

October 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. Events with an asterisk* require advanced 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 No In-Center Programming	2
3	4 10 a.m. Line Dancing 11 a.m. Chair Exercise 1 p.m. Ping Pong	5 9 a.m. Indoor Walking Club 10 a.m. SAIL Fitness 11 a.m. Canasta 1 p.m. Board Games 1 p.m. Feature Film	6 9:30 a.m. Cigna Medicare Booth 10 a.m. Quilting Bee 11 a.m. Chair Exercise 12 p.m. Dominoes	7 10 a.m. SAIL Fitness 11 a.m. Canasta 12:30 p.m. Crochet Group 1 p.m. Board Games	8 No In-Center Programming	9
10	11 10 a.m. Line Dancing 11 a.m. Chair Exercise 12 p.m. Eating Excursion* 1 p.m. Ping Pong 2 p.m. Bible Study	12 9 a.m. Indoor Walking Club 10 a.m. SAIL Fitness 11 a.m. Canasta 11:30 a.m. Potluck Lunch & BINGO* 1 p.m. Board Games	13 10 a.m. Quilting Bee 11 a.m. Chair Exercise 12 p.m. Dominoes	14 10 a.m. SAIL Fitness 10 a.m. Senior Expo @ The Martin Center* 11 a.m. Canasta 1 p.m. Board Games	15 9 a.m. One- on-one Medicare Enrollment (by appointment only) * No In-Center Programming	16
17	18 10 a.m. Line Dancing 11 a.m. Chair Exercise 1 p.m. Disaster Preparedness * 1 p.m. Ping Pong	19 9 a.m. Indoor Walking Club 9 a.m. Book Discussion Group 10 a.m. SAIL Fitness 11 a.m. Canasta 1 p.m. Board Games 1 p.m. Feature Film	20 10 a.m. Quilting Bee 11 a.m. Chair Exercise 12 p.m. Dominoes 1 p.m. Backyard Astronomy*	21 10 a.m. SAIL Fitness 11 a.m. Canasta 1 p.m. Board Games	22 No In-Center Programming	23
24	25 10 a.m. Line Danc- ing 11 a.m. Chair Exer- cise 1 p.m. Armchair Travel 1 p.m. Ping Pong 2 p.m. Bible Study	26 9 a.m. Deloitte Tech Day 9 a.m. Indoor Walking Club 10 a.m. SAIL Fitness 10:30 a.m. Bob Ross Art Workshop 11 a.m. Blood Pressure Checks 11 a.m. Canasta 1 p.m. Board Games	27 10 a.m. Quilting Bee 11 a.m. Chair Exercise 12 p.m. Dominoes	28 10 a.m. SAIL Fitness 9:30 a.m. Bell Buckle Trip* 11 a.m. Canasta 1 p.m. Board Games	29 No In-Center Programming	30
31						

FiftyForward College Grove PROGRAM INFORMATION



Program offered virtually



Denotes member-led program

Chair Exercise Mondays & Wednesdays, October 4, 6, 11, 13, 18, 20, 25 & 27 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 are welcome.

Line Dancing Mondays, October 4, 11, 18 & 25, 10 - 11:00 a.m. Learn how to do your favorite line dances while getting some great exercise!

Ping Pong Mondays, October 4, 11, 18 & 25, 1 - 3 p.m. Have fun, laugh, and get healthy playing the exciting game of ping pong!

Canasta Tuesdays and Thursdays, October 5, 7, 12, 14, 19, 21, 26 & 28, 11 a.m.- 3 p.m. Enjoy playing Canasta with friends! All skill levels welcome.

SAIL Fitness Tuesdays & Thursdays October 5, 7, 12, 14, 19, 21, 26 & 28, 10 - 11 a.m. Stay Active and Independent for Life (SAIL) is a 12 week evidence-based strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling.

Board Games Tuesdays & Thursdays, October 5, 7, 12, 14, 19, 21, 26 & 28, 1-3 p.m. Come out and play the games you know and love or learn some new ones!

