

January 2023 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>.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 FiftyForward Centers & Offices Closed for New Year's Day Observance	3 8a Walking in the Gym 8:30a Puzzles & Games 9a Kirkland School Reunion Planning* 11a Canasta	4 8a Walking in the Gym 8:30a Puzzles & Games 10a SAIL Exercise 12p Dominoes	5 8a Walking in the Gym 8:30a Puzzles & Games 10a Quilting Bee 10a Memory Lane 11a Canasta 11a Chair Exercise	6 8a Walking in the Gym 8:30a Puzzles & Games	7
8	9 8a Walking in the Gym 8:30a Puzzles & Games 10a SAIL Exercise 11:30a Line Dancing* 1p Ping Pong	10 8a Walking in the Gym 8:30a Puzzles & Games 9:30a Bible Study 11a Potluck* 1p Tech Class: Chrome Essentials 2p BINGO*	11 8a Walking in the Gym 8:30a Puzzles & Games 9a TRIP: The Crossings of Spring Hill 10a SAIL Exercise 12p Dominoes 1p Armchair Travel	12 8a Walking in the Gym 8:30a Puzzles & Games 10a Quilting Bee 11a Canasta 11a Chair Exercise 1p Tech Class: Chrome Essentials	13 8a Walking in the Gym 8:30a Puzzles & Games	14
15	16 FiftyForward Centers & Offices Closed for MLK, Jr. Day	17 8a Walking in the Gym 8:30a Puzzles & Games 9a Book Club 10a Writers Group 10a Bob Ross Painting Class 11a Canasta 11a Chair Exercise 1p Tech Class: Chrome Essentials*	18 8a Walking in the Gym 8:30a Puzzles & Games 10a SAIL Exercise 12p Dominoes	19 8a Walking in the Gym 8:30a Puzzles & Games 10a Quilting Bee 11a Canasta 11a Chair Exercise 1p Tech Class: Chrome Essentials*	20 8a Walking in the Gym 8:30a Puzzles & Games	21
22	23 8a Walking in the Gym 8:30a Puzzles & Games 10a SAIL Exercise 11:30a Line Dancing* 1a Ping Pong	24 8a Walking in the Gym 8:30a Puzzles & Games 11a Canasta 11a Chair Exercise 1p Tech Class: Chrome Essentials*	25 8a Walking in the Gym 8:30a Puzzles & Games 10a SAIL Exercise 12p Dominoes	26 8a Walking in the Gym 8:30a Puzzles & Games 10a Quilting Bee 11a Canasta 11a Chair Exercise 1p Tech Class: Chrome Essentials*	27 8a Walking in the Gym 8:30a Puzzles & Games 9a TRIP: Mint Gaming Hall*	28
29	30 8a Walking in the Gym 8:30a Puzzles & Games 10a SAIL Exercise 10:15a TRIP: Oakland Mansion Tour*	31 8a Walking in the Gym 8:30a Puzzles & Games 11a Canasta 11a Chair Exercise 1p Tech Class: Chrome Essentials*				

FiftyForward College Grove PROGRAM INFORMATION




Program offered virtually

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.


Kirkland School Reunion Planning Tuesday, January 3, 9 a.m. Members gather to plan for the Kirkland School Reunion.

 **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, January 5, 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.

Bible Study Tuesday, January 10, 9:30a.m.

Potluck Tuesday, January 10, 11a.m. Sign up for the items you would like to bring at the Welcome Desk.



Denotes member-led program


Tech Class: Chrome Essentials (CLASS IS FULL)

EVERY Tuesday & Thursday at 1 p.m. starting January 10.

Tuesdays, January 10, 17, 24, 31; Thursdays, January 12, 19, 26. In this 5-week course you will learn to use a Chromebook laptop for email, web research, and more so you can stay connected online.

BINGO Tuesday, January 10, 2p Let's play some B-I-N-G-O!!!

TRIP to The Crossings of Spring Hill Wednesday, January 11, 9a. Let's go shopping in Spring Hill!!! We will have many options in this shopping center and after we will enjoy lunch at Red Robin. **Registration is required. Limited to 13 attendees. Cost: \$10 + cost of lunch**

 **Armchair Travel Wednesday, January 11, 1p.m.** Let's virtually travel to Charleston, SC!

 ***Book Club Tuesday, January 17, 9 a.m.**

 ***Writing Group Tuesday, January 17, 10 a.m.**

 ***Bob Ross Painting Class Tuesday, January 17, 10 a.m.**

TRIP to Mint Gaming Hall Friday, January 27, 9a.m.

We'll join our FiftyForward Martin Center in a day trip to the casino. Test your luck at The Mint Gaming Hall, home to over 1,000 games, a center bar, a corner café, a frozen drinks oasis bar, entertainment, and more! **Registration is required. Limited to 10 attendees. Cost: \$20 + cost of gaming + cost of lunch**

Oakland Mansion Tour Monday, January 30, 10:15a.

Oaklands Mansion is a historic house museum in Murfreesboro. The home's collection of furnishings, artwork, and personal items is as unique as the building itself! After this wonderful tour, we will enjoy lunch at Farmers Family Restaurant in Murfreesboro. **Registration is required.**

Limited to 10 attendees. Cost: \$20 (TRIP fee & Cost of Admission) + cost of lunch