

FiftyForward College Grove

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

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

October Highlights

- 4—Flu Shot Clinic provided by Walgreens
 - 7—Bob Ross Workshop
 - 9—Daytrip to Smyrna
 - 10—Lunch & program: Humana
 - 11—Daytrip to Quilt Show
 - 14—Bingo
 - 15—Manicures, pedicures & haircuts
 - 16—Birthday Potluck Music with Mary and Billy
 - 21—Bob Ross Workshop
 - 23—Fayetteville Fall Foliage Daytrip
 - 24—Lunch & program: High Blood Pressure with Cigna Healthspring
 - 24—Daytrip to Martin Ctr.
 - 25—Center closed
 - 29—Daytrip to Jewelry Sale
 - 31—Lunch & program: Williamson Medical Balance/Fall prevention
- Save the date for Veteran's Lunch Thursday, Nov. 7

FiftyForward 1st!

FiftyForward Knowles member Joe Murray “jumps” for joy, fulfilling one of many FiftyForward Firsts

Joe Murray decided that retirement was not really for him in a traditional sense. Rather than sit at home and relax, he planned his “bucket list” — what we here at FiftyForward call “FiftyForward Firsts” — a list of things that still need “doing.” Two issues ago, we told you about Murray fulfilling a lifelong dream of getting a pilot’s license. He began flying gliders and was thrilled about being in the sky. He mentioned to his interviewer, Susan Sizemore, FiftyForward communications director, that his next bucket list item was to skydive. Was anyone willing to do it with him?

Murray’s dream came true this past month as he was joined by two friends to make it happen. As part of a retired men’s group at FiftyForward Knowles led by Dan Surface (see story on page 3), Joe was joined by Dan Surface and Skip Dillon to share this exhilarating *FiftyForward First*.

Many thanks to Skydive Tennessee for its part in making this dream come true. To view Joe Murray’s jump, visit:
<https://www.youtube.com/watch?v=gHK5HIK4NNg&feature=share>

FiftyForward
Love life at 50+



What is a FiftyForward First?

A *FiftyForward First* is an opportunity — be it simple or elaborate — to try something you’ve never done before.

Flu Shot Clinic
Friday, Oct. 4
9 a.m.-Noon

Walgreens
at the corner of **happy & healthy**

Administered by a Walgreens pharmacist. Please sign up on sign up sheet for a time slot to get vaccinated.

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www.FiftyForward.org

Center Hours

Monday-Friday, 8 a.m.-3 p.m.

Staff

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Connect with us!



A profile of FiftyForward may be found at www.givingmatters.com. With your generous contributions, FiftyForward continues to support older adults in the community through our comprehensive programming. To support our mission, please visit www.FiftyForward.org/donate

Accredited by 
National Institute of
Senior Centers

Friday, Oct. 4

FiftyForward J. L. Turner Center hosts "An Evening at the Disco," 6-9 p.m., at FiftyForward Martin Center. For info, contact Connie Rigsby at 615-622-3040.

Letter from the Center Director

It is with a heavy heart that we say goodbye and also congratulations to Libby; Libby has taken early retirement. She has been with the organizations for a little over 6 years and has done a wonderful job with planning programs, activities and anything else that she was tasked to do. You could always count on Libby and she will truly be missed at the center. I am pretty sure she will come back to visit with all of us on occasion. Best wishes Libby from everyone at College Grove! Join us for a get together on October 10 at 1 pm. as we thank Libby for all that she has done for our center and wishing her the best of luck in her retirement.



Thanks,

Sarah

Notice: New Trip, Lunch and Class Policy beginning in November

We have been dragging our feet for awhile about taking payments for Thursday lunches, trips and other activities that have a fee and require signup. Beginning in November, we will implement the policy that payment is due at signup either in person or by phone with credit card. All of the other centers have been doing this for some time and now it is our turn to get onboard with this policy. It is going to help our financial department as well as help us better prepare for lunches and be able to determine if we have enough to go on the day trip before the morning of the trip. When the sign up sheets come out for the month's activities and you sign up to go on a day trip, attend a lunch, get a massage or other fee related activity, you will need to pay that fee to a staff person.

Minimum number - All trips require a minimum of 6 people unless otherwise noted. Trips not meeting the minimum number will be cancelled at least 24 hours in advance and credit given to those already signed up.

Departure time—Trips will leave at the stated departure time, so it is best if you arrive at least 10 minutes prior to departure. No credit will be given if you are late.

