Line Dancing</p>	<p><b>9</b> 8:15-9:15 Outdoor Walking Club <b>9:30 SilverSneakers Yoga</b> 3-6 FREE Ball Room Dance Class</p> 	<p><b>10</b> 8:15-9:15 Indoor Walking Club <b>9:30 SilverSneakers Classic</b> 12:00 Riverside Bingo</p>	<p><b>11</b> 9-10 Chair Aerobics Exercise Video <b>10:00 Busy Fingers</b> 12:00 Remembering 9/11</p> 	<p><b>12</b></p>
<p><b>13</b></p>	<p><b>14</b> 8:15-9:15 Outdoor Walking Club <b>9:30 SilverSneakers Classic</b> 12:30-1:30 Line Dancing 3-4 <b>Beginners Line Dancing</b></p> 	<p><b>15</b> 8:15-9:15 Indoor Walking Club <b>9:30 SilverSneakers Cardio</b> 10:30 Senior Sing-A-Long <b>11:00-12:00 Health Screenings</b> 11:45-12:45 S.A.V.E Domestic Violence Agency 6:00 Advance Line Dancing</p>	<p><b>16</b> 8:15-9:15 Outdoor Walking Club <b>9:30 SilverSneakers Yoga</b> 3-6 FREE Ball Room Dance Class <b>11:30 Lunch and Learn Dr. Sunil Savaria</b></p> 	<p><b>17</b> 8:15-9:15 Indoor Walking Club <b>9:30 SilverSneakers Classic</b> 12:00 Parkview Meadows Bingo</p>	<p><b>18</b> 9-10 Chair Aerobics Exercise Video <b>10:00 Busy Fingers</b> 12:00 Willowbrook Bingo 1:00-3:00 Mark Pody <b>7:00 Music Night "The Gilley Brothers"</b></p> 	<p><b>19</b></p>
	<p><b>20</b> <b>21</b> 8:15-9:15 Outdoor Walking Club <b>9:30 SilverSneakers Classic</b> 11:45 Creekside Bingo <b>12:30-1:30 Line Dancing</b> 3-4 <b>Beginners Line Dancing</b></p>	<p><b>22</b> 8:15-9:15 Indoor Walking Club <b>9:30 SilverSneakers Cardio</b> 10:30 Senior Sing-A-Long <b>11:00-12:00 Health Screenings</b> 11:30-12:30 MTEMC 6:00 Advance Line Dancing</p>	<p><b>23</b> 8:15-9:15 Outdoor Walking Club <b>9:30 SilverSneakers Yoga</b> 3-6 FREE Ball Room Dance Class <b>First Day of Fall</b></p> 	<p><b>24</b> 8:15-9:15 Indoor Walking Club <b>9:30 SilverSneakers Classic</b> 12:00 Suncrest Bingo</p>	<p><b>25</b> 9-10 Chair Aerobics Exercise Video <b>10:00 Busy Fingers</b> 12:00 CareAll Bingo <b>2:00 Legal Aid</b></p> 	<p><b>26</b></p>
<p><b>27</b></p> 	<p><b>28</b> 8:15-9:15 Outdoor Walking Club <b>9:30 SilverSneakers Classic</b> 12:30-1:30 Line Dancing 3-4 <b>Beginners Line Dancing</b></p>	<p><b>29</b> 8:15-9:15 Indoor Walking Club 9:30 SilverSneakers Cardio <b>10:30 Senior Sing-A-Long</b> 11:00-12:00 Health Screenings <b>11:45 Yellow Dot Program</b> 6:00 Advance Line Dancing</p>	<p><b>30</b> 8:15-9:15 Outdoor Walking Club <b>9:30 SilverSneakers Yoga</b> 11:30 Salad and Sandwich Day 3-6 <b>FREE Ball Room Dance Class</b></p>	<p><b>Don't forget to get involved every day! Whether it is participating or volunteering, you can enter our drawing for a very nice Gift Basket, with a lot of goodies in it! Enter once everyday at the front desk! Drawing will happen at the end of the month!!</b></p>		



**lunch & learn**  
**Eat. Learn. Save lives.**

## **Screening Colonoscopy** *Who Should ? Who Shouldn't ?*

### **Lunch and Learn**

Wednesday, September 16, 2015

11:30am

Cannon Co. Senior Center

Presented by



**Saint Thomas**  
STONES RIVER HOSPITAL

Lunch provided by



**Call NOW to RSVP (615) 563-5304 by Sept. 1st**

#### **WHO?**

Saint Thomas Stones River Hospital and the Cannon Co. Senior Center presents "Screening Colonoscopy. Who should? Who shouldn't?"

