

October 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 9:30a Indoor Walking 10a Cornhole 11:30 Lunch 12p Bingo 1:30p Painting Greeting Cards with Cindy!	2 9a Games 10a Ceramics 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30 Beekeeping Presentation (rescheduled)
5 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Day Trippers Meeting *See back for evening classes	6 9a Games 9a Care Management Team Member Visit 10a Wii Bowling Awards 10:30a Morning Walk 11:30a Lunch 12:30p Art Class	7 9a Games 9:30a Journaling 10:30a Arthritis Chair Exercise 11:30 Lunch 12:30 Seated Yoga/Qigong Class 1p Choir Practice	8 9a Games 9:30a Indoor Walking 10a Cornhole 11:30a Lunch 12p Bingo 1:15 October Birthday Celebration 1:30p Fun City Players	9 All FiftyForward Centers Closed for Staff Training Day!
12 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30p STEAM Art Project: Painting with Flowers *See back for evening classes	13 9a Games 9a Care Management Team Member Visit 9a Haircuts with Sonia 10:30a Morning Walk 11:30a Lunch 12:30p Art Class	14 9a Games 9:30a Beginning Spanish 10:30a Arthritis Chair Exercise 11:30a Lunch 1p Choir Practice	15 9a Games 9a Trip to FiftyForward Madison Health Fair 9:30a Indoor Walking 10a Cornhole 11:30a Lunch 12p Bingo 1:30p Fun City Players	16 9a Games 10a Ceramics 10:30a Arthritis Chair Exercise 11a Meet and Eat at Beane Brothers BBQ 11:30a Lunch 1p Golden Games team practice! Saturday, Oct. 17 Yard Sale Fundraiser 8:00a-1p
19 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 1p Advisory Council Meeting *See back for evening classes	20 9a Games 9a Golden Games! 9a Care Management Team Member Visit 10:30a Morning Walk 11:30a Lunch 12:30 Line Dancing with Coop 12:30 Art Class	21 9a Games 10:30a Arthritis Chair Exercise 11:30a Lunch 12:30 Seated Yoga/Qigong Class 1p Choir Practice	22 9a Games 9:30a Indoor Walking 10a Cornhole 11:30a Lunch 12p Bingo 1:30p Fun City Players	23 9a Games 10a Ceramics 10:30a Arthritis Chair Exercise 11:30 Lunch 12:30p Fun City Players perform at FfityForward Donelson!
26 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch 12:30 Season of Caring Envelope Cookie Party *See back for evening classes	27 9a Games 9a Care Management Team Member Visit 10:30a Morning Walk 11:30a Lunch 12:30p Primetime Fitness with Payton 1p Fun City Players	28 9a Games 9:30a Beginning Spanish 10:30a Arthritis Chair Exercise 11:30a Lunch 1p Choir Practice	29 9a Games 9:30a Indoor Walking 10a Gratitude Gathering 11:30a Lunch 12p Bingo 1:15p Fun City Players Performance!	30 9a Games 10a Ceramics 10:30a Arthritis Chair Exercise 11:30 POTLUCK 12p Halloween Party!

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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, October 19, 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

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, October 13, 9a. Room B

Line Dancing with Coop – Tuesday, October 20, 12:30p. Coop leads some fun dances. Room A

Seated Yoga/Qigong Class – Wednesdays, October 7 and 21, 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

Choir Practice – Wednesdays, 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, October 7, 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, October 8, 1:15p. Room A

Cornhole – Thursdays, October 1, 8, 15 and 22, 10a. Play a friendly game with friends. Outside.

Fun City Players – Thursdays, October 8, 15 and 22, 1:30p, and Tuesday, October 27, 1p. Join our drama group and learn some fun skits to perform. Room B

Gratitude Gathering – Thursday, October 29, 10a. Gather to discuss matters of the heart. Room B.