Cancellations and no shows—A credit will be issued if a cancellation is given within 24 hours of a trip's scheduled departure. For trips involving preordered tickets or reservations, a credit will be given only if you seat can be filled.

Credits/Refunds—Credits will only be good for up to 90 days from the original scheduled event date. No cash refunds for any trip.

Attendance—Cancelling or not showing up for three or more trips/events within a month will result in being placed on a waiting list the following month.

Exceptions - Exceptions may be considered by the Center/program director in extreme situations.

GROVE ROVER DAY TRIPS



Wednesday, Oct. 9: Travel to Smyrna to visit and tour their local senior center, drive to the Smyrna town hall to meet the mayor in the council chambers and then drive on over to view the Captain Jeff Kuss Memorial. We will have lunch at the Smyrna Event Center in the banquet facility, lunch cost is \$11 all you can eat. The bus will depart the center at 8:15 am. Van fee is \$7.

Friday, Oct. 11: The Cumberland Valley Quilters Associating presents their 2019 Quilt Show “Traditions and Trends,” at St. Philip Catholic Center. Over 100 quilts will be displayed, along with guest exhibitors, Music City Modern Quilters Guild, along with the CVQA raffle quilt, vendors, boutique shoppe, silent auction, and CVQA quilts for sale. After the quilt show we will have lunch somewhere nearby in Franklin. The fee for the quilt show is \$5. Van fee is \$5. The bus will leave the center at 9:30 a.m.

Wednesday, Oct. 23: Fayetteville Fall Foliage Trip: Enjoy a nice scenic drive full of fall colors. We will eat lunch at Marvin’s Restaurant which is a delicious all -you-can eat buffet while antique shopping around the square. We will leave the center at 9 a.m. Van fee is \$12.

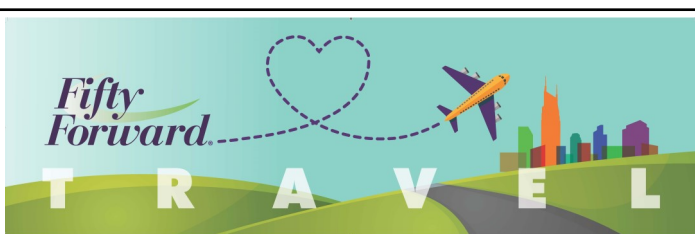
Thursday, Oct. 24: Food Truck at Martin Center for a mix and mingle event for all members. Enjoy fun activities planned with a food truck at the mix and mingle with members of our other FiftyForward centers at the FiftyForward Martin center. Leave at 10 a.m. Van fee is \$5 plus lunch on your own.

Tuesday, Oct. 29: Jewelry Sale at Williamson Medical Center The jewelry sale at Williamson Medical is an oldie but a goodie. They offer a wide variety of jewelry and accessories. Each item is priced at \$5! After we shop, we’ll hop over to Cracker Barrel for an early lunch or late breakfast. The van will leave the center at 9 a.m. Van fee is \$5.

Save the date.....Friday, Nov. 8



This trip is for Veterans only and spouse. The Page High School JROTC instructor reached out to me with an invitation to our veterans to attend an event that Page will be having Nov. 8, “Honoring our Heroes.” The cadets from Page participate in our annual Veteran’s Day event and they wanted to make sure to include our center veterans in this special program. There will be light refreshments and a short program, so if you are interested please sign up by October 14. Bus leaves the center at 8 am. No van fee.



Gain insight and details on all of these trips at <https://fiftyforward.org/travel/>

Oct. 29-31: Mystery Tour

Dec. 10-12: Pigeon Forge

Nov. 3-9: National Parks & Canyons of the Southwest

Dec. 30-Jan. 4: Rose Parade New Year

Apr. 3-9, 2020: Cherry Blossom Festival, Washington D.C.

Apr. 28-May 6, 2020: Tulip River Cruise, featuring Dutch and Belgian Waterways .

May 14-16, 2020: Billy Graham Museum

June 8-11, 2020: Creation Museum and Ark Encounter

July 15-21, 2020: Mt. Rushmore (details TBD)

Sept. 14-17, 2020: Everything Elvis (details TBD)

On the Road with FiftyForward

Unclaimed Baggage—Tuesday, Dec. 3

Upcoming Casino Trips

Oct. 21, 2019: Tropicana

Cost: \$15 members; \$20 nonmembers

Call Janice at 615-883-8375 to make your reservation for trips. Nonmembers pay an additional 10 percent.

Thursday Lunch & Program
Lunch (\$5), 11:30 a.m. Program at Noon
Please sign up on the program sheet.

