



La Vergne Senior Center

March 2017



Happy St. Patrick's Day!

Come join us on

St. Patrick's Day

10:00 am at the Center

Come Enjoy...

Entertainment, Delicious Irish
Dinner, Games & Fun give-a-ways

All sponsored by

Life Care of Hickory Woods



Put some **SPRING** in your
step & come enjoy your days
with us at the

LA VERGNE SENIOR CENTER

Fun Friday Dress Ups

March 3rd– Hat Day { you can wear any
kind of hat: ball cap, fancy hat, silly hat,
visor }

March 10th– Sports Day { where your
favorite sports team attire, dress up in
sporty type clothes, dress like your
favorite athlete }

March 17th– St. Patrick's Day { wear
green }

March 24th– Country Day { Blue Jeans,
Flannel shirts, overalls, cowboy hats,
boots }

March 31st– PJ Day—Lets be **COMFY** all
day! Today we will enjoy a **BIG** breakfast
& would love for you to bring some
breakfast snacks for us to enjoy too!
Today we will play games and watch
movies all while never getting out of our
jammies! { **NO** Lingerie }

Tuesday, March 14th 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
MARCH BIRTHDAYS			1 Marilyn Moss	2	3 Margret Hestla	4 Brenda Knight
	5 Dolores Chromasta John Walker	6 Beth Boling 	7 William Beckham Anthony overby	8 Linda Barron Donna Byars <i>Happy Birthday</i> 	9 Mary Moore	10 
12 Mary Gibbs	13 	14	15 	16 Patricia Martin	17	18 Barbara Dunham 
19	20 	21 Mary Russel	22 Senna Mosley	23 Bill Burns	24	25
26 Alice Taber	27 Jo Hall	28 	29 Cassidy Ramsey Duana Swensen	30 Mary Click Martha Womack	31 	



Cassidy Ramsey— Senior Center Coordinator

Linda Tomlin— Program Assistant

Melissa Cooper—Program Assistant

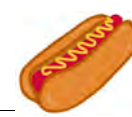


Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

			1 Center closed for regular activities	2 10am- Morning Walk and Talk for Exercise 12noon- Senior Bingo Blood Pressure Check	3 <u>DRESS UP DAY</u> 9am-3pm-Cards & Games Chair Massage 9am-Yellow Dot 11:30am/Lunch/\$3 Lasagna, Salad, Bread, Dessert Eugene Appreciation	4
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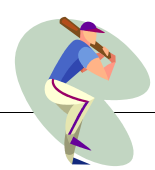
5	6 9am-Bible Study 10am- Trip to BJ's Restaurant in Hermitage	7 11am- Easter Painting Craft Class \$5 Blood Pressure Check	8 Center closed for regular activities	9 10am- Diversicare "Donations for Dogs" 12noon- Senior Bingo	10 <u>DRESS UP DAY</u> 9am-3pm-Cards & Games 10am -Karaoke 11:30am/Lunch/\$3 Fried Chicken, pinto beans, turnip greens, cornbread, dessert	11
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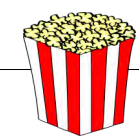
12	13 9am- Trip to Bob Evans for breakfast and then out & about	14 9:30am- Week 1 Spare Time Wii Bowling Center Closed at 1:00pm 6:00pm- Potluck & Bingo	15 Center closed for regular activities	16 10am- Mark Edwards Entertainment 12noon- Senior Bingo 4:00- Senior Advisory Board	17 <u>DRESS UP DAY</u> 10am- St. Patrick's Day Party Entertainment, Lunch, & Games	18
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19	20 10am- Bible Study Senior Appreciation Day: Cook Out, Cotton Candy, & Bean Bag Baseball	21 9:30am- Week 2 Spare Time Wii Bowling 12:30am- Sing-a-long & Soda Pop	22 Center closed for regular activities	23 10am- Home Instead Speaking on Aid and Attendance 12noon- Senior Bingo Blood pressure check	24 <u>DRESS UP DAY</u> 9am-3pm-Cards & Games 10am- Mrs. Judy's Piano Students Chelsea & Sophie Gossage 11:30am/Lunch/\$3 Chicken Pot Pie, Salad, dessert Celebrate Birthday's	25
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26	27 10am-Bible Study 11:30am-Potluck 12noon- Scoops	28 9:30am- Trip to Bell Buckle for lunch at the Café, antique shopping, & ice-cream at Blue Bird	29 Center closed for regular activities	30 10am- Chair Chi 12noon- Senior Bingo Blood pressure check	31 <u>DRESS UP DAY</u> 9am-3pm - Cards & Games 10am- Big Breakfast (don't forget to bring potluck-breakfast style) 11:15am- Movie: SING	
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Everyone's Irish On March 17th.

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

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
Marshall Anthony	(615) 793-4270
Mary Jane Skinner	(615) 793-6635
Tony Vanatta	(615) 485-1353
Paula Donahue	(615) 793-7303
Doug Shafer	(615) 459-9337



TAX Prep Time is here!

AARP will provide certified tax preparers to help SENIOR CITIZENS
file your income tax forms at the La Vergne Senior Center at no cost!

Tax Prep will be available each Wednesday beginning February 1st—April 19th.

Appointments are required!

Please set an appointment with a staff member
or call the center at (615) 793-3048