

COLLEGE GROVE ENRICHMENT FOCUS

February 2019

COMING UP IN FEBRUARY

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Workshop

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& Enrollment

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ALMA MCLEMORE • MARIE OGILVIE & FRIENDS BLACK HISTORY TRIBUTE AT POTLUCK: WED., FEB. 20

WE HAVE A GREAT PROGRAM lined up for our Black History Tribute, Feb. 20.

Our speaker, Alma McLemore, grew up in the Natchez neighborhood of Franklin. She lived through desegregation, graduated from Franklin High School and worked for Middle Tennessee Electric for 38 years. Along the way, she became a realtor. But actually, Alma is most known for her career of volunteerism and leadership.

For many years, Alma has supported community causes by serving on a number of boards, task forces and committees. She also played a key role in the restoration of the McLemore House Museum in Franklin.

Alma believes the preservation

of African American history is important, and she is determined to be part of that conversation.

Her spirit is radiant, and contagious.

To top it off, we'll hear music from Marie Ogilvie & Friends, whose soulful voices always fill the room with joy and gladness.

Join us for this wonderful afternoon!

We'll have lunch at 11:30, and the program will begin about noon.

The Center provides the main course. Please bring a side dish.



RED HAT SOCIETY PLANNING MEETING RESCHEDULED FOR FEB. 27

THE RED HAT SOCIETY HAD TO cancel their planning meeting for January, and rescheduled it for Wed., Feb. 27, at 10.

Martha makes a pot of soup. Please bring sandwiches, a dessert or some other side dish for a nice potluck lunch after the meeting.

FROM THE DIRECTOR ...

I can't believe that we are already in February 2019! Time flies when you're having fun, that's for sure. I'd like to welcome our new FiftyForward College Grove members who joined the center in January: Charles Delbridge, Chris and Cheryl Herron, Gloria Deaton, Melody Wofford and Virginia Collings. We appreciate your support of the center! Please let us know if you have any questions or suggestions.

I want to encourage everyone to attend our birthday potlucks the third Wednesday every month at 11:30 a.m. The center provides the main dish and attendees need to bring a side dish that will feed at least 6 people, like desserts, breads, vegetables, casseroles or salads. We have some wonderful cooks at our center! We celebrate everyone who has a birthday for that current month, so birthday folks please join us on this day for a great lunch and program.

Sarah

All of Us
RESEARCH PROGRAM

**ENROLLMENT
& CONSULTATIONS**
MON., FEB. 11
10 A.M. & 12:30 P.M.



MONDAY, FEB. 11 AT 1 P.M.
PLEASE BRING A GIFT
FOR THE PRIZE TABLE

MONTHLY GEOLOGY CLASS BEGINS TUES., FEB. 5

When Art Reesman spoke to us about Geology in December, we saw that many of you were fairly well captivated by the discussion. So we asked Art if he would offer a monthly Geology class.

And he said Yes!

We settled on first Tuesdays at 10, and Art's first class is set for Tues., Feb. 5, in the computer room.

So, if you "dig" learning

about Earth, this will be the ideal opportunity to do so, and in an informal setting to boot.



Art covered a lot of territory in December, and hopes you will bring your own questions and ideas for topics to explore.

And did we mention that he knows Oceanography as well?

See you Feb. 5, at 10!

RICK WARWICK PRESENTATION ♦ THURS., FEB. 21

For his recent book, *A Walk Down Main Street*, Rick Warwick started taking photos at Five Points and walked west on Main Street to 11th Avenue.



The book includes historic and modern photos, so we can see how the street has changed. Warwick also lists who built the house, any famous people who lived there, and who owns the property now.

Rick will give us a presentation on *A Walk Down Main Street* on Thurs., Feb. 21, at the Heritage Foundation in Franklin.

We'll stop for a nice lunch somewhere on the way back.

The van will leave the center at 9:15 a.m. Van fee is: \$6.

BARGAIN HUNTING AT "GIMME A \$5" IN COLUMBIA, WED., FEB. 6

Have you heard of the store called *Gimme A \$5*? On Saturdays and Sundays, everything in the store costs \$5. The price goes down each day and, by Wednesday, everything in the store costs \$1.

It's crazy. So let's go, February 6!

They have a store in Columbia, and Farmer's Family Restaurant is nearby. We'll have a great lunch there, and may find another store to browse after lunch if everyone feels like it.

The van will leave the center at 9:30 a.m. Van fee is: \$7

THURSDAY LUNCH & PROGRAM

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

THURSDAY, FEB. 7

WILLIAMSON COUNTY TRUSTEE'S OFFICE

Karen Paris and Lisa Jackson from the Williamson County Trustee's Office will be here to discuss the county's tax relief and tax freeze programs. They always make it fun.

Bring any questions you may have about property taxes.