Thursday, Oct. 10 - Melanie Barton from Humana will be here to inform us on general Medicare or changes within the Humana world. Please make lunch reservations by Tuesday, Oct. 8



Thursday, Oct. 24 - High blood pressure affects one in three adults in the U.S. The good news? High blood pressure is preventable and treatable through healthy lifestyle choices. Join Desi Smith from Cigna as she provides helpful information about high blood pressure, including causes, symptoms, ways to manage, and how to prevent getting it. Please make lunch reservations by Tuesday, Oct. 22



Thursday, Oct. 31—Williamson Medical Center will be presenting on the importance of balance and fall prevention. Each year many older Americans go to the ER because of fall related injuries. Balance exercises can help you prevent falls and avoid the disability that may result from falling. Join us as we learn more and how we can prevent falls from occurring. Please make lunch reservations by Tuesday, Oct. 29.



Birthday Potluck
Wednesday, Oct. 16 at 11:30 a.m.
County Music with Billy and Mary Ross Tarkington

Many of you know Mary. She lives in the community and has worked with seniors for a long time. She serves on the center's Advisory Council — and she sings like a bird.

And, if you were here when they played before, you'll remember Mary's music partner and husband, Billy. He's a veteran performer, a heck of a picker and has worked with greats like Willie Nelson, Ray Price and Merle Haggard. We will have lunch at 11:30 a.m. and the entertainment will begin about noon. The center provides the main course. Please bring a side dish to share.



SECOND MONDAY



OCT. 14 1 P.M.

Prizes sponsored by:

United Methodist Women at

College Grove United

Methodist Church



Attention: Gymnasium and wellness center
will be closed Oct. 7—11 due to floor resurfacing.

MANICURES, PEDICURES & HAIRCUTS

Tuesday, Oct. 15, 9:30 a.m.

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



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 if you are a member

MASSAGE

Licensed Massage Therapist:

Kathy McFarlane

By appointment,

Members: \$45,

Nonmembers: \$60

If you need to cancel your appointment, please do so within 24 hours or you will be charged the amount.



LINE DANCING

Beginners & experienced line dancers

Fridays: 10:15 to 11:45

Dance Instructor: Cathy Smotherman

BLOOD PRESSURE CHECK

Fourth Tuesday, Oct. 22 at 10:30 a.m.

Nurse: Paula Frost



ARTS AND CRAFTS

BOB ROSS PAINTING WORKSHOP

Take home a finished painting at the end of class!

Monday, Oct. 7 &

Monday, Oct. 21

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

Instructor: Janey Pembleton

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



CRAFT STUDIO

Second Wednesday – Oct. 9, 9 a.m.

QUILLING CLASS

Third Wednesday, Oct.

16, 9 a.m.

Instructor: Dot Carter



QUILTING BEE

First & third

Wednesdays

Oct. 2 and Oct. 16. 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 or \$30 nonmembers

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

TUESDAY MORNING BOOK CLUB AT FIFTYFORWARD

October selection: Educated by Tara Westover

Third Tuesday, Oct. 15, 9 a.m.

BIBLE CLASS

Second and Fourth Tuesdays

Oct. 8 and Oct. 22, 9:30 a.m.

Facilitator: Rhonda Rose

GEOLOGY CLASS

Oct. 1, 9 a.m.

Instructor: Art Reesman

Cigna brings a wealth of educational programming to FiftyForward



This fall, Cigna will present a series of health and wellness educational seminars called *Healthier Together*. This innovative programming provides valuable information to help you better make decisions about your personal health and wellness.

Healthier Together features several topics including flu and pneumonia, practical nutrition, fall prevention, high blood pressure, and arthritis. Various topics will be presented at all seven FiftyForward active aging centers as part of the ongoing partnership between Cigna and FiftyForward.

Desi Smith, new business development representative for Cigna, was instrumental in bringing these programs to FiftyForward. “We are excited to bring Healthier Together to you. Cigna strives to improve the health, well-being, and peace of mind of those we serve, and we know these important programs will make a difference to the lives of those in our community.”

Cigna is a recognized health services company committed to helping people find solutions so they can maintain healthy, active lives through personalized and affordable healthcare services. This year, Cigna was honored with the FiftyForward Corporate Crowning Achievement Award for continued support to the nonprofit community.

“Corporate support is crucial to the mission of FiftyForward, especially when it consists of informative, educational

programming that helps our members make decisions about their health and wellness,” said FiftyForward Executive Director Sallie Hussey. “Cigna’s support and genuine dedication to our members makes them not only one of the best partners for our agency, but also one of our favorites!”

