

## April 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	3 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 1 p.m. Billiards	4 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 11 a.m. Canasta 11 a.m. Chair Exercise	5 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* 1 p.m. Medicare Advisor presentation	6 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	7 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10:45 TRIP Lynchburg Lunch & Shopping/Relaxing on Square*	8
9	10 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 1 p.m. Billiards	11 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 9:30 a.m. Bible Study 11:30 a.m. <b>Easter Lunch Potluck*</b> 1 p.m. <b>BINGO*</b>	12 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*	13 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 9 a.m. <b>TRIP Nashville Ballet Rehearsal &amp; Lunch*</b> 10 a.m. Quilting Bee 11 a.m. Canasta 11 a.m. Chair Exercise	14 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games	15
16	17 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 1 p.m. Billiards	18 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	19 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*	20 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. <b>TRIP Documentary at Belcourt Theatre</b> 10 a.m. Quilting Bee 11 a.m. Canasta 11 a.m. Chair Exercise	21 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. <b>TRIP Sewanee Lunch &amp; Sightseeing*</b>	22
23	24 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 1 p.m. Billiards	25 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 11 a.m. Canasta 11 a.m. Chair Exercise	26 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*	27 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	28 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 9 a.m. <b>TRIP FiftyForward Health &amp; Wellness Fair*</b>	29
30						

# FiftyForward April 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 Mondays, April 3,10,17, 24 and Wednesdays, April 5,12,19 & 26, 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, April 5,12,19,26, 12 - 3 p.m.** Come play Mexican Train and Chicken Foot with your friends at the center. We have a dedicated group of players that would love for you to join in the game.

 **Blood Pressure and Pulse Check Wednesday, April 12, 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.


**Sewing/Quilting Bee Thursdays, April 6,13, 20, 27, 10 a.m.** Lets get together and brainstorm about our next sewing outreach project. Please join us, we would love your ideas and suggestions.

 **Memory Lane Thursday, April 6, 10 a.m.** Come to the center the first Thursday of each month and join in the laughter, while sharing your memories and reminiscing on the good ole' days.

**Canasta Tuesdays, April 4,18, 25, and Thursdays, April 6,13, 20, 27, 11 a.m.- 3 p.m.** Come join our group of devoted Canasta players. New competition is always welcome.

**Chair Exercise Tuesdays, April 4,18, 25 and Thursdays, April 6,13,20,27, 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 Wednesdays, 5,12,19,26, 12 p.m - 1 p.m.** Learn how to do your favorite line dances while getting some great exercise! **Registration is required.**

 **Billiards Mondays, April 3,10,17, 24, 1-3 p.m.** It's time to break out those pool cues and enjoy a friendly game of billiards! We're looking for some good competition.

**Bible Study Tuesday, April 11, 9:30 a.m.** Join us the second Tuesday of every month as Rhonda Rose leads Bible study and trains participants to be leaders also.


**\*Potluck Tuesday, April 11, 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.

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

 **\*Book Club Tuesday, April 18, 9 a.m.** This group meets to discuss the book of the month

 **\*Writing Group Tuesday, April 18, 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, April 18, 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. Instructed by Janey Pembleton.

## TRIPS

**Lynchburg, TN Lunch at the BBQ Caboose Café with shopping and dessert on the town square, Friday, April 7, Departing at 10:45a.m., Cost :\$10 + Lunch** Come and enjoy 26 years of delicious southern BBQ at the BBQ Caboose, located on the bustling Lynchburg town square. After lunch, step back in time shopping on the square at the local shops and bakeries, or just find a rocking chair and people watch on the square. **Registration is required. Space is limited to 13 members.**

**Nashville Ballet Rehearsal with coffee and donuts, Thursday, April 13, Departing at 9 a.m., Cost:\$10 + Lunch** Step inside the Nashville Ballet for a peek at their upcoming performance, "New In Nashville." This is an incredible opportunity to get a taste of the ballet, while watching the company of artists prepare for their final performance. Coffee and donuts will be served. But wait, there's more. We will have lunch at a Nashville tradition since 1982, McCabe Pub, known for homemade burgers and fries. **Registration is required. Space is limited to 13 members.**

**Belcourt Theatre Documentary, The Human Trial, Thursday, April 20, Departing at 9 a.m., FREE TRIP** Join us for a free trip to the historic Belcourt Theatre for a screening of the documentary, *The Human Trial*. This film tells the story of an innovative clinical trial for patients with Type 1 Diabetes, interweaving patient stories with those of the researchers who are working to innovate a cure. The film is rated PG and runs 92 minutes in length. **Registration is required. Space is limited to 13.**

**Sewanee, TN Lunch at The Blue Chair Café and Tavern, then Tour Local Historic Monuments and incredible overlook views, Friday, April 21, Departing at 10 a.m., Cost: \$10 + Lunch** Spring is beautiful in Sewanee! You don't want to miss it. Join us for lunch at a great local favorite, The Blue Chair Café. Then lets drive through The University of The South and explore the rich history on this beautiful campus and visit the historic markers while taking in breathtaking views. **Registration is required. Space is limited to 13 members.**

**Health and Wellness Expo at Martin Fiftyforward, Brentwood, Friday, April 28, Departing at 9:30 a.m., NO CHARGE** Join us for the Fiftyforward Health and Wellness Fair in Brentwood. Vendors include medical groups, insurance companies, financial advisors and more! There will be cooking demonstrations, medical screenings and workshops. The first 125 attendees will receive a free boxed lunch! **Registration is required. Space limited to 13.**