

September 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/>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8 a.m. Walking in Gym 8:30 a.m. Puzzles/ Games & Billiards 9:45 DAY TRIP - Lunch at Riverview, Ashland City 1:30 p.m. Congressional Constituent Services Mobile Office	2
3	4 FiftyForward Centers & Offices CLOSED for Labor Day	5 8 a.m. Walking in Gym 8:30 a.m. Puzzles/Games & Billiards Open Play 10 a.m. Chair Exercise 11 a.m. Canasta 11 a.m. Ping Pong	6 8 a.m. Walking in Gym 8:30 a.m. Puzzles/Games & Billiards Open Play 10 a.m. SAIL Exercise 12 p.m. Dominoes	7 8 a.m. Walking in Gym 8:30 a.m. Puzzles/ Games & Billiards Open Play 10 a.m. Memory Lane 11 a.m. Ping Pong 12 - 12:30 Country Christian singer Zach Johnson 12:30 p.m. Canasta	8 8 a.m. Walking in Gym 8:30 a.m. Puzzles/ Games & Billiard Open Play 9:15 a.m. DAY TRIP - Tennessee Agriculture Museum & Lunch at Sichuan Hot Pot, Brentwood	9
10	11 8 a.m. Walking in Gym 8:30 Puzzles/Games & Billiards Open Play 10 a.m. SAIL Exercise 11 a.m. Corn Hole 11:30 a.m. Line Dancing	12 8 a.m. Walking in Gym 8:30 Puzzles/Games & Billiards Open Play 9 a.m. Pickle Ball Lessons 9:30 a.m. Bible Study 10 a.m. Chair Exercise 11:30 a.m. POTLUCK LUNCH 12:30 Canasta	13 8 a.m. Walking in Gym 8:30 a.m. Puzzles/Games & Billiards Open Play 10 a.m. Massage Therapy* 10 a.m. SAIL Exercise 12 p.m. Dominoes	14 8 a.m. Walking in Gym 8:30 a.m. Puzzles/ Games & Billiards Open Play 9 a.m. Pickle Ball Lesson 10 a.m. T-shirt Quilting 10 a.m. Chair Exercise 11 a.m. Canasta 11 a.m. Ping Pong 11:30 a.m. See America Tour update	15 8 a.m. Walking in Gym 8:30 a.m. Puzzles/ Games & Billiard Open Play 10 a.m. DAY TRIP - Pool Party & Lunch at Walnut Springs Farm in Bradyville, TN	16
17	18 8 a.m. Walking in Gym 8:30 a.m. Puzzles/Games & Billiards Open Play 9:00 a.m. DAY TRIP Nashville Zoo & Lunch at Plaza Mariachi 10 a.m. SAIL Exercise 11 p.m. Corn Hole 11:30 a.m. Line Dancing	19 8 a.m. Walking in Gym 8:30 Puzzles /Games & Billiards Open Play 9 a.m. Book Club 9 a.m. Pickle Ball Lessons 10:30 a.m. Writers Group 10 a.m. Bob Ross Painting 10 a.m. Chair Exercise 11 a.m. Ping Pong 11 a.m. Canasta	20 8 a.m. Walking in Gym 8:30 a.m. Puzzles/Games & Billiards Open Play 10 a.m. SAIL Exercise 10 a.m. Massage Therapy* 11:15 a.m. Blood Pressure Checks 12 p.m. Dominoes	21 8 a.m. Walking in Gym 8:30 a.m. Puzzles/ Games & Billiards Open Play 9 a.m. Pickle Ball Lesson 10 a.m. T-shirt Quilting Class 10 a.m. Chair Exercise 11 a.m. Canasta 11 a.m. Ping Pong 12:30 - 2:30 Shades of Grey Concert	22 8 a.m. Walking in Gym 8:30 a.m. Puzzles/ Games & Billiards Open Play 9:30 a.m. Nash DAY TRIP - Creamery Tour & Lunch, Chapel Hill	23
24	25 8 a.m. Walking in Gym 8:30 a.m. Puzzles/Games & Billiards Open Play 10 a.m. SAIL Exercise 11 a.m. Corn Hole 11:15 a.m. Frist Digital Art Making, Martin Center 11:30 a.m. Line Dancing	26 8 a.m. Walking in Gym 8:30 a.m. Puzzles/Games & Billiards Open Play 9 a.m. Pickle Ball Lessons 9:30 a.m. Bible Study 10 a.m. Chair Exercise 11 a.m. Canasta 11 a.m. Ping Pong	27 8 a.m. Walking in Gym 8:30 a.m. Puzzles/Games & Billiards Open Play 10 a.m. Massage Therapy* 10 a.m. SAIL Exercise 12:00 p.m. Dominoes	28 8 a.m. Walking in Gym 8:30 a.m. Puzzles/ Games & Billiard Open Play 9 a.m. Pickle Ball Lesson 10 a.m. T-shirt Quilting 10 a.m. Chair Exercise 11 a.m. Canasta 11 a.m. Ping Pong	29 8 a.m. Walking in Gym 8:30 a.m. Puzzles/ Games & Billiards Open Play 9:00 a.m. DAY TRIP - Oak Grove Casino, KY	30

FiftyForward College Grove PROGRAM INFORMATION



If you are interested in participating in any program virtually, please reach out to the hosting center for more information.