We'll have lunch at 11:30 and the program will begin about noon. *Please make lunch reservations by Tuesday, Feb. 5.*

THURSDAY, FEB. 14

GRANNY ROSE WITH PEG AUGUSTINE

By popular demand, Peg Augustine returns as her Appalachian grandmother, Granny Rose. It's a delightful, folksy program. Granny Rose carries on a conversation with a friend, and we hear the latest scoop about mountain life and its people!

We'll have lunch at 11:30 and the program will begin about noon. *Please make lunch reservations by Tues., Feb. 12.*

THURSDAY, FEB. 28

QUILT TURNING WITH KAREN EMERSON-MCPEAK

For the second year, Karen Emerson-McPeak is looking to collect about a dozen of your quilts to include in her old-fashioned "quilt turning." She will present the quilts, and reveal their stories, on Feb. 28. Join us for this homespun afternoon!

We'll have lunch at 11:30 and the program will begin about noon.

Please make lunch reservations by Tuesday, Feb. 26.

If you want to submit your quilt, please see Libby to contact Karen.

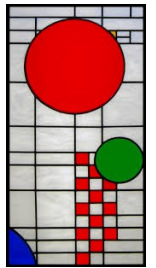
STAINED GLASS SERIES REPEATS BEGINNING MAR. 8

We are delighted to confirm a second series of stained glass classes! It begins Fri., March 8. We have hopes of offering this program on an ongoing basis.

It's a five-week series that creates a stained glass window panel on Fridays from 11 to 2.

The response has been very good and, at this time, we are working from a waiting list. Please let a staff member know if you want to take the class. If the March series is full, we'll keep your name in order for the next one.

The fee is \$55 for members and \$70 for non-members. It includes supplies, and is due by Fri., Feb. 15.



INCLEMENT WEATHER POLICY

Please remember: when Williamson County Schools close due to inclement weather, the center will observe the following policy:

- All of our regular programming — classes, events, lunches and daytrips — will be cancelled.
- Our center office will open at 10 a.m. if possible for staff to do office work.
- If Metro/State offices are closed due to inclement weather, all FiftyForward centers/offices will be closed.

MANICURES, PEDICURES & HAIRCUTS

Tuesday, Feb. 19 at 9:30 a.m.

\$5 each + \$5 annual fee (if not already paid)



**TENNESSEE COLLEGES
OF APPLIED TECHNOLOGY**

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

Aerobics at 8:30 a.m.

Yoga at 9:15 a.m.

Instructor: *Kandi Herring*

Members: \$5 per class

Non-members: \$10 per class

CHAIR CLASS

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

11 am on Feb. 12 & 26

MASSAGE

Licensed Massage Therapist
serving seniors with a gentle touch.

Massage Therapist: *Kathy McFarlane*

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

Feb. 26 at 10:30 a.m.

Nurse: *Paula Frost*



ART AND CRAFT

BOB ROSS PAINTING WORKSHOP

Take home a finished painting at the end of class!

Mon., Feb. 4 & Mon., Feb. 18 • 10:30 a.m. to 3 p.m.

Instructor: *Janey Pembleton*

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

CRAFT STUDIO

Second Wednesday: Feb. 13 at 9 a.m.

QUILLING CLASS

Third Wednesday: Feb. 20 at 9 a.m.

Instructor: *Dot Carter*

QUILTING BEE

First & third Wednesdays: Feb. 6 & 20 • 1 to 3 p.m.

Thursday mornings: 9 to 10 a.m.

STAINED GLASS CLASS

Create a stained glass window panel.

Fridays 11 a.m. to 2 p.m. • current series ends Feb. 8

Instructor: *Mike Jones*

\$55 members • \$70 non-members (includes supplies)

OTHER GROUPS & CLASSES

WRITING, ETC.

A safe place to share your writing, whether poetry or
prose, fact or fiction. Gentle critique if requested.

First and third Thursdays: Feb. 7 & 21 • 1 to 3 pm

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

TUESDAY MORNING BOOK CLUB AT FIFTYFORWARD

February selection: *Magpie Murders*

by Anthony Horowitz

Third Tuesday Feb. 19 • 9 a.m.

BIBLE CLASS

Second & fourth Tuesday: Feb. 12 & 26 • 9:30 a.m.

Facilitator: *Rhonda Rose*

GEOLOGY CLASS

First Tuesday: Feb. 5 • 10 a.m.

Instructor: *Art Reesman*



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.

TAX PREP: THURSDAYS 9 A.M. TO NOON

IRS-certified tax preparers will be here, on Thursdays from 9 a.m. to noon, to prepare and electronically file taxes for free, for families earning \$66,000 or less.

WHAT TO BRING

- Photo ID (required)
- Social Security or ITIN cards for everyone on the return (required)
- W-2s, 1099s and other income statements (required)

- Healthcare forms 1095-A, 1095-B, or 1095-C (required)
- Direct deposit information
- Copy of last year's return

NOTE: If married filing jointly, you both must be present to e-file.

For appointment, visit
DoMyTaxes.org or call
615.830.7940



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

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
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RETURN SERVICE REQUESTED



Accredited by 
National Institute of
Senior Centers

