

January 2022 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
2	3 10 a.m. SAIL Fitness 11:30 a.m. Line Dancing* 1 p.m. Ping Pong	4 10 a.m. Canasta 11 a.m. Chair Exercise 1 p.m. Board Games	5 10 a.m. Quilting Bee 10 a.m. SAIL Fitness 12 p.m. Dominoes	6 9 a.m. Memory Lane 10 a.m. Canasta 11 a.m. Chair Exercise 1 p.m. Board Games	7 No In-Center Programming	8
9	10 10 a.m. SAIL Fitness 11:30 a.m. Line Dancing* 1 p.m. Ping Pong	11 10 a.m. Canasta 11 a.m. Chair Exercise 1 p.m. Bingo 1 p.m. Board Games	12 10 a.m. Quilting Bee 10 a.m. SAIL Fitness 11 a.m. Walk with a Doc 12 p.m. Dominoes	13 10 a.m. Canasta 11 a.m. Chair Exercise 12:30 p.m. Crochet Group* 1 p.m. Board Games	14 11:30 a.m. Eating Excursion* No In-Center Programming	15
16	17 FiftyForward Centers & Offices Closed for MLK, Jr. Holiday	18 9 a.m. Book Discussion Group 10 a.m. Canasta 11 a.m. Chair Exercise 1 p.m. Board Games	19 10 a.m. Quilting Bee 10 a.m. SAIL Fitness 12 p.m. Dominoes	20 10 a.m. Canasta 10:30 a.m. Historic Nolensville School Museum* 11 a.m. Chair Exercise 1 p.m. Board Games	21 No In-Center Programming	22
23	24 10 a.m. SAIL Fitness 11:30 a.m. Line Dancing* 1 p.m. Ping Pong 1 p.m. Armchair Travel	25 10 a.m. <i>All of Us</i> Café 10 a.m. Canasta 10:30 a.m. Bob Ross Art Workshop 11 a.m. Chair Exercise 1 p.m. Board Games	26 10 a.m. Quilting Bee 10 a.m. SAIL Fitness 12 p.m. Dominoes	27 10 a.m. Canasta 11 a.m. Chair Exercise 1 p.m. Board Games	28 No In-Center Programming	29
30	31 10 a.m. SAIL Fitness 11:30 a.m. Line Dancing* 1 p.m. Ping Pong					

FiftyForward College Grove PROGRAM INFORMATION



Program offered virtually



Denotes member-led program

SAIL Fitness Mondays & Wednesdays 3, 5, 10, 12, 19, 24, 26 & 31, 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.

Line Dancing Mondays, January 3, 10, 24 & 31, 11:30 a.m. - 12:30 p.m. Learn how to do your favorite line dances while getting some great exercise!
Registration is required.

Ping Pong Mondays, January 3, 10, 24 & 31, 1 – 3 p.m. Have fun, laugh, and get healthy playing the exciting game of ping pong!

Canasta Tuesdays and Thursdays, January 4, 6, 11, 13, 18, 20, 25 & 27, 10 a.m.- 3 p.m. Enjoy playing Canasta with friends! All skill levels welcome.

Chair Exercise Tuesdays & Thursdays, January 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.

Board Games Tuesdays & Thursdays, January 4, 6, 11, 13, 18, 20, 25 & 27, 1-3 p.m. Come out and play the games you know and love or learn some new ones!

Quilting Bee Wednesdays, January 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.

Dominoes Wednesdays, January 5, 12, 19 & 26, 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!

Memory Lane Thursday, January 6, 9 a.m. Come to the center the first Thursday of each month and share your memories of the good ole' days. These memories will be recorded for future members to enjoy.

Bingo Tuesday, Jan. 11, 1 p.m. Join us for a fun game of Bingo and your chance to win free prizes!


Walk with a Doc Wednesday, January 12, 11 a.m. Drive yourself to meet with a doctor and enjoy a walk through Centennial Park. Bring your health related questions along for the stroll.

Crochet Group Thursday, January 13, 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.**

Eating Excursion Friday, January 14, 11:30 a.m. Let's hop on the bus and enjoy lunch together at the Maple Street Grill in Eagleville! **Registration is required. The limit is 13 members. Cost: \$5.00 + lunch**

Book Discussion Group Tuesday, January 18, 9 a.m. This group meets to discuss the selected book for this month. The book for this month is ***Before and After: The Incredible Read-life Stories of Orphans Who Survived the Tennessee Children's Home Society*** by Judy Christie and Lisa Wingate

Historic Nolensville School Museum & Lunch Day Trip Thursday, January 20, 10:30 a.m. Visit the Historic School Museum and tour the "Historic Classroom", a 1937 Kitchen, the Nolensville Sports Hall of Fame and more! After this wonderful tour we will enjoy lunch at Ozeki Grill & Thai Kitchen. **Registration is required. The limit is 13 members. Cost: \$5.00 + lunch**

 **Armchair Travel Monday, January 24, 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 to China!

All of Us Café Tuesday, January 25, 10 a.m. - 12 p.m. Come learn about the wonderful program, *All of Us*. Treats will be provided.

Bob Ross Art Workshop Tuesday, January 25, 10:30 a.m., Cost: \$30. 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.