

March 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
			<p>1</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 12 p.m. Dominoes 12 p.m. Line Dancing*</p>	<p>2</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. Memory Lane 10 a.m. Quilting Bee 11 a.m. Canasta 11 a.m. Chair Exercise</p>	<p>3</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10:30 a.m. TRIP Bocelli Pizza and Pasta & Antique Shopping</p>	4
5	<p>6</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 11:30 a.m. Potluck* 1 p.m. BINGO* 1 p.m. Billiards</p>	<p>7</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 11 a.m. Canasta 11 a.m. Chair Exercise</p>	<p>8</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 11:15 a.m. Blood Pressure/Pulse Check 12 p.m. Dominoes 12 p.m. Line Dancing*</p>	<p>9</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. Quilting Bee 10 a.m. State Naturalist bird presentation 11 a.m. Canasta 11 a.m. Chair Exercise</p>	<p>10</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games</p>	11
12	<p>13</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 1 p.m. Billiards</p>	<p>14</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 9:30 a.m. Bible Study 11 a.m. Canasta 11 a.m. Chair Exercise</p>	<p>15</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 12 p.m. Dominoes 12 p.m. Line Dancing*</p>	<p>16</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. Quilting Bee 11 a.m. Canasta 11 a.m. Chair Exercise</p>	<p>17</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 12:30 p.m. St. Patrick's Day Event 1:15 p.m. Bingo</p>	18
19	<p>20</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 1 p.m. Billiards</p>	<p>21</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 9 a.m. Book Club 10 a.m. Writers Group 10 a.m. Bob Ross Painting Class* 11 a.m. Canasta 11 a.m. Chair Exercise</p>	<p>22</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 12 p.m. Dominoes 12 p.m. Line Dancing*</p>	<p>23</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. Quilting Bee 11 a.m. Canasta 11 a.m. Chair Exercise</p>	<p>24</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10:45 a.m. TRIP Farmers Family Restaurant & Shopping*</p>	25
26	<p>27</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 1 p.m. Billiards</p>	<p>28</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 11 a.m. Canasta 11 a.m. Chair Exercise</p>	<p>29</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 10:45 a.m. TRIP Lunch and Bingo Extravaganza* 12 p.m. Dominoes 12 p.m. Line Dancing*</p>	<p>30</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. Quilting Bee 11 a.m. Canasta 11 a.m. Chair Exercise 10:00 a.m. TRIP Mule Day Columbia*</p>	<p>31</p> <p>8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games</p>	

FiftyForward College Grove PROGRAM INFORMATION



Program offered virtually




Denotes member-led program

Walking in the Gym Monday - Friday, 8 a.m. 22 Laps in the Gym is the length it takes to complete a mile!! You can do it!


Puzzles & Games Monday - Friday, 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 Wednesdays, March 1, 8, 15, 22 & 29 and Mondays, March 6, 13, 20 & 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, March 1, 8, 15, 22 & 29, 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!


Blood Pressure and Pulse Check Wednesday, March 8, 11:15 a.m. Registered Nurse (Ret.), Paula Frost, will be available to do a quick health check by checking your blood pressure and pulse.

Quilting Bee Thursdays, March 2, 9, 16, 23 & 30, 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, March 2, 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.

Canasta Thursdays, March 2, 9, 16, 23 & 30 and Tuesdays, March 7, 14, 21 & 28, 11 a.m.- 3 p.m. Enjoy playing Canasta with friends! All skill levels welcome.

Chair Exercise Thursdays, March 2, 9, 16, 23 & 30 and Tuesdays, March 7, 14, 21 & 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.

 ***Line Dancing Mondays, March 6, 13, 20 & 27, 12 p.m - 1:00 p.m.** Learn how to do your favorite line dances while getting some great exercise! **Registration is required.**

Billiards Mondays, March 6, 13, 20 & 27, 1-3 p.m. It's time to break out those pool cues and enjoy a friendly game of billiards!


Bird Watching Thursday, March 9, 10 a.m. State naturalist, Randy Hedgepath, with the State of Tennessee Environment and conservation will do a fun and informative presentation on local birds and some of his favorites. Randy provides a super engaging presentation with photos, bird calling and lots of information.


Bible Study Tuesday, March 14th, 9:30 a.m. Join Rhonda Rose and enjoy discussions about the Bible.


***Potluck Tuesday, March 14th, 11:30 a.m.** Bring a dish and enjoy a meal with your friends at the College Grove Center. Sign up for the items you would like to bring at the Welcome Desk.

St Patrick's Day Live Music with Coffee and Dessert provided Friday, March 17, 12:30 p.m. Join us for authentic St. Patrick's Day live music by Richard Katz. He will be playing bagpipes and horns. Coffee and dessert will be provided.

***Bingo Tuesday, March 17th, 1:15 p.m.** Join us for a fun game of Bingo and your chance to win free prizes!

 ***Book Club Tuesday, March 21st, 9 a.m.** This group meets to discuss the selected book for this month. The book for this month is *Madness of Crowds* by Louise Penny.

 ***Writing Group Tuesday, March 21st, 10 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! Share your work, test ideas, and get feedback.

 ***Bob Ross Painting Class Tuesday, March 21st, 10 a.m.** Come paint with us and take home a finished painting at the end of class. The cost is \$30, all supplies included.

TRIPS

Lunch at Bocelli Pizza and Pasta Shoppe and Shopping at the AntiqueMall, Shelbyville, Friday, March 3, Departing at 10:30 a.m., Cost: \$10.00 + Lunch. Enjoy a delicious lunch at Shelbyville's best Italian-American pizza and pasta restaurant. After lunch we'll visit the Antique Mall. **Registration is required. Space is limited to 13 members.**

Lunch at Farmers Family Restaurant with Shopping at Bargain Hunt Friday, March 24, Departing at 10:45 a.m., Cost: \$10 + Lunch. Let's head to Murfreesboro and have lunch at Farmers Restaurant, a favorite of FiftyForward College Grove, and enjoy shopping right next door. Bargain Hunt has fantastic deals and a broad ever changing inventory. **Registration is required. Space is limited to 13 members.**

Lunch and Bingo Extravaganza at The Hearth of Franklin Assisted Living Wednesday, March 29, Departing at 10:45 a.m. Cost: \$10. Let's hop on the bus and head to Hearth of Franklin, a beautiful assisted and independent living facility. There we will enjoy a wonderful lunch and bingo extravaganza with great prizes and lots of fun! **Registration is required. Space is limited to 13 members.**

Mule Day at Columbia Excursion, Thursday, March 30, Departing at 10:00 a.m., Returning 3:00 p.m. approximately, Cost: \$10 Transportation fee, plus \$10 ticket (payable with cash or check only, at gate entry). Additional purchases at event, lunch and extra activities not included. Let's head to Columbia, the "Mule Capital of the World," and enjoy mules, traditional Appalachian food, music, dancing and crafts. **Registration is required. Space is limited to 13 members.**