

# FiftyForward College Grove

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



**8607 Horton Highway  
P.O. Box 223  
College Grove, TN 37046  
615-368-7093  
www.fiftyforward.org**

March 2020

## Inside this issue:

- Cigna offers programming at our centers
- Get your travel on! Check out our trips
- Gain insight on tax assistance and lunch programs
- Check out wellness and craft classes
- Learn about FiftyForward Supportive Care Services

## Participate in this year's census because you COUNT!

What can we do today to try to ensure our voices are heard along with the voices of all Americans? Participate in the 2020 census!

The United States Constitution requires that a complete census of everyone living in the country occur every 10 years.

In mid-March, homes across the country will begin receiving invitations to complete the 2020 Census. Once the invitation arrives, you should respond for your home either online, by phone or by mail. April 1 is Census Day, and, by then, every home in the United States will have received an invitation to participate in the 2020 Census. From May to July, census takers will visit homes that haven't responded to the census to help be sure everyone is counted.

### **Why does the 2020 Census matter to us?**

An accurate census count is so important because it decides how congressional and state legislative districts are determined, how state and federal funds are distributed and can have many important implications, including where businesses choose to locate.

The results of the 2020 Census will help determine how hundreds of billions of dollars in federal funding are allocated over the next decade. More than 132 government programs including Medicare, transportation, affordable housing and public health services will use census information to determine how to allocate more than \$900 billion dollars each year. **Tennessee risks losing about \$2,600 in funding per person per year for 10 years for each person in Tennessee not counted.**

### **Some groups are historically undercounted and those include:**

- Minorities, especially those in marginalized communities (in Davidson county - 20% of residents report as Hispanic, 31% reported as Black and 9% reported as Asian)
- Young children
- Rural communities
- Frequent movers

Be sure to return your census questionnaire as soon as you can and encourage everyone you know to do the same. We can help ensure that all Tennesseans are included in the important 2020 Census!



## FiftyForward College Grove

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615-368-7093

[www.FiftyForward.org](http://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](http://www.givingmatters.com). With your generous contributions, FiftyForward continues to support older adults in the community through our comprehensive

Accredited by   
National Institute of  
Senior Centers

## Vanderbilt Children's Hospital Donation Drive

I had two students from Page Middle School come to me to see if our center members would help them with their volunteer project as they are Red Wagon Project Ambassadors for the Vanderbilt Children's Hospital. An ambassador's role is to help coordinate drives to provide support for patients and families at the hospital.

### Below are a list of items that they are needing:

- Batteries: AA, AAA, C, and 9-volt
- Sweatpants/pajama pants/leggings for adults & children (S-XXL),
- t-shirts for adults and children (S-XXL)
- \*Stuffed animals (mid-size 8-10 inches)
- \*Lego sets (boxes of Legos and themed kits)
- Phone chargers (iPhone & Android)
- \*Model Magic
- Small toy giveaways for our Pediatric Emergency Department (dollar store type, small toys/activities)
- Toy medical play kits
- Travel-size toiletries
- Hair care products (travel size styling products, ethnic hair care products,
- Brushes/combs, ponytail holders, headbands, barrettes, etc.)
- Small (wedding-size) bubbles
- Infant sound machines
- Nurture Smart Mobiles (hospital grade, 100-percent wipeable)
- Portable DVD players
- Books: Toddler board books and young adult/teen series
- New release and popular movie titles (DVD)
- Cards: playing cards, Uno, Skip Bo, etc.
- Crayola markers and crayons



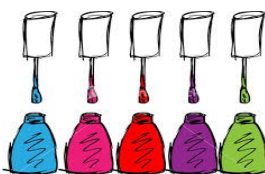
Please drop of donation items in the box at the center. Thank you!

## MANICURES, PEDICURES & HAIRCUTS

Tuesday, March TBA

9:30 a.m.

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



 TENNESSEE COLLEGES  
OF APPLIED TECHNOLOGY

### FiftyForward membership

When you join FiftyForward, you can participate in the hundreds of programming activities across seven centers. Membership is \$12/ month or \$144/year and scholarships are available. To learn more, talk with your center staff and fill out an application. You will be eligible for program discounts on trips, special programs and classes.

