

COMING UP IN JUNE

- 3 ▶ Bob Ross Workshop
- 6 ▶ Technology Fair
with Deloitte
- 8 ▶ Katie Reed
Golf Classic
- 10 ▶ BINGO!
- 10 ▶ *All of Us* Enrollment
- 12 ▶ Daytrip • *San Rafael Band*
at Williamson County
Performing Arts Center
- 13 ▶ Lunch & Program
CBD Oil
- 17 ▶ Daytrip
All of Us Picnic
- 17 ▶ Bob Ross Workshop
- 18 ▶ Mani-pedis & haircuts
- 19 ▶ Birthday Potluck
Golden Heirs Trio
- 26 ▶ Grove Rovers
- 27 ▶ Lunch & Program
Independence Celebration!



GOSPEL MUSIC WITH THE GOLDEN HEIRS AT POTLUCK: WED., JUNE 19

THE GOLDEN HEIRS TRIO came together in 2005 and have performed for many churches and organizations. They love gospel music and use it as a ministry to others.

This June 19th, the Golden Heirs are bringing their wonderful harmonies to our Potluck luncheon!

Pianist Theresa Rogers will ac-

company lead singer, Parker Holder, baritone, Forrest Jackson, and first tenor, Tom Massey.

Join us for some great old time gospel music. Think of it as food for the soul.

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

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



GROVE ROVERS TOUR BICENTENNIAL MALL & NASHVILLE FARMERS MARKET: WED., JUNE 26

Located in the shadow of the Capitol in downtown Nashville, Bicentennial Mall is like a survey course in Tennessee's history and natural wonders, that you walk through. The 19-acre park includes a 200-foot granite

map of the state, a pathway of history and the Rivers of Tennessee Fountains.

The Grove Rovers have planned a trip there for Wed., June 26!

After the mall, we'll shop for veggies and enjoy lunch next door at

the Nashville Farmers Market.

Note:

Please wear comfortable shoes!

The van will leave the Center at 9:00 a.m.

The van fee is: \$7.



FROM THE DIRECTOR ...

We are in full swing for our Katie Reed Golf Classic on Saturday, June 8. It is going to be a great day and we appreciate everyone's help with it up to this point.

I am looking to improve our telephone reassurance program that the center is required to do by one of its funders. This is a telephone service to provide comfort or help to homebound adults 50+ with a weekly phone call checking in on their well-being. Right now, College Grove staff are making the calls to these individuals, but we have a couple of volunteers who are willing to make these calls.

I am looking to you for help in identifying individuals in the community who could benefit from this service. It is helpful that you get the person's permission first for us to call them. That way, it will not be awkward for them or our volunteer callers. Please see any of the staff to refer someone to this telephone reassurance program we are offering.

Sarah

All of Us
RESEARCH PROGRAM

**Enrollment
& Consultation
Mon., June 10
10 a.m. & 12:30 p.m.**



SECOND MONDAY

JUNE 10 AT 1 P.M.

Please bring a gift for prize table.

WED., JUNE 12: SAN RAFAEL BAND IN CONCERT AT PERFORMING ARTS CENTER IN FRANKLIN

The San Rafael Band combines the best of salsa, Latin jazz and rock music. We'll hear their compelling blend of music styles at a free performance on Wed., June 12, at the

Williamson County Performing Arts Center.

The venue is part of the Academy Park campus in Franklin that also includes the Enrichment Center. We've heard a lot of good things about this senior facility, and plan to tour it before the concert.

We'll leave our center at 11 a.m. and have a bite to eat somewhere before we head to Academy Park.

Van fee is: \$5.



A PICNIC IN THE PARK WITH ALL OF US MONDAY, JUNE 17

In commemoration of its one-year anniversary this month, the *All of Us* Research Program is treating us to a picnic in Centennial Park on Mon., June 17.

All of Us will provide lunch, games and prizes. They

have reserved the event shelter, which has its own restroom facilities.

Wear your walking shoes if you want to walk on the pathways.

The van will leave the Center at 10:45 a.m. Van fee is \$7.

DELOITTE TECHNOLOGY DAY: THURS., JUNE 6

Technology professionals from Deloitte return to the Center on Thurs., June 6, from 10 a.m. to 1 p.m., to help you with your technology questions.

