

March FiftyForward La Vergne Program Information

See the program description page to learn more about each offering and to see which activities require registration.

<p>2 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30p Day Trippers Meeting</p>	<p>3 9a Games 9a Wii Bowling (Make Up Day) 10:30a Morning Walk 11:30a Lunch 1:15p Presentation on Portion Power.</p>	<p>4 9a Games 9:30a Journaling 10:30a Arthritis Chair Exercise 11:30a Lunch 1p Choir Practice</p>	<p>5 9a Games 9:30a Indoor Walking 11:30a Lunch 12p Bingo 1:15p Meditation Coloring</p>	<p>6 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Massages by Aleksandar</p>
<p>9 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Women's History Month Presentation</p>	<p>10 9a Games 9a Trip to The Mint Casino 9a Haircuts with Sonia 10:30a Morning Walk 11:30a Lunch 1p Trip to the Movies</p>	<p>11 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitchers Club 1p Choir Practice</p>	<p>12 9a Games 9:30a Indoor Walking 10a Choir Practice* 11:30a Lunch 12p Bingo 1:15 March Birthday Celebration</p>	<p>13 9a Games 10:30a Arthritis Chair Exercise 11a Meet and Eat at Legends Restaurant 11:30a Lunch 12:30p Indoor Game: Balloon Volleyball</p>
<p>16 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p St. Patrick's Day Craft</p>	<p>17 9a Games 9a La Vergne Police Dept. Presentation 10a Wii Bowling Awards 10:30a Morning Walk 11:30a Lunch 1p Fun City Players</p>	<p>18 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 1p Choir Practice</p>	<p>19 9a Games 10a NPR Presents Aging Matters 11:30a Lunch 12p Bingo</p>	<p>20 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12p Trip to Smyrna Bowling Center</p>
<p>23 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Advisory Council Meeting</p>	<p>24 9a Games 10:30a Morning Walk 11:30a Lunch 1p Line Dancing with Coop</p>	<p>25 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitches Club 1p Choir Practice</p>	<p>26 9a Games 9:30a Indoor Walking 10a Gratitude Gathering 11:30a Lunch 12p Bingo</p>	<p>27 9a Games 10:30a Arthritis Chair Exercise 11:30a POTLUCK 1p Performance: Salute to the 70s Preview</p>
<p>30 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30 Painting Project with Tasha</p>	<p>31 9a Games 10:30a Morning Walk 11:30a Lunch 1p Fun City Players</p>			

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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, March 2, 12:30p Gather to discuss ideas for upcoming trips. Room B

Advisory Council Meeting – Monday, March 23, 1p. Meet to discuss activities at the center. Room B

Wii Bowling (make up day) – Tuesday, March 3, 9a. Our Winter Wii Bowling tournament finishes. **Awards will be on Tuesday, March 17 at 10a.** Room A

Fun City Players – Tuesdays, March 17 and 31, 1p. Our drama club practices skits. Room B

Haircuts with Sonia (date will vary each month). **Tuesday, February 10, 9a.** Room B

Choir Practice – Wednesdays at 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, March 11 and 25 at 12:30p. Work on sewing, knitting, crochet, or cross stitch projects with friends and share tips and techniques. Room A

Indoor Walking – Thursdays 9:30a Low impact cardiovascular exercise and stretching. Room A

Bingo – Thursdays, 12p. Room A

Monthly Birthday Celebration – Thursday, March 12, 1:15p. Room A

Gratitude Gathering – Thursday, March 26, 10a. Gather to discuss matters of the heart. Room B.

Potluck – Friday, March 27, 11:30a. Bring a dish for our monthly potluck. Room A

SPECIAL EVENTS/PROGRAMS

Journaling – Wednesday, March 4, 9:30a. Get started with our new journaling group for 2026. Room A.

Presentation on Portion Power – Tuesday, March 3, 1:15p. Brittany Satinover returns for a discussion on healthy eating. Room A

Meditation Coloring – Thursday, March 5, 1:15p Relax and unwind with a coloring project led by Donna. Room B



Margret Hestla – March 2
Donna Byars – March 8
Cynthia Todd – March 11
Bennetta Walker – March 12
Verinia Taylor – March 13
Tanya Nunnally – March 25

Massages by Aleksandar – Friday, March 6, 12:30p. Sign up for a light massage. Room B

Women's History Month Presentation – Monday, March 9, 1p. Donna leads a discussion about famous women in American history. Share your favorite heroine! Room A

Indoor Game: Balloon Volleyball – Friday, March 13, 12:30p. Join in the fun and see if you can keep the balloon in the air longest. Room A

St. Patrick's Day Craft – Monday, March 16, 1p. Keith teaches another fun holiday-themed craft. Room B

La Vergne Police Dept. Presentation – Tuesday, March 17, 9a. Our La Vergne Finest come to visit and discuss being aware of scams. Room A

NPR Presents Aging Matters – Thursday, March 19, 10a. Nashville PBS returns with a showing and discussions of their Aging Matters television episode "Women Unseen".

Line Dancing with Coop – Tuesday, March 24, 1p. Coop returns to teach us some fun line dances. Room A

Performance: Salute to the 70s (Preview) – Friday, March 27th, 1p. Donna Driver and Beverly Grant perform a few songs from their upcoming cabaret show at The Keeton (which will be 7:00pm on March 28th).

Painting Project with Tasha – Monday, March 30, 12:30p. Tasha leads a fun art project. Room B

DAY TRIPS!

Trip to Mint Casino – Tuesday, March 10, 9a. Ride the bus to play and eat at the Mint Casino in Kentucky. \$15.00 bus fee (pay when signing up) + lunch and expenses. *Limit 12 people.*

Movie Trip – Tuesday, March 10 1p. Juan Beraldi hosts a free showing of the film *I Can Only Imagine* at Premiere 6 in Murfreesboro. Meet there. Limit 15 people. 810 NW Broad St #200, Murfreesboro, TN 37129

Meet and Eat at Legends Restaurant – Friday, March 13, 11a. Join your friends for a delicious lunch. 1918 Almadale Rd, Smyrna, TN 37167

Trip to Stars and Strikes Bowling Alley – Friday, March 20, 12p-2p. Enjoy two slices of pizza and a game of bowling alongside our friends from Smyrna Senior Center, sponsored by Payton Strong and CenterWell. We will carpool or meet there. FREE! 333 N Lowry St, Smyrna, TN 37167