

December 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 10 a.m. Quilting Bee 11 a.m. Chair Exercise 12 p.m. Dominoes	2 11 a.m. Canasta 1 p.m. Board Games 1 p.m. Avoid Scams this Holiday Season*	3 9:30 a.m. TRIP-Christmas Historic Home Tour* No In-Center Programming	4
5 2 p.m. College Grove Christmas Parade	6 10 a.m. Line Dancing* 11 a.m. Chair Exercise 1 p.m. Ping Pong 2 p.m. Bible Study 2:15 p.m. Virtual Travel Presentation	7 9 a.m. Indoor Walking Club 11 a.m. Canasta 1 p.m. Musical Performance by Adrian Greenway* 2 p.m. Cookie Contest*	8 10 a.m. Quilting Bee 11 a.m. Chair Exercise 12 p.m. Dominoes 12:30 p.m. Crochet Group*	9 11 a.m. Canasta 1 p.m. Name that Tune: Holiday Edition	10 11:30 a.m. TRIP-Holiday Lunch* No In-Center Programming	11
12	13 10 a.m. Line Dancing* 11 a.m. Chair Exercise 1 p.m. Ping Pong 1 p.m. Armchair Travel 2 p.m. Bible Study	14 9 a.m. Book Discussion Group 9 a.m. Indoor Walking Club 10:30 a.m. Bob Ross Art Workshop 11 a.m. Canasta 11:30 a.m. Potluck Lunch* 1 p.m. Board Games 1 p.m. BINGO	15 10 a.m. Quilting Bee 11 a.m. Chair Exercise 12 p.m. Dominoes	16 11 a.m. Canasta 1 p.m. Board Games 3:30 p.m. TRIP- Dinner & Dancing Lights of Christmas*	17 No In-Center Programming	18
19	20 10 a.m. Line Dancing* 11 a.m. Chair Exercise 1 p.m. Holiday Movie Marathon 1 p.m. Ping Pong	21 9 a.m. Indoor Walking Club 11 a.m. Canasta 1 p.m. Board Games 1 p.m. Holiday Movie Marathon	22 10 a.m. Quilting Bee 11 a.m. Chair Exercise 12 p.m. Dominoes 1 p.m. Holiday Movie Marathon	23 11 a.m. Canasta 1 p.m. Board Games 1 p.m. Holiday Movie Marathon	24 FiftyForward Centers & Offices Closed for Christmas	25
26	27 FiftyForward Centers & Offices Closed for Christmas	28 FiftyForward Centers & Offices Closed for Christmas	29 FiftyForward Centers & Offices Closed for Christmas	30 FiftyForward Centers & Offices Closed for Christmas	31 FiftyForward Centers & Offices Closed for Christmas	

FiftyForward College Grove PROGRAM INFORMATION



Program offered virtually



Denotes member-led program

Quilting Bee Wednesdays, December 1, 8, 15 & 22, 10 a.m. Let's get back together with our friends to quilt and finish the quilt that is on the frame.

Chair Exercise Mondays & Wednesdays, December 1, 6, 8, 13, 15, 20 & 22, 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.

Dominoes Wednesdays, December 1, 8, 15 & 22, 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!

Canasta Tuesdays and Thursdays, December 2, 7, 9, 14, 16, 21 & 23, 11 a.m.- 3 p.m. Enjoy playing Canasta with friends! All skill levels welcome.

Avoid Scams This Holiday Season Thursday, December 2, 1 p.m. Come listen to Susan Gilliam from the Greater Nashville Regional Council talk about how to avoid scams during the holidays. **Registration is required.**


Board Games Tuesdays & Thursdays, December 2, 7, 9, 14, 16, 21 & 23, 1-3 p.m. Come out and play the games you know and love or learn some new ones!

Christmas Historic Home Tour & Lunch Trip Friday, December 3, 9:30 a.m. Travel to Maury County and tour homes festively dressed for the season while benefitting the Athenaeum Rectory! **Registration is required. Limit is 13 members. Cost: \$30 + Lunch**

Line Dancing Mondays, December 6, 13 & 20, 10 - 11 a.m. Learn how to do your favorite line dances while getting some great exercise! **Registration is required.**

Ping Pong Mondays, December 6, 13 & 20, 1 - 3 p.m. Have fun, laugh, and get healthy playing the exciting game of ping pong!

Bible Study Monday, December 6 & 13, 2 - 3:30 p.m. Come join the Bible Study group to learn and talk about Proverbs. This group is led by Rhonda Rose.

 **Virtual Travel Presentation Monday, December 6, 2:15 p.m.** FiftyForward has partnered with Premier World Discovery to provide some wonderful trip opportunities for our members!

Indoor Walking Club Tuesdays, December 7, 14 & 21, 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.


Musical Performance by Adrian Greenway Tuesday, December 7, 1 p.m. Enjoy listening to Adrian Greenway sing some of our favorite holiday music! **Registration is required.**

Cookie Contest Thursday, December 7, 2 p.m. 'Tis the season to bake! Which member has the most delicious cookie recipe? Let's find out! The winner will be determined by special guest judges! **Registration is required.**

Crochet Group Wednesday, December 8, 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! All skill levels welcome. Supplies provided. **Registration is required.**

Name that Tune: Holiday Edition Thursday, December 9, 1 p.m. How well do you know your carols? Norman from Humana will be here to test your knowledge of holiday music!

Holiday Lunch Trip Friday, December 10, 12 p.m. Let's hop on the bus and enjoy a holiday lunch together at BJ's Restaurant & Brewhouse. **Registration is required. Limit is 13 members. Cost: \$5.00 + lunch**

 **Armchair Travel Monday, December 13, 1 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 all over Europe to experience their holiday traditions. We'll even enjoy some European holiday treats!

Book Discussion Group Tuesday, December 14, 9 a.m. This group meets to discuss the selected book for this month. The selected book for November is *You Should Have Known* by Jean Hanff Korelitz.

Bob Ross Art Workshop Tuesday, December 14, 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.

Potluck Lunch & BINGO Tuesday, December 14, 11:30 a.m. Come to the center and enjoy a nice meal with friends. After lunch, we'll play BINGO! **Everyone must to bring a dish. Registration is required.**

Dinner & the Dancing Lights of Christmas Trip Thursday, December 16, 3:30 p.m. Let's have a nice dinner together at Cracker Barrel and then enjoy a beautiful drive thru lights & music show! **Registration is required. Limit is 13 members. Cost: \$10.00 + Dinner**

Holiday Movie Marathon All Week, December 20, 21, 22 & 23, 1 p.m. Bring your snacks and let's watch a movie together! We'll show a different holiday movie every day! Monday- *White Christmas*, Tuesday- *Miracle on 34th Street*, Wednesday- *Home Alone*, & Thursday- *Christmas with the Kranks*.