

## November 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 Closed	2
3	4 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch <b>12:30p Wii Bowling Awards</b> 1p Day Trippers Mtg	5 9a Games 10a Ceramics 10:30a Morning Walk 11:30a Lunch <b>1:00 "The Magic of 5 Minutes" H.U.G.S. Series</b>	6 9a Games <b>10a Choir Practice</b> 11a Arthritis Chair Exercise 11:30a Lunch <b>1:00 VUMC Alzheimer's Presentation and Memory Screenings</b>	7 9a Games 9:30a Outdoor Games 11:30a Lunch 12p Bingo <b>1p November Birthday Celebration</b> <b>1:30p Hobo Road Band</b>	8 Closed	9
10	11 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch <b>1p Thanksgiving Craft</b>	12 <b>9a Haircuts with Sonia*</b> 9a Games 10a Ceramics 10:30a Morning Walk 11:30a Lunch <b>12:30pm Senior Planet Presentation: "AI Generator"</b>	13 9a Games <b>10a Choir Practice</b> 11a Arthritis Chair Exercise 11:30a Lunch <b>12:30p Bean Bag Baseball Game (Everyone!)</b>	14 9a Games 9:30a Outdoor Games <b>11:00am Thanksgiving Lunch Event!</b> 	15 Closed	16
17	18 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Advisory Council Meeting	19 9a Games 10a Ceramics 10:30a Morning Walk 11:30a Lunch <b>1p Emergency Safety Presentation</b>	20 9a Games <b>10a Choir Practice</b> 11a Arthritis Chair Exercise 11:30a Lunch <b>12:30p Craft: Wreath Decorating</b>	21 9a Games 9:30a Outdoor Games 11:30a Lunch 12p Bingo <b>2:00 CenterWell Visit and Games!</b>	22 Closed	23
24	25 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles <b>11:30a Potluck Lunch</b> <b>1p Reading Group</b>	26 9a Games 10a Ceramics 10:30a Morning Walk 11:30 Lunch <b>1p Rummikub Tournament for Prizes!</b>	27 9a Games <b>10a Choir Practice</b> 11a AEA Arthritis Exercise Class 11:30p Lunch <b>1p Decorate Center for Christmas</b>	28 <b>Closed for Thanksgiving</b>	29 Closed	30

# 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

**Arthritis Chair Exercise (Strength) - 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, November 4, 1p** Gather to discuss ideas for upcoming trips. Room B

**Morning Walk - Tuesdays at 10:30a.** Walk around the path outside to get the blood moving, weather permitting.

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

**Choir Practice - Wednesdays, November 6, 13 and 20, 10a** Practice songs for upcoming events. Room B

**Arthritis Chair Exercise (Stretch & Balance) - Wednesdays 11a** This workout class focuses on flexibility and balance. 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

**Monthly Birthday Celebration - Thursday, November 7, 1p** Room A

**Haircuts with Sonia** (date and time will vary each month). **Tuesday, November 12, 9a** Room B

**CenterWell Visit and Games! - Thursday, November 21, 2p** Payton Strong will come to lead some games and helpful presentations the third Thursday of each month! Room A

**Advisory Committee Meeting - Monday, November 18, 1p** Room B Meet to discuss activities at the center, the 3rd Monday of each month.

**Potluck Lunch - Monday, November 25, 11:30a** Room A

## SPECIAL EVENTS/PROGRAMS:

**Wii Bowling Awards - Monday, November 4, 12:30p** Celebrate our fall tournament winners! Room A

**"The Magic of H.U.G.S." Presentation - Tuesday, November 5, 1p** A guest speaker will teach helpful methods for meditation and mindfulness. Room A

**Diabetes Presentation - Wednesday, November 6, 1p** A guest speaker from Vanderbilt University Medical Center will visit to speak for American Diabetes Month. Room A

**Hobo Road Band! - Thursday, November 7, 1:30p** Enjoy some fun live music from this local band! Room A

**Thanksgiving Craft - Monday, November 11 1p** Make a craft to decorate for the upcoming holiday. Room B

**Senior Planet Presentation - Tuesday, November 12, 12:30p** Listen to an interesting presentation about how to use an AI Generator. Room A

**Bean Bag Baseball - Wednesday, November 13, 12:30p** We'll get the whole group on teams to play this fun version of cornhole! Room A

**Emergency Safety Check and Presentation - Tuesday, November 19, 1p** Kevin from the Fire Department will be on hand to answer any emergency safety questions. Room A



## November Birthday Celebrations:

**Darlene Sexton—November 4**  
**Subhashini Michael—November 20**  
**Carolyn Brown—November 21**  
**Betty Crayton—November 29**

**Holiday Wreath Craft - Wednesday, November 20, 12:30p.** Make a beautiful wreath for holiday decorating. Room B

**Reading Group - Monday, November 25 1p** We will read a Thanksgiving themed short story. Room B

**Rummikub Tournament for Prizes— Tuesday, November 26, 1p** Join in the competition for top player! Room A

**Decorate for December Holidays - Wednesday, November 27, 1p** Volunteer to help us get the center looking festive! Rooms A and B



**THANKSGIVING LUNCHEON - Thursday, November 14, 11a** We're all headed to the La Vergne Multi-Purpose Building for a delicious catered Thanksgiving lunch! And our choir will perform for us too! 5093 Murfreesboro Rd, La Vergne.