***We look forward to meeting you!***





## New Program Coordinator is on board! HOORAY!

I would like to welcome Lorie Owen as our new Program Coordinator. The position is going to be a little different in that College Grove and Martin Center are going to job share a Program Coordinator. Lorie will be at College Grove on Mondays, Wednesdays and Fridays and at Martin Center on Tuesdays and Thursdays. I am excited to work with Lorie as she has a lot of energy, enthusiasm, and ideas. Please stop by and introduce yourself to Lorie and make her feel welcome.

## Cigna brings *Healthier Together* workshops to FiftyForward centers



Baby boomers are turning 65 in record numbers and are redefining what aging means. Television shows, movies, and magazines are now filled with stories of independent, energetic older adults who are defying traditional stereotypes and living their best lives.

For the first time in our country's history, the population of those age 65 and older is larger than the population of children under five, and it is growing daily. Tennessee was recently ranked the fifth best state for retirement; many consider it to be a great place to retire because it offers a great quality of life. Davidson County resident numbers are expected to grow by 10,000 older adults in the next five years.

Cigna and FiftyForward are excited about this growth and are eager to welcome these residents to our local communities. The organizations share a commitment to improve the health, well-being, and peace of mind of older adults.

We are delighted to invite the community to attend Healthier Together, an educational workshop series focusing on health and wellness topics. Written specifically for older adults, these programs will be offered at neighborhood FiftyForward centers. Healthier Together is designed to take the stigma out of the health and wellness topics, and to provide a high level overview for participants so they will know what to ask when talking with their primary care physician.

### Each engaging workshop is:

- Conversational, not a lecture ... and NOT doctor speak.
- Filled with information about causes, risk factors, prevention, and simple things to do at home.
- Interactive with easy and fun ways to absorb the lessons.
- A safe place to learn.

Please see the schedule below for dates, times, locations and subject matter. Please call the presenting center to reserve your spot. Members can attend any seminar. Join us as we redefine what aging means, have fun, and get Healthier Together!

<b>FiftyForward Bordeaux</b>	<b>March 12, 9:30 a.m.</b>
	<b>Fall Prevention</b>
	<i>Breakfast provided</i>
<b>FiftyForward College Grove</b>	<b>March 26, 9:30 a.m.</b>
	<b>Mental Health</b>
	<i>Breakfast provided</i>
<b>FiftyForward Donelson Station</b>	<b>March 10, 9 a.m.</b>
	<b>Getting Active</b>
	<i>Breakfast provided</i>
<b>FiftyForward J. L. Turner Center</b>	<b>March 2, 10 a.m.</b>
	<b>Incontinence</b>
	<i>Lunch provided</i>
<b>FiftyForward Knowles</b>	<b>March 19, 12:30 p.m.</b>
	<b>Arthritis</b>
	<i>Snacks provided</i>
<b>FiftyForward Madison Station</b>	<b>March 19, 12:30 p.m.</b>
	<b>Getting Active</b>
	<i>Snacks provided</i>
<b>FiftyForward Martin Center</b>	<i>March 23, 8:30 a.m.</i>
	<b>Getting Active</b>
	<i>Breakfast provided</i>



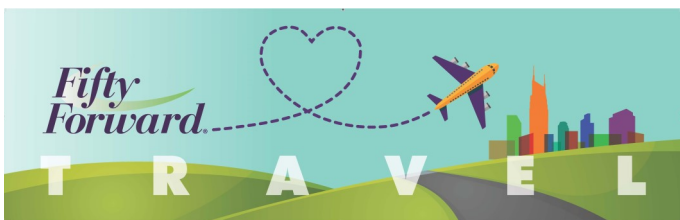
## Grove Rover Day Trips

**Thursday, March 5—Country Music Cluster Dog Show at Williamson County Ag Expo Park.** Each spring, the Nashville Kennel Club and the Tullahoma Kennel Club come together to showcase over 150 breeds at this four-day event. Thursday afternoon features Best of Breed competition. Let's enjoy lunch at Titos Mexican Restaurant in Berry Farms and then go over to the Ag Center for dog show. We will leave the center at 11 a.m. Bus fee \$3.

