

## October 2024 FiftyForward La Vergne 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 9a Morning Walk <span style="color: red;">9a Bowling</span> 10a Ceramics 11:30a Lunch <span style="color: red;">1p Key Chain Craft</span>	2 9a Games <span style="color: green;">9:30a –Trip to Donelson Heath &amp; Wellness Fair</span> 11:30a Lunch <span style="color: blue;">1p Taboo Game!</span> <small>*No exercise class this week</small>	3 9a Games 9:30a Outdoor Games 11:30a Lunch 12p Bingo <span style="color: blue;">1:30p S'Mores and Campfire Stories</span>	4 Closed	5
6	7 9a Games 9:30a Strength Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30p Day Trippers Mtg <span style="color: red;">1p Halloween Craft</span>	8 9a Games 9a Morning Walk <span style="color: red;">9a Bowling</span> 10a Ceramics 11:30a Lunch <span style="color: blue;">1p Latin Dance Performance &amp; Class</span>	9 9a Games <span style="color: red;">10a Choir Practice</span> 11a AEA Arthritis Exercise Class <span style="color: blue;">11:30a Lunch and Learn with ViV Heathcare</span>	10 9a Games 9:30a Outdoor Games <span style="color: red;">10a Mobile ID Visit</span> 11:30a Lunch 12p Bingo <span style="color: blue;">1p October Birthday Celebration</span> <span style="color: blue;">1:30p Reading Group</span>	11 Closed <span style="color: green;">Meet &amp; Eat at Toots 11a</span>	12
13	14 9a Games 9:30a Strength Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch <span style="color: red;">1p Paint and Sip</span>	15 <span style="color: red;">9a Haircuts with Sonia*</span> 9a Games 9a Morning Walk <span style="color: red;">9a Bowling</span> 10a Ceramics 11:30a Lunch <span style="color: blue;">1p Breast Cancer Awareness Presentation</span>	16 9a Games <span style="color: red;">10a Choir Practice</span> 11a AEA Arthritis Exercise Class 11:30a Lunch <span style="color: green;">12:30p Movie Trip</span>	17 9a Games 9:30a Outdoor Games 11:30a Lunch 12p Bingo <span style="color: blue;">2p CenterWell Visit and Games!</span>	18 Closed	19
20	21 9a Games 9:30a Strength Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Advisory Council Meeting	22 9a Games 9a Morning Walk <span style="color: red;">9a Bowling</span> 10a Ceramics <span style="color: blue;">11:30a Pizza Lunch!!</span> <span style="color: blue;">1p Candy Rainbows Activity</span>	23 9a Games <span style="color: red;">10a Choir Practice</span> 11a AEA Arthritis Exercise Class 11:30a Lunch <span style="color: red;">12:30p Pumpkin Paintng</span>	24 9a Games 9:30a Outdoor Games 11:30a Lunch 12p Bingo <span style="color: blue;">1:30p Popcorn and Movie "Hocus Pocus"</span>	25 Closed	26
27	28 9a Games 9:30a Strength Exercise 10a Bible Study 10a Coloring & Puzzles <b>11:30a Lunch (not potluck)</b> <span style="color: blue;">1p Halloween Trivia!</span>	29 9a Games 9a Morning Walk 10a Ceramics 11:30 Lunch <span style="color: red;">2p Decorate for Halloween Party</span>	30 9a Games <span style="color: orange;">11a Halloween Theme Exercise Class</span> <span style="color: orange;">11:30p Halloween Potluck Lunch!</span> <span style="color: orange;">12:30p Halloween Party!</span>	31 9a Games 9:30a Outdoor Games <span style="color: green;">10a Trip—Forever Young Festival at CenterWell Smyrna</span> 11:30 Lunch 12p Bingo		

# 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** Chair exercises with hand weights. 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, October 7, 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.

