

December FiftyForward La Vergne Program Information

Please see the program description page to learn more about each offering, and to see which activities require registration.

Events with an asterisk * require advance registration

1	2 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Gingerbread Houses	3 9a Games 9:30a Building Cup Towers! 10a Ceramics 10:30a Morning Walk 11:30a Lunch 1p "The Magic of 5 Minutes" H.U.G.S. Series	4 9a Games 10a Christmas Trivia! 11a Arthritis Chair Exercise 11:30a Lunch 12:30 Choir Practice	5 9a Games 9:30a Outdoor Games 11:30a Lunch 12p Bingo 1:15p Holiday Movie with popcorn	6 Closed	7
8	9 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30p Day Trippers Meeting 1p Reading Group	10 9a Games 9:30a Christmas Carol Name That Tune 10a Ceramics 10:30a Morning Walk 11:30a Lunch 1p Pipe Cleaner Snowflake Ornaments	11 9a Games Closing the center at 10:45a 11:00 Christmas Lunch and Party at La Vergne Multi-Purpose Room	12 9a Games 9:30a Outdoor Games 11:30a Lunch 12p Bingo 1p December Birthday Celebration 1:15p Holiday Karaoke and Cookie Exchange!	13 Closed	14
15	16 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Advisory Council Meeting	17 9a Games 9a Haircuts with Sonia 10a Ceramics 10:30a Morning Walk 11:30a Lunch 12:30p Hanukkah and Kwanzaa Presentation	18 9a Games 11a Arthritis Chair Exercise 11a General Jackson Trip 11a Arthritis Chair Exercise 11:30a Lunch	19 9a Games 10a Holiday Party and Gift Exchange! 11:30a Lunch 12p Bingo 2p CenterWell Visit and Games!	20 Closed	21
22	23 CLOSED	24 CLOSED	25 MERRY CHRISTMAS! CLOSED	26 CLOSED	27 Closed	28
29	30 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Year End Blessings Art Project	31 9a Games 10a Ceramics 11:30a New Year's Eve Potluck and Party!	Happy New Year! CLOSED			

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RECURRING CLASSES, ACTIVITIES & GROUPS

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

Games – Mondays, Tuesdays, Wednesdays and Thursdays beginning at 9a. Join in the fun with card games, Rummikub, or board games throughout the day. Room A

Arthritis Chair Exercise (Strength) – Mondays, 9:30a This evidence-based program focuses on building strength with hand weights. Room A

Bible Study – Mondays 10a. All are welcome to participate in Bible Study. Room a

Coloring and Puzzles – Mondays 10a. Coloring books, word puzzles, and jigsaw puzzles available in Room B

Day Trippers Meeting – Monday, December 9, 12:30p Gather to discuss ideas for upcoming trips. Room B

Morning Walk – Tuesdays 10:30a. Walk around the path outside to get the blood moving. Weather permitting.

Ceramics – Tuesdays 10a Paint pre-purchased ceramics in Room B.

Choir Practice – Wednesday, December 4, 12:30p. Special afternoon final practice for our Holiday performance. Room B

Arthritis Chair Exercise (Stretch & Balance) – Wednesdays, 11a. This evidence-based program focuses on flexibility and balance. Room A *No class on 12/11.

Outdoor Games – Thursdays, 9:30a. Enjoy the outdoors and have fun with friends while playing Cornhole, Connect 4 or Shuffleboard. Weather Permitting.

Bingo – Thursdays, 12p. Room A

Monthly Birthday Celebration – Thursday, December 12, 1p. Room A

Haircuts with Sonia (date will vary each month). Tuesday, December 17, 9a. Room B

CenterWell Visit and Games! – Thursday, December 19, 2p. Payton Strong leads games and helpful presentations the 3rd Thursday of each month. Room A

Advisory Council Meeting – Monday, December 16, 1p. Meet to discuss activities at the center, the 3rd Monday of each month. Room B

Potluck Lunch – Tuesday, December 31, 11:30a. Room A

SPECIAL EVENTS/PROGRAMS

Gingerbread Houses – Monday, December 2, 1p. Cooking class or craft? You decide as Keith teaches us how to make edible art. Room A

Building Cup Towers – Tuesday, December 3, 9:30a. Team up to build towers out of Red Solo cups and see whose stays up the longest! Room A



Elvia Perez Fantuzzi – December 2
Eleanor Eckles – December 2
Donna Driver – December 8
Stephanie Olene – December 8
Rita Hilderbrand – December 10
Viletta Dillard – December 23

“The Magic of 5 Minutes” Presentation – Tuesday, December 3, 1p. Miniimah Saafir returns for more instruction about meditation and mindfulness. Room A

Christmas Trivia! – Wednesday, December 4, 10a. Keith will lead the group in some fun Holiday Trivia.

Reading Group – Monday, December 9, 1p. Gather to read aloud and discuss “The Gift of the Magi” by O. Henry. Room B

Holiday Movie with Popcorn – Thursday, December 5, 1:15p.

Relax and enjoy watching a classic Christmas film in Room B

Christmas Carol Name That Tune – Tuesday, December 10, 9:30a. How many famous holiday songs can you name in just a few notes? Room A

Pipe Cleaner Snowflake Ornaments Craft – Tuesday, December 10, 1p. Make a pretty snowflake ornament. Room B

Holiday Karaoke and Cookie Exchange – Thursday, December 12, 1:15p. Share your favorite holiday cookies and recipes and enjoy singing some festive songs. Room A.

Hanukkah and Kwanzaa Presentation – Tuesday, December 17, 12:30p. Learn about other December holidays with a presentation by Donna and Keith. Room A.

Holiday Party and Gift Exchange – Thursday, December 19, 10a. Wear your Christmas sweaters and come ready to play! We'll play “Twas the Night Before Christmas” and see who gets what gift! Room A

Year End Blessing Art Project – Monday, December 30, 1p. Create an end of the year art project where we reflect on the blessings we've had in the past year and the ones we're looking forward to in 2025. Room B

New Year's Eve Potluck and Party – Tuesday, December 31, 11:30a. Celebrate the clock turning 12:00 and pretend it's midnight! We'll celebrate the coming year with games and dancing! Room A

DAY TRIPS!

HOLIDAY LUNCHEON! – Wednesday, December 11, 11a We're all headed to the La Vergne Multi-Purpose Building for a festive lunch and party! Our choir will perform, and we'll have gifts and prizes! 5093 Murfreesboro Rd., La Vergne. You must sign up ahead of time.

General Jackson Trip – Wednesday, December 18, 11a. All aboard the General Jackson Showboat Christmas Cruise! Arrive by 11a, Board at 11:15a. 2812 Opryland Dr, Nashville, TN 37214. Must be preregistered.