

July FiftyForward La Vergne Program Information

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

		<p>1 9a Games 9:30p Journaling 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitchers Club 1p Choir Practice</p>	<p>2 9a Games 9:30a Indoor Walking 10a Cornhole 11:30a Cookout with La Vergne Fire and Police Departments! 12p Bingo 1:15p Choir Performance, and celebrate 4th of July!</p>	<p>3 All FiftyForward Centers Closed in Celebration of Independence Day!</p>
<p>6 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Day Trippers Meeting</p>	<p>7 9a Games 10a Ceramics 10:30a Morning Walk 11:30a Lunch 12:30 Pin Cushion Beginning Sewing Activity</p>	<p>8 9a Games 10:30a Arthritis Chair Exercise 11:30pm Sonic Corn Dog Lunch! 12:30pm Classic Games Day!</p>	<p>9 9a Games 9:30a Indoor Walking 10a Cornhole 11:30a Lunch 12p Bingo 1:15 July Birthday Celebration</p>	<p>10 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Massages with Aleksandar</p>
<p>13 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30p Craft: Making Birds</p>	<p>14 9a Games 9a Trip to Wings of Liberty Museum and Oak Grove Casino 9a Haircuts with Sonia 10 Ceramics 10:30a Morning Walk 11:30a Lunch</p>	<p>15 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitchers Club 12:30 Seated Yoga/Qigong Class</p>	<p>16 9a Games 9:30a Indoor Walking 10a Cornhole 11:30a Lunch 12p Bingo 1p Movie Trip</p>	<p>17 9a Games 10:30a Arthritis Chair Exercise 11a Meet and Eat at Sami's Brick Oven Pizzeria & Buffet 11:30a Lunch 1p Video Watch: Watch 2nd Act of Ragtime the Musical.</p>
<p>20 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Advisory Council Meeting</p>	<p>21 9a Games 10a Ceramics 10:30a Morning Walk 11:30a Lunch 12:30 Line Dancing with Coop</p>	<p>22 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30 Sonic Ice Cream Social</p>	<p>23 9a Games 9:30a Indoor Walking 10a Gratitude Gathering 11:30a Lunch 12p Bingo 1:15p Presentation: Driver Safety for Older Adults</p>	<p>24 9a Games 10:30a Arthritis Chair Exercise 11:30 POTLUCK 12:30 Christmas in July!</p>
<p>27 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Hymns and Folktones Sing-Along</p>	<p>28 9a Games 10a Ceramics 10:30a Morning Walk 11:30a Lunch 12:30p Trinkets and Treasures</p>	<p>29 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitchers Club 12:30 Seated Yoga/Qigong Class 1p Craft with Popsicle Sticks</p>	<p>30 9a Games 9:30a Indoor Walking 10a Cornhole 11:30a Lunch 12p Bingo 1:15p Performance: Ashlie & Jimmy Sing</p>	<p>31 9a Games 9:15a Trip to Summer Fun Fair at FiftyForward Knowles 10:30a Arthritis Chair Exercise 11:30 Lunch</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, July 6, 1p Gather to discuss ideas for upcoming trips. Room B

Advisory Council Meeting – Monday, July 20, 1p. Meet to discuss activities at the center. Room B

Ceramics – Tuesdays 10a. Order ceramic pieces to paint and decorate. 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, July 14, 9a. Room B

Line Dancing with Coop – Tuesday, July 21, 12:30p. Coop leads some fun dances. Room A

Choir Practice – Wednesday, July 1, 1p. Learn songs for upcoming performances. **Performance on July 2, 1:15p** 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, July 1, 9:30a. Get started with our new journaling group for 2026. Room A.

Stitchers Club – Wednesdays, July 1, 15 and 29 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, July 9, 1:15p. Room A

Cornhole – Thursdays, July 2, 9, 16, and 30, 10a. Play a friendly game with friends. Outside.

Gratitude Gathering – Thursday, July 23, 10a. Gather to discuss matters of the heart. Room B.