Catered lunch sponsored by Reeves Sain.

#### **WHAT?**

Join us for a delicious meal as Dr. Sunil Sarvaria presents an informative presentation about colonoscopy screening. Questions are encouraged.

#### **WHEN?**

Wednesday, September 16, 2015 at 11:30am

#### **WHERE?**

Cannon Co. Senior Center - 609 W. Lehman St. - Woodbury, TN  
Call **(615) 563-5304 to RSVP** (limited space is available, so RSVP by Sept. 1st)

#### **WHY?**

Join us for an educational opportunity to help save lives across our region.

## Cannon County Senior Center

609 W. Lehman Street  
Woodbury, TN 37190

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THE CENTER  
Promoting Independence, Wellness, and Activities



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### Legal Aid Society

Attorneys Andrae Crismon and Amelia Luna from the Middle Tennessee Legal Aid Society will be visiting our facility on September 25th at 2pm to answer any questions and assist those interested in completing a Living Will. This is a free service, and anyone that is interested is encouraged to attend. Obtaining a Living Will can bring peace of mind for both you and your family, and this is a great opportunity to learn more about it.

**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 support the Cannon County Senior Center. All donations are tax deductible.

#### Cannon County Senior Center

#### Hours of Operation

Monday-Friday 8:00 a.m. – 4:00 p.m.

#### 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](http://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



#### 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 have more than 30! We are going!!!**

\$460.00 per person, double occupancy

Insurance: \$35.00

Single occupancy: \$560.00



#### 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 30 to make the trip!**



## Center Staff

Director:

Deborah L. Shahan, M.A.

HELP Coordinator:

Stevi K. Vinson

HELP Assistant:  
Reba Prater

Program Coordinator:  
Dericka Simmons

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:

### *From the Director:*

*Fall is in the air...only if we could "bottle" this beautiful weather! I am very excited to announce that we have a new Exercise Instructor/Program Coordinator. Please be sure to welcome Dericka Simmons. She is no stranger to the Senior Center, as she worked as an intern in 2013-2014. Dericka has been very busy planning programs and activities, so be sure to read your newsletter and calendar thoroughly! If you have not been to The Center lately, you will want to stop by and see the newly painted walls and windows. They look beautiful! We want to thank Sheriff Young for the Trustee Program and allowing Michael, Jordan and Henry to work at The Center. Great job guys!!! Thanks to everyone who has turned in their evaluation forms. Your feedback has been very helpful in planning activities, events and trips. Thanks also to our volunteers who attended the annual training. We are grateful for all you do! Please do not forget to make your reservation for our upcoming "Lunch and Learn" on Wednesday, September 16th at 11:30 a.m. We appreciate our partnerships with Stones River Hospital, Dr. Sunil Savaria and Reeves-Sain who are making this event possible. We are also excited to be a Yellow Dot site and partner with our local EMS. Please attend this educational program on September 29th. If you want more information about our 2016 trip to Italy, send an email to [ccsc@dtccom.net](mailto:ccsc@dtccom.net) and I will forward the information to you. I cannot wait to see who wins the monthly drawing! Be sure to sign up every day to increase your chances of winning.*

**Deborah L. Shahan, Director**



**Finances**—On **September 4th, 11:30-12:30** Mindy Gunter from First Bank will be speaking about senior accounts, fraud, and money management techniques.

**Education**-Lisa Baird from **Cannon Co. S.A.V.E.** will be giving a presentation on elder abuse on **Sept. 15th at 11:45** and Kathy Mitchell from **MTEMC** will be presenting about energy savings on **Sept. 22nd.**



**Lunch and Learn** - with **Saint Thomas Stones River Hospital** and **Dr. Sunil Savaria**, who is a Gastroenterologist. This will be on **September 16th at 11:30.** Lunch will be provided by **Reeves-Sain.** Please call the Center to make your reservation. Seating is limited.

