

La Vergne Senior Center  
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What another great time we had at our Christmas Luncheon, from great food, over 100 people who attended, and awesome entertainment by Sierra and Kelcy Tomlin, accompanied by Cheryl Chunn. We really want to thank all those who attended and especially all those who always help us out with these big events. David McGowen & Parks and Rec, some of our Board members, some of our Seniors, and a few citizens, and last but not least, our Staff. And to all those who donated items to us, Thank you so much.

# January 2020

## La Vergne Senior Center

### NEWSLETTER

## HAPPY NEW YEAR 2020

### A Big Thank you to Rose And Bobby Nokes

We can't say enough about the wonderful trip that Rose Nokes, with the help of her husband Bobby Nokes, planned out for our first overnight stay with our Seniors to Gatlinburg, TN. She sure kept us busy for our 2night - 3day stay, with dinner shows, free time to walk around and do our own thing, lunches, to a wonderful place to stay, the Appy Lodge. And what an awesome drive to Gatlinburg and back to La Vergne by Diamond Tours and the wonderful bus driver we had RT Norman. He took the time to even drive around Pigeon Forge on the way so that our Seniors could see all the Christmas lights. And a big thank you to our city administration for allowing this trip.



# Happy Birthday To You January

Alma Vantour 2nd  
 Diane Haynes 3rd  
 Essie Smith 8th  
 Carol Smith 11th  
 Gaye Long 16th  
 Betty Stutts 17th  
 Doris Walker 20th  
 Carol Branscome 27th  
 Gladys Keller 29th  
 Virginia White 29th



Day one we boarded Diamond Tour Bus and first stop was the Apple Barn for lunch and then on to Mo-town for our 1st dinner show. Then around to see the Christmas lights and finally on to the Appy Lodge where we stayed. Free time the next morning in Gatlinburg, on to the Titanic, Hatfield and McCoy's dinner show and ended up with Christmas Opry and back to the Lodge. Last day we started off with free time at the Island in Pigeon Forge and ended up at the Comedy Barn, and last stop to eat dinner at the Golden Corral..

**Melissa Cooper— Senior Center Coordinator**  
**Linda Tomlin—Program Assistant**  
**Don Bebout—Program Assistant**

Sun	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
			1 Center will Be Closed  Happy New Year 2020	2 10am Community Quickcare with Christina  12-noon BINGO	3	4
5	6 10am Bible Study	7 9:30 Week 1 Wii Bowling	8 11:30 Lunch Chili Bar and Dessert	9 Donation for Dogs  12noon Bingo	10	11
12	13 10am Bible Study  Chair Massage	14 Week 2 Wii Bowling  Blood Pressure Ck	15 10am Bean Bag Baseball  Preparing for Fundraiser No Lunch	16 Center will open at 12 noon for Seniors Open to public from 4 to 7 for Bean Dinner	17	18
19	20 Center will be closed for Martin Luther King Day	21 Week 3 Wii Bowling	22 11:30 Lunch Tomato Soup and Pimento Cheese and Dessert	23 Corn Hole  12noon Bingo	24	25
26	27 10am Bible Study  11am Pot Luck 12:15 Scoops	28 Week 4 Wii Bowling  Blood Pressure Ck	29 10am Sing along  11:30 Lunch Fried Barbecue Sandwich, mac & cheese and coleslaw..Dessert	30 10am Dancing with Linda  12noon Bingo	31	