Please see the chart below to see the programs offered at each center. Members can attend any session that is convenient for them.



	Practical Nutrition	Arthritis	Mental Health	High Blood Pressure
FiftyForward Bordeaux	Sept. 6, 10 a.m.	Sept. 27, 10 a.m.	Oct. 25, 9:30 a.m.	Nov. 18, 10 a.m.
	High Blood Pressure	Getting Active	Diabetes	Flu and Pneumonia
FiftyForward College Grove	Oct. 24, noon	Nov. 14, noon	Dec. 12, noon	Sept. 5, 11:30 a.m.
	Incontinence	Practical Nutrition	Arthritis	Mental Health
FiftyForward Donelson Station	Sept. 11, 10 a.m.	Sept. 30, 10 a.m.	Oct. 28, 10 a.m.	Nov. 19, 10 a.m.
	Fall Prevention	Diabetes	Getting Active	Flu and Pneumonia
FiftyForward Knowles	Sept. 26, noon	Oct. 7, 10:30 a.m.	Oct. 29, 12:30 p.m.	Nov. 12, 10:30 a.m.
	High Blood Pressure	Incontinence	Practical Nutrition	Arthritis
FiftyForward Madison Station	Sept. 16, 10:30 a.m.	Oct. 10, 10 a.m.	Nov. 6, 11:30 a.m.	Dec. 2, 10:30 a.m.
	Mental Health	Fall Prevention	Diabetes	Getting Active
FiftyForward Martin Center	Sept. 19, 1 p.m.	Oct. 14, 1 p.m.	Nov. 4, 1 p.m.	Dec. 4, 1 p.m.
	Flu and Pneumonia	Diabetes	Fall Prevention	Getting Active
FiftyForward J. L. Turner Center	Oct. 21, 10:30 a.m.	Nov. 4, 10:30 a.m.	Nov. 11, 10:30 a.m.	Dec. 9, 10:30 a.m.

FiftyForward Supportive Care Services

Whether you are a caregiver looking for respite or need guidance on accessing services in the community, **FiftyForward Supportive Care Services** staff are here to help! Some of our services include:

FiftyForward Care Team 615-743-3436 Providing older adults and caregivers access to services and peace of mind by caring professionals who are available 24/7. The Care Team can provide a professional assessment of your loved one's needs, help in selecting and purchasing services such as in-home or residential care, on-going monitoring of care, accompanying customers to appointments, and other individualized tasks.

FiftyForward Living at Home Care Management

This no-cost program for low income older adults offers in-home assessments to connect them with services that meet their specific needs (food, housing, transportation, health care, counseling, etc.).

Davidson County: 615-743-3416

Williamson County: 615-376-4334

FiftyForward Adult Day Services 615-463-2266 Located in Green Hills, this social model licensed day program assists those with health and/or memory issues to participate in structured activities in a supportive and enriching environment.

FiftyForward Conservatorship 615-743-3436 Called the "gold standard" by a local attorney, this program makes decisions when an older adult can no longer do so and has no one to help. Through court appointment, FiftyForward can serve as conservator of person and/or finances.

All of Us RESEARCH PROGRAM

This will vary with center.

Have you heard about the new All of Us Research Program from the National Institutes of Health? This new exciting program seeks to enroll 1,000,000 participants from diverse backgrounds to improve the health of future generations. If you are interested in joining but have more questions or would like some assistance in enrolling, please make an appointment with us! FiftyForward All of Us team members will be offering monthly one-on-one appointments here. They will be on site the second Monday from 10 a.m.-12:30 p.m. to answer questions and offer technology assistance with online enrollment. Sign up at the Center and become "One in a Million" with the All of Us Research Program!

About FiftyForward

Established in 1956, FiftyForward supports, champions and enhances life for those 50 and older. As a nonprofit operating seven lifelong learning centers -- two in Williamson and five in Davidson County -- FiftyForward offers educational, health and wellness, arts and volunteer programs to engage older adults. FiftyForward also provides comprehensive supportive services and access to resources including FiftyForward Adult Day Services, FiftyForward Fresh/Meals on Wheels as well as the FiftyForward Care Team offering care assessment and services for older adults. FiftyForward Travel offers adventures (regional and international) and the Senior Center for the Arts and The Larry Keeton Theatre, a subsidiary of FiftyForward, feature performing arts for all ages. Get social with us - friend us on Facebook, follow us on Twitter and Instagram. Learn more about FiftyForward resources and volunteer opportunities by visiting: www.fiftyforward.org.

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