

# January 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**

|           |   |  |  |   |   |           |
|-----------|---|--|--|---|---|-----------|
|           |   |  | <b>1</b><br><br><b>Closed for New Year's Day!</b>  | <b>2</b><br>9a Games<br>9:30a Get Active!<br>11:30a Lunch<br>12p Bingo  | <b>3</b><br><b>Closed</b>   | <b>4</b>  |
| <b>5</b>  | <b>6</b><br>9a Games<br>9:30a Arthritis Chair Exercise<br>10a Bible Study<br>10a Coloring & Puzzles<br>11:30a Lunch<br>12:30p Day Trippers Meeting        | <b>7</b><br>9a Games<br><b>9:30a Wii Bowling</b><br><b>10a Ceramics</b><br>10:30a Morning Walk<br>11:30a Lunch<br><b>1p Cooking Class</b>  | <b>8</b><br>9a Games<br>10a Choir Practice<br>11a Arthritis Chair Exercise<br>11:30a Lunch<br>12:30p Stitches Club           | <b>9</b><br>9a Games<br>9:30a Get Active!<br>11:30a Lunch<br>12p Bingo<br><b>1p January Birthday Celebration</b><br><b>1:15p New Year Vision Board Craft!</b> | <b>10</b><br><b>Closed</b>  | <b>11</b> |
| <b>12</b> | <b>13</b><br>9a Games<br>9:30a Arthritis Chair Exercise<br>10a Bible Study<br>10a Coloring & Puzzles<br>11:30a Lunch<br>1p Advisory Council Meeting       | <b>14</b><br>9a Games<br><b>9a Haircuts with Sonia</b><br><b>9:30a Wii Bowling</b><br><b>10a Ceramics</b><br>10:30a Morning Walk<br>11:30a Lunch<br><b>1p "The Magic of 5 Minutes" H.U.G.S. Series</b> | <b>15</b><br>9a Games<br>10a Choir Practice<br>11a Arthritis Chair Exercise<br>11:30a Lunch<br><b>12:30p Movie Trip!</b>     | <b>16</b><br>9a Games<br>9:30a Get Active!<br>11:30a Lunch<br>12p Bingo<br><b>1:30 Musical Guest Performance!</b>   | <b>17</b><br><b>Closed</b><br><br><b>11a Meet and Eat at La Travola</b>                   | <b>18</b> |
| <b>19</b> | <b>20</b><br><br><b>Closed for Martin Luther King Jr. Day</b>   | <b>21</b><br>9a Games<br><b>9:30a Wii Bowling</b><br><b>10a Ceramics</b><br>10:30a Morning Walk<br>11:30a Lunch<br><b>1p Martin Luther King Jr. Activity</b>   | <b>22</b><br>9a Games<br>10a Choir Practice<br>11a Arthritis Chair Exercise<br>11:30a Lunch<br>12:30p Stitches Club          | <b>23</b><br>9a Games<br>9:30a Get Active!<br>11:30a Lunch<br>12p Bingo<br><b>2p CenterWell Visit and Games!</b>  | <b>24</b><br><b>Closed</b>  | <b>25</b> |
| <b>26</b> | <b>27</b><br>9a Games<br>9:30a Arthritis Chair Exercise<br>10a Bible Study<br>10a Coloring & Puzzles<br><b>11:30a Potluck!</b><br><b>1p Reading Group</b> | <b>28</b><br>9a Games<br><b>9:30a Wii Bowling</b><br><b>10a Ceramics</b><br>10:30a Morning Walk<br>11:30a Lunch<br><b>1p Taboo Game "Test Your Skills"</b>   | <b>29</b><br>9a Games<br>10a Choir Practice<br>11a Arthritis Chair Exercise<br>11:30a Lunch<br><b>12:30p Craft with Clay</b> | <b>30</b><br>9a Games<br>9:30a Get Active!<br>11:30a Lunch<br>12p Bingo<br><b>1:30p Hot Chocolate and Cherished Memories</b>                                  | <b>31</b><br><b>Closed</b><br><br><b>Lunch &amp; Jazz Concert at Donelson Station 11a</b> |           |

