

June 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 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 10 a.m. Memory Lane 10 a.m. T-shirt Quilting Class 10 a.m. Microwavable Bowl Workshop 11 a.m. Canasta	2 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. TRIP Bell Buckle Café and Shops	3
4	5 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 11 a.m. Chair Exercise 12 p.m. Line Dancing 1 p.m. Billiards	6 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 10:45 a.m. TRIP Nissan Tour, Sorelles Lunch 11 a.m. Canasta	7 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 11 a.m. Chair Exercise 12 p.m. Dominoes 12 p.m. Line Dancing*	8 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 10 a.m. Microwavable Bowl Workshop 11 a.m. Canasta	9 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 9 a.m. TRIP Oak Grove Casino	10
11	12 8 a.m. Walking in the Gym 8:30 a.m. <i>All of Us</i> Journey Bus Tours 11 a.m. Chair Exercise 12 p.m. Line Dancing 1 p.m. Billiards	13 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 8:30 a.m. <i>All of Us</i> Journey Bus Tours 10 a.m. Health and Wellness Fair 12 p.m. BarBQ Lunch	14 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 11 a.m. Chair Exercise 12 p.m. Dominoes 12 p.m. Line Dancing*	15 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 10 a.m. SAIL Exercise 10 a.m. Microwavable Bowl Workshop 10 a.m. Tshirt Quilting Class 11 a.m. Canasta 11:15 Blood Pressure check	16 8 a.m. Walking in the Gym 8:30 a.m. Puzzles & Games 11 a.m. TRIP Wildhorse Saloon Lunch and Line Dancing	17
18	19 FiftyForward Centers & Offices CLOSED for Juneteenth	20 8 a.m. Walking in the Gym 8:30 Puzzles/Games 9 a.m. Book Club 10 a.m. SAIL 10 a.m. Bob Ross Painting Class* 10:30 Writers Group 11 a.m. Canasta	21 8 a.m. Walking in the Gym 8:30 Puzzles & Games 11 a.m. Chair Exercise 12 p.m. Dominoes 12 p.m. Line Dancing*	22 8 a.m. Walking in the Gym 8:30 Puzzles & Games 10 a.m. SAIL Exercise 10 a.m. Microwavable Bowl Workshop 10 a.m. Tshirt Quilting Class 11 a.m. Canasta	23 8 a.m. Walking in the Gym 8:30 Puzzles & Games 10 a.m. TRIP Blue Moon Waterfront Grille 4:30 p.m. Pride Party at Knowles*	24
25	26 8 a.m. Walking in the Gym 8:30 Puzzles/ Games 11 a.m. Chair Exercise 12 p.m. Line Dancing 1 p.m. Billiards	27 8 a.m. Walking in the Gym 8:30 Puzzles & Games 10 a.m. SAIL Exercise 11 a.m. Canasta	28 8 a.m. Walking in the Gym 8:30 a.m. Puzzle/ Games 11 a.m. Chair Exercise 12 p.m. Dominoes 12 p.m. Line Dancing*	29 8 a.m. Walking in the Gym 8:30 Puzzles & Games 10 a.m. SAIL Exercise 10 a.m. Microwavable Bowl Workshop 10 a.m. Tshirt Quilting Class 11 a.m. Canasta	30 8 a.m. Walking in the Gym 8:30 Puzzles / Games 12 p.m. Forrest Jackson Gospel Singing Group, with Coffee and Dessert	

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 Tuesdays, June 6, 20, 27, and Thursdays, June 1, 8, 15, 22, 29, 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, June 7, 14, 21, 28, 12 - 3 p.m. Come play Mexican Train and Chicken Foot with our dedicated group of players who love new competition.

 **Blood Pressure and Pulse Check Thursday, June 15, 11:15 a.m.** Registered Nurse (Ret), Paula Frost, will be available the 2nd Wednesday of the month to do a quick health check by checking your blood pressure & pulse.


