

Blue Skies



La Vergne Senior Citizen Center * 337 Stones River Road * (615)793-3048

Everything is blooming!!! Ever since the cold has left, we even have a little spring in our steps too!!! We are still having such fun with Cassidy's special dress up Friday themes. We had a patriotic Friday, where we all wore red, white and blue. We had a wacky, tacky day and so on. These seniors have such grand imaginations. Speaking of that, we have a senior, Mr. Merlin that will be acting in one of Smyrna's Springhouse theatre's production of Agatha Christie's "A murder is announced". It will be running in April and May. This is not his first time acting. But just loves these small roles, "because it's not too much for a senior to remember", he laughs.

We had a very special speaker in April. Chris Clark is the Fire Chief for La Vergne. He came to speak to us about home emergencies, like what to do before EMS arrives. This info was very helpful to us. He gave us much more info about safety things to do around our houses. He also let us ask questions about things that concerned us. He was such a great speaker and so informative. We would love him to come again soon. We also had a disaster drill with TCAD. The staff trains us very well on our fire drill.

Speaking of the staff, we are enjoying the new exercises that the girl's have started for us. Our favorite is when they fill up a lot of balloons and throws them around the room and our job is to keep them in the air. This causes us to bend and stretch, not to mention the hardy laughter. We think it is fun but Cassidy knows that it is also doing us a lot of good, (sneaky girl). This month we had line dancing and Tai chi too.

Meanwhile our friend Loupy is resting and healing in Texas. Which we are thankful for and glad to hear. But sadly, we lost one of our most beloved former members. Mary Gertrude Moore has passed away. She had just celebrated her 90th birthday. Many of our seniors remembered "Mary Gert", and a large group of us attended the beautiful memorial given by her daughter Joyce Taylor and many other family members. Family and friends shared their love for this very special lady. A poem was read and I will add a portion of it here. "Some people say it's the end of the road, they say that's it, there ain't no more. But Jesus insists that we will rise again. That's when I'll see you again." Rest well dear friend.

For Easter Monday we had our Easter service here. Led by Bro. Joseph. The day included a pot luck Easter lunch, hymns and even an egg hunt. Like family we love sharing holidays when we can. Speaking of family. Like to add here that Cassidy's brother is healing nicely after an accident.

Well my friend, it is time to prepare this for mailing. You are loved here at the Center. We are family and miss you when you are not here. If you are not a member come join us, we are nice people. Until then let's just live and love and enjoy God's wonderful..... Blue Skies.

Love Diane Henderson and all your friends here at LSC