

# Blue Skies



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

Hey my friends, what great fun we are having doing this hot weather. We are staying cool at the center. We are missing you here being a part of our little family. If not a member, and you are a senior, please come join us. So many exciting things happening. We were recently blessed by the Rutherford County Home Builders Association. They presented us with a "check" for seven thousand dollars! We are so grateful!!! It will help us with many things for the family we have formed here.

We had our first karaoke this past week. Surprised at all the talent we have here. The audience loved it. We plan on doing it on a regular basis. There were some odd duets and some favorite old songs. Speaking of bases what fun with Brandon Maxwell and the bean bag baseball game. Both sides did great and all had fun. 99 year old Ms. Jane made a home run! (Her 100<sup>th</sup> is August 17) Proving you are never too old for fun. We also had some great Southern gospel music from the Scarborough's. And what a grand Breakfast prepared for us here at the center by Eugene Walker and Jeff from Sevren Trent. Talk about YUM!

The trips were first to Opry mills and lunch at Johnny Rockets, lunch and bowling in Smyrna. We had breakfast at Mickey D's (McDonalds) in La Vergne. Here at the center we had a great pot luck and Bingo night. Of course we have bingo every Thursday at noon too. We had a movie and popcorn, the movie was "Planet of the Apes". What a thrill!!!

Cassidy did our "Christmas in July" again. This is so much fun. We all bring some type of gift from home (good, but just not needed). Cassidy recites the poem "The night before Christmas" and every time she says "the" we passed the gift down until it is complete. Then we keep the gift we are holding and we take turns unwrapping and showing what we got. In the meantime, Melissa and Linda have baked cookies for us. Then we get to decorate the cookies to eat now or bring home. Then we watch a Christmas movie. Some of our seniors wear Christmas clothing or hats too. We really get into the spirit of Christmas.

Coming up in August, Cassidy has lots of fun things planned! We will have craft classes, exercise classes, Karaoke, a Driver's Safety Course, lots of guest speakers, a trip to the Amish community & celebrating a very special birthday!! We hope you come enjoy some of the fun this month.

Friends, old age is a privilege and a promise for a time to slow down. Time for being with old friends and time to make new one. Time for family, when there seemed to be no time when you were involved in earning a living etc. Time to find a place where folks our age can enjoy our peers. There are games, trips, crafts and so much more. Just staying here when others go on trips etc. is fun. We seniors love to have fellowship. So let's be thankful for this time to enjoy together. And as always together we'll see those beautiful....Blue Skies  
-Diane Henderson