 **T-Shirt Quilting Class Thursdays, June 1, 15, 22, 29, 10 a.m.** T-shirt throw quilts are a fun, beginner friendly quilting project. It's a great way to memorialize special events and times of your life. They also make a great gift. Instructor Helen Settles will teach you how to prepare, cut and piece the quilt together with sashing and cornerstones. This is a 6 week class. Please bring 10-14 laundered shirts using no fabric softener. **Registration is Required**

 **Microwavable Bowl Holder Workshop Thursdays, June 1, 8, 15, 22, 29, 10 a.m.** It's time to begin our Fall/Winter outreach project. We encourage all levels or no level of sewing and artistic talent to help us make these adorable and convenient bowl holders. Don't worry, we have some extremely talented and fun sewers who will get you up to speed. We will take all the help we can get.

 **Memory Lane Thursday, June 1st, 10 a.m.** Come to the center the first Thursday of each month and join in the laughter while sharing your memories and reminiscing of the good ole' days. Rita gets the stories going and the contagious laughter begins. This is a fabulous time with friends and we would love to hear your memories. Please join us for this all smiles event.

Canasta Tuesdays, June 6, 20, 27, Thursdays 1, 8, 15, 22, 29, 11 a.m.- 3 p.m. Come join our group of devoted Canasta players. New competition is encouraged and welcome. All skill levels are invited.


Chair Exercise Mondays, June 5, 12, 26 and Wednesdays, June 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, June 5, 12, 19, 26, and Wednesdays June 7, 14, 21, 28, 12 p.m. - 1 p.m.** Learn how to do your favorite line dances while getting some great exercise! Instructor Helen Settles welcomes all levels and experience and looks forward to meeting you. **Registration is required**


Billiards open weekdays in June 8:30 -3:30 p.m. It's time to break out those pool cues and enjoy a friendly game of billiards! We have a great billiard room with 2 tables, come join us, bring a friend.

The All of Us Journey Bus Monday and Tuesday, June 12 & 13 Come aboard this traveling educational exhibit to learn how you can help shape the future of health for yourself, your family, your community, and generations to come. The Journey features interactive activities, videos, games, quizzes, and more – all designed to demonstrate the power of your participation in health research. You can even enroll in the All of Us Research Program during your visit.

Health and Wellness Fair Tuesday, June 13, 10 a.m to 1 p.m. Join us for an educational day focusing on health and wellness. We will be hosting vendors exhibits and demonstrations, along with the All of US Journey bus. Free lunch will be provided by Holy Smokes BBQ. This event is open to our community, so please invite your friends and family. This is an excellent opportunity to invite those who might be interested in getting active and involved with Fiftyforward. New, potential members are welcome.

 **Book Club Tuesday, June 20, 9 a.m.** Get your copy of "The Maid," By Nita Prose, from the library, next door and join this thriving book club. Meet the 3rd Tuesday of the month to discuss the book of the month with this lovely, devoted group of readers. Before you leave, don't forget to obtain a copy of next month's book, "House on Mango Street," By Sandra Cisneros, available in the library beside FiftyForward.

 **Bob Ross Painting Class Tuesday, June 20, 10 a.m.** Join instructor Janey Pembleton in this Bob Ross inspired painting class. The cost is \$35 and includes all supplies. Take home a beautiful 16x20 canvas. See example of what you will paint on display at Welcome table. It's Beautiful!

 **Writing Group Tuesday Tuesday, June 20, 10:30 a.m.** Are you a writer or poet, aspirational or published? Come meet with like minded folks and share your work, get fresh ideas and explore opportunities.



FiftyForward College Grove PROGRAM INFORMATION

FiftyForward Pride Party at Knowles (Drive Yourself)
Friday, June 23, 4:30-7:30 p.m. Join us in celebration of Pride Month at FiftyForward Knowles, in partnership with inclusion tennessee. We'll be hosting a Disco themed shindig and we invite you to come "boogie" with us! We invite you to dress up in your most fabulous disco/70's themed "threads." Drop in for a round of Drag Bingo (with a chance to win prizes) and for fun, food, and fellowship! Come see our decorated FiftyForward bus that will be driven in the upcoming weekend Pride parade! To register for this event, call the FiftyForward Knowles Center at 615-743-3400.

