

May FiftyForward La Vergne Program Information

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

				1 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch
4 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30 Tai Chi Class 1p Day Trippers Meeting	5 9a Games 9a Wii Bowling 10:30a Morning Walk 11:30a Lunch 12:30 Presentation: Money Matters	6 8:30a Trip: Smyrna Airport Tour 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Journaling 1p Choir Practice	7 9a Games 9:30a Indoor Walking 10a Yellow Dot Presentation 11:30a Lunch 12p Bingo 1:15p May Birthday Celebration	8 9a Games 10:30a Arthritis Chair Exercise 11:30a HOT DOG DAY! 12:30 Rummikub Tournament
11 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30p Mother's Day Fashion Show	12 9a Games 9a Haircuts with Sonia 9a Wii Bowling 10:30a Morning Walk 11:30a Lunch 1:15 Presentation: Dining with Diabetes	13 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitchers Club 1p Choir Practice	14 9a Games 9:30a Indoor Walking 10a Cornhole 11:30a Lunch 12p Bingo 1p Movie Trip	15 9a Games 10:30a Arthritis Chair Exercise 11a Meet and Eat at Champys 11:30a Lunch
18 9a Games 9:30a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30 Tai Chi Class 1p Advisory Council Meeting	19 9a Games 9a Wii Bowling 10:30a Morning Walk 11:30a Lunch 12:30 Line Dancing with Coop	20 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 1p Choir Practice	21 9a Games 9:30a Indoor Walking 10a Cornhole 11:30a Lunch 12p Bingo 1:15 Performance: Larry & David Sing	22 9a Games 10:30a Arthritis Chair Exercise 11:30 Lunch 12:30p Presentation: Low Sodium Diet and Free Blood Pressure Screenigs
25 Closed for Memorial Day	26 9a Games 9a Wii Bowling 10:30a Morning Walk 11:30a Lunch 1:15 Presentation: Dining with Diabetes	27 9a Games 10a Trip to Lebanon, TN 10:30a Arthritis Chair Exercise 11:30 Lunch 12:30p Stitche's Club 1p Choir Practice	28 9a Games 9:30a Indoor Walking 10a Gratitude Gathering 11:30a Lunch 12p Bingo 1:30 Arts and Crafts with Keith	29 9a Games 10:30a Arthritis Chair Exercise 11:30 Potluck 12:30 Golden Games!

May FiftyForward La Vergne Program Information

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, May 4, 1p Gather to discuss ideas for upcoming trips. Room B

Advisory Council Meeting – Monday, May 18, 1p. Meet to discuss activities at the center. Room B

Wii Bowling – Tuesdays at 9a. Teams continue with the Spring Tournament. Room A

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

Haircuts with Sonia (date will vary each month). Tuesday, May 12, 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

Journaling – Wednesday, May 6, 12:30p. Get started with our new journaling group for 2026. Room A.

Stitchers Club – Wednesdays, May 6 and 20 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, May 7, 1:15p. Room A

Cornhole – Thursdays, May 14 and 21, 10a. Play a friendly game with friends. Outside.

Gratitude Gathering – Thursday, May 28, 10a. Gather to discuss matters of the heart. Room B.

Potluck – Friday, May 29, 11:30a. Bring a dish for our monthly potluck. Room A

SPECIAL EVENTS/PROGRAMS

Tai Chi for Seniors – Mondays, May 4 and 16, 12:30p. Steve Heath teaches this health preserving form of exercise. Room A

Presentation: Money Matters – Tuesday, May 5, 12:30p. Justin Allen of Charles Schwab discusses tips for managing finances. Room A

Presentation: Yellow Dot Program – Thursday, May 7, 10a. Annelly Dunavant of La Vergne Police Dept. discusses the new Yellow Dot Sticker Program for seniors. Room A



Alma Blakley – May 4
Tony Marcus – May 10
Peggy Williams – May 23
Theresa Brown – May 24

Hot Dog Day!!! – Friday, May 8,

11:30a. Come enjoy some hot dogs and fixins for lunch! Room A
Rummikub Tournament – Friday, May 8, 12:30p. Sign up to join another fun tournament of our favorite game! Room A

Mother's Day Fashion Show – Monday, May 11, 12:30p. Dress up and strut your stuff as we celebrate our mothers, grandmothers, great-grandmothers, and pet mamas. Room A

Presentation Dining with Diabetes – Tuesdays, May 12 and 26, 1:15p. Brittany Satinover starts a new series about healthy food choices for people with Diabetes. Room A

Line Dancing with Coop – Tuesday, May 19, 12:30p Coop returns to teach us some fun dances. Room A

Performance: Larry & David Sing – Thursday, May 21, 1:30p. Larry Jones and David Webb sing some popular songs. Room A

Presentation: Low Sodium Diet – Friday, May 22, 12:30p. Dr. Saiki from Vanderbilt Hospital will discuss heart healthy diets, and we will have free blood pressure screenings. Room A

Arts and Crafts with Keith – Thursday, May 28, 1:30p. Keith leads another creative project. Room B

FiftyForward 70th Anniversary "Golden Games" – Friday, May 29, 12:30p. Sign up to compete in our 10 games. The winners will compete against other center champions later in the year. Centerwide.

DAY TRIPS!

Trip to Smyrna Airport – Wednesday, May 6, 8:30am. Ride the bus to the Smyrna Airport for a tour. \$10.00 bus fee. Tour will take 1 1/2-2 hours. *Limit 13 people.*

Movie Trip – Thursday, May 14, 1p. Meet at the Premiere 6 Movie Theatre in Murfreesboro for a movie and popcorn sponsored by Juan Beraldi and CenterWell. Movie TBD. Limit 15 members.

Meet and Eat at Champys Restaurant – Friday, May 15, 11a. Join your friends for a delicious lunch. 835 Isabella Ln, Smyrna, TN 37167

Trip to Fiddlers Grove and Lunch at The Trailer Park in Lebanon – Wednesday, May 27, 9a. Ride the bus to Lebanon, TN to visit the historical village at the Wilson County Fairgrounds and then enjoy lunch from one of the food trucks at "The Trailer Park" \$10.00 bus fee + lunch. Limit 13 people.