

## December 2022 FiftyForward College Grove Program

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>.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8a Walking in the Gym 8:30a Puzzles & Games 10a Quilting Bee 10a Memory Lane 11a Canasta 11a Chair Exercise	2 8a Walking in the Gym 8:30a Puzzles & Games 9:15a <b>Governor's Mansion Christmas Tour*</b>	3
4	5 8a Walking in the Gym 8:30a Puzzles & Games 10a SAIL Exercise 11:30a Line Dancing* 1p Ping Pong	6 8a Walking in the Gym 8:30a Puzzles & Games 9a Kirkland School Reunion Planning* 11a Canasta 11a Chair Exercise	7 8a Walking in the Gym 8:30a Puzzles & Games 10a SAIL Exercise 12p Dominoes	8 8a Walking in the Gym 8:30a Puzzles & Games 10a <b>The Well Volunteering*</b> 10a Quilting Bee 11a Canasta	9 8a Walking in the Gym 8:30a Puzzles & Games	10
11	12 8a Walking in the Gym 8:30a Puzzles & Games 10a SAIL Exercise 10a Virtual Bluebird Café Senior Show 11:30a Line Dancing* 1p Ping Pong	13 8a Walking in the Gym 8:30a Puzzles & Games 9:30a Bible Study 11a <b>Christmas Potluck*</b> 1p <b>BINGO*</b>	14 8a Walking in the Gym 8:30a Puzzles & Games 10a SAIL Exercise 12p Dominoes 1p Armchair Travel	15 8a Walking in the Gym 8:30a Puzzles & Games 10a Quilting Bee 11a Canasta 11a Chair Exercise 1p <b>Senior Planet Tech Lecture: Smart Phones*</b>	16 <b>FiftyForward Centers &amp; Offices Closed</b>	17
18	19 8a Walking in the Gym 8:30a Puzzles & Games 10a SAIL Exercise 1a Ping Pong 11:30a Line Dancing*	20 8a Walking in the Gym 8:30a Puzzles & Games 9a <b>Cumberland County Playhouse*</b> 9a Book Club 10a Writers Group 10a Bob Ross Painting Class 11a Canasta 11a Chair Exercise	21 8a Walking in the Gym 8:30a Puzzles & Games 10a <b>ShinnDig*</b> 10a SAIL Exercise 12p Dominoes	22 8a Walking in the Gym 8:30a Puzzles & Games 10a Quilting Bee 11a Canasta 11a Chair Exercise	23 8a Walking in the Gym 8:30a Puzzles & Games	24
25	26 <b>FiftyForward Centers &amp; Offices Closed for Holiday</b>	27 <b>FiftyForward Centers &amp; Offices Closed for Holiday</b>	28 <b>FiftyForward Centers &amp; Offices Closed for Holiday</b>	29 <b>FiftyForward Centers &amp; Offices Closed for Holiday</b>	30 <b>FiftyForward Centers &amp; Offices Closed for Holiday</b>	31

# FiftyForward College Grove PROGRAM INFORMATION



Program also offered virtually




Denotes member-led program




**Walking in the Gym Every Weekday 8 a.m.** 22 Laps in the Gym is the length it takes to complete a mile!! You can do it!

**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, December 1, 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.

**Governor's Mansion Christmas Tour Friday, December 2, 10:30 a.m., Cost: \$10+lunch.** Come join us as we tour the Governor's Mansion for the start of the Christmas season. It is free to attend but we are asked to bring donations. Please see Brittany for a list of needed items.

**Kirkland School Reunion Planning Tuesday, December 6, 9 a.m.** Members gather to plan for the Kirkland School Reunion.


**The Well Outreach Volunteering Thursday, December 8, 10a.m., Cost: Free.** Let's give back to a neighboring non-profit who provides food for those in need in surrounding counties. We will help to organize their food pantry.

 **Virtual Bluebird Café Senior Show Monday, December 12, 10a.m.** We'll stream a virtual musical performance for you and your friends to enjoy!

**Bible Study Tuesday, December 13, 9:30a.m.**

**Christmas Potluck Tuesday, December 13, 11a.m.** Let's give our potluck a Christmas theme! Sign up for the items you would like to bring. Make it festive :)

**BINGO Tuesday, December 13, 1p** Let's play some B-I-N-G-O!!!

 **Armchair Travel Wednesday, December 14, 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 The Bahamas.

**Senior Planet Tech Lecture: Smart Phones Thursday, December 17, 1p** Join us as we learn about smartphones and some of their pros and cons and compare two of the most popular types: Android & Apple.

**Cumberland County Playhouse Tuesday, December 20, 9a.m., Cost: \$15+\$27 admission+lunch cost.** Join us as we travel to Crossville, TN to watch The Best Christmas Pageant Ever. We will also be visiting the famous Bucee's and will have time to shop and enjoy lunch before the play.

 **\*Book Club Tuesday, December 21, 9 a.m.**

 **\*Writing Group Tuesday, December 21, 10 a.m.**

 **\*Bob Ross Painting Class Tuesday, December 21, 10 a.m.**

**Annual Shinn Dig Wednesday, December 22, 10a.m., Cost: \$10.** Let the George Shinn Foundation treat you to lunch, entertainment and door prizes at their annual holiday celebration, The ShinnDig, at Lipscomb University Allen Arena! We have been guaranteed seats on the floor at the banquet tables. Special guest entertainment includes Jeannie Seely, Charlie McCoy, and more.

The Center will be **CLOSED** Monday December 26—  
Monday January 2 and will reopen Tuesday January 3