December 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 Wii Bowling** 10:30a Morning Walk 11:30a Lunch **12:30 Holiday Craft**	**2** 9a Games **9:30a Journaling** 10:30a Arthritis Chair Exercise 11:30a Lunch **12:30 Seated Yoga/Qigong Class** 1p Choir Practice	**3** 9a Games 9:30a Indoor Walking **9:30a Beginning Spanish Class** 10a Cornhole 11:30 Lunch 12p Bingo **1:15p Make Holiday Cards for Seniors**	**4** 9a Games **9a Assistance with Gift Wrapping** 10a Ceramics 10:30a Arthritis Chair Exercise 11:30a Lunch **12p Happy Hannukah!** **12:30 Rummikub Tournament**
7 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles **11:30a PIZZA LUNCH** **12p Balloons with Bobby!** 1p Day Trippers Meeting *See back for evening classes	**8** 9a Games **9:30a Wii Bowling** 9a Haircuts with Sonia 10:30a Morning Walk 11:30a Lunch **1p Presentation: Hypertension**	**9** 9a Games 10:30a Arthritis Chair Exercise 11:30 Lunch **1p Performance Elmer's Tunes Christmas Sing-Along**	**10** 9a Games 9:30a Indoor Walking 10a Choir Practice 11:30a Lunch 12p Bingo **1:15 December Birthday Celebration** **1:30 Mixology Class**	**11** 9a Games **9a Meet and Eat for Breakfast at IHOP in Smyrna** 10a Ceramics 10:30a Arthritis Chair Exercise 11:30a Lunch **12:30 Musical Memories Songwriting Class**
14 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles 11:30a Lunch **12:30 Presentation: Library for Accessible Books and Media** *See back for evening classes	**15** 9a Games 9a Care Management Team Member Visit **10a Wii Bowling Awards** 10:30a Morning Walk 11:30a Lunch **12:30 Line Dancing with Coop** 1p Fun City Players	**16** 9a Games **11:00am Holiday Luncheon at La Vergne City Multipurpose Building** ***(Catered by Evans Family Kitchen)***	**17** 9a Games 9:30a Indoor Walking 10a Gratitude Gathering 11:30a Lunch 12p Bingo **1:15p Holiday Karaoke!**	**18** 9a Games 10a Ceramics 10:30a Arthritis Chair Exercise 11:30a Lunch **12:30p Holiday Party!**
21 **All FiftyForward Centers Closed for Winter Holidays**	**22** **All FiftyForward Centers Closed for Winter Holidays**	**23** **All FiftyForward Centers Closed for Winter Holidays**	**24** **All FiftyForward Centers Closed for Winter Holidays**	**25** **All FiftyForward Centers Closed for Winter Holidays**
28 9a Games 9:15a Arthritis Chair Exercise 10a Bible Study 10a Coloring & Puzzles **11:30 Potluck** **12:30p Celebrate Kwanzaa** 1p Advisory Council Meeting *See back for evening classes	**29** 9a Games 10:30a Morning Walk 11:30a Lunch 12:30p Fun City Players (practice) **1p Fun City Players Perform Holiday Skit**	**30** 9a Games 10:30a Arthritis Chair Exercise 11:30 Lunch **12:30 Winter Art Project**	**31** 9a Games 9:30a Indoor Walking 10a Cornhole **11:30 Bingo Phone Call Fund Lunch!** **12:00 New Year at Noon Party!**	**All FiftyForward Centers Closed to Celebrate New Year's Day!**

December FiftyForward La Vergne Program Information

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, December 7, 1p. Discuss upcoming trip ideas. Room B

Advisory Council Meeting – Monday, December 28, 1p. Meet to discuss activities at the center. Room B

FiftyForward Care Management Team Member Visit – Tuesday, December 15, 9a-2p Meet with a Care Manager to discuss ways that FfityForward can be of assistance. Room B

Wii Bowling – Tuesdays, December 1 and 8, 9:30a. Wind up our shortened 6-week tournament! Room A. **Wii Bowling Awards** given on **Tuesday, December 15th at 10a.** 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, December 8, 9a.** Sign up for a free haircut (Tips encouraged) Room B

Fun City Players – Tuesday, December 15 and 29, 1p. Join the group as we learn a short Holiday themed skit. Room B

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

Seated Yoga/Qigong Class – Wednesday, December 2, 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 – Wednesday, December 2, 1p and Thursday, December 10 at 10a. Learn songs for upcoming performances. Room B **Choir Performance** on **Wednesday, December 16th at 12p. La Vergne Multipurpose Room**

Arthritis Chair Exercise (Stretch & Balance) – Wednesdays and Fridays, 10:30a Evidence-based program focuses on flexibility and balance. Room A

Journaling – Wednesday, December 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, December 10, 1:15p. Room A

Cornhole – Thursdays, December 3 and 31, 10a. Play a friendly game with friends. Outside.

