

October 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>.

Su	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 8:30a Puzzles & Games 10a SAIL Exercise 11:30a Line Dancing* 1p Ping Pong	4 8:30a Puzzles & Games 11a Canasta 11a Chair Exercise	5 8:30a Puzzles & Games 10a SAIL Exercise 12p Dominoes	6 8:30a Puzzles & Games 10a Quilting Bee 10a Memory Lane 11a Canasta 11a Chair Exercise 11a Frist Museum Tour	7 8:30a Puzzles & Games 10a Breakfast Biscuits w/ Brittany	8
9	10 8:30a Puzzles & Games 10a SAIL Exercise 10a Virtual Bluebird Café Senior Show 11:30a Line Dancing* 1p Ping Pong	11 8:30a Puzzles & Games 9:30a Bible Study 11a Canasta 11a Chair Exercise 11:30a All of Us – Enrollment Assistance 11:30a Potluck Lunch* 1p BINGO	12 8:30a Puzzles & Games 10a SAIL Exercise 12p Dominoes 1p Armchair Travel	13 8:30a Puzzles & Games 10a Quilting Bee 11a Canasta 11a Chair Exercise	14 11a The Southern Festival of Books: A Celebration of the Written Word	15
16	17 8:30a Puzzles & Games 10a SAIL Exercise 1a Ping Pong 11:30a Line Dancing*	18 8:30a Puzzles & Games 9a Kirkland School Reunion Planning* 11a Canasta 11a Chair Exercise 11:30a Estate Planning w/ Edward Jones	19 8:30a Puzzles & Games 10a SAIL Exercise 12p Dominoes 2p—4p FLU Shots & Boosters w/ Walgreens	20 8:30a Puzzles & Games 9a Rattlesnake Saloon 10a Quilting Bee 11a Canasta 11a Chair Exercise	21 8:30a Puzzles & Games	22
23	24 8:30a Puzzles & Games 10a SAIL Exercise 11:30a Line Dancing* 1p Ping Pong	25 8:30a Puzzles & Games 9a—11a Medicare Annual Enrollment w/ GNRC 9:30a Bible Study 11a Canasta 11a Chair Exercise	26 8:30a Puzzles & Games 10a SAIL Exercise 12p Dominoes 1p Feature Film	27 8:30a Puzzles & Games 10a Quilting Bee 11a Canasta 11a Chair Exercise	28 9a Granville Artisan Festival—Mayberry Town	29
30	31 8:30a Puzzles & Games 10a SAIL Exercise 11:30a Line Dancing* 1p Ping Pong					


FiftyForward College Grove PROGRAM INFORMATION



Program also offered virtually

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 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 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 1 - 3 p.m. Have fun, laugh, and get healthy playing the exciting game of ping pong!

Canasta Tuesdays and Thursdays 11 a.m.- 3 p.m. Enjoy playing Canasta with friends! All skill levels welcome.

Chair Exercise Tuesdays and Thursdays 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 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!

Quilting Bee Thursdays 10 a.m. Let's get back together with our friends to quilt and finish the quilt that is on the frame.


 **Memory Lane Thursday, October 6, 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.


Frist Museum Tour Thursday, October 6, 11 a.m.

The Frist Art Museum is a nonprofit art exhibition center dedicated to presenting the finest visual art from local, state, and regional artists, as well as major US and international exhibitions. It is housed in the city's historic U.S. Post Office building, which is listed on the National Register of Historic Places.

Breakfast Biscuits w/ Brittany Friday, October 7, 10 a.m.

Come enjoy a breakfast biscuit & coffee and chat about College Grove and the big plans we have for our center! Come with your trip ideas and any questions and/or suggestions.

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

 **Bible Study 2nd & 4th Tuesday 9:30 a.m.**

Come join in on a study and discussion on the book of Philipians with Rhonda.

All of Us - Enrollment Assistance Tuesday, October 11, 11a.m.

Monthly, the FiftyForward *All of Us* team will be offering private appointments for those who need assistance enrolling in the *All of Us* Research Program. *All of Us* is a new initiative from the National Institutes of Health that seeks to advance precision medicine. They are looking for diverse participants to enroll and share their health




Denotes member-led program

information in order to improve the health of future generations. Sign up in MembershipWorks to make a private appointment. Ipads and laptops provided by FiftyForward *All of Us*.


Potluck Lunch Tuesday, October 11, 11:30 a.m. Bring a dish and enjoy a meal with your friends at the College Grove Center. **Registration is required by October 6th. Everyone must bring a dish.**

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

 **Armchair Travel Wednesday, October 12, 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 Argentina & Spain!

The Southern Festival of Books Friday, October 14, 11 a.m.

A Celebration of the Written Word is among the oldest literary festivals in the country, annually welcoming approximately 200 authors and 25,000 visitors each October. The Festival is free, and includes performance stages, food trucks, and more than 60 publishers and booksellers.

 **Kirkland School Reunion Planning Tuesday, October 18, 9 a.m.** Members gather to plan for the Kirkland School Reunion

Estate Planning w/ Edward Jones Tuesday, October 18, 11:30 a.m.

FLU Shots & Boosters w/ Walgreens Wednesday, October 19, 2 - 4 p.m.

Rattlesnake Saloon Thursday, October 20, 9 a.m. Let's have lunch in a cave in Florence, AL. This land has been in the family since 1916 when Owen Foster, bought the first track of a 6000-acre plot of land for 25 cents an acre. The Saloon took just 49 days to construct before opening on Labor Day weekend in 2009. Since its opening, it has been featured in magazines, music videos, and tv shows and has become one of the top attractions in the area. So far our guestbooks show visitors from all 50 states and over 30 other countries have stopped at the Saloon.

Medicare Annual Enrollment w/ GNRC Tuesday, October 25, 9 a.m. - 11 a.m.

Feature Film Wednesday, October 26, 1p. Come join us for Popcorn & Coke Floats as we enjoy an afternoon of cinematic excitement!

Granville Artisan Festival—Mayberry Town Friday, October 28, 9 a.m. Visit Historic Granville and enter the magical world of Mayberry. Walk Clover Street where local buildings become sites on Mayberry's Main Street. Enjoy traditional as well as character scarecrows and a full array of fall decorations. Craftsmen in Pioneer Village will be demonstrating their crafts. Have an opportunity to "Meet the Maker" and ask questions about their process. Purchase "one of a kind" crafts at the Artisan's Gallery at Sutton General Store.