

April 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 9a Games 9:30a Wii Bowling 10a Ceramics 10:30a Morning Walk 11:30a Lunch 1p Dance Fitness Class	2 9a Games 10a Choir Practice 11a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitches Club	3 9a Games 9:30a Outside Game 11:30a Lunch 12p Bingo 1:30p Easter Craft with Keith	4 Closed	5
6	7 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30p Day Trippers Meeting 1:15p "What's My Name?" Game	8 9a Games 9a Haircuts with Sonia 9:30a Wii Bowling 10a Ceramics 10:30a Morning Walk 11:30a Lunch 1p TSU Extension "Eating Healthy on the Run"	9 9a Games 10a Choir Practice 11a Arthritis Chair Exercise 11:30a Lunch 12:30 Easter Bonnet Craft	10 9a Games 9:30a Outside Game 11:30a Lunch 12p Bingo 1p April Birthday Celebration 1:30p Home Safety Presentation	11 Closed 11a Meet and Eat at Tokyo Restaurant 11a	12
13	14 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Belly Dance Class	15 9a Games 9:30a Wii Bowling 10a Ceramics 10:30a Morning Walk 11:30a Lunch 1p TSU Extension "Eating Healthy on the Run"	16 9a Games Trip to Martin Center for Spring Wellness Fair 10a Choir Practice 11a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitches Club	17 9a Games 9:30a Outside Game 10:30p Celebrate Our Center Volunteers! 11:30a Lunch 12p Bingo 2p CenterWell Visit and Games!	18 All Fifty Forward Centers Closed For Good Friday	19
20	21 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Advisory Council Meeting	22 9a Games 9:30a Wii Bowling 10a Ceramics 10:30a Morning Walk 11:30a Lunch 1p TSU Extension "Eating Healthy on the Run"	23 9a Games 10a Choir Practice 11a Arthritis Chair Exercise 11:30a Lunch 1p "Drama Club"	24 9a Games 9:30a Outside Game 11:30a Lunch 12p Bingo 1:20p Choir Performance and Easter Bunny visit! 1:45p Hobo Road Band Performs!	25 Closed	26
27	28 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a *Lunch 1p Reading Group	29 9a Games 9:30a Wii Bowling 10a Ceramics 10:30a Morning Walk 11:30a Lunch 1p TSU Extension "Eating Healthy on the Run"	30 9a Games 10a Choir Practice 11a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitches Club			

April 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, April 7, 12:30p Gather to discuss ideas for upcoming trips. Room B

Advisory Council Meeting – Monday, April 21, 1p. Meet to discuss activities at the center, the 3rd Monday of each month. Room B

Wii Bowling – Tuesdays, 9:30a. Our spring bowling tournament begins this month. Room A

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).

Haircuts with Sonia (date will vary each month). **Tuesday, April 8, 9a.** 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 April 2, 16 and 30 at 12:30p. Work on sewing, knitting, crochet, or cross stitch projects with friends and share tips and techniques. Room B

“Drama Club” – Wednesday, April 23 at 1p. Learn to perform comedy skits and scenes. Room B

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

Bingo – Thursdays, 12p. Room A

Monthly Birthday Celebration – Thursday, April 10, 1p. Room A

CenterWell Visit and Games! – Thursday, April 17, 2p. Payton Strong leads games and helpful presentations. Room A

***Potluck Lunch – No potluck this month! We will have a special Cinco de Mayo lunch instead on May 5th.**



Donna Saad – April 3	Jean Harris – April 15
Glendel Elder – April 6	Gayle Warpool – April 20
Jagdish Michael – April 10	Linda Berry – April 21
Richard Watson – April 11	Janet Alexander – April 29

SPECIAL EVENTS/PROGRAMS

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

Easter Craft with Keith – Thursday, April 3, 1:30p.

Keith will teach us to make a fun seasonal craft. Room B

“What’s My Name Game?” – Monday, April 7, 1:15p Keith and Donna will guess who’s speaking without looking. Room A

TSU Extension “Eating on the Run” – Tuesdays, April 8, 15, 22 and 29 at 1p. Brittany is back for a 5-week program about healthy eating habits. Room A

Easter Bonnet Craft – Wednesday, April 9, 12:30p. Join the choir in decorating bonnets for our Easter party. Room B

Home Safety Presentation – Thursday, April 10, 1:30p. Toni Tinker from Herzing University will lead a presentation about how to stay safe at home. Room A

“Phat Chance” Belly Dancing Class – Monday, April 14, 1p McKenna Driver returns for another fun belly dancing class. Room A

Celebrate Our Center Volunteers! – Thursday, April 17, 10:30a We will thank the many members who volunteer at our center in honor of National Volunteer Month. Room A.

Choir Performance and Easter Bunny Visit – Thursday, April 24, 1:20p. The Easter bunny will visit and our choir will sing to start our Easter celebration. Room A

Hobo Road Band Performance – Thursday, April 24, 1:45p Our favorite local band returns to play for us! Room A

Reading Group – Monday, April 28, 1p. Gather to read aloud and discuss a classic short story. Room B

DAY TRIPS!

Meet and Eat! – Friday, April 11, 11a. Tokyo Restaurant, 701 President PI #100, Smyrna, TN 37167

Trip to Health and Wellness Fair – Wednesday, April 16, 9:30a. Ride our bus to the FiftyForward Martin Center in Brentwood to visit booths about health and wellness and get goodies. There will be a food truck with food to purchase. Event is 10a-12p.