

FiftyForward College Grove

Our mission is to support, champion and enhance the lives of those 50 and older.

August 2019

COLLEGE GROVE ENRICHMENT FOCUS

8607 Horton Hwy. P.O. Box 223 College Grove, TN 37046 615-368-7093



COMING UP IN AUGUST

4 ▶ Senior Day at
Williamson County Fair

5 ▶ Bob Ross Workshop

7 ▶ Daytrip
Beechcraft Heritage Museum

12 ▶ BINGO!

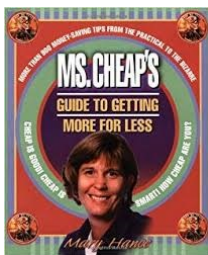
12 ▶ *All of Us* Enrollment

14 ▶ Daytrip *Murfreesboro*

15 ▶ Lunch & Program
David D. Smith

19 ▶ Bob Ross Workshop

21 ▶ Birthday Potluck
Ms Cheap, Mary Hance



22 ▶ Grove Rovers
Walking Horse Celebration

29 ▶ Lunch & Program
Muscles As We Age

MARY HANCE'S FRUGAL consumer column, *Ms. Cheap*, has been running for over 23 years. Sharing advice on how to stretch our dollar, Mary has become so familiar to us, she almost feels like family.

We are delighted to announce that Mary will be our speaker at potluck this month. Her talks are always enlightening and fun.



And remember: Mary also likes to gather tips from her readers. You might want to share your own best penny-pinching strategies at potluck!

Join us this August 21. We'll have lunch at 11:30 a.m., and Mary will begin about noon.

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

TENNESSEE WALKING HORSE CELEBRATION GROVE ROVERS TO ATTEND THURSDAY, AUGUST 22

The Grove Rovers adjusted their date again this month so the group can attend a morning show at the Tennessee Walking Horse Celebration. The show is Thursday, Aug. 22.

It's the Celebration's 81st Annual, and it's pretty cool to watch. From the indoor comfort of Calsonic Arena, we'll get to see beautiful horses from about a dozen classes.

Sarah Love will find us a great place to enjoy lunch.

The van will leave the Center at 8:15 a.m. The van fee is: \$6.



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www.facebook.com/fiftyforwardcollegegrove

NOTICE:
 THE OUTSIDE
 DUMPSTER IS ONLY TO BE
 USED BY
 WILLIAMSON COUNTY
 GOVERNMENT,
 MEANING THE
 COLLEGE GROVE LIBRARY,
 FIFTYFORWARD COLLEGE
 GROVE AND WILLIAMSON
 COUNTY RECREATION. IT IS
 NOT FOR PUBLIC USE.
 THANK YOU!



All of Us
 RESEARCH PROGRAM

**Enrollment
 & Consultation
 Monday, Aug. 12
 10 a.m. & 12:30 p.m.**



**SECOND MONDAY
 AUG. 12 AT 1 P.M.**

NOTE:
*Do not bring a prize. We'll take our
 winnings from the rummage sale.*

BEECHCRAFT HERITAGE MUSEUM • WED., AUG. 7

You won't have to be an airplane buff to enjoy the exhibits at Beechcraft Heritage Museum in Tullahoma. We and our sister center, FiftyForward Madison Station, have planned a trip there for Wednesday, Aug. 7. We'll even have a tour guide!

Admission to the museum is \$7.

A restaurant down the road from the museum, Whiskey Trail Barbeque, has come highly recommended. We'll have a nice lunch there after our tour.

As we walk through the museum's three hangars, we'll see vintage aircraft, including:

NOTE: There will be a lot of walking at the museum. They do have places to sit, so we can look around a while, and then sit a while. *But please wear comfortable shoes!*

- the first Beechcraft "Staggerwing"
- 1929 Travel Air Mystery Ship
- "Ole" Number One 1925 Travel Air

We'll leave the center at 9 a.m. Van fee is: \$9.

We'll visit the founders room, where historical artifacts from the Beechcraft company, the museum, and Tullahoma are on display. And there's also a restored log structure devoted to Mrs. Louise Thaden. We'll find out who she is when we get there!



KOHL'S, OLE TIME POTTERY & CAPTAIN D'S MURFREESBORO • WEDNESDAY, AUGUST 14

We planned this shopping- and-lunch trip to Murfreesboro back in the spring, but had to cancel, so we've rescheduled for Wednesday, Aug. 14.

Sometimes these little simple trips turn out to be the most fun of all. Join us! The van will leave the center at 9:30 a.m. Van fee is: \$5.



SUNDAY, AUG. 4 SENIOR DAY AT THE FAIR

FREE ADMISSION TO ALL SENIORS (55+)
 A LIMITED NUMBER OF TICKETS TO LUNCH & BINGO ARE AVAILABLE TO MEMBERS. SEE SARAH.

