

August 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 10:30a Arthritis Chair Exercise 11:30a Lunch with La Vergne Police Dept. 1p Meditation Coloring	2
3	4 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30p Day Trippers Meeting	5 9a Games 9:30a Wii Bowling 10a Ceramics 10:30a Morning Walk 11:30a Lunch 1p Fun City Players Rehearsal	6 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 1p Choir Practice	7 9a Games 9:30a Outside Game 10a Coffee & Conversation: Aging Matters Screening 11:30a Lunch 12p Bingo	8 9a Games 9:30a Rock Garden Cleanup 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Group Game: Taboo	9
10	11 9a Games 9:30a Arthritis Chair Exercise 9:30a Trip to Lane Motor Museum 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch	12 9a Games 9:30a Wii Bowling 9a Haircuts with Sonia 10a Ceramics 10:30a Morning Walk 11:30a Lunch 1p Hobo Road Band Performs	13 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch & Learn with Wang Vision 12:30p Stitchers Club 1p Choir Practice	14 9a Games 9:30a Outside Game 11:30a Lunch 12p Bingo 1:15 August Birthday Celebration 1:30p Art "Sketch a Friend"	15 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 11a Meet and Eat at Breaking Bread	16
17	18 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Advisory Council Meeting	19 9a Games 9:30 Wii Bowling 10a Ceramics 10:30a Morning Walk 11:30a Lunch 1p Craft with Popsicle Sticks	20 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 1p Choir Practice	21 9a Games 9:30a Outside Game 10a Gratitude Gathering 11:30a Lunch 12p Bingo 2p CenterWell Visit and Games	22 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Get Active Game	23
24	25 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30p King's Corner Tourney	26 9a Games 9:30 Wii Bowling 10a Ceramics 10:30a Morning Walk 11:30a Lunch 1p Fun City Players Rehearsal	27 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitchers Club 1p Choir Practice	28 9a Games 9:30a Outside Game 11:30a Lunch 12p Bingo 1:30 Popsicles and Pop Songs (Karaoke)	29 9a Games 10:30a Arthritis Chair Exercise 11:30a Potluck! 12:30p "Nifty 90s Club" Celebration	30

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RECURRING CLASSES, ACTIVITIES & GROUPS

Mid Cumberland MOW Lunches – Monday through Friday at 11:30a. Lunch is provided to those who have registered.

Room A

Games – Monday through Friday 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, August 4, 12:30p Gather to discuss ideas for upcoming trips. Room B

Advisory Council Meeting – Monday, August 18, 1p. Meet to discuss activities at the center, the 3rd Monday of each month. Room B

Wii Bowling – Tuesdays, 9:30a. Sign up in advance for our late summer bowling tournament. 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).

Fun City Players Rehearsal – Tuesdays August 5 and 26 at 1p. Learn to perform comedy skits and scenes. Room B

Haircuts with Sonia (date will vary each month). Tuesday, August 12, 9a. Room B

Choir Practice – Wednesdays, August 6, 13, 20 and 27, 1p. Learn songs for upcoming performances. Room B

Arthritis Chair Exercise (Stretch & Balance) – Wednesdays and Fridays, 10:30a This evidence-based program focuses on flexibility and balance. Room A

Stitchers Club – Wednesdays August 13 and 27 at 12:30p. Work on sewing, knitting, crochet, or cross stitch projects with friends and share tips and techniques. Room A

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

Bingo – Thursdays, 12p. Room A

Monthly Birthday Celebration – Thursday, August 14, 1:15p. Room A

CenterWell Visit and Games! – Thursday, August 21, 2p. Payton Strong leads games and helpful presentations. Room A

Potluck Lunch – Friday, August 29, 11:30a. **Bring a dish to share with friends.**

SPECIAL EVENTS/PROGRAMS

Lunch with La Vergne Police Dept. – Friday, August 1, 11:30a. The La Vergne Police Dept. will treat us to lunch and talk about phone and computer safety. Room A



John Holder – Aug. 6

Suzanne Logan – Aug. 6

Joyce Taylor – Aug. 6

Bonnie Craft – Aug. 7

Rose Crigger – Aug. 7

Loretta Minnifree – Aug. 8

Zenie Terrell – Aug. 8

Doug Holliman – Aug. 9

Edna Jones – Aug. 11

Carolyn Shelton – Aug. 17

Elaine Frey – Aug. 18

Joe Randle – Aug. 23

Mary Jane Skinner – Aug. 30

Meditation Coloring – Friday, August 1, 1p. Listen to soothing music and relax while coloring. Room B

Coffee & Conversation with Nashville PBS' Aging Matters – Thursday, August 7, 10a. Speakers from Nashville PBS will do a presentation and screening of Aging Matters: Aging with Honor. Room A

Rock Garden Cleanup – Friday, August 8, 9:30a. Volunteers will help beautify our memorial garden boxes. Outside.

Group Game: Taboo! – Friday, August 8, 12:30p. Keith leads a fun trivia game with everyone! Room A

Hobo Road Band Performs – Tuesday, August 12, 1p. Enjoy our favorite local band. Room A

11:30a Lunch & Learn with Wang Vision – Wednesday, August 13, 11:30p. Enjoy a delicious lunch and a presentation about vision health. Room A

Art "Sketch a Friend" – Thursday, August 14, 1:30p. Partner up for this fun art project led by Keith. Room B

Craft with Popsicle Sticks – Tuesday, August 19, 1p. Keith leads a creative craft. Room B

Gratitude Gathering – Thursday, August 21, 10a. Gather to discuss matters of the heart. Room B.

Get Active Game – Friday, August 22, 12:30p. Games to work on coordination and teamwork. Room A

King's Corner Tourney – Monday, August 25, 12:30p. Be part of another competition of our favorite card game. Room A

Popsicles and Pop Songs – Thursday, August 28, 1:30p. Enjoy a cool, sweet treat and sing some songs! Room A

Nifty Nineties Club Celebration – Friday, August 29, 12:30p. Let's honor our members who are 90 or older!!! Room A

DAY TRIPS!

Lane Motor Museum – Monday, August 11, 9:30a-1p. See unique cars and motorcycles and the largest European automotive collection in the U.S. \$10 bus fee, \$10 admission, and lunch on the way back. 702 Murfreesboro Pike, Nashville, TN, 37210

Meet and Eat! – Friday, August 15, 11a. Breaking Bread. 119 Front St, Smyrna, TN 37167