

May 2021 College Grove Program Calendar

Our centers are now offering indoor programs. 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.org 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
2	3 9:30 a.m. Gentle Yoga 9:30 a.m. Billiards 11 a.m. Chair Exercise	4 9 a.m. Outdoor walking club	5 10 a.m. Quilting Bee 11 a.m. Chair Exercise 1 p.m.—3 p.m. Dominoes	6 9:30 a.m.— Noon Canasta 9:30 a.m. Campfire 11 a.m. Chair Exercise	7 No In-Center Programming	8
9	10 9:30 a.m. Chair Yoga 9:30 a.m. Billiards 10 a.m. Bluebird Café 11 a.m. Chair Exercise	11 9 a.m. Outdoor walking club	12 10 a.m. Quilting Bee 11 a.m. Chair Exercise 1 p.m.—3 p.m. Dominoes	13 9:30 a.m.— Noon Canasta 9:30 a.m. Campfire 11 a.m. Chair Exercise	14 No In-Center Programming	15
16	17 9:30 a.m. Gentle Yoga 9:30 a.m. Billiards 11 a.m. Chair Exercise 2 p.m. Bingo	18 9 a.m. Book Discussion Group 10:30 a.m. Outdoor walking club	19 10 a.m. Quilting Bee 11 a.m. Chair Exercise 1 p.m.—3 p.m. Dominoes	20 9:30 a.m.— Noon Canasta 9:30 a.m. Campfire 11 a.m. Chair Exercise	21 No In-Center Programming	22
23	24 9:30 a.m. Chair Yoga 9:30 a.m. Billiards 11 a.m. Chair Exercise	25 9 a.m. Outdoor walking club 10:30 a.m. Bob Ross Art Workshop 11 a.m. Alive Hospice Presentation	26 10 a.m. Quilting Bee 11 a.m. Chair Exercise 1 p.m.—3 p.m. Dominoes	27 9:30 a.m.— Noon Canasta 9:30 a.m. Campfire 11 a.m. Chair Exercise	28 No In-Center Programming	29
30	31 FiftyForward Centers and Offices Close for Memorial Day					

FiftyForward College Grove PROGRAM INFORMATION



Gentle Yoga Mondays, May 3 & 17, 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 Mondays, May 10 & 24, 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 May 3, 5, 6, 10, 12, 13, 17, 19, 24, 26 & 27, 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, May 10, 10 a.m. Since we can not see live performances at the Bluebird, we can however enjoy the virtual senior show by streaming it for you at the center with friends. It will be fun!

Campfire Conversations Thursdays, May 6, 13, 20 & 27, 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.

Bob Ross Art Workshop Tuesday, May 25, 10:30 a.m. Come paint 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.

BINGO! Monday, May 17, 2 p.m. Join us for an hour of Bingo and prizes sponsored by Belvedere Commons Franklin.

Book Discussion Group Tuesday, May 18, 9 a.m. This groups meets to discuss the selected book for this month. The selected book for May is *Talking to Strangers* by Malcolm Gladwell.

Movie Showing Thursday, May 20, 12:30 p.m. Let's watch the movie, *Nine to Five* starring Dolly Parton, a comedy tribute to the office clericals of America. Three women in a giant company, oppressed by an uncaring boss, devise an outrageous scheme to get revenge.

Outdoor Walking Club Tuesdays, May 4, 11, 18 & 25, 9 a.m. Meet us at the College Grove ball park to get some exercise with friends. We will meet at the park to walk for thirty minutes to an hour. The benefits from walking are endless! There is a paved asphalt track around the fields and there is a small hill which will get

your heart rate pumping. Wear comfortable clothing and shoes. *Please note that on May 18 the group will meet at 10:30 a.m.

Canasta Thursdays, May 6, 13, 20 & 27, 9:30-Noon Welcome back card players! Mark your calendar for these dates so you can get back in the habitat of playing cards with friends.

Dominoes Wednesdays, May 5, 12, 19 & 26, 1-3 p.m. It's back! Come play Mexican train and Chicken Foot with your friends at the center and get back in the routine of playing dominoes. We can't wait to see our players!

Billiards Mondays, May 3, 10, 17 & 24, 9:30-Noon. All billiards players are welcome to knock off the dust from their pool sticks and test their skills. All sessions limited to 4 participants.

Quilting Bee Wednesdays, May 5, 12, 19 & 26, 10 a.m. Let's get back together with our friends to quilt and finish the quilt that is on the frame. Participants must be members of the center.

Alive Hospice Presentation: Grief Presentation Tuesday, May 25, 11 a.m. **Are you or someone you know grieving the loss of a loved one?** This is especially hard right now due to the additional stress and isolation we are all experiencing as a result of the pandemic, but support is available, no matter what your budget is. Alive Hospice's Grief Center is a resource for the entire community with sliding scale fees for professional grief counseling. Our counselors are specialists who know how to work with families, children, and individuals to discover resilience AND joy while grieving. Our unique model offers something for everyone: private counseling sessions, support groups, mindfulness training, and expressive arts therapy.

