

September 2019

LA VERGNE SENIOR CENTER



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What an interesting Wednesday (August 14th, 2019), we had with our guest speaker Marchell Gardner from Human Resource Agency Mid-Cumberland who came to speak to our Seniors on STD (Sexually Transmitted Diseases) being rampant in our elderly population, not only did she make it very informative, she made it fun. You wouldn't think of this as a problem, but after Marchell finished her talk, it was very clear that this is a major concern and not only did she talk about this, but she also covered the importance of relationships at this age. Not to go into "The Talk" too much it was something you just had to be there for. Many questions were asked from the Seniors and as the picture shows she also had either a question or possibly advice from Ms. Jane, who turned 104 this week, so we are quite sure she had some good advice to share with Marchell.

What a wonderful time we had spending the afternoon with Ms. Jane Vailes to celebrate her 104th Birthday. She is such a special Lady and can tell some stories about her life that makes us all envy her for the many things she had done in her lifetime. Several of her cousins joined the Seniors at the center to make this day special for her. We thank all those who helped us prepare the party and for helping serve everyone who was there.

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• Special Dates

- Sept 11th, 16th, 18th, 23rd, 24th, and the 26th
- So check your calendar



CONGRATULATIONS DAVID MCGOWEN

We would like to congratulate David on being named the Director of Parks and Rec/Maintenance, a position that was combined during the budget meetings in July. David has been an employee of the City of La Vergne going on ten years and has been involved with Parks and Rec and was over maintenance before the jobs were combined. He has also been interim of both Parks and Rec / maintenance and the La Vergne Senior Center for the last couple of months. We all look forward to working under David's leadership in his new role as he has already proven that he is looking forward to moving the Departments in a positive direction. Again, we want to congratulate David on his new position.



One of our newest exercises is "BIG BALL EXERCISE" and our Seniors love it. We form two long lines and pass the ball keeping our feet together while turning our waist, we bounce the ball back and forth to the person on the opposite side and then we dribble the ball down the floor. Catch us on a really good day and we may even add some music to get the tempo up to a faster speed. We continue to look for other things we can come up with to add to the fun.





INSIDE STORY HEADLINE

September Birthday's

- 3rd—James Frazier
- 8th—Shirley Tobias
- 15th—Elmer Jackson and JoAnne Johnson
- 16th—Sherry Pack
- 17th—Dennis Rome
- 22nd—Theresa Roberson
- 24th—Jettie Bradford
- 26th—Mary Gaston and Ruth Miles



We want to give a big Shout Out to the girls Kathy Green, Diane Haynes and Carole Begley who have spent months working on crafts for the Old Timers Festival this year and still have plenty more work to do. They have spent hours painting the ceramics to sell at the festival. Here are a few pictures of their work and we also want to thank everyone who has pitched in on all the preparations for this, like Bonnie Craft who had the keel to make the items to be painted.



We would also like to invite everyone to come in on Mondays and join our very own Sushil Joseph who leads our Bible Study group.

First we hope everyone enjoys the new look of the newsletter, Melissa has worked really hard to design the new look to include pictures and write-ups to show what is happening in our Center. Now as we go into the new month we have plenty of things happening but have made it just a little less active as we have to finish up everything in crafts for the upcoming OTF (new name, instead of day it is now festival). We truly appreciate all the time and effort put into all the ceramics that have been done and will now start preparing for all the sweet goodies our Seniors will be making to sell. We also want to thank all of you Seniors that have jumped in to help us with different things while we have been short handed. We also would like to thank Diane Henderson who writes an article "Blue Skies" for us, telling of the happenings of the previous month in the eyes of a Senior. And let's not forget about our Senior Center Board, what awesome people we have serving on this board and thank you for all that you have contributed to the center, and to our Box 100 family for helping anytime they are asked.

MELISSA COOPER - SENIOR CENTER COORDINATOR
LINDA TOMLIN - PROGRAM ASSISTANT

LA VERGNE SENIOR CENTER
ADVISORY COMMITTEE

Find us on the Web and Facebook
www.lavergnetn.gov
[Facebook.com/lavergneseniorcenter](https://www.facebook.com/lavergneseniorcenter)

The advisory committee meets at 4:30 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <i>Labor Day Closed</i>	3 Week 5 Wii Bowling Corn Hole	4 Lunch: Ham & Cheese Sliders, Pasta Salad and Dessert Games	5 Check Blood Pressure 12-noon Bingo	6	7
8	9 10am Bible Study Big Ball Exercise	10 Week 6 Wii Bowling OTD Crafts	11 Senior Appreciation Day 4pm -8pm	12 Groogan Ins 12-noon Bingo Choir Practice	13	14
15	16 10am Bible Study 11am-Cigna Butterbean Auction	17 Week 7 Wii Bowling Dancing with Linda	18 Chair Massage Lunch: Tomato Basil Soup and Pimento Cheese & Dessert	19 Bean Bag Baseball 12noon-Bingo 4:30 Board Meeting	20	21
22	23 10am Bible Study Check Blood Pressure	24 Week 8 Wii Bowling Night-time Bingo 5-7:30 Potluck	25 Lunch: Potato Bar and Salad Dessert OTD Crafts	26 10am—St Clair Choir 12noon-Bingo	27	28
29	30 10am Bible Study 11:Potluck 12:Scoops					