

## August 2024 FiftyForward La Vergne Senior Center Calendar

**Events with an asterisk\* require registration. Make sure to sign up with a staff member or volunteer.**

Su	Mon	Tue	Wed	Thu	Fri	Sat
				1 9a Games 9:30a Outdoor Games <span style="color: red;">9:30-11a Massages</span> 11:30a Lunch 12p Bingo <span style="color: blue;">1:30p Dancing to the Oldies</span>	2 Closed	3
4	5 9a Games 9:30a Strength Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30p Day Trippers Mtg <span style="color: red;">1:00p Intro to Scrapbooking</span>	6 9a Games 9a Morning Walk 10a Ceramics 11:30a Lunch <span style="color: blue;">1:15p Eat Well Feel Well Presentation</span>	7 9a Games 11a Stretch and Balance Exercise 11:30a Lunch <span style="color: blue;">12:30p Senior Planet Presentation</span>	8 9a Games 9:30a Outdoor Games 11:30a Lunch 12p Bingo <span style="color: blue;">1p August Birthday Celebration</span> <span style="color: blue;">1:15p Mad Libs Fun!!!</span>	9 Closed <span style="color: green;">Meet and Eat at Town Center Buffet</span>	10
11	12 9a Games 9:30a Strength Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch <span style="color: blue;">1:00 Mindfulness Meditation Activities</span>	13 <span style="color: red;">9a Haircuts with Sonia*</span> 9a Games 9a Morning Walk 10a Ceramics 11:30a Lunch <span style="color: blue;">1:15 Eat Well Feel Well Presentation</span>	14 9a Games 11a Stretch and Balance Exercise <span style="color: red;">10a Choir Practice</span> 11:30a Lunch	15 9a Games 9:30a Outdoor Games 11:30a Lunch 12p Bingo <span style="color: blue;">2p CenterWell Visit and Games!</span>	16 Closed	17
18	19 9a Games 9:30a Strength Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Advisory Council Meeting	20 9a Games 9a Morning Walk 10a Ceramics 11:30a Lunch <span style="color: blue;">1:15 Eat Well Feel Well Presentation</span>	21 9a Games 11a Stretch and Balance Exercise 11:30a Lunch <span style="color: blue;">12:30p Senior Planet Presentation</span>	22 9a Games 9:30a Outdoor Games 11:30a Lunch 12p Bingo <span style="color: red;">1:15 Basic Sewing Craft</span>	23 Closed	24
25	26 9a Games 9:30a Strength Exercise 1a Bible Study 10a Coloring & Puzzles <span style="color: blue;">11:30a Potluck Lunch</span> <span style="color: blue;">1:00 Mindfulness Music Activities</span>	27 9a Games 9a Morning Walk 10a Ceramics 11:30a Lunch <span style="color: blue;">1:15 Eat Well Feel Well Presentation</span>	28 9a Games 11a Stretch and Balance Exercise <span style="color: red;">10:00a Choir Practice</span> 11:30a Lunch <span style="color: red;">12:30 Rummikub Tournament for Prizes!</span>	29 9a Games 9:30a Outdoor Games 11:30a Lunch 12p Bingo <span style="color: blue;">1:15p Popsicles and Pop Music!</span>	30 Closed	31

# FiftyForward La Vergne Senior Center Program Information

## RECURRING CLASSES, ACTIVITIES, & GROUPS:

**Mid Cumberland MOW Lunches - Mondays, Tuesdays, Wednesdays and Thursdays at 11:30a** Lunch is available to those who have registered. Room A

**Games - Mondays, Tuesdays, Wednesdays and Thursdays beginning at 9a** Join the fun and games with friends, including Rummikub and Dominoes. Room A

**Strength Exercise Class - Mondays 9:30a** Room A

**Bible Study - Mondays, 10a.** All are welcome to participate in Bible Study. Room A

**Coloring and Puzzles - Mondays, 10a** Room B

**Day Trippers Meeting - Monday, August 5, 12:30p** Gather to discuss ideas for upcoming trips. Room B

**Morning Walk - Tuesdays at 9a.** Walk around the path outside to get the blood moving before the weather gets too hot.

**Ceramics - Tuesdays at 10a** Room B

**Choir Practice - Wednesdays, August 14 and 28, 10:00a** Room B Practice songs for upcoming events.

**Stretch & Balance Exercise Class - Wednesdays 11:00a** Room A

**Outdoor Games - Thursdays, 9:30a** Enjoy the outdoors and have fun with friends playing Cornhole, Connect 4 & Shuffleboard.

