

# La Vergne Senior Center

## September 2016

**HAPPY FALL**

*y'all!*

### **OLD TIMERS DAY**

Come enjoy a day full of fun & help support the seniors by stopping by our tent!

We will be selling Homemade Crafts, Wreaths, Crochet Apparel, Blankets, Baked Goods & Fried Pies!!!

September 17th– all day  
Veterans Memorial Park

September has lots of fun in store, so don't miss out on a thing!

Come spend your days with us here at

The La Vergne Senior Center!

### September is:

- National Blueberry Popsicle Month
- National Honey Month
- Better Breakfast Month
  - Chicken Month
  - Fall Hat Month
- National Courtesy Month

Tuesday, September 13th 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
September Birthdays				1 	2 Carol Kimble	3 James Frazier
4 Garee Lapinski Patricia Mattox Carol Maury	5 	6 Charlotte Alberg Ron Box	7 	8 Shirley Tobias Ruth Tomlin	9 Charlie Baggett Margaret Lyttle	10 <i>Happy Birthday</i> 
11 Joan Hensel 	12 Pauline Norton	13	14 Mary Anne Richardson Theresa Roberson 	15 Elmer Jackson JoAnne Johnson	16 Sherry Pack 	17
18 Paul Boice Sue Jackson Dan Wright Ray York	19 Gertrude Phillips 	20	21 Betty DeRamos Vinny Pollizzotto Shearon Robert-Mears Mark Woods	22 	23	24 
25	26 Mary Gaston Ruth Miles	27 	28	29 Mary Trella	30	








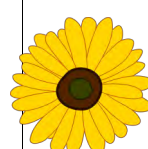





Cassidy Ramsey— Senior Center Coordinator

Linda Tomlin— Program Assistant

Melissa Cooper—Program Assistant



# La Vergne Seniors ~ September Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 10am– National Council on Aging– are you looking for work? 12noon– Bingo</p>	<p>2 9am-3pm: Cards &amp; games Chair Massage 11:30am \$3 Meatball subs, Cucumber &amp; tomato salad, dessert</p>	
4	<p>5 <u>Closed for Labor Day</u></p> 	<p>6 9:30am– Week 1 Spare Time Wii Bowling 12noon– Standing Chair Aerobics</p>	<p>7 <u>Center closed for regular activities</u></p> 	<p>8 10am– Diversicare 11:00– Donations for Dogs 12noon– Bingo w/ Care all</p> 	<p>9 9am-3pm: Cards &amp; games Karaoke 11:30am \$3 Chicken Salad Croissant, broccoli salad, dessert</p> 	<p>10 </p>
11	<p>12 10am– Bible Study 11:30– Work on Old Timers Crafts</p>  	<p>13 9:30am– Week 2 Spare Time Wii Bowling <u>Center Close at 1</u> 6pm– Bingo/ Potluck</p>	<p>14 <u>Center closed for regular activities</u></p> 	<p>15 10am– Care All Health info hour 12noon– Bingo w/ Life care &amp; the Bridge</p> <p><u>Senior Advisory Board Meeting</u></p>	<p>16 <u>Center closed for regular activities</u></p> <p>Preparing for Old Timers Day</p> 	<p>17</p>
18	<p>19 9am– Leave for Breakfast at Bob Evans &amp; Shopping at Opry Mills</p>  	<p>20 9:30am– Week 3 Spare Time Wii Bowling 12noon– Chair Chi &amp; Chi Tea</p>	<p>21 <u>Center closed for regular activities</u></p> 	<p>22 9:30am– Breakfast at lhop 12noon– Bingo w/ Cigna</p> 	<p>23 9am-3pm: Cards &amp; games Bean Bag Baseball 11:30am \$3 Pimento Cheese Sandwiches &amp; tomato soup</p>	<p>24 </p>
25	<p>26 10am– Bible Study 11:30– Potluck 12noon– Scoops</p> 	<p>27 9:30am– Week 4 Spare Time Wii Bowling 12noon– Self Defense Class</p>	<p>28 <u>Center closed for regular activities</u></p> 	<p>29 10am– Home Health Care of TN– Blood pressure checks 12noon– Bingo</p> 	<p>30 9am-3pm: Cards &amp; games Sing a long 11:30am \$3 Hamburgers, Baked Beans, Potato Salad, Dessert</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**

Find us on the Web & Facebook!!

[www.lavergnetn.gov](http://www.lavergnetn.gov)

[facebook.com/lavergneseniorcenter](https://facebook.com/lavergneseniorcenter)

## 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

### *The Old Days*

Grandpa was telling his young grandson what life was like  
when he was a boy.

"In the winter we'd ice skate on our pond. In the summer we  
could swim in the pond, and pick berries in the woods. We'd  
swing on an old tire my dad hung from a tree on a rope. And  
we had a pony we rode all over the farm."

The little boy was amazed, and sat silently for a minute.  
Finally he said, "Granddad, I wish I'd gotten to know you a  
lot sooner!"