

May 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 Trip to Mint Casino 9:30a Outside Game 11:30a Lunch 12p Bingo	2 Closed	3
4	5 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a *Lunch – Cinco de Mayo! 12:30p Day Trippers Meeting	6 9a Games 9:30a Wii Bowling 10a Ceramics 10:30a Morning Walk 11:30a Lunch 1p TSU Extension “Eating Healthy on the Run” Final Class	7 9a Games 11a Arthritis Chair Exercise 11:30a Lunch 12:30p Senior Planet “Podcasts at a Glance” 1:30p Choir	8 9a Games 9:30a Outside Game 11:30a Lunch 12p Bingo 1p May Birthdays and Celebrate FiftyForward One Year Anniversary!	9 Closed 11a Nashville Opera “Hansel & Gretel” at Donelson Station	10
11	12 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Mother’s Day Fashion Show!	13 6:30a Choir Performance at OAM Breakfast 9a Games 9a Haircuts with Sonia 9:30a Wii Bowling 10a Ceramics 10:30a Morning Walk 11:30a Lunch 1p Drama Club	14 9a Games 11a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitches Club 1p Choir Practice	15 9a Games 9:30a Outside Game 11:30a Lunch 12p Bingo 2p CenterWell Visit and Games!	16 Closed 11a Meet and Eat at Cracker Barrel 11a	17
18	19 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Advisory Council Meeting	20 9a Games 9:30a Wii Bowling 10a Ceramics 10:30a Morning Walk 11:30a Lunch 1p Dance Fitness	21 9a Games 9:30p Trip to Tennessee State Museum 11a Arthritis Chair Exercise 11:30a Lunch 1p Choir Practice	22 9a Games 9:30a Outside Game 11:30a Lunch 12p Bingo 1:30 Cooking Class with Keith	23 Closed	24
25	26 All FiftyForward centers closed for Memorial Day	27 9a Games 10a Ceramics 10:30a Morning Walk 11:00a Picnic at Veterans Memorial Park - Potluck	28 9a Games 11a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitches Club 1p Choir Practice	29 9a Games 9:30a Outside Game 11:30a Lunch 12p Bingo 1:30p Painting Craft	30 Closed	31

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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, May 5, 12:30p Gather to discuss ideas for upcoming trips. Room B

Advisory Council Meeting – Monday, May 19, 1p. Meet to discuss activities at the center, the 3rd Monday of each month. Room B

Wii Bowling – Tuesdays, May 6, 13 and 20, 9:30a. Our spring bowling tournament continues 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, May 13, 9a. Room B

Choir Practice – Wednesdays, 1p. 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 May 14 and 28 at 12:30p. Work on sewing, knitting, crochet, or cross stitch projects with friends and share tips and techniques. Room A

Drama Club – Tuesday, May 13 at 1p. Learn to perform comedy skits and scenes. Room B

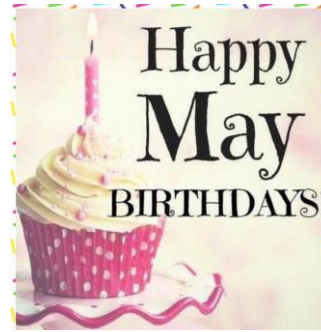
Outdoor Game – Thursdays 9:30a. Play cornhole or other games outside. Room A

Bingo – Thursdays, 12p. Room A

Monthly Birthday Celebration – Thursday, May 8, 1p. Room A

CenterWell Visit and Games! – Thursday, May 15, 2p. Payton Strong leads games and helpful presentations. Room A

Potluck Lunch – Picnic at Veterans Memorial Park, Tuesday, May 27. 11a-1p



Alma Blakley – May 4
Marcia Brown – May 4
Mary Walker – May 5
Martha Hereford – May 16
Edwin Carter – May 25
Earl Grace – May 26

SPECIAL EVENTS/PROGRAMS

TSU Extension “Eating on the Run” – Tuesday, May 6 at 1p. Brittany concludes her 5-week program about healthy eating habits. Room A

Senior Planet “Podcasts at a Glance” – Wednesday, May 7 at 12:30p. Steve Bianchi returns to teach how to enjoy podcasts. Room A

FiftyForward 1 Year Anniversary Celebration! – Thursday, May 8 at 1:15p. Dance and sing all afternoon as we celebrate 1 year of being part of FiftyForward. Room A

Mother’s Day Fashion Show – Monday, May 12 1p. Wear your prettiest outfit and be ready to parade! Room A

Dance Fitness Class – Tuesday, May 20, 1p. Get your heart pumping and have fun at our new exercise class. Room A

Cooking Class with Keith – Thursday, May 22, 1:30p. Keith teaches us another fruit-inspired recipe for Spring! Room A

Painting Activity – Thursday, May 29, 1:30p. Paint some pretty flowers, using egg cartons. Room B

DAY TRIPS!

Trip to Mint Casino – Thursday, May 1, 9:30a-3p. Take the bus up to the casino in Kentucky. \$15 bus fee + lunch and gambling money.

Choir Performance at OAM Breakfast – Tuesday, May 13, 6a-9a. The choir will meet and ride the van to Geodis Arena to perform at the Older Americans Month Breakfast fundraiser event.

Meet and Eat! – Friday, May 16, 11a. Cracker Barrel. 2697 Highwood Blvd, Smyrna, TN 37167

Nashville Opera Presents “Hansel & Gretel” – Friday, May 9, 11a. Head over to FiftyForward Donelson Station to enjoy this show and eat at the Donelson Café. 108 Donelson Pike, Nashville, TN 371214.

Trip to Tennessee State Museum & Lunch at Farmer’s Market – Wednesday, May 21, 9:30a. Ride the van to the museum. After we tour, we’ll eat lunch at the Farmer’s Market next door. \$10 for bus + lunch.