Denotes member-led program


RECURRING CLASSES, ACTIVITIES, & GROUPS:


Walking in the Gym Monday - Friday, 8 a.m. - 12:00p.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 - 3:30 p.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!

 **Billiards Mondays—Friday, 8:30 a.m. - 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.

 **Bible Study Tuesdays, September 12 & 26, 9:30 a.m.** Come every other Tuesday and dive into the Bible using the Discovery Bible Study Method, an inductive study paradigm that encourages group participation. Join leader Rhonda Rose as she takes single passages and allows the group to expound and explore the meaning and purpose as it relates to you. The class encourages Bible reading and memorization.

 **Blood Pressure and Pulse Check Wednesday, September 20, 11:15 a.m.** Registered Nurse (Ret), Paula Frost, will be available the 3rd Wednesday of the month to do a quick health check by checking your blood pressure & pulse.


 ***Bob Ross Painting Class Tuesday, September 19, 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.


 ***Book Club Tuesday, September 19, 9 a.m.** Get your copy of "Cuckoos Calling," By Robert Galbraith, 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.


Canasta Tuesdays, September 5, 12,19,26, 11.a.m. Thursdays, September 7,14,21, 28. Join this dedicated group of players that is growing weekly.


They always welcome new competition and look forward to meeting new faces. Start time is 12:30p on Sept. 7 and Sept. 12.

Chair Exercise Tuesdays, September 5, 12,19,26, Thursdays, September 7,14,21,28. 10 a.m. Get that body moving while watching a DVD instructional exercise class. This low impact class focuses on flexibility, range of motion, balance, and coordination for the entire body. All levels are welcome.


 **Dominoes Wednesdays, September 6, 13, 20, 27,12 p.m.** Come play Mexican Train and Chicken Foot with our dedicated group of players who love new competition.


 ***Line Dancing Mondays, September 11,18,25, 11:30 a.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.


 **Memory Lane Thursday, September 7, 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.

 **Ping Pong Tuesdays, September 5,12,19,26 and Thursdays, September 7,14,21,28, 11 a.m.** Come enjoy a fun game of ping pong. If you want a challenge, meet Beverly and try to beat her. She is amazing!

Pickle Ball Tuesdays, September 12, 19, 26 and Thursdays 14, 21, 28, 9 a.m. - 10 a.m. We now have pickle ball courts so lets learn to play. This class will teach beginning pickle ball, weather permitting. Paddles are provided for the first 3 who sign up. All others, please bring your own Paddle. Paddles can be found on Amazon and local sports stores. Come take a lesson and see the newest sport craze geared toward older adults! This is a stepped down version of tennis and not so hard on the lungs or joints! **Reservation is Required online or in person.**

 **SAIL Exercise Mondays, September 11, 18, 25 and Wednesdays, September 6, 13, 20, 27, 10 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.

 **T-Shirt Quilting Class 10 a.m. Thursdays, September 14, 21, 28** 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**

 **Writing Group Tuesday, September 19, 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.

Special Events

Congressional Constituent Services Mobile Office
Friday, September 1, 1:30 p.m. – 2:30 p.m.
US Congressional District TN05 will have a field representative at our location the first Friday of each month. This is your opportunity to meet with a caseworker to ask a question or get help resolving a specific personal issue with a federal agency (IRS, VA, SSA, Medicare, Passports, etc.). Please email Helena.Oneal@mail.house.gov to set up an appointment (preferred) or drop in to the office hours.

Local Country Gospel Singer, Zack Johnson
Thursday, September 7, 12:00 – 12:30
Zack will be sharing his musical talents with us, playing and singing country and gospel. Zach is a member of the College Grove Methodist Church, where he shares his musical talent weekly with this congregation.
Coffee/Tea and Dessert will be served.

See America Tours
Thursday, September 14, 11:30 – 12:15
Join Carmen and Adam as they share with us the exciting trips that See America has to offer FiftyForward members for the rest of 2023. These are overnight trips and you are welcome to invite your family and friends to join you for the trip and the information session. **Coffee/Tea and Dessert will be served.**

Organizing Your Home 101 Free Class
Thursday, September 21, 11:30 – 12:30
Don't miss this incredible opportunity to learn how to organize from a professional. Sara Fort, the owner of Do You Organization, will offer an interactive class where you will discover your personal organization style, learn tips to get and stay organized. Also, learn about what to do with all the things that no longer serve you. **Door prizes for attendees and Dessert and Coffee/Tea will be served.**

Potluck Lunch
Tuesday, September 12, 11:30
Join us, the second Tuesday of every month, for food, friends and fun as we share a meal together. This is a great opportunity to relax and stay a while just visiting with other members. The main dish is provided. Please bring a side, a dessert or drinks, store bought or homemade is always delicious.