**Bowling - Tuesdays at 9a.** Our fall bowling tournament continues. Room A

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

**Choir Practice - Wednesdays, October 9, 16 and 23, 10:00a** Room B Practice songs for upcoming events.

**AEA Arthritis Exercise Class - Wednesdays 11:00a** Work on flexibility and balance. Room A (no class on October 2nd)

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

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

**Monthly Birthday Celebrations - Thursday, October 10, 1p** (2nd Thursday of the Month) Room A

**Haircuts with Sonia** (date and time will vary each month). **Tuesday, October 15, 9a** Room B

**CenterWell Visit and Games! - Thursday, October 17, 2p** Payton Strong will come to lead some games and helpful presentations the third Thursday of each month! Room A

**Advisory Committee Meeting - Monday, October 21, 1p** Room B Meet to discuss activities at the center, the 3rd Monday of each month.

**Potluck Lunch - Wednesday, October 30, 11:30a** Room A

## SPECIAL EVENTS/PROGRAMS:

**Keychain Craft - Tuesday, October 1, 1p** Learn how to make a cute chain for your keys. Room B

**Taboo Game! - Wednesday, October 2, 1p** Teams compete with this fun guessing game. Room A

**S'mores and Campfire Stories - Thursday, October 3, 1:30p** Eat a sweet treat and share memories of camping trips or vacations. Room A

**Halloween Craft - Monday, October 7, 1p** Enjoy making a cute Halloween decoration for your home. Room B

**Latin Dance Performance & Lesson - Tuesday, October 8, 1p** Two Latin Dance teachers from Global Education Center will perform for us and then teach us a few steps to help us celebrate National Hispanic Heritage Month! Room A

**Lunch and learn with ViiV Healthcare - Wednesday, October 9, 11:30a** Enjoy lunch while learning about important health topics. Room A

**Reading Group - Thursday, October 10, 1:30p** Let's start a monthly reading group by reading a spooky tale by Edgar Allan Poe. Room B



## October Birthday Celebrations:

**Daisy King—October 2**

**Carol Brown—October 6**

**Debra Cherry—October 13**

**Diane Henderson—October 20**

**Pamela Dillard—October 28**

**Sylvia Williams—October 28**

**Paint and Sip - Monday, October 14, 1p** Sip different juices and let them inspire your art. Room B

**Breast Cancer Awareness Presentation - Tuesday, October 15th, 1p.** For Breast Cancer Awareness Month, survivor and nurse Susan Walsworth will speak about her experience and offer advice. Room A

**Pizza Lunch! - Tuesday, October 22, 11:30a** A special treat for lunch care of Hunts Bros Pizza. Room A

**Candy Rainbow Activity - Tuesday, October 22, 1p** Make a fun craft with Skittles, M&Ms for our participation in the TN STEAM festival. Room B

**Movie and Popcorn - Thursday, October 24, 1:30p** Relax and enjoy watching a Halloween comedy movie in Room B

**Halloween Trivia - Monday, October 28, 1p** How many questions about Halloween can you answer right? Room A

**Decorate for Halloween Party - Tuesday, October 29, 2p** Volunteer to help us get the place looking fun and spooky! Room A and B

**Halloween Potluck Lunch and Party - Wednesday, October 30, 11:30p** Bring yummy finger foods to share for lunch, dress in your favorite costumes and be ready to dance and play games! Room A

## DAY TRIPS!

**Health Fair - Wednesday, October 2, 10-2.** We are heading to FiftyForward Donelson Station for their annual Health Fair! Visit with over 30 health vendors. Prizes, giveaways and snacks! Ride the bus from the center at 9:30am or meet us there!

**Meet and Eat at Toots! - Friday October 11, 11a** Come have a tasty lunch with friends at Toots restaurant. 860 NW Broad St, Murfreesboro, TN 37129

**Movie Trip - Wednesday, October 16, 12:30p** Sign up to go see a movie at Premiere 6 movie theater at 810 NW Broad St #200, Murfreesboro. Arrive at 12:30p. Movie starts at 1:00pm

**Forever Young Festival - Thursday, October 31 10a** Meet up at the Smyrna CenterWell to listen to a live band, eat treats, play Bingo and tour the facility.