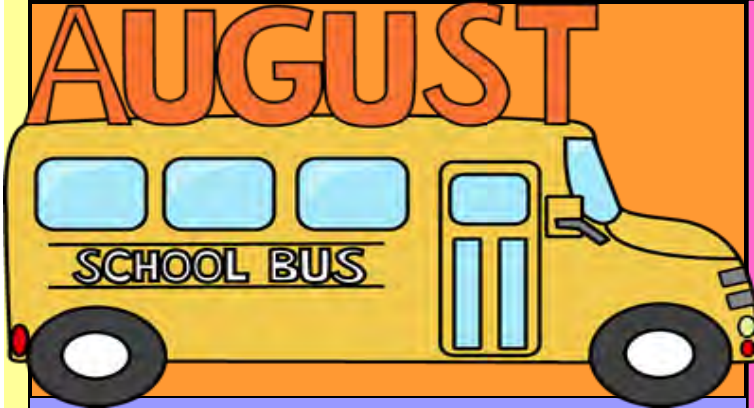




La Vergne Senior Center

August 2016



HELLO SENIORS!!

I hope you are all enjoying our last few months of summer!! Come beat the heat & spend your days here at the center enjoying a cold glass of sweet tea, having good conversation, and playing lots of bingo!

Old Timers Day Help:

Our Annual Old Timer's Day fundraiser is just around the corner & we need help to make it a success! Whether you are making crafts at home, helping in one of our craft classes at the center, baking homemade goods, or just donating supplies...every little bit counts! So please consider helping out in one of these ways, we greatly appreciate your support!

La Vergne Senior Center is hosting the AARP Safe Driving Program on Wednesday, August 17th from 9:00am until 5:00pm
Cost for the class is \$15 for AARP members
\$20 for non-members
Please call the center to register!

Tuesday, August 9th at 6:00pm ~ Tuesday Night Bingo & Potluck

Join us for a fun night at the Senior Center

Bring your favorite dish to share!!



HAPPY BIRTHDAY TO YOU!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August Birthdays	1 Austin Holman Joe Ann Mayfield	2 Robin Johnson	3 	4 Louie Mason	5 	6 John Holder Ann Person Shirly Smith Joyce Taylor
	7	8 Zenie Terrell 	9 William Chadic Doug Holliman	10 	11	12 John Boone Charlie Huggins John Soper
14 	15	16 	17 Carolyn Edwards Jane Vailes— 101 years old!!	18 Jackie Latimore	19 	20 Vera Hawkins Mary Lewis
21	22 	23	24 Carolyn Garlits Kathy Johnson	25 	26 Mabel Unuigbe	27 
28 	29	30 Mary Jane Skinner Minnie Walls	31			




Cassidy Ramsey— Senior Center Coordinator

Linda Tomlin— Program Assistant

Melissa Cooper—Program Assistant



La Vergne Seniors ~ August Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p>  <p>BIBLE Study</p> <p>10am: Bible Study</p> <p>11am: Lunch & Bowling at Smyrna Bowling Alley</p> 	<p>2</p> <p><u>Blood pressure checks</u></p> <p>11am- Movie & Popcorn : "Miracles from Heaven"</p>	<p>3</p> <p><u>Center closed for Regular activities</u></p> 	<p>4</p> <p>10am: Total family health & wellness</p> <p>12noon- Senior Bingo</p>	<p>5</p> <p>9am-3pm: cards & games</p> <p>Chair Massage</p> <p>11:30am Lunch \$3</p> <p>Dumplings, Dressing, Black Eye peas, Greens, Dessert</p>	<p>6</p>
7	<p>8</p> <p>9AM: Breakfast at Farmers Family Buffett & shopping at Old Time Pottery</p> 	<p>9</p> <p>11am- Standing Chair Aerobics</p> <p><u>Center Closes at 1</u></p> <p>6:00- Night time Bingo & Potluck</p> 	<p>10</p> <p><u>Center closed for Regular activities</u></p> 	<p>11</p> <p>11am- Senior Bingo w/ Care All</p> <p>1:00pm- Dr. Ming Wang as guest speaker</p> 	<p>12</p> <p>9am-3pm: cards & games</p> <p>10am: Line Dancing</p> <p>11:30am Lunch \$3</p> <p>Tuna salad Sandwich, Pickle, Chips, Dessert</p> <p>Celebrate August Birthdays</p> 	13
14	<p>15</p> <p>10am: Bible Study</p> <p>11am Birthday Celebration & Potluck for Jane Vailes- 101 years old!</p> 	<p>16</p> <p>11am- Lunch, Super Bingo, and Ask the Dr. at Life Care of Hickory Woods</p> 	<p>17</p> <p>Driver's Safety Course</p> <p>9am-5pm</p> 	<p>18</p> <p><u>Blood Pressure Checks</u></p> <p>11am-"Donations for Dogs"</p> <p>12noon-Senior Bingo w/ Life Care & The Bridge</p> 	<p>19</p> <p>9am-3pm: cards & games</p> <p>10am-Bean Bag Baseball</p> <p>11:30am Lunch \$3</p> <p>Lima Beans, Mashed Potatoes, Mac & Cheese, Cucumber Salad, Dessert</p> 	20
21	<p>22</p> <p>10am: Bible Study</p> <p>11:30am: Work on Old Timers Day Crafts</p> 	<p>23</p> <p><u>Blood Pressure Checks</u></p> <p>10:30am- Lunch at Polo Tropical & Movie at Malco</p> 	<p>24</p> <p>Wal-Mart Grand Opening - Trip over for shopping and opening day festivities!</p>	<p>25</p> <p>10am- Care All: Advanced Directives</p> <p>12noon- Senior Bingo</p> 	<p>26</p> <p><u>Center Closed</u></p> 	27
28	<p>29</p> <p>10am: Bible Study</p> <p>11:30am: Potluck</p> <p>12noon- Scoops</p>	<p>30</p> <p>9:30-Morning walk & Talk</p> <p>11-Work on Old Timers Crafts</p>	<p>31</p> <p><u>Center closed for Regular activities</u></p> 			

La Vergne Senior Center

Physical Address:

**337 Stones River Road
La Vergne, TN 37086**

Mailing Address:

**294 Sand Hill Road
La Vergne, TN 37086**

Phone: (615) 793-3048



La Vergne Senior Center Advisory Committee

The advisory committee meets at 4 p.m.
the third Thursday of each month
at the La Vergne Senior Center.

All senior members are invited to attend.

Meetings are open to the public.

Sherry Green, Chairman	(615) 793-6982
Kay Jones	(615) 793-9255
Ronnie Mosley	(615) 793-2469
Grace Murillo	(615) 713-9394
Mary Jane Skinner	(615) 793-6635
Tony Vanatta	(615) 485-1353
Paula Donahue	(615) 793-7303
Doug Shafer	(615) 459-9337
Marshall Anthony	(615) 793-4270

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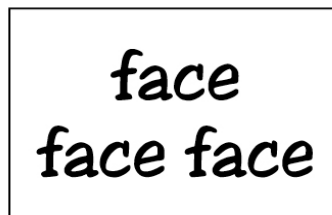
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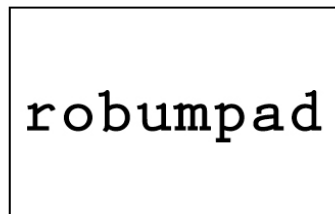
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