Feature Film Tuesdays, October 5 & 19, 1 p.m. Let's watch a movie together! This month's feature films are *The Wizard of Oz* and *Arsenic and Old Lace*.

Indoor Walking Club Tuesdays, October 5, 12, 19 & 26, 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.

Quilting Bee Wednesdays, October 6, 13, 20 & 27, 10 a.m. Let's get back together with our friends to quilt and finish the quilt that is on the frame.

Dominoes Wednesdays, October 6, 13, 20 & 27, 12-3 p.m. Come play Mexican train and Chicken Foot with your friends at the center. We can't wait to see our players!

Cigna Medicare Booth Tuesday, October 6, 9:30 - 11:30 a.m., Cigna Medicare will be here to promote "positive mental health" and will have snacks and giveaways, including adult coloring books and stress balls. Cigna will also have a lamination station for those that would like to laminate their vaccine cards.

Crochet Group Friday, October 7, 12:30 p.m. Have you ever wanted to learn how to crochet or do you know how to crochet but want to learn some new patterns? Join Michelle, an experienced crochet teacher, and learn how to crochet and walk out with a finished project! Supplies provided. All skill levels welcome. **Registration is required.**

Eating Excursion Monday, October 11, 12 p.m. at Martin's Bar-B-Que Joint. Drive yourself and meet with other members at Martin's Bar-B-Que Joint. in Nolensville for some fun, food, and friends! **Registration is required.**

Bible Study Monday, October 11 & 25, 2 - 3:30 p.m. Come join the Bible Study group to learn and talk about Proverbs. This group is led by Rhonda Rose.

Outdoor Lunch Potluck & BINGO Tuesday, October 12, 11:30 a.m. Bring your favorite dish for a lunch potluck! This will be held outside. BINGO will be right after lunch. **Registration is required. You must bring a dish.**


Senior Expo at the Martin Center Trip Thursday, October 14, 9:30 a.m. Cost: \$5.00 Let's take a trip to the Martin Center to check out the Senior Expo! There will be a variety of vendors for us to enjoy! **Registration is required.**

One-on-One Medicare Enrollment Friday, October 15th, 9 a.m. - 12:30 p.m., Get one-on-one help while signing up for Medicare. All Medicare Counselors provide free, confidential and non-biased information. **Registration is required. By appointment only.**

Disaster Preparedness Monday, October 18, 1:00 p.m., Be Red Cross Ready is designed to help people understand, prepare for, and respond appropriately to disasters. Preparedness and safety information focusing on a step-by-step approach that is manageable and action-oriented.

Book Discussion Group Tuesday, October 19, 9 a.m. This group meets to discuss the selected book for this month. The selected book for October is *The Book of Lost Friends* by Lisa Wingate.

Backyard Astronomy Wednesday, October 20, 1:00 p.m. Look at telescopes and other devices that will help you become a Backyard Astronomer. **Registration is required.**

 **Armchair Travel Monday, October 25, 1:00 p.m.** Get those passports ready! Come travel the world with your friends, all from the comfort of the College Grove center! Call the center if you would like to watch from home! This month we will travel to Egypt.

Deloitte Tech Day Tuesday, October 26, 9 a.m. - 12 p.m. Do you have questions about your cell phone, tablet, or laptop? Stop by the College Grove center and take part in the Deloitte Tech Day! They will be able to answer any question you have!

Blood Pressure Check Tuesday, October 26, 11a.m., Have your blood pressure checked by retired nurse, Paula Frost.

Bob Ross Art Workshop Tuesday, October 26, 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.

Bell Buckle Trip Thursday, October 28, 9:30 a.m. Cost: \$10.00 + lunch Hope on the bus and enjoy the nice drive to Bell Buckle, TN. Once we get there, you can explore this picture perfect little town. Lunch will be at noon at the Bell Buckle Café. **Registration is required.**