November FiftyForward La Vergne Program Information

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

2 9a Games 9:15a Arthritis Chair Exercise **10a Forever Young Festival** 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch **1p Day Trippers Meeting** *See back for evening classes	**3** 9a Games 9a Care Management Team Member Visit **9:30a Wii Bowling** 10:30a Morning Walk 11:30a Lunch **12:30 Fall Craft**	**4** 9a Games **9:30a Journaling** 10:30a Arthritis Chair Exercise 11:30a Lunch **12:30 Seated Yoga/Qigong Class** 1p Choir Practice	**5** 9a Games 9:30a Indoor Walking 10a Cornhole 11:30 Lunch 12p Bingo **1:15 Presentation: Falling Prevention**	**6** 9a Games 10a Ceramics 10:30a Arthritis Chair Exercise 11:30a Lunch **12:30p Performance: 60s/70s Singalong with Cynthia Smith on Piano**
9 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles **10a Hearing Screenings** 11:30a Lunch *See back for evening classes	**10** 9a Games 9a Care Management Team Member Visit **9:30a Wii Bowling** 9a Haircuts with Sonia 10:30a Morning Walk 11:30a Lunch **1p Sewing Class with Denese**	**11** 9a Games **9:30a Beginning Spanish Class** 10:30a Arthritis Chair Exercise 11:30 Lunch **12:30 Seated Yoga/Qigong Class** 1p Choir Practice	**12** 9a Games 9:30a Indoor Walking 10a Cornhole 11:30a Lunch 12p Bingo **1:15 November Birthday Celebration** **1:30p Performance: Hobo Road Band**	**13** 9a Games **9:30a Trip to Oakland Manor Museum** 10a Ceramics 10:30a Arthritis Chair Exercise 11:30a Lunch
16 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch *See back for evening classes	**17** 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**	**18** 9a Games **11:00am Thanksgiving Luncheon at La Vergne City Multipurpose Building *(Catered by Breaking Bread)***	**19** 9a Games 9:30a Indoor Walking 10a Gratitude Gathering 11:30a Lunch 12p Bingo **1:30 Mary Kay Holiday Makeover**	**20** 9a Games 10a Ceramics 10:30a Arthritis Chair Exercise **11a Meet and Eat at Hardees** 11:30a Lunch **12:30p Massages by Aleksandar**
23 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	**24** 9a Games 9a Care Management Team Member Visit **9:30 Wii Bowling** 10:30a Morning Walk 11:30a Lunch **12:30 Exercise Bingo**	**25** 9a Games **9:30 Beginning Spanish Class** 10:30a Arthritis Chair Exercise 11:30a Lunch 1p Choir Practice	**26** **All FiftyForward Centers Closed for Thanksgiving Holidays!**	**27** **All FiftyForward Centers Closed for Thanksgiving Holidays!**
30 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch **1p Decorate for December** *See back for evening classes				

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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. Room A

Coloring and Puzzles – Mondays 10a. Coloring books, word puzzles, and jigsaw puzzles available in Room B

Day Trippers Meeting – Monday, November 2, 1p. Discuss upcoming trip ideas. Room B

Advisory Council Meeting – Monday, November 23, 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 9:30a. Sign up to play a shortened 6-week tournament! Room A.

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

Haircuts with Sonia (date will vary each month). **Tuesday, November 10, 9a.** Sign up for a free haircut (Tips encouraged) Room B

Line Dancing with Coop – Tuesday, November 17, 12:30p. Coop leads some fun dances. Room A

Seated Yoga/Qigong Class – Wednesdays, November 4 and 11, 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, November 4, 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, November 12, 1:15p. Room A

Cornhole – Thursdays, November 5 and 12, 10a. Play a friendly game with friends. Outside.

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

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

SPECIAL EVENTS/PROGRAMS

Fall Craft – Tuesday, November 3, 12:30p. Keith leads a fun craft for the season. Room B

Presentation: Falling Prevention – Thursday, November 5, 1:15p Learn tips to help prevent dangerous falls at home from B^2 Strong and Steady Physical Therapist. Room A

Performance: 60s/70s Piano Singalong – Friday, November 6, 12:30p Enjoy some piano renditions of favorite tunes from the 1960s and 70s by Cynthia Smith. Room A

Hearing Screenings – Monday, November 9, 10a-1p Dr. Randi Yontz from Aspire Audiology does free hearing screenings. Room B

Beginning Sewing Class – Tuesday, November 10, 1p Denese Rene' Evans returns for another fun sewing project. Room B

Beginning Spanish Class – Wednesdays November 11 and 25, 9:30a. Members Annette Newton and Carmen Morales teach some beginning Spanish vocabulary. Room B

Performance: Hobo Road Band – Thursday, November 12, 1:30p. Our favorite local band returns to entertain us! Room A



Thanksgiving Luncheon – Wednesday, November 18, 11a. Come to our annual luncheon at the La Vergne Multipurpose Building. Must sign up in advance.

Mary Kay Holiday Makeover – Thursday, November 19, 1p Sign up to have fun with face creams and makeup. Room B Must sign up in advance.

Massages By Aleksandar – Friday, November 20, 12:30p Aleksandar returns to give some 10-minute massages. (Tips encouraged). Room B

Exercise Bingo - Tuesday, November 24, 12:30p B^2 Squared returns to teach a fun way to exercise!! Room A

Decorate for December – Monday, November 30, 1p. Help us get the center all decked out for the holidays. Room A and B!

DAY TRIPS!

CenterWell Forever Young Festival - Monday, November 2. 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.

Trip to Oaklands Mansion Museum – Friday, November 13, 9:00am-1:00pm. We will do a tour of the house and the exhibits and have lunch afterward. $10 bus fee. You will pay $10 admission when you get there and need money for lunch. Registration is required. Limit 14 on the bus.

Meet and Eat at Hardees– Friday, November 20, 11a. Join your friends for a delicious lunch. 255 S Lowry St, Smyrna, TN 37167

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

Monday, November 2

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, November 9

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

5:30p Art Project with Keith – Keith leads a creative project for you to take home. Room A

Monday, November 16

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, November 23

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

5:30p – Thanksgiving Craft – Tasha leads a fun Thanksgiving themed craft. Room B.

Monday, November 30

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

5:30p Documentary Watch Party with Popcorn! *Watch Christmas Treasures*: Discover the History & Origins of the Season's Greatest Traditions. Room B