Forrest Jackson Gospel Singing Group
Friday, June 30, 12 p.m. We are privileged to have the Forrest Jackson Gospel group back at College Grove. Being a past favorite of College Grove members, we're looking forward to their return and enjoying the good old gospel music that they perform so well. Coffee and Dessert will be served.

TRIPS

Bell Buckle Café and Shops, Friday, June 2,
Departing 10:00 a.m., Cost: \$10 + Lunch It's that time of year to enjoy a beautiful country cruise to the middle of nowhere, Bell Buckle, TN. Simply gorgeous! Enjoy lunch at the famous southern meat and three, Bell Buckle Café. If you have not been before, you can't miss this. The food is great and the local shops are worth the visit. But of course, you can rock away on the front porch chairs if people watching is your preference. **Registration is required. Space is limited to 13 people.**

Nissan North America Manufacturing Tour with Lunch at Sorelles Italian Restaurant Tuesday, June 6, 10:45 a.m., Cost: \$10 + Lunch Join us for lunch at our very own local favorite, Sorelles Italian Restaurant. Next we'll head to Smyrna for an hour and a half guided tour of the Nissan Plant. Get a behind the scene look at the amazing precision and interesting robots that create our automobiles.

IMPORTANT NOTICE: you must wear shirts with at least a 4-inch sleeve and closed-toe shoes; No flip-flops or sandals are permitted on the tour. Weapons of any kind, cell phones, cameras, and all other recording devices are strictly prohibited on the plant tour and will need to be kept on the bus. **Registration is required. Space is limited to 13 people**

Oak Grove Casino with Lunch, Friday, June 9,
Departing 9:00 a.m., Cost: \$15 + Lunch and Activities Test your luck at Oak Grove Racing and Gaming Casino. Featuring over 1300 thrilling games, a food court with a huge meal variety and several lively lounges. Free soft drinks and coffee available at self service stations throughout the casino. We will return to the center by 3:30 pm. **Registration is required. Space is limited to 13 people.**

Lunch at the Wildhorse Saloon with Complementary Line Dancing Lessons, Friday, June 16, Departing 11:00 a.m., Cost: \$10 + Lunch Join us for the Nashville experience with lunch at the Wildhorse Saloon and complementary line dancing lessons on the largest dance floor in downtown. Located in the heart of historic downtown Nashville and backing up to the banks of the Cumberland River, this is one of Music City's iconic traditions. Originally started by Gaylord Entertainment, this three story warehouse was transformed into a music entertainment and dining mecca. **Registration is required. Space is limited to 13 members.**

Blue Moon Waterfront Grille, Friday, June 23,
Departing 10:00 a.m., Cost: \$10 + Lunch

Blue Moon Waterfront Grille is located in Nashville on the Cumberland River at Rock Harbor Marina. It's a don't miss dining experience! Dine in and enjoy the beautiful view, or enjoy the gentle river breeze, outdoors on the covered deck. The menu includes a large selection of seafood and casual dining options for everyone. **Registration is required. Space is limited to 13 people.**

TRIP GUIDELINES

Minimum number— Trips not meeting the minimum number of 6 attendees (unless otherwise noted) will be cancelled at least 24 hours in advance. Refunds will be issued or F.A.N. cards will be given.

Departure Time - Trips will leave at the stated departure time, so it is best if you arrive at least 10 minutes prior to departure.

Cancellations and No Shows - A refund or F.A.N. card will be issued if a cancellation is given within 24 hours of a trip's scheduled departure. For trips involving pre-ordered tickets or reservations, a refund or F.A.N. card will be given only if your seat can be filled.

Attendance: Cancelling or not showing up for three or more trips within a month will result in being placed on a waiting list the following month.

Exceptions: Exceptions may be considered by center staff in extreme situations.

