

March 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 10:30a Morning Walk 11:30a Lunch 12:30p La Vergne Police Dept. "How to Avoid Scams"	5 9a Games 9:30a Trip to Votes for Women Room 10a Choir Practice 11a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitches Club	6 9a Games 9:30a Outside Game 11:30a Lunch 12p Bingo 1:30p Meditation Coloring	7 Closed	8
9	10 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1:00 Cooking Class with Chefs for Seniors	11 9a Games 9a Haircuts with Sonia 10a Ceramics 10:30a Morning Walk 11:30a Lunch 1p Dance Fitness Class	12 9a Games 10a Choir Practice 11a Arthritis Chair Exercise 11:30a Lunch 1p St. Patrick's Day Craft	13 9a Games 9:30a Outside Game 11:30a Lunch 12p Bingo 1p March Birthday Celebration 1:30p Two Truths and a Lie Game	14 Closed 11a Meet and Eat at Logan's Road-house	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 Awards 10a Ceramics 10:30a Morning Walk 11:30a Lunch 12:30p King's Corner Competition	19 9a Games 10a Choir Practice 11a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitches Club	20 9a Games 9:30a Outside Game 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 Lunch 12:30p Massages by Aleksandar	25 9a Games 10a Ceramics 10:30a Morning Walk 11:30a Lunch 1p Spring Craft with Keith	26 9a Games 10a Choir Practice 11a Arthritis Chair Exercise 11:30a Lunch 12:30p Ellie Mental Health Presentation	27 9a Games 9:30a Outside Game 11:30a Lunch 12p Bingo 1:30p Karaoke!	28 Closed	29
30	31 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Potluck! 1p Reading Group					

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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

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

Morning Walk – Tuesdays 10:30a Take a lap or two around our walking path (weather permitting).

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 March 5 and 19 at 12:30p. Work on sewing, knitting, crochet, or cross stitch projects with friends and share tips and techniques. Room B

Outdoor Game – Thursdays 9:30a. Play cornhole or other games outside. Room A

Bingo – Thursdays, 12p. Room A

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

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

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

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

Potluck Lunch – Monday, March 31, 11:30a. Room A

SPECIAL EVENTS/PROGRAMS

La Vergne Police Dept. "How to Avoid Scams" – Tuesday, March 4, 12:30p. Detectives from the La Vergne Police Department will do a presentation. Room A

Meditation Coloring – Thursday, March 6, 1:30p Listen to soothing music while making pretty pictures. Room B



Geoffrey Harbison Sr. – March 11
Benetta Walker – March 12
Verinia Taylor – March 13
LaVonne Wells – March 13
William Burns – March 23
Laurie Gregory – March 23
Tanya Nunnally – March 25

Cooking Class with Chefs for Seniors – Monday, March 10, 1p. Learn a delicious new recipe. Room A

Dance Fitness Class – Tuesday, March 11, 1p. Get your heart pumping and have fun at our new exercise class. Room A

St. Patrick's Day Craft – Wednesday, March 12, 1p. Keith will teach us to make a fun seasonal craft. Room B

Two Lies and a Truth Game – Thursday, March 13, 11:30p. Celebrate President George Washington's birthday with a fun game about telling the truth. Room A

King's Corner Competition – Tuesday, March 18, 12:30p. Compete with everyone's new favorite card game. Room A

Massages by Aleksandar – Monday, March 24, 12:30p. Sign up for a short massage to ease your tension. Room B

Spring Craft with Keith – Tuesday, March 25, 1p Keith teaches a lovely craft for the season. Room B

Ellie Mental Health Guest Speaker – Wednesday, March 26, 12:30p. Learn about some common mental health issue for seniors and how to get help or assistance. Room A

Karaoke! – Thursday, March 27, 1:30p Sing a solo or get your friends to join you for a group song! Room A

Reading Group – Monday, March 31, 1p. Gather to read aloud and discuss a classic short story. Room B

DAY TRIPS!

Visit the Votes for Women and Civil Rights Rooms at the Downtown Public Library – Wednesday, March 5, 9:30a. Head downtown to learn some interesting Tennessee history. \$10 for bus and we'll stop for lunch on the way back. Pre-register required.

Meet and Eat! – Friday, March 15, 11a. Logan's Roadhouse 600 Sam Ridley Pkwy W, Smyrna, TN 37167

FiftyForward LGBTQ+ Peer Group Meeting – Sunday, March 16, 2-5p. Homegrown Taproom, 2720 Old Lebanon Pike, Nashville, TN 37214