**Wednesday, March 11 - Lunch Outing:** McCreary's Irish Pub and Eatery offers a full menu of Irish and American fare for all ages with a unique family atmosphere with Irish pub setting in historic downtown Franklin. Let's celebrate St. Patrick's Day a little early by enjoying a fun lunch at McCreary's. We will leave the center at 10:45 a.m. Bus fee is \$5.

**Monday, March 30—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 go eat at IHOP for an early lunch or late breakfast. The bus will leave the center at 8:30 a.m. Bus fee is \$5.

\* Please let us know if there is some place you would like to daytrip or go eat.



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

**May 14-16, 2020: Billy Graham Museum**  
Cost: \$475pp/dbl

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

**June 17-22: Mackinac Island**  
Experience beautiful northern Michigan.  
Cost: \$1,099 pp/dbl members.

**July 15-21: Black Hills, Badlands & Legends of the West (Mt. Rushmore)**  
Tour Mt. Rushmore, Crazy Horse Memorial, Fort Hays, Badlands National Park, Custer State Park, and more!  
Cost: \$2,999 pp/dbl

**Aug. 12-19: Nova Scotia**  
Enjoy the beautiful Nova Scotia region of Canada.

Cost: \$2,987 pp/dbl, includes airfare.

### **Sept. 14-17: Everything Elvis**

Tour includes lodging, Mississippi, tour of Tupelo, Sun Studios, Elvis Experience at Graceland, and more! Cost: \$689 pp/dbl members. The deposit is \$100 per person

### **Oct. 14-22: Northern Italy**

Highlights of this tour include Padua, Venice, St. Mark's Square, Lake Garda, Lake Maggiore, Lake Como, Bellagio, Isola dei Pescatori, and the Basilica of St. Anthony. Pricing: Double \$3399; Single \$3799; Triple \$3369 These prices include airfare from BNA and are valid until April 15. Deposit is \$500 pp. Full payment must be made by Aug. 15.

### **Tropicano Casino Trips**

**Monday, March 16** (payment due March 9)

**Wednesday, April 15** (payment due April 7)

**Wednesday, May 27** (payment due May 20) The cost for each trip is \$20 members; \$25 for nonmembers. Details on website.

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





**Thursday, March 12, 11:30 a.m. — Name That Tune returns with Humana!** Melanie and Norm from Humana will be here to lead us in a few rounds of Name That Tune, Yippee! Norm plays a few bars from oldies tunes and we guess who the artist is. It's a fun afternoon and the music is invigorating. Norm is a well of all sorts of music trivia so you are sure to learn other interesting music facts. Lunch is at 11:30 a.m. and program will begin about noon. Humana is sponsoring the lunch, so please sign up for a complimentary lunch. You must attend the program to receive the lunch. Please make lunch reservations by Tuesday, March 10.



**Tuesday, March 17 at 11:30 a.m.—St. Patrick's Day Party!** Even better than a pot of gold is the gathering of friends both old and new! Join us for a wee bit of fun as we celebrate the day with lunch and a movie at the center. We will have hotdogs, chips and cookies while enjoying the movie, *Darby O'Gill & the Little People*. Lunch is \$5. Please sign up by Friday, March 13 for the party. Don't forget to wear your green!



**Wednesday, March 18, 11:30 a.m.— Birthday Potluck:** We are hatching great things at our potluck in March. You're sure to have an egg-cellent time as we explore the basics in poultry care. Williamson County UT extension agent ,Doug Berny will be informing us about chickens. He will discuss the benefits of the backyard flock with care, nutrition and maintenance with time for audience questions. Berny is responsible for the 4H youth development in the poultry division mainly but is knowledgeable in many aspects in 4H and agriculture in our area. Please bring a side dish to share, the center supplies the main dish.