# January FiftyForward La Vergne Program Information

## 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, January 6, 12:30p Gather to discuss ideas for upcoming trips. Room B

**Wii Bowling** – Tuesdays at 9a. Our Winter Wii Bowling tournament begins.

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

**Choir Practice** – Wednesdays, 10a. Learn songs for upcoming performances. Room B

**Arthritis Chair Exercise (Stretch & Balance)** – Wednesdays, 11a. This evidence-based program focuses on flexibility and balance. Room A

**Stitchers Club** – Wednesdays January 8 and 22 at 12:30p. Work on sewing, knitting, crochet, or cross stitch projects with friends and share tips and techniques. Room B

**Get Active!** – Thursdays 9:30a. Group games and activities to work on coordination and teamwork! Room A

**Bingo** – Thursdays, 12p. Room A

**Monthly Birthday Celebration** – Thursday, January 9, 1p. Room A

**Advisory Council Meeting** – Monday, January 13, 1p. Meet to discuss activities at the center, the 3<sup>rd</sup> Monday of each month. Room B

**Haircuts with Sonia** (date will vary each month). Tuesday, January 14, 9a. Room B

**CenterWell Visit and Games!** – Thursday, January 23, 2p. Payton Strong leads games and helpful presentations the 3<sup>rd</sup> Thursday of each month. Room A

**Potluck Lunch** – Monday, January 27, 11:30a. Room A

## SPECIAL EVENTS/PROGRAMS

**Cooking Class** – Tuesday, January 7, 1p. Learn a delicious slow cooker chicken recipe. Room A

**Vision Board Craft** – Thursday, January 9, 1:15p. Get inspired with a craft to look ahead the new year. Room B



Anita Fitzgerald – January 2  
Annette Fitzgerald – January 2  
Diane Haynes – January 3  
Essie Smith – January 8  
Janet Howze – January 12  
Deborah Rhone – January 14  
Gaye Long – January 16  
Gloria Corwin – January 26  
Sernorma Mitchell – January 26  
Mavila Gilbert – January 28  
Anna G. Jones – January 29

**“The Magic of 5 Minutes” H.U.G.S. Presentation** – Tuesday, January 14, 1p. Miniimah Saafir returns for more instruction about meditation and mindfulness. Room A

**Musical Guest Performance** – Thursday, January 16, 1:30p. Singer Chelcie Jette will do a concert for us! Room A

**Martin Luther King Jr. Art Project** – Tuesday, January 21, 1p. Make an art project using a famous MLK quote. Room B

**Reading Group** – Monday, January 27, 1p. Gather to read aloud and discuss a classic short story. Room B

**Taboo Game “Test Your Skills”** – Tuesday, January 28, 1p. Keith leads us in this fun guessing game. Room A

**Craft with Clay** – Wednesday, January 29, 12:30p. Sculpt a snowman out of clay. Room B

**Hot Chocolate and Cherished Memories** – Thursday, January 30, 1:30p. Gather around for some cocoa and sharing stories about favorite winter memories. Room A.

## DAY TRIPS!

**Meet and Eat!** – Friday, January 17, 11a. La Travola Restaurant 114 Front St, Smyrna, TN 37167

**Movie Trip** – Wednesday, January 15, 12:30p. Film TBD. Premiere 6 Movie Theater. 810 NW Broad St #200, Murfreesboro, TN 37129 Must arrive by 11:30. Pre-register required.

**Lunch and Jazz Concert** – Friday, January 31, 11a. Enjoy concert and lunch at FiftyForward Donelson Station. 108 Donelson Pike, Nashville, TN 37214. Must pre-register.

2025  
happy new year