

July 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 9 a.m. The Mint Gaming Hall Day*	2
3	4 FiftyForward Centers & Offices Closed	5 10 a.m. Miniature Horse Visit 11 a.m. Canasta 11 a.m. Chair Exercise 1 p.m. Board Games	6 10 a.m. SAIL Exercise 12 p.m. Dominoes	7 10 a.m. Quilting Bee 10 a.m. Memory Lane 11 a.m. Canasta 11 a.m. Chair Exercise 1 p.m. Board Games	8 11:30 a.m. Independence Celebration*	9
10	11 10 a.m. SAIL Exercise 10 a.m. Virtual Bluebird Café Senior Show 11:30 a.m. Line Dancing* 1 p.m. Ping Pong	12 11 a.m. Canasta 11 a.m. Chair Exercise 11:30 a.m. Potluck Lunch* 1 p.m. BINGO 1 p.m. Board Games	13 10 a.m. SAIL Exercise 12 p.m. Dominoes	14 10 a.m. Quilting Bee 11 a.m. Canasta 11 a.m. Chair Exercise 1 p.m. Board Games	15 11 a.m. Eating Excursion*	16
17	18 10 a.m. SAIL Exercise 11:30 a.m. Line Dancing* 1 p.m. Ping Pong	19 9 a.m. Book Discussion Group 10:30 a.m. Writers Group 11 a.m. Canasta 11 a.m. Chair Exercise 1 p.m. Board Games	20 10 a.m. SAIL Exercise 12 p.m. Dominoes 1 p.m. Wildflowers with the State Naturalist	21 10 a.m. Dementia Care Education 10 a.m. Quilting Bee 11 a.m. Canasta 11 a.m. Chair Exercise 1 p.m. Board Games	22 FiftyForward Centers & Offices Closed for Staff Retreat	23
24	25 10 a.m. SAIL Exercise 11:30 a.m. Line Dancing* 1 p.m. Ping Pong	26 10:30 a.m. Bob Ross Art Workshop 10:30 a.m. Medicare 101 11 a.m. Canasta 11 a.m. Chair Exercise 1 p.m. Board Games 1 p.m. Feature Film	27 10 a.m. SAIL Exercise 12 p.m. Dominoes 1 p.m. Armchair Travel	28 10 a.m. Quilting Bee 11 a.m. Canasta 11 a.m. Chair Exercise 1 p.m. Board Games	29 TIME TBD Move Matinee*	30
31						

FiftyForward College Grove PROGRAM INFORMATION



Program also offered virtually



Denotes member-led program

The Mint Gaming Hall Day Trip Friday, July 1, 9 a.m. Test your luck at The Mint Gaming Hall, home to more than 1,000 of your favorite gaming machines! **Registration is required. Space is limited to 13 people. Cost: \$15.00**

Miniature Horse Visit July 5, 10 a.m. Two pony therapists, Spirit and Sonic, will be at the College Grove Center! Come interact with the ponies, whether that means petting them or just spending time absorbing their wonderful energy. The joy that they bring to the people they meet is tremendous!

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

Chair Exercise Tuesdays and Thursdays, July 5, 7, 12, 14, 19, 21, 26 & 28, 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, July 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!

SAIL Exercise Mondays & Wednesdays, July 6, 11, 13, 18, 20, 25, & 27, 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.

Dominoes Wednesdays, July 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!

Memory Lane Thursday, July 7, 10 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.

Quilting Bee Thursdays, 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.

Independence Celebration Friday, July 8, 11:30 a.m. 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 Ascension Complete for sponsoring this event. **Registration is required. Cost: \$5.00 for lunch**

Virtual Bluebird Café Senior Show Monday, July 11, 10 a.m. We'll stream a virtual musical performance for you and your friends to enjoy!

Line Dancing Mondays, July 11, 18 & 25, 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, July 11, 18 & 25, 1 - 3 p.m. Have fun, laugh, and get healthy playing the exciting game of ping pong!

Potluck Lunch Tuesday, July 12, 11:30 a.m. Potlucks are back! Bring a dish and enjoy a meal with your friends at the College Grove Center. **Registration is required. Everyone must bring a dish.**

BINGO Tuesday, July 12, 1 p.m. Join us for a fun game of Bingo and your chance to win free prizes!

Eating Excursion Friday, July 15, 11:00 a.m. Hop on the bus and take a trip to the legendary Loveless Café! **Registration is required. Space is limited to 13 people. Cost: \$10.00 + lunch**

Book Discussion Group Tuesday, July 19, 9 a.m. This group meets to discuss the selected book for this month. The book for this month is *Apples Never Fall* by Laine Moriarty.

Writers Group Tuesday, July 19, 10:30 a.m. Are you a local writer or poet, aspirational or published, that would like to meet with other like-minded folks? This is the group for you! Join Pam Harlow, a former Librarian and lifelong book lover, to share your work, test ideas, and get feedback.

Wildflowers of TN with the State Naturalist Wednesday, July 20, 1 p.m. Wildflowers are nature's colorful decorations. Join Randy for a picture and folklore program about the wildflowers that decorate the forests and fields of Tennessee. Plants from the entire growing season will be featured. Stories, pictures, and interesting trivia will make up this experience. In fact, this program has been used to demonstrate how storytelling can be used in educational programs. So join us and learn some flowers and hear some fun stories.

Dementia Care Education Thursday, July 21, 10 a.m. The onset of dementia generates a great deal of fear and concern for all those involved. There are fears and concerns for the individual who gradually realizes cognitive and other abilities are deteriorating. There are also fears and concerns for family and loved ones who are desperate to know more information about an early dementia diagnosis. Join us to find out more.

Bob Ross Art Workshop Tuesday, July 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.

Medicare 101 Wednesday, July 26, 10:30 a.m. Do you have questions about Medicare? Liz Lewis from Ascension Complete will be here to explain Medicare and answer your questions!

Feature Film Tuesday July 26, 1 p.m. Come enjoy the 1940 movie, *His Girl Friday*. Get ready to laugh out loud!

Armchair Travel Wednesday, July 27, 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 explore Norway!

Movie Matinee Friday, July 29, TIME HAS NOT BEEN DETERMINED, Hop on the bus and enjoy a trip to the movie theater! Movie selections and times will be announced later this month. **Registration is required. Space is limited to 13 members. Cost: TO BE DETERMINED**