THURSDAY LUNCH & PROGRAM

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

THURSDAY, AUG. 15 COUNTRY MUSIC WITH DAVID D. SMITH

College Grove really teems with talent. And we at the center are so blessed that many of these talented folks are happy to share their gifts with us.



If you live in Eagleville you may know David Smith. He plays guitar and sings country and Christian music. This month will be his first time to perform for us. Let's give him a warm welcome!

Join us, Aug. 15. We'll have lunch at 11:30 a.m., and David will begin about noon. *Please make lunch reservations by Tuesday, Aug. 13.*

THURSDAY, AUG. 29 MUSCLES AS WE AGE LISA MATHEWS

Lisa Mathews, our favorite nutritionist from Williamson Medical Center, will be here Aug. 29, to discuss how the aging process affects our muscles. Her topics will include:

- our body's metabolism
- muscle health
- benefits of physical activity



Join us! We'll have lunch at 11:30 a.m., and Lisa will begin about noon.

Recipe Corner

Easy Coconut Cake

- 1 white cake mix (favorite brand)
- 1 can Eagle brand milk
- 1 large tub Cool Whip
- 2 cups shredded coconut

Prepare cake mix according to directions on box and bake. Let cool for a few minutes but not completely. Poke holes in the cake and pour the Eagle Brand milk over it. Let the cake cool completely. Spread Cool Whip on top and sprinkle with coconut.

Breakfast Muffins

- 2 cups Bisquick Mix
- 1 cup shredded sharp cheddar
- 1/4 cup oil
- 3/4 cup milk
- 1 egg
- 1 slice country ham, chopped

Heat oven to 350 degrees. Mix oil, milk and egg. Stir in Bisquick and cheese, then add ham. Mix well and spoon mixture into greased muffin pans. Bake until golden brown. Yields 12-16 muffins.



**RUMMAGE SALE ENDS
AUGUST 30**



**MAKE YOUR
BEST OFFER!**



WELLNESS



MONDAY

Aerobics at 9 a.m.

Yoga at 9:45 a.m.

Instructor: Nancy Stevens

WEDNESDAY

Zumba Gold at 9 a.m.

Stretch & Tone at 9:45 a.m.

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-Thursday: 10:30 a.m.

No fee for this class

MASSAGE

Licensed Massage Therapist
serving seniors with a gentle touch.

Massage Therapist:

Kathy McFarlane

By appointment

Members: \$45 • Nonmembers: \$60



LINE DANCING

Beginners & experienced line dancers
learn the latest line dances while get-
ting a great cardio workout.

Fridays: 10:15-11:45 a.m.

**Dance Instructor: Cathy Smother-
man**



BLOOD PRESSURE CHECK

Fourth Tuesday

August 27 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!

Monday, Aug. 5 & Monday, Aug. 19

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

Instructor: Janey Pembleton

\$25 members • \$30 nonmembers (includes supplies)

CRAFT STUDIO

Second Wednesday • Aug. 14, 9 a.m.

QUILLING CLASS

On summer hiatus, returns in September.

Instructor: Dot Carter

QUILTING BEE

First & third Wednesdays: Aug. 7 & 21 • 1-3 p.m.

Thursday mornings: 9-10 a.m.

STAINED GLASS WORKSHOP

Create and frame a stained glass window panel.

Fridays: 11 a.m.-2 p.m.

Instructor: Mike Jones

Materials fee: \$25 members • \$30 nonmembers

Per class fee: \$5 members • \$10 nonmembers

OTHER GROUPS & CLASSES

TUESDAY MORNING BOOK CLUB AT FIFTYFORWARD

No meeting in August

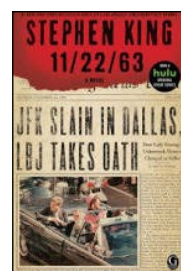
September selection:

11/22/63

by Stephen King

Third Tuesday

Sept. 17 • 9 a.m.



BIBLE CLASS

Meet the 2nd and 4th Tuesdays

Tuesday, August 27

9:30 a.m.

Facilitator: Rhonda Rose

GEOLOGY CLASS

On summer hiatus, returns in September.

Instructor: Art Reesman

FUN & GAMES

BINGO

Second Monday
Aug. 12: 1-3 p.m.

CANASTA

Tuesdays and Thursdays: 10 a.m.-3 p.m.

DOMINOES

Fridays at noon

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

COLLEGE GROVE COMMUNITY LIBRARY

Library Associate: Betty Kirkeminde

615.368.3222

Hours: M-W-R-F: 9 a.m.- 5 p.m. ♦ Tuesday: 11 a.m.-7 p.m.

It's story
TIME

@your library™

10 a.m. Thursdays

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 a.m.-3 p.m.

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

8607 Horton Highway

P.O. Box 223

College Grove, TN 37046

RETURN SERVICE REQUESTED

**Fifty
Forward.**
Love life at 50+

Accredited by 
National Institute of
Senior Centers

