

August FiftyForward La Vergne Program Information

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

3 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Day Trippers Meeting	4 9a Games 9a Care Management Team Member Visit 9:30a Wii Bowling 10a Ceramics 10:30a Morning Walk 11:30a Lunch 12:30p Art Project: Bookmarks Galore!	5 9a Games 9:30p Journaling 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitchers Club 12:30 Seated Yoga/Qigong Class 1p Choir Practice	6 9a Games 9:30a Indoor Walking 10a Cornhole 11:30 Lunch 12p Bingo 1:15p Presentation: The Importance of Exercise	7 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Bean Bag Baseball
10 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Craft: 3-D Drawing Designs	11 9a Games 9a Care Management Team Member Visit 9:30a Wii Bowling 9a Haircuts with Sonia 10a Ceramics 10:30a Morning Walk 11:30a Lunch 12:30p Primetime Fitness with Payton 1:30p Fun City Players	12 9a Games 10a Trip Music for Seniors Concert 10:30a Arthritis Chair Exercise 11:30 Lunch 1p Choir Practice	13 9a Games 9:30a Indoor Walking 10a Cornhole 11:30a Lunch 12p Bingo 1:15 August Birthday Celebration 1:30p Presentation on Avoiding Heatstroke	14 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Meditation Coloring
17 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30 Puzzle Palooza!	18 9a Games 9a Care Management Team Member Visit 9:30a Wii Bowling 10 Ceramics 10:30a Morning Walk 11:30a Lunch 12:30 Line Dancing with Coop	19 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Stitchers Club 12:30 Seated Yoga/Qigong Class 1p Choir Practice	20 9a Games 9:30a Indoor Walking 10a Cornhole 11:30a Lunch 12p Bingo 1:15p Cooking Class with Keith	21 9a Games 10:30a Arthritis Chair Exercise 11a Meet and Eat at Texas Roadhouse 11:30a Lunch 1p Listen to Classic Radio Shows!
24 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Advisory Council Meeting	25 9a Games 9a Care Management Team Member Visit 9:30a Wii Bowling 10a Ceramics 10:30a Morning Walk 11:30a Lunch 12:30p Primetime Fitness with Payton 1:30p Fun City Players	26 8:30a Trip to Volunteer at Second Harvest 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 1p Choir Practice	27 9a Games 9:30a Indoor Walking 10a Gratitude Gathering 11:30a Lunch 12p Bingo 1:15p Presentation: How AI is Used in Medical Fields	28 9a Games 10:30a Arthritis Chair Exercise 11:30 POTLUCK 1p Beach Party Karaoke and Dancing!
31 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Workshop: Understanding Wills and Trusts				

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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, August 3, 1p Gather to discuss ideas for upcoming trips. Room B

Advisory Council Meeting – Monday, August 24, 1p. Meet to discuss activities at the center. Room B

FiftyForward Care Management Team Member Visit – Tuesdays, 9a-1:30p Meet with a Care Manager to discuss ways that FiftyForward can be of assistance. Room B

Wii Bowling – Tuesdays, 9:30a. Our summer bowling tournament begins this month. Room A

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.

Fun City Players – Tuesdays, August 11 and 25, 1:30p. Join our drama group and learn some fun skits to perform. Room B

Haircuts with Sonia (date will vary each month). Tuesday, August 11, 9a. Room B

Line Dancing with Coop – Tuesday, August 18, 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 Evidence-based program focuses on flexibility and balance. Room A

Journaling – Wednesday, August 5, 9:30a. Get started with our new journaling group for 2026. Room A.

Stitchers Club – Wednesdays, August 5 and 19 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, August 13, 1:15p. Room A

Cornhole – Thursdays, August 6, 13, and 20, 10a. Play a friendly game with friends. Outside.

Gratitude Gathering – Thursday, August 27, 10a. Gather to discuss matters of the heart. Room B.

Potluck – Friday, August 28, 11:30a. Bring a dish to share for our monthly potluck. Room A

SPECIAL EVENTS/PROGRAMS

Art Project: Bookmarks Galore! – Tuesday, August 4, 12:30p. Member Annette Fitzgerald has provided blank bookmarks and tassels for a fun art project. Room B

Presentation: The Importance of Exercise – Thursday, August 6, 1:15p Payton Strong from CenterWell will speak about why exercise matters for seniors. Room A

Seated Yoga/Qigong Class – Wednesdays, August 5 and 19, 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

Bean Bag Baseball – Friday, August 7, 12:30p Play one of our favorite bean bag toss games. If it's too hot, we'll bring it indoors.



John Holder – 8/6

Suzanne Logan – 8/6

Joyce Taylor – 8/6

Rose Crigger – 8/7

Loretta Minnifee – 8/8

Zenie Terrell – 8/8

Doug Holliman – 8/9

Edna Jones – 8/11

Ethel Craig – 8/16

Caroyln Shelton – 8/17

Elaine Frey – 8/18

Margaret Warren – 8/19

Joe Randle – 8/23

Betty Merritt – 8/27

Mary Jane Skinner – 8/30

Judith Jones – 8/31

Craft: 3-D Drawing Designs – Monday, August 10, 1p. Keith leads a new, fascinating craft. Room B

Primetime Fitness with Payton – Tuesdays, August 11 and 25, 12:30p Payton Strong from CenterWell leads 30 minute seated fitness classes. Room A

Presentation: Avoiding Heatstroke – Thursday, August 13, 1:30p Nursing student Kimberly Esquivel is doing a presentation about how to avoid getting sick on hot summer days. Room A

Meditation Coloring – Friday, August 14, 12:30p. Listen to soothing music by candlelight while allowing a coloring activity to quiet your mind. Room B

Puzzle Palooza – Monday, August 17, 12:30p Team up with friends to for a race to finish a jigsaw puzzle first. Room B

Cooking Class with Keith – Thursday, August 20, 1:15p. Keith teaches a new recipe for you to try. Room A

Listen to Classic Radio Shows – Friday, August 21, 1p To celebrate National Radio Month, we'll have fun listening to funny old radio programs from the days before television while snacking on treats. Room A

Presentation: How AI is Used in Medical Fields – Thursday, August 27, 1:15p Amber Massey, Vice President of American Nursing Informatics Association-RN at Vanderbilt will explain how AI benefits the medical fields. Room A

Beach Party with Karaoke and Dancing! – Friday, August 28, 1p. It's National Beach Month! Let's sing some fun summer songs and dance to some Beach Boys music! Room A

Presentation: Will and Trust Workshop – Monday, August 31, 1p. Interactive and education presentation about estate planning needs. Room A

DAY TRIPS!

Trip to Music for Seniors Concert – Wednesday, August 12. Depart at 10a and return by 2p. Ride the bus to the Tennessee State Museum for a concert by Wineglass Band. Eat lunch at the Farmers Market. \$10 bus fee + lunch. Limit 14 members.

Meet and Eat at Texas Roadhouse – Friday, August 21, 11a. Join your friends for a delicious lunch 3017 Century Farms Pkwy, Antioch, TN 37013

Volunteer at Second Harvest Food Bank – Wednesday, August 26. Depart at 8:30a and return by 12p. Ride the bus to Second Harvest in Smyrna to help pack boxes for people in need. \$10 bus fee. Limit 14 on the bus and 15 volunteers.