**Yellow Dot Program**—On **September 29th at 11:45 a.m.** Tim Bell with EMS will give a presentation on the **Yellow Dot Program.** The Senior Center will be a **Yellow Dot Site.** This program is designed to supply first responders with the medical information needed in the event of an emergency.

**Recipe of the Month:**

**Pumpkin Pie Dip**

**Prep/Total Time: 10 min.**

**Directions:**

In a large bowl, beat cream cheese and confectioners' sugar until smooth. Beat in the pumpkin, sour cream, cinnamon, pumpkin pie spice and ginger until blended. Serve with gingersnaps. Refrigerate leftovers.  
Yield: 4 cups.

**Ingredients:**

- 1 package cream cheese (8 oz.)
- 1/2 teaspoon ginger
- 2 cups Confectioner's Sugar
- Gingersnap cookies
- 1 cup canned pumpkin
- 1/2 cup sour cream
- 1 teaspoon ground cinnamon
- 1 teaspoon pumpkin pie spice



- SilverSneakers Classic on Monday & Thursday at 9:30
- SilverSneakers Cardio Tuesday at 9:30
- SilverSneakers Yoga Wednesday at 9:30
- Chair Aerobics Exercise Class Video at 9:30
- Line Dancing Monday at 12:30
- Busy Fingers every Friday at 10:00
- Reminisce Time 8:30-10:30 M-F

- **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 **September 30th! Bring a dish and enjoy!**

**Painting with Liz on September 4th! If you are interested in painting this picture please call the Senior Center by September 1st**



- At Home Healthcare 1st Monday
- Intrepid Brain Games 2nd Tuesday
- Creekside Assisted Living 3rd Monday
- Willowbrook Bingo 3rd Friday
- CareAll Bingo 1st Friday



- Manchester Health Care "What's in the Bag?" 1st Thursday
- Riverside 2nd Thursday
- Parkview 3rd Thursday
- SunCrest 4th Thursday

**Center Happenings**

**Walking Toward Better Health**

As fall begins, so does the center's walking club. This year, we will be offering two separate opportunities to get moving! For those with limited mobility, we will be making a few laps around the new addition on Tuesdays and Thursdays. For the more adventurous, we will be taking outdoor trips on Mondays and Wednesdays.

**Save the Date!**

The annual **Health Fair** is coming soon. Make sure to mark your calendar for **October 7th 2015, from 8am to 12pm. Lunch will be provided for all participants.**

**Plated Holiday Lunch**

**Plated Salad**

- Chopped romaine | shredded carrots
- grape tomatoes | cucumbers
- butter milk herb ranch

**Entrée**

- Roasted turkey breast | brown butter and sage | citrus cranberry sauce
- giblet pan gravy
- Sour dough bread stuffing | dried cherries | walnuts
- Stewed green beans | pork jus | BBQ spice blend
- Parker house rolls and butter

**Dessert**

- Apple pie | winter spices | fresh whipped cream

**Beverages**

- Tea, coffee, decaffeinated (included)

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

**Don't forget!**

The center will be closed for Labor Day on September 7th 2015. The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a "workingmen's holiday" on that date.

**General Jackson Presents Nashville Christmas Middy Cruise!**

Now, I know it's early to be talking about Christmas... but it's never too early to plan a Christmas Day Trip! Come experience a genuine Nashville Christmas with some of the finest country musicians and singers that Music City has to offer. Beautiful stage lighting and colorful costumes support the authentic country voices and bona-fide country pickers! Blend in a hearty dose of country comedy and you've got a Christmas show like no other.

We have had several people requesting for us to plan a General Jackson Day Trip, so here is it! This trip will be on December 19th, and we will be leaving at 9:30 a.m. The cost of this trip will be \$70.00 which includes your transportation, lunch and cruise ticket!

**If you plan on going, please come in and pay for your trip as soon as possible. We have to let the General Jackson know how many people will be attending in advance. Don't miss out on this trip for a great price!**