**Bingo - Thursdays, 12p** Room A

**Advisory Committee Meeting - Monday, August 19, 1p** Room B Meet to discuss activities at the center, the 3rd Monday of each month.

**Monthly Birthday Celebrations - Thursday, August 8, 1p** (2nd Thursday of the Month) Room A

**Haircuts with Sonia** (date and time will vary each month). **Tuesday, August 13, 9a** Room B

**CenterWell Visit and Games! - Thursday, August 15, 2p** Payton Strong will come to lead some games and helpful presentations the third Thursday of each month! Room A

**Potluck Lunch - Monday, August 26, 11:30a** Room A

## SPECIAL EVENTS/PROGRAMS:

**Massages - Thursday, August 1, 9:30a** Sign up for a soothing massage from Tabatha and Ross Howard. Room B

**Dancing to the Oldies - August 1, 1:30p** Have a blast dancing to Motown and other fun songs from the 60s and 70s. Room A

**Intro to Scrapbooking - Monday, August 5, 1:00p** Bring 2-4 photos and learn some scrapbooking techniques. Room B

**Eat Well Feel Well Presentations - Tuesdays at 1:15p** Six workshops about how to eat healthy on a budget. Room A

**Senior Planet Presentations - Wednesdays August 7 and 21, 12:30p** Learn tips about technology and social media. Room B

**Mad Libs Fun! - Thursday, August 8, 1p** Laugh till your sides ache as we fill in words to make silly stories. Room A

**Mindfulness Meditation Exercises - Monday, August 12, 1:00p** Learn how to relax the body and mind through breathing and guided meditation. Room B

**Beginning Sewing Craft - Thursday, August 22, 1:15p** Our very own Gloria Corwin will teach us a craft using basic sewing skills. Room B

**Mindfulness Music Activities - Monday, August 26, 1:00p** Let music affect your mood and outlook. Room A

**Rummikub Tournament for Prizes! - Wednesday, August 28, 12:30p** Room A

# HAPPY BIRTHDAY

## August Birthday Celebrations:

Suzanne Logan—August 6

Joyce Taylor—August 6

Bonnie Lou Craft—August 7

John Holder—August 8

Zenie Terrell—August 8

Doug Holliman—August 9

Carolyn Shelton—August 17

Elaine Frey—August 18

Margaret Warren—August 19

Joe Randle—August 23

Betty Merritt—August 27

Mary Jane Skinner—August 30

Linda Steed—August 30

**Popsicles and Pop Songs! - Thursday, August 29, 1p** Enjoy a cool treat and sing some Karaoke!

## DAY TRIPS!

**Meet and Eat - Friday, August 9** Meet at 10:30a at Town Center Buffet. Pay for your own meal. 100 Sam Ridley Pkwy E, Smyrna, TN

Dear Members,

Hooray for increased hours and adding an extra day! That gives us more time to enjoy our friendships and have fun activities to do. We are also growing, with several new members joining us in July! Thanks for being such an inviting and welcoming group of people!

August is Health and Wellness Month, so we have scheduled some presentations and activities that focus on self-care, managing stress and promoting healthy routines. When you add wholesome habits in your lifestyle, see how much better you feel!

We are also going to be using the My Senior Center kiosk. You will each have a card that you swipe, and then you check each activity in which you want to participate while at the center each day.

As always, Keith and I are available to listen to your ideas and answer your questions or concerns.

Warmest regards,

Donna Driver

Program Manager, FiftyForward La Vergne Senior Center