

December 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 Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30p Day Trippers Meeting	2 9a Games 10:30a Morning Walk 11:30a Lunch 12:30p MORE Greeting Cards for Seniors – Christmas Edition	3 9a Games 10a Trip to Stones River Town Center for Shopping & Lunch 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitchers Club 1p Choir Practice	4 9a Games 9:30a Outside Game 11:30a Lunch 12p Bingo 1:30p Gingerbread Cookie Decorating	5 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Christmas Movie and Popcorn
8 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Craft: Christmas Tree Ornaments	9 9a Games 9a Haircuts with Sonia 10:30a Morning Walk 11:30a Lunch 1p Fun City Players	10 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 1p Choir Practice	11 9a Games 9:30a Outside Game 11:30a Lunch 12p Bingo 1:15 December Birthday Celebration and Christmas Carol Karaoke	12 9a Games 10:30a Arthritis Chair Exercise 11a Meet and Eat at Asuka Restaurant 11:30a Lunch 12:30p Gift Wrapping Assistance
15 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12p Celebrate Hannukah 1p Advisory Council Meeting	16 9a Games 10:30a Morning Walk 11:30a Lunch 12:30 Elvis In Person!!!	17 9a Games 11a Holiday Luncheon at the LaVergne Community Center and Choir Performance	18 9a Games 9:30a Outside Game 10a Gratitude Gathering 11:30a Lunch 12p Bingo 2p CenterWell Visit and Games	19 9a Games 10a Holiday Gift Exchange! 11:30a Pizza Lunch 1p Fun City Players Perform
22 All FiftyForward Centers Closed for the Holidays	23 All FiftyForward Centers Closed for the Holidays	24 All FiftyForward Centers Closed for the Holidays	25 All FiftyForward Centers Closed for the Holidays	26 All FiftyForward Centers Closed for the Holidays
29 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12p Celebrate Kwanzaa!	30 9a Games 10:30a Morning Walk 11:30a Lunch 1p Spill the Tea	31 9a Games 10:30a Arthritis Chair Exercise 11:30 New Year's Eve Potluck and Party!		

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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, December 1, 12:30p Gather to discuss ideas for upcoming trips. Room B

Advisory Council Meeting – Monday, December 15, 1p. Meet to discuss activities at the center. 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, December 9, 9a. Room B

Fun City Players – Tuesday, December 9, 1p. Our drama club practices skits. Room B

Choir Practice – Wednesday, December 3 and 10, 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, December 3 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 (weather permitting). Room A

Bingo – Thursdays, 12p. Room A

Monthly Birthday Celebration – Thursday, December 11, 1:15p. Room A

CenterWell Visit and Games! – Thursday, December 18, 2p. Payton Strong leads games and helpful presentations. Room A

SPECIAL EVENTS/PROGRAMS

More Greeting Cards for Seniors: Christmas Edition –

Tuesday, December 2, 12:30p. Keith shows how to make nice cards to give to seniors in need this holiday season. Room B

Gingerbread Man Cookie Decorating – Thursday, December 4, 1:30p. Make your art and eat it too! Room B

Craft: Christmas Tree Ornaments – Monday, December 8, 1p. Keith teaches how to make a pretty ornament. Room B

Christmas Karaoke – Thursday, December 11, 1:30p. Sing some of your favorite holiday tunes. Room A



Eleanor Eckles – December 2

Elvia Perez – December 2

Donna Driver – December 8

Rita Hilderbrand – December 10

Cindy Siemer – December 13

Dee Dillard – December 23

Gift Wrapping Assistance – Friday, December 12, 12:30p.

Donna and Keith help wrap presents for members who have arthritis or other challenges. Room B

Celebrate Hannukah! – Monday, December 15, 12p. Play dreidel and have treats for the start of Hannukah. Room A

Elvis in Person! – Tuesday, December 16, 1p. Tim Tuttle entertains with his best Elvis songs. Room A

Gratitude Gathering – Thursday, December 18, 10a. Gather to discuss matters of the heart. Room B.

Holiday Gift Exchange and Pizza Lunch! – Friday, December 19, 10a. Wear your Christmas PJs and be ready to celebrate!

Fun City Players Perform – Friday, December 19, 1p Our drama club will do a holiday skit for you. Room A

Celebrate Kwanzaa – Monday, December 29, 12p. Enjoy a tradition from this 6-day holiday. Room A

Spill the Tea – Tuesday, December 30, 1p. Enjoy flavored teas and cookies while we share stories and memories about the previous year. Room A

DAY TRIPS!

Christmas Shopping and Lunch at Stones River Town Centre – Wednesday, December 3, 10:30a. Ride the van to the mall in Murfreesboro to buy some gifts. Enjoy lunch together at Sam's Bar & Grill. \$10 bus fee + shopping & lunch. 1720 Old Fort Parkway, Murfreesboro, TN 37129



Holiday Luncheon – Wednesday, December 17,

11a. Come enjoy our annual Holiday gathering and listen to our choir sing. Door prizes and presents will be given out. Sign up in advance. Meet at the La Vergne Multipurpose Room. 5093 Murfreesboro Rd, La Vergne, TN 37086