

February 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

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2	3 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30p Day Trippers Meeting	4 9a Games 9:30a Wii Bowling 10a Ceramics 11:30a Lunch 1p Valentine Decoration Craft	5 9a Games 9a Trip to African American Music History Museum 10a Choir Practice 11a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitches Club	6 9a Games 9:30a Get Active! 10a NPT Coffee & Conversation 11:30a Lunch 12p Bingo	7 Closed	8
9	10 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30p Mid-Cumberland Presentation	11 9a Games 9a Haircuts with Sonia 9:30a Wii Bowling 10a Ceramics 11:30a Lunch 1p Black History Month Art Activity	12 9a Games 10a Choir Practice 11a Arthritis Chair Exercise 11:30a Lunch 12:30p Dance to Your Heart's Content!	13 9a Games 9:30a Get Active! 10a Beauty Makeovers 11:30a Lunch 12p Bingo 1p January Birthday Celebration & Choir Performance 1:30p Drama Buffs Acting Troupe	14 Closed Meet and Eat at Los Agaveros 11a	15
16	17 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Advisory Council Meeting	18 9a Games 9:30a Wii Bowling 10a Ceramics 11:30a Lunch	19 9a Games 10a Choir Practice 11a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitches Club	20 9a Games 9:30a Get Active! 11:30a Lunch 12p Bingo 2p CenterWell Visit and Games!	21 Closed	22
23	24 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Potluck! 1p Reading Group	25 9a Games 9:30a Wii Bowling 10a Ceramics 11:30a Lunch 1p Popcorn & a Movie	26 9a Games 10a Choir Practice 11a Arthritis Chair Exercise 11:30a Lunch 12p Trip to see Nashville Opera "When Marian Sings" at Donelson Station	27 9a Games 9:30a Get Active! 11:30a Lunch 12p Bingo 1:30p Laugh Lines improv group performs!	28 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, February 3, 12:30p Gather to discuss ideas for upcoming trips. Room B

Wii Bowling – Tuesdays at 9a. Our Winter Wii Bowling tournament continues. Room A

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 February 5 and 19 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

Haircuts with Sonia (date will vary each month). Tuesday, February 11, 9a. Room B

Monthly Birthday Celebration – Thursday, February 13, 1p. Room A

Advisory Council Meeting – Monday, February 17, 1p. Meet to discuss activities at the center, the 3rd Monday of each month. Room B

CenterWell Visit and Games! – Thursday, February 20, 2p. Payton Strong leads games and helpful presentations the 3rd Thursday of each month. Room A

Potluck Lunch – Monday, February 24, 11:30a. Room A

SPECIAL EVENTS/PROGRAMS

Valentine Decoration Craft – Tuesday, February 4, 1p. Make a cute craft to decorate our center for the holiday. Room B.



Vonda Jenkins – February 2

Carmen Morales – February 9

Silvana Martin-Morillo – February 10

Cynthia Todd – February 10

Judy Shifflett – February 11

Aurelia Baker – February 17

Michelle Grear – February 18

Lisa Elder – February 21

Merlin Henderson – February 23

Theresa Edmonds – February 26

NPT Coffee & Conversation – Thursday, January 6, 10a. A representative from Nashville Public Television will sow and discuss their new program “Aging Matters”. Room A

Mid-Cumberland Presentation – Monday, February 10, 12:30p. Learn how to save on your electric bill. Room A

Black History Month Art Project – Tuesday, February 11, 1p. Keith leads an art project and presentation about Black History. Room B.

Dance to Your Heart's Content! – Wednesday, February 12, 12:30p. We'll put on some fun music for line dancing and boogie-ing! Room A

Beauty Makeovers – Thursday, February 13, 10a. Sign up to get prettied up for Valentine's Day! Room B

Drama Buffs Acting Troupe Performance – Thursday, February 13th, 1:30p. An acting group from FiftyForward Knowles Station will come perform skits for us. Room A

Reading Group – Monday, February 24, 1p. Gather to read aloud and discuss a classic short story. Room B

Popcorn & a Movie – Tuesday, February 25, 1p. Watch The Six Triple Eight and enjoy a salty snack. Room B

Laugh Lines Improv Group Performs – Thursday, February 27, 1:30p. An improv group from FiftyForward Donelson Station will perform some sketches for us. Room A.

DAY TRIPS!

Meet and Eat! – Friday, February 14, 11a. Los Agaveros 5179 Murfreesboro Rd., La Vergne, TN 37086.

Nashville Opera “When Marian Sang” – Wednesday, February 26, 12p. Enjoy a performance about the first famous African American female singer. FiftyForward Donelson Station. 108 Donelson Pike, Nashville, TN 37214. Must pre-register.