

## COMING UP IN SEPTEMBER

- 3 ▶ Labor Day  
Center Closed
- 5 ▶ Aging Mastery Program
- 6 ▶ Lunch & Program  
*Name That Tune*  
with Humana
- 10 ▶ Bob Ross Workshop
- 10 ▶ Bingo
- 10 ▶ All of Us Research  
Program Enrollment
- 12 ▶ Aging Mastery Program
- 13 ▶ Lunch & Program  
*Storytelling* with Mark Stewart
- 18 ▶ Mani-pedis & haircuts  
with TCAD
- 19 ▶ Aging Mastery Program
- 24 ▶ Bob Ross Workshop
- 25 ▶ Red Hat Society
- 26 ▶ Aging Mastery Program
- 27 ▶ Lunch & Program  
Medicare Seminar  
with SHIP

## FOOD DRIVE SEPT. 24-28 FILL “FUEL BAGS” FOR ELEMENTARY STUDENTS

**I**SAIAH 55 IS A MINISTRY THAT sprang from College Grove Methodist Church three years ago, in response to a need at the elementary school: There are students at the school who experience food insecurity over the weekend.

Since September of 2015, Isaiah 55 has provided “fuel bags” of food items and healthy snacks for these students every Friday, with extra bags during seasonal school breaks.

Center and Advisory Council member, Bobbie Tackett, is the contact for Isaiah 55. She asked us if other members in the center might like to participate, and we guessed Yes. Everyone has embraced our Christmas family so much in recent years, we think you like opportunities to make a difference close to home.

There are three ways to volunteer:

Bring grocery store bags. The ministry distributes the food in these bags, and needs a lot of them.

Flatten grocery bags at Center.

The bag-filling process goes much smoother if bags are already flattened. Bobbie will bring us a bin to put the flattened bags in. *How about spending a half hour with a friend at the table, flattening bags while you visit!*

Bring one or more of these food items (they’re pretty specific):

- fruit cups or applesauce cups
- granola bars
- peanut butter crackers

Officially, the food drive runs Sept. 24-28. We will leave the rummage sale tables out to hold the snacks.

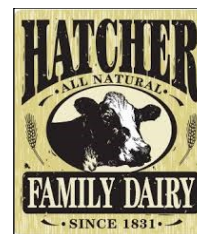


## RED HAT DESTINATION: TO BE ADVISED FOURTH TUESDAY THIS MONTH ONLY: SEPTEMBER 25

**T**HE HOPE IS THAT THE RED Hat Society will tour Hatcher Family Dairy this month, but the dairy has not been confirmed yet. If we don’t go to the dairy, we will have an alternate plan.

Either way, count on a Red Hat excursion Sept. 25. Remember it’s on a Tuesday, this month only.

Keep your eye on the signup table. Departure time and van fee will be posted there as soon as possible.



## FROM THE DIRECTOR ...

Effective January 2019, our center membership fees will increase to \$9 a month or \$108 a year. All other FiftyForward center fees will be \$12 a month or \$144 a year. College Grove rates remain lower due to a community partnership with the Williamson County Department of Recreation.

As a nonprofit agency, we rely on proceeds from annual membership and program fees, special events, local government grants and funders, active volunteers and other thoughtful and generous community supporters to provide engagement opportunities for older adults.

FiftyForward has not raised membership rates in eight years. The increase will offset the costs we are seeing to maintain our lifelong learning centers and programs.

**Sarah**

### ALL OF US ENROLLMENT EVENT

MON., SEPT. 10  
10 A.M. & 12:30 P.M.

**All of Us**  
RESEARCH PROGRAM

## WE'RE GOING TO TRY MONTHLY SERVICES WITH TCAD COSMETOLOGY STUDENTS

Because your response to the cosmetology students from TCAD has been so positive, and because the school itself is getting a second instructor, they are going to start coming to the center once a month.

Beginning September 18, the students will offer us manicures, pedicures and hair-cuts on third Tuesdays!

Of course, if response wanes, or if something unexpected

happens with the school, we'll have to reevaluate. But, for the time being at least, we are overjoyed to announce once-a-month visits from TCAD!

You can't beat the price — or the location! Each service costs \$5. Plus there

is a \$5 annual fee if you haven't already paid it.

See you at the "salon," on the 18th!



Rick Warwick gave us a Power Point presentation on *Rural Scenes of Williamson County* — and then toured us around the Old, Old Jail! Aren't we a fine bunch in front of the police mugshot backdrop.

**Mark your calendar: Thurs., Oct. 4  
Jewelry Sale at Williamson Medical Center**

# THURSDAY LUNCH & PROGRAM

LUNCH (\$5) AT 11:30 · PROGRAM AT NOON · PLEASE SIGN UP

## THURSDAY, SEPT. 6

### NAME THAT TUNE WITH HUMANA

In keeping with the “Thursday Fun” theme for August and September, we’ve invited Melanie and Norm from Humana back for another round of *Name That Tune!*

We all had such a blast with it the first time. Join us for the fun Sept. 6.

*Please make lunch reservations by Tuesday, Sept. 4.*



## THURSDAY, SEPT. 13

### STORYTELLING WITH MARK STEWART

Center member and Advisory Council President, Mark Stewart, has been telling stories for a long time. Telling a tale is an art form, and Mark is very good at it. In fact, he was a winner this year, of the “Mule Tales Tall Tale” contest at Mule Day!



Be here Sept. 13, when Mark spins a few yarns and maybe tells some lies for our afternoon enjoyment.