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

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

SPECIAL EVENTS/PROGRAMS

Painting Greeting Cards With Cindy – Thursday, October 1, 1:30p. Member Cindy Seimer teaches how to do watercolor paintings for greeting cards. Room B

Presentation: Beekeeping & Honey – Friday, October 2, 12:30p To celebrate National Honey Month, local beekeeper, Erik Metzger, teaches about beekeeping and benefits of local honey. Room A

Wii Bowling Awards – Tuesday, October 6, 10a Sonya Feathers of Tennessee Kidney Foundation speaks about how to keep your kidneys healthy. Room A

Art Class – Tuesdays, October 6, 13, and 20, 12:30p This two hour class taught by Jan Batts focuses on watercolor painting techniques. Limit 12 participants. Must register in advance. Room B

STEAM Art Project: Painting With Flower – Monday, October 12, 12:30p Combine science and art as we create pigments out of real flowers and do a painting. Room B

Beginning Spanish Class – Wednesdays October 14 and 28, 9:30a. Members Annette Newton and Carmen Morales teach some beginning Spanish vocabulary. Room B

Golden Games Team Practice – Friday, October 16, 12:30p Encourage our champion team as they run through the games in preparation for the championship. Room A

Season of Caring Envelope Cookie Party – Monday, October 25, 12:30p

Volunteer to address envelopes and enjoy some cookies. Room B

Primetime Fitness with Payton – Tuesday, October 27, 12:30p Payton Strong

from CenterWell teaches a fun exercise class. Room A

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

Fun City Players Performance – Thursday, October 29, 1:15p. Our drama club presents their Halloween themed skits. Room A

DAY TRIPS!

Trip to FiftyForward Madison Fall Health Fair – Thursday, October 15, 9:00am-1:00pm. Ride the bus to FF Madison Station to enjoy the Health Fair and eat lunch at nearby restaurant afterward. Free + lunch. Limit 14 on bus.

Meet and Eat at Beane Brothers BBQ – Friday, October 16, 11a. Join your friends for a delicious lunch. 114 Front St, Smyrna, TN 37167

Golden Games Tournament – Tuesday, October 20, 9:00am-12:00pm. Our champion team will travel to compete against other center teams at FiftyForward Knowles. We will arrange carpools for anyone who wants to attend.

Fun City Players Perform at FiftyForward Donelson Station – Thursday, October 29, 12:00pm-2:00pm. Ride the bus or meet there for a performance on The Keeton stage at 1:00pm. Free.

Monday Evening Schedules! We close at 7:00pm!

Monday, October 5

3:00p-7:00p Evening Games! Rummikub, cards, board games, etc. Room A

4:00p Wii Activities: Bowling, tennis, golfing, baseball, Wheel of Fortune with friends! Room A

5:00p Beginning Musical Theater Dance Class with Donna! Exercise while learning some easy dance steps to songs from popular musicals! Room A

6:00p Calligraphy Class. Learn how to write beautiful letters. Room B

Monday, October 12

3:00p-7:00p Evening Games! Rummikub, cards, board games, etc. Room A

4:00p Wii Activities: Bowling, tennis, golfing, baseball, Wheel of Fortune with friends! Room A

5:00p Cooking Class with Keith. Learn a recipe and cooking techniques, and taste some samples. Room A

6:00p Nighttime Cornhole. Play outside under the string lights (weather permitting).

Monday, October 19

3:00p-7:00p Evening Games! Rummikub, cards, board games, etc. Room A

4:00p Wii Activities: Bowling, tennis, golfing, baseball, Wheel of Fortune with friends! Room A

5:30pm Trivia Game and pizza! Come test your memory with some trivia while enjoying a slice of pizza. Room A

Monday, October 26

3:00p-7:00p Evening Games! Rummikub, cards, board games, etc. Room A

4:00p Wii Activities: Bowling, tennis, golfing, baseball, Wheel of Fortune with friends! Room A

5:00p Documentary Watch Party with Popcorn! Watch Happy, A journey that takes viewers from the swamps of Louisiana to the slums of Calcutta in search of that elusive thing that truly makes people happy. Room B