

September 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 9a Care Management Team Member Visit 9:30a Wii Bowling 10:30a Morning Walk 11:30a Cookout with the La Vergne Police Dept.	2 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	3 9a Games 9:30a Indoor Walking 10a Cornhole 11:30 Lunch 12p Bingo 1:15p Presentation: Kidney Health	4 9a Games 10a Ceramics 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30 September Craft with Keith
7 All FiftyForward Centers Closed for Labor Day!	8 9a Games 9a Care Management Team Member Visit 10a CenterWell Forever Young Festival 9:30a Wii Bowling 9a Haircuts with Sonia 10:30a Morning Walk 11:30a Lunch 1p Fun City Players	9 9a Games 9:30a Beginning Spanish 10a Choir Trip to Perform at FiftyForward Martin 10:30a Arthritis Chair Exercise 11:30 Lunch	10 9a Games 9:30a Indoor Walking 10a Cornhole 11:30a Lunch 12p Bingo 1:15 September Birthday Celebration	11 9a Games 10a Ceramics 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30p Presentation: Beekeeping & Honey *Bake Sale at the La Vergne Fall Festival on SATURDAY, September 12, 9:00am-3:00pm 
14 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Fun City Players	15 9a Games 9a Care Management Team Member Visit 9:30a Wii Bowling 10:30a Morning Walk 11:30a Lunch 12:30 Line Dancing with Coop 12:30p Art Class	16 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30 Seated Yoga/Qigong Class 1p Choir Practice	17 9a Games 9:30a Indoor Walking 10a Cornhole 11:30a Lunch 12p Bingo 1:15p Presentation: How to Exercise as a Senior	18 9a Games 10a Ceramics 10:30a Arthritis Chair Exercise 11a Meet and Eat at Culver's 11:30a Lunch
21 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Advisory Council Meeting	22 9a Games 9a Care Management Team Member Visit 9:30a Wii Bowling 10:30a Morning Walk 11:30a Lunch 12:30p Art Class 1p Movie Trip	23 9a Games 9:30a Beginning Spanish 10:30a Arthritis Chair Exercise 11:30a Lunch 1p Choir Practice	24 9a Games 9:30a Indoor Walking 10a Gratitude Gathering 11:30a Lunch 12p Bingo 1:30 Choir practice 2:30p Choir Trip to Perform at The Pavilion	25 9a Games 10a Ceramics 10:30a Arthritis Chair Exercise 11:30 POTLUCK 1p Craft: Collage Suns
28 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11a Kroger Vaccine Clinic 11:30a Lunch 1p Fun City Players	29 9a Games 9a Care Management Team Member Visit 10a Presentation: Advanced Care Planning 10:30a Morning Walk 11:30a Lunch 12:30p Art Class	30 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30 Seated Yoga/Qigong Class 1p Choir Practice		

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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

Advisory Council Meeting – Monday, September 21, 1p. Meet to discuss activities at the center. Room B

FiftyForward Care Management Team Member Visit – Tuesdays, 9a-2p Meet with a Care Manager to discuss ways that FiftyForward can be of assistance. Room B

Wii Bowling – Tuesdays, September 1, 8, 15 and 22, 9:30a. Our summer bowling tournament concludes this month. Room A

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

Fun City Players – Tuesday, September 8 1p, and Mondays, September 14 and 28, 1:30p. Join our drama group and learn some fun skits to perform. Room B

Haircuts with Sonia (date will vary each month). Tuesday, September 8, 9a. Room B

Line Dancing with Coop – Tuesday, September 15, 12:30p. Coop leads some fun dances. Room A

Choir Practice – Wednesdays, September 2, 16, 23, and 30 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, September 2, 9:30a. Get started with our new journaling group for 2026. Room A.

Indoor Walking – Thursdays 9:30a Low impact cardiovascular exercise and stretching. Room A

Bingo – Thursdays, 12p. Room A

Monthly Birthday Celebration – Thursday, September 10, 1:15p. Room A

Cornhole – Thursdays, September 3, 10 and 17, 10a. Play a friendly game with friends. Outside.

Gratitude Gathering – Thursday, September 24, 10a. Gather to discuss matters of the heart. Room B.

Ceramics – Fridays 10a. Order ceramic pieces to paint and decorate. Room B.

Potluck – Friday, September 25, 11:30a. Bring a dish to share for our monthly potluck. Room A

SPECIAL EVENTS/PROGRAMS

Cookout with La Vergne Police Department – Tuesday, September 1, 11:30a.

La Vergne's finest will grill some burgers and hot dogs for everyone! Room A

Seated Yoga/Qigong Class – Wednesdays, September 2, 16 and 30, 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

Presentation: Kidney Health – Thursday, September 3, 1:30p Sonya Feathers of Tennessee Kidney Foundation speaks about how to keep your kidneys healthy. Room A

September Craft with Keith – Friday, September 4, 12:30p Keith leads a fun fall craft. Room B

Beginning Spanish Class – Wednesdays September 9 and 23, 9:30a.

Members Annette Newton and Carmen Morales teach some beginning Spanish vocabulary. Room B

Presentation: Beekeeping & Honey – Friday, September 11, 12:30p To celebrate National Honey Month, local beekeeper, Erik Metzger, teaches about beekeeping and benefits of local honey.



Gloria Williams – 9/6

Glenn Rabberman – 9/7

Gia Gaimari – 9/10

Velma Williams – 9/10

Angela Ridley – 9/12

Linda Knox – 9/13

Blondie Newton – 9/17

Sherry Pack – 9/16

Annie Bigbee – 9/20

Carol Humphrey – 9/23

Art Class – Tuesdays, September 15, 22, and 29, 12:30p This two hour class taught by Jan Batts focuses on watercolor painting techniques. Limit 12 participants. Must register in advance. Room B

Presentation: How to Exercise as a Senior – Thursday, September 17, 1:15p Nursing student Kimberly Esquivel is doing a presentation about how to avoid getting sick on hot summer days. Room A

Craft: Collage Suns – Friday, September 25, 1p. Donna teaches a fun art project using scraps from magazines. Room B

Kroger Vaccine Clinic – Monday, September 28, 11a. Kroger pharmacy representative will be here to administer flu and covid vaccines. Room B

Presentation: Advanced Care Planning – Tuesday, September 29, 11a Shelby from Care Management will discuss options for late in life care. Room A

DAY TRIPS!

CenterWell Forever Young Festival – Tuesday, September 8. 11:00am-1:00pm. Enjoy music, refreshments, games and vendors at CenterWell Smyrna FREE event. Carpool or meet there. 405 Sam Ridley Pkwy. W., Smyrna, TN 37167.

Choir Trip to FiftyForward Martin Center – Wednesday, September 9. Depart at 10a and return by 1:30p. Our choir will perform a selection of songs at FiftyForward Martin during their potluck event and stay for lunch. Free.

La Vergne Fall Festival Bake Sale – Saturday, September 12, 9a-3p. Bring some baked goods to sell and join us at Pavilion A at La Vergne Veterans Memorial Park for our annual fundraiser.

Meet and Eat at Culver's Murfreesboro – Friday, September 18, 11a. Join your friends for a delicious lunch and custard for dessert. 2411 Medical Center Pkwy, Murfreesboro, TN 37129

Movie Trip – Tuesday, September 22, 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.

Choir Trip to The Pavilion Senior Living Center – Thursday, September 24, 2:30p. Carpool over to The Pavilion to perform songs for the residents. 10540 Cedar Grove Rd. Smyrna, TN 37167