

November 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

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 10:30a Morning Walk 11:30a Lunch	5 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitches Club 1p Choir Practice	6 9a Games 9:30a Outside Game 11:30a Lunch 12p Bingo 1:30p Cooking Class with Keith	7 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Craft: Greeting Cards for Seniors
10 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Indoor Gardening	11 9a Games 9a Haircuts with Sonia 9:30a Wii Bowling 10:30a Morning Walk 11:30a Lunch 1p Fun City Players	12 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 1p Choir Practice	13 9a Games 9:30a Outside Game 11:30a Lunch 12p Bingo 1:15 November Birthday Celebration	14 9a Games 10a Carpool to Christmas Village at Fairground and Lunch 10:30a Arthritis Chair Exercise 11:30a Lunch
17 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Presentation: Legal Aide of Middle TN	18 9a Games 10a Wii Bowling Awards 10:30a Morning Walk 11:30a Lunch 12:30p Dance Fitness	19 9a Games 11a Thanksgiving Luncheon at Community Center	20 9a Games 9:30a Outside Game 10a Gratitude Gathering 11:30a Lunch 12p Bingo 2p CenterWell Visit and Games	21 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 1p Massages by Aleksandar
24 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Advisory Council Meeting	25 9a Games 10:30a Morning Walk 11:30a Lunch 12:30p Presentation from Benchmark Physical Therapy	26 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 1p Choir Practice 2p Decorate for December Holidays	27 All FiftyForward Centers Closed for Thanksgiving Weekend	28 All FiftyForward Centers Closed for Thanksgiving Weekend

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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, November 3, 12:30p Gather to discuss ideas for upcoming trips. Room B

Advisory Council Meeting – Monday, November 24, 1p. Meet to discuss activities at the center. Room B

Wii Bowling – Tuesdays, November 4 and 11, 9:30a. Sign up in advance for our bowling tournament. Room A

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, November 11, 9a. Room B

Fun City Players – Tuesday, November 11, 1p. Our drama club practices skits. Room B

Choir Practice – Wednesdays 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 – Wednesday November 5 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, November 13, 1:15p. Room A

CenterWell Visit and Games! – Thursday, November 20, 2p. Payton Strong leads games and helpful presentations. Room A

SPECIAL EVENTS/PROGRAMS

Cooking Class with Keith – Thursday, November 6, 1:30p. Keith teaches a new recipe. Room A

Craft: Greeting Cards for Seniors – Friday, November 7, 12:30p. Keith shows how to make nice cards to give to seniors in need this holiday season. Room B



Darlene Sexton – November 4

Donna Albright – November 13

Subhashini Michael – November 20

Betty Crayton – November 29

Indoor Gardening – Monday, November 10, 1p. Keith leads a gardening activity. Room B

Legal Aide Presentation and Workshop – Monday, November 17, 1p. Sign up to complete and execute an Advanced Directive for Health and Financial Power of Attorney. Room B

Wii Bowling Awards – Tuesday, November 18, 10a.

Certificates are handed out for our Fall Tournament. Room A

Dance Fitness – Tuesday, November 18, 1p. Coop returns to teach some line dancing! Room A

Gratitude Gathering – Thursday, November 20, 10a. Gather to discuss matters of the heart. Room B.

Massages by Aleksandar – Friday, November 21, 1p. Sign up for a shoulder and back massage. Room B

Physical Therapy Presentation – Tuesday, November 25, 12:30p. A guest speaker teaches about the benefits of Physical Therapy for Seniors. Room A

Decorate for December Holidays – Wednesday, November 26, 2p. Volunteer to get the center ready for our party.

DAY TRIPS!

Christmas Village at Nashville Fairgrounds – Friday,

November 14, 10a. Carpool to meet at the Nashville Fairgrounds to do some Christmas shopping and have lunch. \$15 entrance fee (\$12 if we have a group of 10 or more).

Parking is free. 500 Wedgewood Avenue, Nashville, TN 37203



Thanksgiving Luncheon – Wednesday, November 19, 11a. Come enjoy our annual Thanksgiving Feast and listen to our choir sing. Sign up in advance. Meet at the La Vergne Multipurpose Room. 5093 Murfreesboro Rd, La Vergne, TN 37086