


July 2021 FiftyForward College Grove Program Calendar

Please carefully read the program description page to learn more about each offering and to see which programs require registration. To register, please use the Membership Portal: <https://fiftyforward.org/member/#myaccount>. We follow CDC safety guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:30 a.m. Canasta 9:30 a.m. Campfire Conversations 11 a.m. Chair Exercise 1 p.m. Scrabble	2 No In-Center Programs	3
4	5 FiftyForward Centers & Office Closed for July 4 Holiday 	6 9 a.m. Indoor Walking club 9:30 a.m. Canasta 1 p.m. Scrabble	7 9:30 a.m. Chair Yoga 10 a.m. Quilting Bee 11 a.m. Chair Exercise 12 p.m. Dominoes	8 9:30 a.m. Canasta 9:30 a.m. Campfire Conversations 10 a.m. Meet and Greet 11 a.m. Chair Exercise 1 p.m. Scrabble	9 No In-Center Programs	10
11	12 10 a.m. Bluebird Café Virtual Senior Show 11 a.m. Chair Exercise	13 9 a.m. Indoor Walking club 9:30 a.m. Canasta 1 p.m. Scrabble	14 10 a.m. Quilting Bee 11 a.m. Chair Exercise 12 p.m. Dominoes 1 p.m. BINGO	15 9:30 a.m. Canasta 9:30 a.m. Campfire Conversations 11 a.m. Chair Exercise 12 pm Independence Celebration & Lunch 1 p.m. Scrabble	16 No In-Center Programs	17
18	19 9:30 a.m. Gentle Yoga 11 a.m. Chair Exercise 12 p.m. Eating Excursion	20 9 a.m. Indoor Walking Club 9 a.m. Book Discussion Group 9:30 a.m. Canasta 1 p.m. Scrabble	21 9:30 a.m. Chair Yoga 10 a.m. Quilting Bee 11 a.m. Chair Exercise 12 p.m. Dominoes	22 9:30 a.m. Canasta 9:30 a.m. Campfire Conversations 11 a.m. Chair Exercise 12:30 p.m. Movie Showing 1 p.m. Scrabble	23 No In-Center Programs	24
25	26 9:30 a.m. Gentle Yoga 11 a.m. Chair Exercise	27 9 a.m. Indoor Walking Club 9:30 a.m. Canasta 10:30 a.m. Bob Ross Art Workshop 1 p.m. Scrabble	28 9:30 a.m. Chair Yoga 10 a.m. Quilting Bee 11 a.m. Chair Exercise 12 p.m. Dominoes	29 9:30 a.m. Canasta 9:30 a.m. Campfire Conversations 11 a.m. Chair Exercise 1 p.m. Scrabble	30 No In-Center Programs	31

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Program offered on Zoom



Denotes member-led program



Denotes Facebook program

Campfire Conversations Thursdays, July 1, 8, 15, 22 & 29, 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.

Canasta Tuesdays and Thursdays, July 1, 6, 8, 13, 15, 20, 22, 27 & 29, 9:30 a.m.-3 p.m. Welcome back, card players! Mark your calendar for these dates so you can get back in the habitat of playing cards with friends.

Chair Exercise Mondays, Wednesday & Thursdays, July 1, 7, 8, 12, 14, 15, 19, 21, 22, 26, 28 & 29, 11 a.m. Seated in a chair while watching a DVD instructional exercise class. The class focuses on flexibility, range of motion, balance, and coordination for the entire body. All levels.

Scrabble Tuesdays and Thursdays, July 1, 6, 8, 13, 15, 20, 22, 27 & 29, 1-3 p.m. This is one of the most popular board games of all time. It's the ultimate word game for players of any skill level. Come join us as we dust off the tiles and make fun words.

Indoor Walking Club Tuesdays, July 6, 13, 20, & 27 9 a.m. Meet us in the R.L. Windrow Gymnasium to get some exercise with friends. We will meet at the Gym to walk for thirty minutes to an hour. The benefits of walking are endless! Wear comfortable clothing and shoes.

Chair Yoga Wednesdays, July 7, 21 & 28, 9:30 a.m. This class offers gentle yoga postures with the assistance of a chair prop. It can accommodate all levels of experience. The cost is \$5 per class led by instructor Kandi Herring. Please bring your own yoga mat.

Quilting Bee Wednesdays, July 7, 14, 21 & 28, 10 a.m. Let's get back together with our friends to quilt and finish the quilt that is on the frame.

Dominoes Wednesdays, July 7, 14, 21 & 28, 12-3 p.m. Come play Mexican train and Chicken Foot with your friends at the center and get back into the routine of playing dominoes. We can't wait to see our players!

Meet & Greet Thursday, July 8, 10 a.m.-11 a.m. We have a new staff member! Liz Smith, Program and Volunteer Coordinator, would love to meet all our wonderful members and hear your ideas!

Gentle Yoga Mondays, July 19 & 26, 9:30 a.m. This class offers yoga postures done through a gentle vinyasa flow. It can accommodate all levels of experience. The cost is \$5 per class led by instructor Kandi Herring. Please bring your own yoga mat.

Bluebird Café Senior Show Monday, July 12, 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!

BINGO Monday, July 14, 1-2 p.m. Join a local community partner for a few games of BINGO and a chance to win prizes!



Independence Celebration & Lunch Thursday, July 15, Noon-1 p.m. Registration required, lunch will cost \$5. Join us in celebrating

Independence Day! Come enjoy lunch and try to guess the Mystery Founding Father, portrayed by Herb Wallace, and the Mystery Founding Mother, played by Peg Augustine. These interesting monologues were written by Luke Boyd. Space is limited so RSVP today! Must be a member. Thanks to Benjamin Franklin Plumbing for sponsoring this event.

Eating Excursion Monday, July 19, 12 p.m. at Hwy 55. Drive yourself and meet with other members at Hwy 55 in Nolensville for some fun, food, and friends!

Book Discussion Group Tuesday, July 20, 9 a.m. This group meets to discuss the selected book for this month. The selected book for July is *His Truth Is Marching On: John Lewis and the Power of Hope* by John Meacham.

Movie Showing Thursday, July 22, 12:30 p.m. Let's watch a movie together.

Bob Ross Art Workshop Tuesday, July 27, 10:30 a.m. Come paint with us and take home a finished painting at the end of class. The cost is \$30 all supplies included. Instructed by Janey Pembleton. Must be a member.