Shades of Grey Concert
Thursday, September 21, 12:30 – 2:30
Shades of Grey is a Franklin based band that mixes fun, danceable country, with classic pop from the 60's and 70's. Featuring musicians that have performed with Marty Robbins, Crystal Gayle and Lynyrd Skynyrd. This band is the life of any party or event. They will keep you clapping dancing and singing along. We are so privileged and thankful to have them perform for us.

Digital Art Making with The Frist Art Museum
Monday, September 25, 11:15 a.m.
Explore your creativity, learn a new skill, and create art with an iPad in this free workshop led by a Frist teaching artist. This is a 7-week class, 90 minutes each, with the final class visiting the Frist Museum. The classes will take place at the Martin Center in Brentwood with bus transportation provided free of charge each week. As an added bonus, each participant will receive a free one-year membership to the Frist Art Museum. Bus will leave for the Martin center each week at 11:15 to make the 12:00 – 1:30 class. **Registration is Required**

TRIPS

Have you Heard of Trippin' Thursday?
Our College Grove Trip List is sent to YOUR email on the THIRD THURSDAY of each month.
You can reserve your spot before the trip fills up!
Go to the Membership Portal to reserve your spot and pay, or call the Center Front Desk at 615-368-7093

Riverview Restaurant and Marina, Ashland City

Friday, September 1, 9:45 a.m.

Cost: \$15 + Lunch

Fun in the sun is coming to a close! Lets take advantage of the last days of Summer while dining on the Cumberland River in Ashland City. FiftyForward J. L. Turner Center will join us at The Riverview Restaurant, which specializes in good ole farm raised catfish. There are many other seafood options with delicious choices for the land lovers as well.

Registration is required. Space is limited to 13

Tennessee Agriculture Museum and Lunch at Sichuan Hot Pot, Brentwood

Friday, September 8, 9:15 a.m.

Cost: \$10 + Lunch

Join us and the Martin Center for a trip to The Tennessee Agriculture Museum, housed at the Ellington Ag Center, 10 miles South of downtown Nashville. Located on 207 beautiful acres, this museum offers self guided tours of the property including; two levels of exhibits, an heirloom garden, and historic cabins. Visitors are encouraged to explore the site's exhibits that contain over 3,000 artifacts related to life in Tennessee before electricity. Then we'll head to the highly acclaimed, Sichuan Hot Pot, for some Asian cuisine.

Registration is required. Space is limited to 13 members.

Pool Party and Lunch at Walnut Springs Farm in Bradyville, TN

Friday, September 15, 10:00 a.m.

Cost: \$15

It is still Summer so one last pool party is in store! Our previous FiftyForward CEO has graciously invited us to her farm for a pool party, lunch, games and relaxing by the pool in Bradyville, TN, in Cannon County. Bring your pool gear and dress comfortably to relax poolside and enjoy the beautiful countryside of Cannon County and the

last days of Summer. **Registration is required. Space is limited to 13 members.**

Nashville Zoo and Lunch at Plaza Mariachi

Monday, September 18, 9:00 a.m.

Cost: \$30 + Lunch

As Tennessee's number one family attraction, lets seize the day with both FiftyForward Martin and Turner centers to enjoy a couple hours at the Zoo. Take your own self-guided tour of the fascinating animals and see the extensive conservation work that takes place to house these incredible species. We will have lunch close by, at Plaza Mariachi. This is a multi-cultural dining and shopping plaza with a vast array of food options. You choose the cultural dining experience you prefer and dive right in for a delicious meal.

Registration is required. Space is limited to 13 members.

Nash Creamery Tour and Lunch, Chapel Hill

Friday, September 22, 9:30 a.m.

Cost: \$20 + Lunch

Its time to get a closer look into the history of our local 4th generation dairy farm, Nash Creamery. We'll take a step behind the scenes and get "the rest of the story" by experiencing firsthand the housing barn, milk barn and cheese barn productions. And of course to properly understand the process, we get to taste test the ice cream while we are there. But that's not all the creamery has to offer, we'll stay for lunch and enjoy the beautiful farm ambiance.

Registration is required. Space is limited to 13 members.

Oak Grove Casino and Lunch, Oak Grove, KY

Friday, September 29, 9:00 a.m.

Cost: \$15

It's casino time again! Pull out the change purse and cash in some bills, it's time to try your luck again! Remember Oak Grove provides free drinks, (coffee, tea and soft drinks) throughout your visit. Grab some lunch at the EATS casual dining food court. We're taking the large bus so don't miss your opportunity.

Registration is required. Space is limited to 24 members.