

April FiftyForward La Vergne Program Information

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

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| | | <p>1 9a Games 9:30a Journaling 10:30a Arthritis Chair Exercise 11:30a Lunch 1p Choir Practice</p> | <p>2 9a Games 9:30a Indoor Walking 10a La Vergne Housing Authority 11:30a Lunch 12p Bingo 1:15p Presentation: Self Care for Caregivers</p> | <p>3 9a Games 10:30a Arthritis Chair Exercise 11:30a POTLUCK! 12p Easter Party and Choir Performance</p> |
| <p>6 9a Games 9a Trip to The Mint Casino 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30 Tai Chi Class</p> | <p>7 9a Games 9a Wii Bowling 10:30a Morning Walk 11:30a Lunch 1:15p Presentation: The Calcium Connection</p> | <p>8 9a Games 10a Music for Seniors Percussion Circle 11:30a Lunch 12:30p Stitches Club 1p Choir Practice</p> | <p>9 9a Games 9:30a Indoor Walking 10a Presentation: Sleep Hygiene and Habits 11:30a Lunch 12p Bingo 1:15 April Birthday Celebration</p> | <p>10 9a Games 10:30a Arthritis Chair Exercise 11a Meet and Eat at Rancho Cantina 11:30a Lunch 12:30p Presentation: Occupational Therapy</p> |
| <p>13 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30p Day Trippers Meeting</p> | <p>14 9a Games 9a Haircuts with Sonia 9a Wii Bowling 10:30a Morning Walk 11:30a Lunch 12:30p Learn to Play Triominoes</p> | <p>15 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 1p Choir Practice</p> | <p>16 9a Games 9:30a Indoor Walking 10a Cornhole 11:30a Lunch 12p Bingo 1:30p Spring Art Project</p> | <p>17 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p English Tea Presentation</p> |
| <p>20 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30 Tai Chi Class</p> | <p>21 9a Games 9a Wii Bowling 10:30a Morning Walk 11:30a Lunch 1p Fun City Players</p> | <p>22 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitches Club 1p Choir Practice</p> | <p>23 9a Games 9:30a Indoor Walking 10a Cornhole 10a Trip to FF Madison for Comedy Show 11:30a Lunch 12p Bingo</p> | <p>24 9a Games 10:30a Arthritis Chair Exercise 11:30 Lunch 12:30p Spring Cleaning!</p> |
| <p>27 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Advisory Council Meeting</p> | <p>28 9a Games 9a Wii Bowling 10:30a Morning Walk 11:30a Lunch 1p Fun City Players</p> | <p>29 9a Games 9a Trip to FF Martin Health Fair 10:30a Arthritis Chair Exercise 11:30 Lunch 1p Choir Practice</p> | <p>30 9a Games 9:30a Indoor Walking 10a Gratitude Gathering 11:30a Lunch 12p Bingo 1:15 Fun City Players Perform!</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, April 13, 12:30p Gather to discuss ideas for upcoming trips. Room B

Advisory Council Meeting – Monday, April 27, 1p. Meet to discuss activities at the center. Room B

Wii Bowling – Tuesdays at 9a. Sign up to be on a team for our Spring Tournament. Room A

Morning Walk – Tuesdays at 10:30a. Walk in a group around the track outside (weather permitting). Outside.

Fun City Players – Tuesdays, April 21 and 28, 1p. Our drama club practices skits. Room B

Haircuts with Sonia (date will vary each month). Tuesday, April 14, 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, April 8 and 22 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, April 9, 1:15p. Room A

Cornhole – Thursdays, April 16 and 23, 10a. Play a friendly game with friends. Outside.

Gratitude Gathering – Thursday, April 30, 10a. Gather to discuss matters of the heart. Room B.

Potluck – Friday, April 3, 11:30a. Bring a dish for our monthly potluck. Room A

SPECIAL EVENTS/PROGRAMS

Journaling – Wednesday, April 1, 9:30a. Get started with our new journaling group for 2026. Room A.

Presentation: La Vergne Housing Authority – Thursday, April 2, 10a. Learn updates from this organization. Room A

Presentation: Self Care for Caregivers – Thursday, April 2, 1:15p. Lynn Wood from Mental Health of America returns for another meaningful presentation. Room A

Easter Party and Choir Performance – Friday, April 3, 12p. Wear your Sunday clothes to enjoy treats, music, and maybe a visit from the Easter Bunny. Room A



Tasha Dye – April 1
Anita Miller – April 4
Jagdish Michael – April 10
Jean Harris – April 15
Gayle Warpool – April 20
Janet Alexander – April 29

Presentation: The Calcium Connection – Tuesday, April 7, 1:15p.

Brittany Satinover returns for a discussion on healthy eating. Room A

Tai Chi for Seniors – Mondays, April 6 and 20, 12:30p. Steve Heath teaches this health preserving form of exercise. Room A

Presentation: Sleep Hygiene and Habits – Thursday, April 9, 10a. Nursing Student Lauren Muglio will talk about how to have healthy sleep. Room A

Presentation: Occupational Therapy – Friday, April 10, 12:30p.

Caitlin Reid discusses the benefits of Occupational Therapy. Room A

Learn to Play Triominoes – Tuesday, April 14, 12:30p. Dee Dillard teaches us a new game! Room A

Spring Art Project – Thursday, April 16, 1:30p. Keith teaches a pastel inspired art project. Room B

Proper English Tea – Friday, April 17, 12:30p. Sign up to learn how the English do Tea. Hosted by our authentic Londoner, Rita Hilderbrand. Room A

Spring Cleaning! – Friday, April 24, 12:30p. Volunteer to help us tidy up the center and the back area so it's ready for the warm months. Centerwide.

Fun City Players Perform – Thursday, April 30, 1:15p. Our drama club will perform their new skits. Room A

DAY TRIPS!

Trip to Mint Casino – Monday, April 6, 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.*

Meet and Eat at Rancho Cantina – Friday, April 10, 11a. Join your friends for a delicious lunch. 1925 Madison Square Blvd, La Vergne, TN 37086

Trip to FiftyForward Madison Station for Comedy Show – Thursday, April 23, 10a. Ride the bus to our Madison center to see stand-up comedians led by Madison's Program Manager Drew Davis. Bus ride is Free, limit 12 people. Eat lunch on the way back.

Trip to FiftyForward Martin Spring Health Fair – Wednesday, April 29, 9a. Ride the bus to our Martin center to collect goodies and learn about different health-related organizations. Food trucks on site. Bus ride is free, limit 12 people.