*Please make lunch reservations by Tues., Sept. 11.*

## THURSDAY, AUGUST 30

### MEDICARE SEMINAR WITH SHIP

With the annual enrollment period fast approaching, it’s time to hear from Tennessee SHIP (State Health Insurance and Assistance Program) about Medicare benefits in general, along with changes coming up in 2019 — like the new Medicare cards.

If you’re looking for unbiased insurance information, SHIP is the agency to consult. Join us Aug. 30 — and bring your questions!

*Please make lunch reservations by Tues., Aug. 28.*

## FITNESS SCHEDULE CHANGES COMING IN SEPTEMBER

Our fitness program experienced a huge loss when Stephanie resigned last month. We have not found a replacement for her yet. (Not that Stephanie can be “replaced.”)



Beginning Sept. 5, Alisa will move her *Zumba* and *Stretch & Tone* classes to Wednesday mornings.

For September, there will be no fitness the first two Fridays, but Nancy will sub on the 21st & 28th.

Please be patient as we search for a fitness instructor to fill our now open Friday slot.

## AGING MASTERY PROGRAM

SERIES CONTINUES

WEDNESDAYS IN SEPTEMBER

VAN DEPARTS: 9:15 A.M.  
(no fan fee!)

CLASS: 10 A.M.  
Martin Center

LUNCH: ABOUT NOON



**Aging Mastery Program**

National Council on Aging

# WELLNESS

## MONDAY

Aerobics at 9 a.m.

Yoga at 9:45

**Instructor:** Nancy Stevens



## WEDNESDAY

Zumba Gold at 9 a.m.

Stretch & Tone at 9:45

**Instructor:** Alisa Hinds



## FRIDAY (NANCY SUBS SEPT. 21 & 28 ONLY)

Aerobics at 8:30 a.m.

Yoga at 9:15 a.m.

Members: \$5 per class • Non-members: \$10 per class

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## CHAIR CLASS

Mondays, Tuesdays & Wednesdays: 10:30 a.m.

No fee for this class

## MASSAGE

Licensed Massage Therapists  
serving seniors with a gentle touch.



**Skye Wachtman**—2nd & 4th Wednesdays

**Kathy McFarlane** — all other Wednesdays

By appointment

Members: \$45 • Non-members: \$60

## LINE DANCING

Beginners & experienced line dancers  
learn the latest line dances

while getting a great cardio workout.

Fridays: 10:15 to 11:45

**Dance Instructor:**

**Cathy Smotherman**



## BLOOD PRESSURE CHECK

Fourth Tuesday

Sept. 25 at 11 a.m.

**Nurse:** Paula Frost



# ART AND CRAFT

## BOB ROSS PAINTING WORKSHOP

Take home a finished painting at the end of class!

Mon., Sept. 10 • Mon., Sept. 24 (choose one)

10:30 a.m. to 3 p.m.

**Instructor:** Janey Pembleton

\$25 members • \$30 non-members (includes supplies)

*Note: Bring a sandwich or snack for break time.*

## CRAFT STUDIO

Second Wednesday: Sept. 12 • 1 to 3 p.m.

## QUILLING CLASS

Third Wednesday: Sept. 19 at 9 a.m.

**Instructor:** Dot Carter

## QUILTING BEE

First & third Wednesdays: Sept. 5 & 19 • 1 to 3 p.m.

Thursday mornings: 9 to 10 a.m.

# LANGUAGE ARTS

## WRITING, ETC.

A safe place to share your writing,  
whether poetry or prose,  
fact or fiction.

Gentle critique is given, if requested.

First and third Thursdays: Sept. 6 & 20 • 1 to 3 p.m.

Members: no fee • Non-members: \$5 per class



## TUESDAY MORNING BOOK CLUB AT FIFTYFORWARD

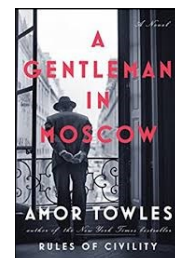
Third Tuesday

Sept. 18 • 9 a.m.

September selection:

*A Gentleman in Moscow*

by Amor Towles



# HISTORY

## BIBLE CLASS

Second and fourth Tuesdays: Sept. 11 & 25 • 9:30 a.m.

**Facilitator:** Rhonda Rose

## FUN & GAMES

### BINGO

Second Mondays: 1 to 3 pm

### CANASTA

Tuesdays and Thursdays: 10 am to 3 pm

### DOMINOES

Fridays at noon

Pool, Pedro, Scrabble, Rummikub, Skip-bo  
and other games daily.

## COLLEGE GROVE COMMUNITY LIBRARY

Library Associate: Betty Kirkemide

615.368.3222

Hours: M-W-R-F: 9 to 5 ♦ Tuesday: 11 to 7



*FiftyForward supports, champions and enhances life for those 50 and older.*

### FIFTYFORWARD COLLEGE GROVE

Phone: 615.368.7093 or 615.368.7278 • Fax: 615.368.7935

Hours: Monday through Friday • 8 am to 3 pm

Center Director: Sarah Stephens • [sstephens@fiftyforward.org](mailto:sstephens@fiftyforward.org)

Program Director/Newsletter Editor: Libby C. Beeson

Program Associate: Rhonda Rose

Williamson County FLIP Coordinator: 615.376.4332

Williamson County Care Manager: Jane Bradley/615.376.4334

#### FIFTYFORWARD COLLEGE GROVE

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P.O. Box 223

College Grove, TN 37046

RETURN SERVICE REQUESTED

**Fifty  
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Love life at 50+

Accredited by   
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