You will receive one-on-one tutoring with things like:

- how to use your phone
- how to take a selfie
- how to set-up and/or use your Facebook page
- e-mail on a smart phone
- understanding and using apps

- taking and sending photos
- how to understand your technology better

Please bring your technology (phone, tablet, laptop, camera)

with you.



THURSDAY LUNCH & PROGRAM

LUNCH AT 11:30 · PROGRAM AT NOON · PLEASE SIGN UP

THURSDAY, JUNE 13 HEMPWORX **CBD OIL WITH DEBBIE DUTTON**

We met Debbie Dutton in January and learned that she uses CBD oil, and that it brings relief to a variety of her symptoms.

While CBD oil probably isn't the panacea, it apparently does help many people with stress, anxiety and insomnia, and relieves muscle pain and soreness for some.

Debbie also sells products by Hempworx. She will be here Thurs., June 13, to share her personal experiences with CBD oil and discuss the line of tinctures and creams that Hempworx offers.

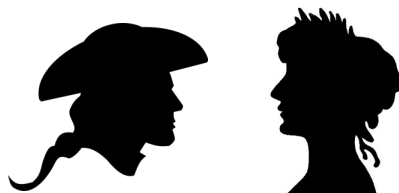
We'll have lunch (\$5) at 11:30 and Debbie will begin about noon. *Please make lunch reservations by Tuesday, June 11.*

THURSDAY, JUNE 27 **INDEPENDENCE CELEBRATION!!**

We have a humdinger of a program lined up this year. Herb Wallace will return to deliver an autobiographical speech from a Mystery Founding Father. But that's not all, folks. We'll also hear from a Mystery Founding *Mother*, portrayed by Peg Augustine!

Written by Luke Boyd, the monologues are packed with interesting revolution-era history — and our actors will be dressed in period clothing, thanks to the generous sponsorship of Benjamin Franklin Plumbing.

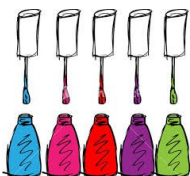
We'll have lunch at 11:30. It'll be barbeque from Whitt's, so the meal will cost \$6. The program will begin about noon. *Please make lunch reservations by Tuesday, June 25.*



MANICURES, PEDICURES & HAIRCUTS

Tuesday, June 18 at 9:30 a.m.

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



KATIE REED GOLF CLASSIC

SAT., JUNE 8

HENRY HORTON STATE PARK
 ELLINGTON GOLF COURSE



Registration: 7 a.m.
 Shotgun Start: 8 a.m.
 Four-Player Scramble



Mulligans
 goody bags
 lunch & door prizes



Prizes awarded for:
 Flight winners
 Longest Drive: men's & women's
 Closest to Pin: men's & women's

Putting Contest



Cost: \$100/player
 Foursome (team): \$380



All proceeds benefit
 FiftyForward College Grove.



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

Monday through Thursday: 10:30 a.m.

No fee for this class

MASSAGE

Licensed Massage Therapist
serving seniors with a gentle touch.



Massage Therapist: Kathy McFarlane

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

June 25 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., June 3 & Mon., June 17 • 10:30 a.m. to 3 p.m.

Instructor: Janey Pembleton

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

CRAFT STUDIO

Second Wednesday

June 12 at 9 a.m.



QUILLING CLASS

On summer hiatus, returns in September.

Instructor: Dot Carter

QUILTING BEE

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

Thursday mornings: 9 to 10 a.m.

STAINED GLASS CLASS

Create and frame a stained glass window panel.

Fridays 11 a.m. to 2 p.m.

(next series begins June 7)

Instructor: Mike Jones

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

OTHER GROUPS & CLASSES

TUESDAY MORNING BOOK CLUB AT FIFTYFORWARD

June selection:

Lilac Girls

by Martha Hall Kelly

Third Tuesday

June 18 • 9 a.m.



BIBLE CLASS

On summer hiatus.

Facilitator: Rhonda Rose

GEOLOGY CLASS

First Tuesday: June 4 • 10 a.m.

Instructor: Art Reesman

FUN & GAMES

BINGO

Second Monday
June 10: 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

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FIFTYFORWARD COLLEGE GROVE

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