Potluck – Friday, July 24, 11:30a. Bring a dish to share for our monthly potluck. Room A

SPECIAL EVENTS/PROGRAMS

Independence Day Cookout with La Vergne Police and Fire Department – Thursday, July 2, 11:30a. Come enjoy some hamburgers and hotdogs grilled by La Vergne's finest! All Center

Choir Performance and 4th of July Celebration – Thursday, July 2, 1:15p. Our choir will perform patriotic songs, and then we will celebrate Independence Day with treats and dancing! Room A

Pin Cushion Sewing Activity – Tuesday, July 7, 12:30p. Denese Rene' Evans, the costumer at The Keeton, will teach a beginning sewing class to create a pin cushion. Room B.

Sonic Corn Dog Lunch! – Wednesday, July 8, 11:30p The good folks from Sonic will provide corndogs for lunch. Must sign up ahead of time. Room A

Classic Games Day – Wednesday, July 8, 12:30p. Get some friends together to play some board games from our childhoods. Nostalgic and fun! Room A

Massages with Aleksandar – Friday, July 10, 12:30p. Aleksandar returns to do some neck and shoulder massages. Free, but you must sign up. Room B

Craft: Making Birds – Monday, July 13, 12:30p. Member Gloria Corwin leads a craft where we will make and paint birds. Room B



Mary Lee – 7/1
Claudette Laney – 7/1
Rita Harriman – 7/12
Juanita Leonard – 7/16
Joanna Finch – 7/17
Deborah Denbow – 7/22
Bernadette Looney – 7/24
Debra Fancher – 7/27
Velyendia Alexander-Hood -7/29
Frankie Brooks – 7/31

Seated Yoga/Qigong Class – Wednesdays, July 15 and 29, 12:30p Ret of Welkin Reiki & Coaching will guide us through a seated yoga class to increase flexibility, range of motion, mental clarity, and lift your mood. Room A

Sonic Ice Cream Social – Wednesday, July 22, 12:30p. The good folks from Sonic return to treat us to some ice cream! Room A

Presentation: Driver Safety for Older Adults. Lynn Wood from Mental Health America returns with another great presentation! Room A

Video Watch: 2nd Act of Ragtime the Musical – Friday, July 17, 1p. We will watch the second half of The Keeton's production of Ragtime the Musical. Room B

Christmas in July – Friday, July 24, 12:30p. Wear your pajamas and bring a \$10 gift to participate in our annual gift exchange game. Room A

Hymn and Folk Tune Sing-Along – Monday, July 27, 1p. Bring your favorite hymn or folk song and take turns leading the group in a fun afternoon of singing. Room B

Trinkets and Treasures – Tuesday, July 28, 12:30p. Bring a favorite item for some "show and tell" with your friends. Room A

Craft with Popsicle Sticks – Wednesday, July 29, 1p. Keith leads a fun craft. Room B

Performance: Ashlie and Jimmy Sing – Thursday, July 30, 1:15p. Ashlie Welte-Lopez and her husband Jimmy sing covers and original songs for you. Room A

DAY TRIPS!

Wings of Liberty Museum and Oak Grove Casino for Lunch – Tuesday, July 14. Depart at 9a and return by 2p. Ride the bus to Clarksville to visit the museum and the head over to the casino for a quick stop and lunch. \$15 bus fee + lunch and expenses. Reservations required.

Movie Trip – Thursday, July 16, 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 Sami's Brick Over Pizzeria and Buffet – Friday, July 17, 11a. Join your friends for a delicious lunch of pizza or Italian food. 129 SE Broad St, Murfreesboro, TN 37130

Summer Fun Fair at FiftyForward Knowles – Friday, July 31. Depart at 9:15a and return by 1p. Ride the bus to visit FiftyForward Knowles, play fun games and eat lunch of fried chicken and sides. Free bus ride + \$18 for games and lunch. Must pay for lunch when you sign up, deadline July 24.