

March 2021 College Grove Program Calendar

Our centers are offering indoor programs beginning Feb. 1. Please carefully read the program description page to learn more about each offering. You **MUST** register in advance if you wish to participate in any of indoor programs. To register, please email sstephens@fiftyforward or call **FiftyForward College Grove** at **615-368-7093** to sign up. We follow CDC safety guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 a.m. Gentle Yoga 11 a.m. Chair Exercise	2 1 p.m. Handwork Group	3 9:30 a.m. Chair Yoga 11 a.m. Chair Exercise	4 9:30 a.m. Campfire Conversations 11 a.m. Chair Exercise	5 No in-center programming	6
7	8 9:30 a.m. Gentle Yoga 10 a.m.– Bluebird Café Show 11 a.m. Chair Exercise	9 10:30–2 p.m. Bob Ross Art Workshop	10 9:30 a.m. Chair Yoga 11 a.m. Chair Exercise	11 9:30 a.m. Campfire Conversations 11 a.m. Chair Exercise	12 No in-center programming	13
14	15 9:30 a.m. Gentle Yoga 11 a.m. Chair Exercise	16 9 a.m Book Discussion Group 1 p.m. Handwork Group	17 9:30 a.m. Chair Yoga 11 a.m. Chair Exercise 1 p.m. St. Patrick's Day Movie	18 9:30 a.m. Campfire Conversations 11 a.m. Chair Exercise	19 No in-center programming	20
21	22 9:30 a.m. Gentle Yoga 11 a.m. Chair Exercise	23 1 p.m. Handwork Group	24 9:30 a.m. Chair Yoga 11 a.m. Chair Exercise 1 p.m. Easter Craft Project	25 9:30 a.m. Campfire Conversations 11 a.m. Chair Exercise 1 p.m. Tech Help	26 No in-center programming	27
28	29 9:30 a.m. Gentle Yoga 11 a.m. Chair Exercise 1-3 p.m. Volunteer project	30 10:30–2 p.m. Bob Ross Art Workshop	31 9:30 a.m. Chair Yoga 11 a.m. Chair Exercise 1 p.m. BINGO!			

FiftyForward College Grove PROGRAM INFORMATION



Program also offered on Zoom



Denotes member-led program



Denotes Facebook program

Gentle Yoga Mondays, March 1, 8, 15, 22 & 29, 9:30 a.m. This class offers yoga postures done through a gentle vinyasa flow. It can accommodate all levels of experience. Cost is \$5 per class led by instructor Kandi Herring. Please bring your own yoga mat.

Chair Yoga Wednesdays 3, 10, 17, 24 & 31, 9:30 a.m. This class offers gentle yoga postures with the assistance of a chair prop. It can accommodate all levels of experience. Cost is \$5 per class led by instructor Kandi Herring. Please bring your own yoga mat.



Chair Exercise March 1, 3, 4, 8, 10, 11, 15, 17, 18, 22, 24, 25, 29 & 31, 11 a.m. Seated in a chair while watching a DVD instructional exercise class. Class focuses on flexibility, range of motion, balance and coordination for the entire body. All levels.

Bluebird Café Senior Show Monday, March 8, 10 a.m. Even though we cannot see live performances at the Bluebird right now, we can still enjoy their virtual senior show by streaming it for you at the center with friends. It will be fun!

Campfire Conversations Thursdays, March 4, 11, 18 & 25, 9:30 a.m. No real campfire involved! Come share what's new, tell stories and remember good times. Join us for an hour to see your friends and socialize.

Handwork Group Tuesday, March 2, 16 & 23, 1 p.m. What better thing to do now that the weather is too cold to go outside, than to start a handwork project - maybe that is a scarf, lap blanket or other handmade item.



Bob Ross Art Workshop Tuesday, March 9 & 30, 10:30 a.m. Come paint this cheerful sunflower with us and take home a finished painting at the end of class. Cost is \$30 all supplies included. Instructed by Janey Pembleton. Must be a member.



Book Discussion Group Tuesday, March 16, 9 a.m. This group meets to discuss the selected book for this month. The selected book for March is "Nickel Boys" by Colson Whitehead.



St. Patrick's Day Movie Wednesday, March 17, 1 p.m. Wear your green and come join us as we enjoy a movie together with our friends. No popcorn or food is allowed but you can laugh as much as you want!

Easter Craft Project Wednesday, March 24, 1 p.m. Easter is just right around the corner! Join Tonia and Sarah to create a precious Easter/Spring burlap door hanger. All supplies will be provided, burlap, pattern, paint, wire, ribbon, glue. If you have a glue gun, bring it as we are limited in glue guns. You will take your project home with you at the end of the class. The cost for project is \$10. Payment is required when you sign up for the class.

Tech Help Thursday, March 25, 1 p.m. Get better informed on our new membership portal where members will renew membership, sign up for classes and stay connected to other members.

Volunteer Project to Support School Based Essential Workers Monday, March 29, 1-3 p.m. We need 8 volunteers to assemble goodie bags for the College Grove Elementary school workers to thank them for their hard work and dedication to our local schools and students during the pandemic. Project is being funded and coordinated through FiftyForward's AmeriCorps Seniors grant.

BINGO! Wednesday, March 31, 1 p.m. Join us for an hour of Bingo and prizes sponsored by Belvedere Commons in Franklin.