

August 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 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 11:30 a.m. Line Dancing* 1 p.m. Ping Pong | 2 8:30 a.m. Puzzles & Games 11 a.m. Canasta 11 a.m. Chair Exercise | 3 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 12 p.m. Dominoes | 4 8:30 a.m. Puzzles & Games 10 a.m. Quilting Bee 10 a.m. Memory Lane 11 a.m. Canasta 11 a.m. Chair Exercise | 5 No In-Center Programming | 6 |
| 7 | 8 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 10 a.m. Virtual Bluebird Café Senior Show 11:30 a.m. Line Dancing* 1 p.m. Ping Pong | 9 8:30 a.m. Puzzles & Games 11 a.m. Canasta 11 a.m. Chair Exercise 11:30 a.m. Potluck Lunch* 1 p.m. BINGO | 10 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 12 p.m. Dominoes | 11 8:30 a.m. Puzzles & Games 10 a.m. Quilting Bee 10:30 a.m. <i>All of Us</i> Movie Matinee 11 a.m. Canasta | 12 8:30 a.m. Puzzles & Games 10 a.m. Cannonsburgh Village Day Trip* | 13 |
| 14 | 15 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 11:30 a.m. Line Dancing* 1 p.m. Ping Pong | 16 8:30 a.m. Puzzles & Games 10:30 a.m. Writers Group 11 a.m. Canasta 11 a.m. Chair Exercise | 17 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 11:15 a.m. Dementia Care Education 12 p.m. Dominoes | 18 8:30 a.m. Puzzles & Games 9:15 a.m. Music for Seniors Day Trip* 10 a.m. Quilting Bee 11 a.m. Canasta 11 a.m. Chair Exercise 1:30 p.m. Medicare 101 | 19 8:30 a.m. Puzzles & Games 11 a.m. Eating Excursion* | 20 |
| 21 | 22 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 11:30 a.m. Line Dancing* 1 p.m. Ping Pong | 23 8:30 a.m. Puzzles & Games 10:30 a.m. Bob Ross Art Workshop 11 a.m. Canasta 11 a.m. Chair Exercise | 24 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 12 p.m. Dominoes 1 p.m. Feature Film | 25 8:30 a.m. Puzzles & Games 10 a.m. Ollie's Bargain Outlet Day Trip* 10 a.m. Quilting Bee 11 a.m. Canasta 11 a.m. Chair Exercise | 26 8:30 a.m. Puzzles & Games | 27 |
| 28 | 29 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 11:30 a.m. Line Dancing* 1 p.m. Ping Pong | 30 8:30 a.m. Puzzles & Games 11 a.m. Canasta 11 a.m. Chair Exercise | 31 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 12 p.m. Dominoes 1 p.m. Armchair Travel | | | |

FiftyForward College Grove PROGRAM INFORMATION



Program also offered virtually



Denotes member-led program

Puzzles & Games Every Weekday, 8:30 a.m. Did you know the College Grove Center always has a puzzle out? Come enjoy the challenge of a puzzle or play a game with friends!

SAIL Exercise Mondays & Wednesdays, August 1, 3, 8, 10, 15, 17, 22, 24, 29 & 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, August 1, 8, 15, 22 & 29, 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, August 1, 8, 15, 22 & 29, 1 - 3 p.m. Have fun, laugh, and get healthy playing the exciting game of ping pong!

Canasta Tuesdays and Thursdays, August 2, 4, 9, 11, 16, 18, 23, 25 & 30, 11 a.m.- 3 p.m. Enjoy playing Canasta with friends! All skill levels welcome.

Chair Exercise Tuesdays and Thursdays, August 2, 4, 9, 16, 18, 23, 25 & 30, 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, August 3, 10, 17, 24 & 31, 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, August 4, 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, August 4, 11, 18 & 25, 10 a.m. Let's get back together with our friends to quilt and finish the quilt that is on the frame.

Virtual Bluebird Café Senior Show Monday, August 8, 10 a.m. We'll stream a virtual musical performance for you and your friends to enjoy!

Potluck Lunch Tuesday, August 9, 11:30 a.m. 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, August 9, 1 p.m. Join us for a fun game of Bingo and your chance to win free prizes!

All of Us Movie Matinee Thursday, August 11 at 10:30 a.m. Did you know that August is Immunization Awareness Month? The *All of Us* team is hosting a free movie viewing of the *Immortal Life of Henrietta Lacks* followed by a discussion.

Cannonsburgh Village Day Trip Friday, August 12, 10 a.m. Take a tour of historic Cannonsburgh Village, a place that represents approximately 100 years of early Tennessee life from the 1830s to the 1930s! After the tour you will enjoy lunch at Jeff's Family Friendly

Restaurant. **Registration is required. Space is limited to 13 people. Cost: \$10.00 + lunch**

Writers Group Tuesday, August 16, 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.

Dementia Care Education Wednesday, August 17, 11:15 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.

Music for Seniors Day Trip Thursday, August 18, 9:15 a.m. Hop on the bus and enjoy a nice trip to the FiftyForward Martin Center. We'll enjoy a wonderful musical performance and then stop for a delicious lunch at Ozeki Grill & Thai Kitchen in Nolensville! **Registration is required. Space is limited to 13 people. Cost: \$5.00 + lunch**

Medicare 101 Thursday, August 18, 1:30 p.m. Do you have questions about Medicare? Liz Lewis from Ascension Complete will be here to explain Medicare and answer your questions!

Eating Excursion Friday, August 19, 11 a.m. Lets take a trip to Smyrna and enjoy lunch at The Simple Grill! **Registration is required. Space is limited to 13 people. Cost: \$5.00 + lunch**

Bob Ross Art Workshop Tuesday, August 23, 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.

Feature Film Tuesday August 24, 1 p.m. Come enjoy the movie, *Jersey Boys*. In the 1960s, four scrappy young men from New Jersey -- Frankie Valli, Bob Gaudio, Nick Massi and Tommy DeVito have the magic sound that propels them from singing under streetlights to singing in spotlights. With songs like "Sherry," "Big Girls Don't Cry" and "Walk Like a Man," the quartet finds itself at the top of the charts. However, personal and professional problems threaten to tear the group apart.

Ollie's Bargain Outlet Day Trip Thursday, August 25, 10 a.m. Ollie's is America's largest retailers of closeout merchandise and excess inventory. You'll find real brands at real bargain prices in every department, from housewares to sporting goods to flooring and to food. Ollie's buyers scour the world looking for closeouts, overstocks, package changes, manufacturer refurbished goods, and irregulars. Buy "Good Stuff Cheap" with confidence! After shopping, we will enjoy lunch at Kathy's Family Restaurant! **Registration is required. Space is limited to 13 people. Cost: \$10.00 + lunch**

Armchair Travel Wednesday, August 31, 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 Australia!