Gratitude Gathering – Thursday, December 17, 10a. Gather to discuss matters of the heart. Room B.

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

POTLUCK – Monday, December 28, 11:30a. NOTE that this is a different date and time than usual. Bring your favorite dish to enjoy. Room A.

SPECIAL EVENTS/PROGRAMS

Holiday Craft – Tuesday, December 1, 12:30p. Keith leads a fun craft to decorate for the holidays. Room B

Make Holiday Cards for Seniors – Thursday, December 3, 1:30p. Make some greeting cards to drop off at senior living centers. Room B

Assistance with Gift Wrapping – Friday, December 4, 10a. Donna, Tasha and Keith will help you wrap your holiday gifts. Room B

Happy Hannukah – Friday, December 4, 12p. Eat some treats and play some Dreidel to celebrate this Winter holiday. Room A

Rummikub Tournament – Friday, December 4, 12:30p. Enter to play our favorite game and see if you win a prize! Room A

PIZZA LUNCH – Monday, December 7, 11:30a. Steve Noe treats us to some pizza. Room A.

Balloons with Bobby – Monday, December 7, 12p Bobby returns to teach us how to twist balloons. Room A

Presentation: Hypertension – Tuesday, December 8, 1p. A health care provider from Vanderbilt Medical Center will teach about Hypertension. Room A

Performance: Elmer's Tunes Christmas Sing-Along – Wednesday, December 9, 1p. Denis Elmer of Elmer's Room performs holiday music. Room A

Beginning Spanish Class – Thursday December 10, 9:30a. Members Annette Newton and Carmen Morales teach some beginning Spanish vocabulary. Room B

Mixology Class – Thursday, December 10, 1:30p. Michela Ragland teaches us how to make delicious mocktails for holiday parties. Room B

Musical Memories Songwriting Class – Friday, December 11, 12:30p. Katie Bramell of Country Music Hall of Fame comes to see a fun songwriting class. Room B

Presentation: Library for Accessible Books – Monday, December 14, 12:30p Ruth Hemphill of Tennessee State Library teaches us about the benefits and access to this special branch of the library. Room A.

Holiday Luncheon – Wednesday, December 16, 11a. Come to our annual luncheon at the La Vergne Multipurpose Building. Must sign up in advance.

Holiday Karaoke – Thursday, December 17, 1:15p Choose a favorite holiday song to sing on your own or with friends! Room A

HOLIDAY PARTY – Friday, December 18, 12:30p. Play our Gift Exchange Game, Get Santa's Wish List gifts, eat treats, dance with friends – all while wearing your favorite PJs! Room A.

Celebrate Kwanzaa – Monday, December 28, 12:30p. Learn about Kwanzaa and do a related activity. Room A

Performance: Fun City Players – December 29, 1p. Fun City Players performs a fun holiday skit. Room A

Winter Art Project – December 30, 12:30p. Keith leads a fun winter-themed project. Room B.

New Year at Noon Party! – December 31, 12p. Enjoy a lunch paid for with our Bingo "Phone Toll" fund. Drink a fizzy drink to toast in 2027 at noon! Room A.

DAY TRIPS!

Meet and Eat at IHOP in Smyrna– Friday, December 11, 9a. Meet your friends for a delicious breakfast or brunch at IHOP. 779 Team Blvd, Smyrna, TN 37167

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

Monday, December 7 - Keith

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, December 14 - Donna

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

5:45p Microwave Cooking Class. Learn some easy recipes that can be cooked in the microwave. Room B

Monday, December 28 - Donna

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 - Great Smoky Mountains: Crown Jewel of the Appalachians. Watch a great documentary and enjoy some popcorn. Room A