**Thursday, March 26, 9:30 a.m.—** A representative from Cigna will be here to discuss the topic of mental health. Breakfast goodies are sponsored by Cigna so please sign up by Monday, March 23 to attend the program and eat breakfast.



## TAX PREP HELP ON THURSDAYS BY APPOINTMENT

IRS-certified tax preparers, volunteers for United Way of Williamson County, will be at the Center on Thursdays, from 9 a.m. -noon, beginning Feb. 6.

You'll need to bring the following items:

- photo ID and last year's return.
- Social Security or ITIN cards for everyone on the return
- W-2s, 1099s and other income statements
- Direct Deposit information
- Healthcare Form 1095
- your spouse, if filing jointly

For appointments, call 615.830.7940  
or visit [DoMyTaxes.org](http://DoMyTaxes.org)



## All of Us RESEARCH PROGRAM

**March: Lucky You, Lucky Us!** *All of Us* Means ALL OF US. Come hear why diversity is so important to the *All of Us* Research Program! This exciting program seeks to enroll a million diverse people living in the U.S. in order to improve the health of future generations. Find out more information on the program by visiting us in the *All of Us* Café. Trained staff will be available to answer questions, and for those that are interested, iPads and laptops will be provided for enrollment. This month we will be talking about how diversity can help research. Sign up to make a private appointment, or just drop by for a casual conversation. Free pastries provided by FiftyForward! Come see us!

We will be here at the center on **Monday, March 9, 10:30 a.m.** Sign up to make a private appointment, or just drop by for a casual conversation. Free pastries provided by FiftyForward!

# WELLNESS

## MONDAY

Gentle Yoga at 9:30 a.m.

**Instructor: Kandi Herring**



## 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 through Thursday: 10:30 a.m.

No fee for this class if you are a member

## MASSAGE

Licensed Massage Therapist:

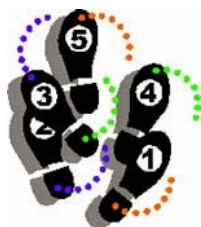
**Kathy McFarlane**

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, Mar. 24,

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, Mar. 2 &

Monday, Mar. 16

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

**Instructor: Janey Pembleton**

\$25 members – \$30 nonmem-

bers (includes supplies)



## CRAFT STUDIO

Second Wednesday – Mar. 11 9 a.m.

## QUILLING CLASS

Third Wednesday, Mar. 18, 9 a.m.

**Instructor: Dot Carter**



## QUILTING BEE

First & third Wednesdays

Mar. 4 & 18 1-3 p.m.

Thursday mornings: 9-10 a.m.

## STAINED GLASS WORKSHOP

Create and frame a stained glass window panel.

Thursdays: 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

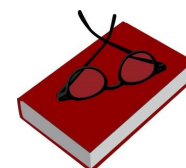
Third Tuesday, Mar. 17, 9 a.m.

## BIBLE CLASS

Second and Fourth Tuesdays

Mar. 10 & 24, 9:30 a.m.

**Facilitator: Rhonda Rose**



## GEOLOGY CLASS

Mar. 3, 9 a.m.

**Instructor: Art Reesman**

## 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!

### **FiftyForward Care Team**

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. **615-743-3436**

### **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** 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. **615-463-2266**

### **FiftyForward Conservatorship**

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. **615-743-3436**

### **FiftyForward Fresh/Meals on Wheels**

This program provides individuals in need with nutrient dense home-delivered meals and daily visits from caring volunteers in specific areas in Davidson County. Meals may be provided at no cost to individuals with qualifying low incomes or can be purchased (\$5 per meal). Can make referrals to other areas. **615-463-2264**

### **FiftyForward Victory Over Crime**

This service helps victims become survivors by offering support (resources, safety plans, assistance in the courts, advocacy) to victims of crime 50+ in Davidson County. Can make referrals to other resources. **615-743-3417**

### **About FiftyForward**

Established in 1956, FiftyForward supports, champions and enhances life for those 50 and older. As a nonprofit operating seven life-long 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 of 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](http://www.fiftyforward.org).

### **FiftyForward College Grove**

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Postage indicia

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