

# June FiftyForward La Vergne Program Information

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

<p><b>1</b> 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring &amp; Puzzles 11:30a Lunch <b>1p Day Trippers Meeting</b></p>	<p><b>2</b> 9a Games <b>10a Wii Bowling Awards</b> 10:30a Morning Walk 11:30a Lunch <b>1:15 Presentation: Dining with Diabetes</b></p>	<p><b>3</b> 9a Games <b>9:30p Journaling</b> 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitchers Club 1p Choir Practice</p>	<p><b>4</b> 9a Games 9:30a Indoor Walking 10a Cornhole 11:30a Lunch 12p Bingo <b>1:30p Cooking with Keith</b></p>	<p><b>5</b> 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch <b>1p Drama Buffs Performance</b></p>
<p><b>8</b> 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring &amp; Puzzles 11:30a Lunch <b>12:30p Arts &amp; Crafts</b></p>	<p><b>9</b> 9a Games <b>9a Haircuts with Sonia</b> 10:30a Morning Walk 11:30a Lunch <b>12:30 Musical Memories, Songwriting 101 Class</b></p>	<p><b>10</b> 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 1p Choir Practice</p>	<p><b>11</b> 9a Games 9:30a Indoor Walking <b>10a Walk at the La Vergne Greenway</b> 11:30a Lunch 12p Bingo <b>1:15p June Birthday Celebration</b></p>	<p><b>12</b> 9a Games 10:30a Arthritis Chair Exercise <b>11a Meet and Eat at Jose's Kitchen</b> 11:30a Lunch <b>12:30p Watch Video of Ragtime the Musical</b></p>
<p><b>15</b> 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring &amp; Puzzles 11:30a Lunch <b>12:30p Performance: "Life and Music"</b></p>	<p><b>16</b> 9a Games 10:30a Morning Walk 11:30a Lunch <b>12:30 Line Dancing with Coop</b></p>	<p><b>17</b> 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitchers Club 1p Choir Practice</p>	<p><b>18</b> 9a Games 9:30a Indoor Walking 10a Cornhole 11:30a Lunch 12p Bingo <b>1:15 Karaoke!</b></p>	<p><b>19</b>  <b>All FiftyForward Centers Closed in Celebration of Juneteenth!</b></p>
<p><b>22</b> 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring &amp; Puzzles 11:30a Lunch <b>12p Celebrate our Dads!</b> <b>1p Advisory Council Meeting</b></p>	<p><b>23</b> 9a Games <b>9a Trip to FiftyForward Bordeaux &amp; Lunch</b> 10:30a Morning Walk 11:30a Lunch <b>12:30p King's Corner Competition</b></p>	<p><b>24</b> 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch <b>1p Presentation: Exploring Senior Planet.org</b></p>	<p><b>25</b> 9a Games 9:30a Indoor Walking 10a Gratitude Gathering 11:30a Lunch 12p Bingo <b>1:30pm 4<sup>th</sup> of July Decoration Craft</b></p>	<p><b>26</b> 9a Games 10:30a Arthritis Chair Exercise <b>11:30 POTLUCK – Salad and Baked Potato Bar</b></p>
<p><b>29</b> 9a Games <b>9a Trip to Popstroke Mini-Golf and Lunch</b> 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring &amp; Puzzles 11:30a Lunch</p>	<p><b>30</b> 9a Games 10:30a Morning Walk 11:30a Lunch <b>12:30 Stitch Fix</b></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, 9:15a 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, June 1, 1p Gather to discuss ideas for upcoming trips. Room B

**Advisory Council Meeting** – Monday, June 22, 1p. Meet to discuss activities at the center. Room B

**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, June 9, 9a. Room B

**Line Dancing with Coop** – Tuesday, June 16, 12:30p. Coop leads some fun dances. Room A

**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, June 3, 9:30a. Get started with our new journaling group for 2026. Room A.

**Stitchers Club** – Wednesdays, June 3 and 17 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, June 11, 1:15p. Room A

**Cornhole** – Thursdays, June 4 and 18, 10a. Play a friendly game with friends. Outside.

**Gratitude Gathering** – Thursday, June 25, 10a. Gather to discuss matters of the heart. Room B.

**Potluck** – Friday, June 26, 11:30a. Bring a dish for our monthly potluck. **Salad and Potato Bar Theme.** Room A

## SPECIAL EVENTS/PROGRAMS

**Presentation Dining with Diabetes** – Tuesday, June 2, 1:15p.

Brittany Satinover concludes her series about healthy food choices for people with Diabetes. Room A

**Drama Buffs Performance** – Friday, June 5, 1p. The drama club from FiftyForward Knowles comes to perform their skits for us. Room A.

**Musical Memories, Songwriting 101** – Tuesday, June 9, 12:30p. Nicki Mortland from the Country Music Hall of Fame will come to teach this fun class about writing songs. Must register in advance. Room B



Cynthia Buford – June 4  
Lou Randle – June 6  
Rosemary Zisengwe – June 7  
Joshlyn Brown – June 11  
Scott Smith – June 17  
Ronald Jones – June 20  
Kate Smith – June 20  
Ethel Bowers – June 22  
LeeVern Warren – June 22  
Bianca Shelton – June 24

**Video Watch: Ragtime the**

**Musical** – Friday, June 12, 12:30p. Enjoy some popcorn while watching a video of The Keeton's production of Ragtime the Musical. Room B

**Performance: "Life and Music"** – Monday, June 15, 12:30p. Dina Cancryn, vocal instructor at MTSU School of Music, sings Broadway tunes, opera arias, Negro spirituals and cabaret songs combined with storytelling. Room A

**Karaoke!** – Thursday, June 18, 1:15p. By popular demand, it's time to sing your favorite songs for and with your friends! Room A

**Celebrate our Dads!** – Monday, June 22, 12p. Celebrate Father's Day with the fathers and grandfathers in our membership. Room A

**King's Corner Competition** – Tuesday, June 23, 12:30p. Enter to play our favorite card game and try to win a prize! Room A

**Presentation: Exploring SeniorPlanet.org** – Wednesday, June 24, 1p. Discover the exciting features of the Senior Planet website. This free website offers a variety of tech education for seniors – including short videos, learn-at-your-pace curriculum, a tech hotline phone number, and more. Room A

**4<sup>th</sup> of July Decoration Craft** – Thursday, June 25, 1:30p. Keith leads a project for us to decorate for the upcoming holiday. Room B

**Stitch Fix** – Tuesday, June 30, 12:30p. Denese Rene' Evans, the costumer at The Keeton, will do small sewing repairs for you, and might teach you some sewing tips as well. Must sign up in advance. Room B.

## DAY TRIPS!

**Walk at La Vergne Greenway** – Thursday, June 11, 10a. Carpool over to the La Vergne Greenway and stroll outside for 30 minutes. 4401 Nir Shriebman Blvd., La Vergne. \*Weather permitting

**Meet and Eat at Jose's Kitchen** – Friday, June 12, 11a. Join your friends for a delicious lunch of Mexican food fused with Asian cuisine. 721 President PI STE 300, Smyrna, TN 37167

**Trip to Visit FiftyForward Bordeaux and Lunch** – Tuesday, June 23, 10a. Ride the van to visit the new FF Bordeaux location and eat lunch at Monique's. Free bus ride + lunch.

**Trip to PopStroke** – Monday, June 29, 10a. Ride the bus to Ride the van to Antioch to the new indoor mini-golf course. Eat lunch there. Senior discount \$15.00 admission + bus fee \$10 and lunch.