

# November 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>.

| Su | Mon   | Tue  | Wed   | Thu   | Fri   | Sat |
|----|---|--|---|---|---|-----|
|    |   |  | 1<br>8 a.m. Walking in Gym<br>8:30 a.m. Puzzles/Games & Billiards Open Play<br>10 a.m. <b>Massage Therapy*</b><br>10 a.m. SAIL Exercise<br>11:30 a.m. Line Dancing<br>12 p.m. Dominoes  | 2<br>8 a.m. Walking in Gym<br>8:30 a.m. Puzzles/Games & Billiards<br>8:30 a.m. <b>DAY TRIP- Nashville Symphony</b><br>10 a.m. Memory Lane<br>10 a.m. T-shirt Quilting Completion or Coiled Fabric Bowl Completion<br>11 a.m. Ping Pong<br>11 a.m. Canasta           | 3<br>8 a.m. Walking in Gym<br>8:30 a.m. Puzzles/ Games & Billiards<br>8:45 <b>DAY TRIP- Sewanee Military Museum</b>   | 4   |
| 5  | 6<br>8 a.m. Walking in Gym<br>8:30 Puzzles/Games & Billiards Open Play<br>10 a.m. SAIL Exercise<br>11 a.m. Corn Hole<br>11:30 a.m. Line Dancing       | 7<br>8 a.m. Walking in Gym<br>8:30 a.m. Puzzles/Games & Billiards Open Play<br>10 a.m. Chair Exercise<br>11 a.m. Canasta<br>11 a.m. Ping Pong<br>1:30 p.m. <b>Congressional Constituent Services Mobile Office</b>                                 | 8<br>8 a.m. Walking in Gym<br>8:30 a.m. Puzzles/Games & Billiards Open Play<br>8:30 a.m. <b>DAY TRIP The Hermitage, Nashville</b><br>10 a.m. <b>Massage Therapy*</b><br>10 a.m. SAIL Exercise<br>12 p.m. Dominoes   | 9<br>8 a.m. Walking in Gym<br>8:30 a.m. Puzzles/Games & Billiards Open Play<br>10 a.m. T-shirt Quilting Completion or Coiled Fabric Bowl Completion<br>10 a.m. Chair Exercise<br>11 a.m. Ping Pong<br>11 a.m. Canasta   | 10<br>8 a.m. Walking in Gym<br>8:30 a.m. Puzzles/ Games & Billiard Open Play<br>11 a.m. <b>Veterans Day Lunch and Program</b><br>6:30 p.m. <b>BlueGrass Music and Dancing</b> | 11  |
| 12 | 13<br>8 a.m. Walking in Gym<br>8:30 a.m. Puzzles/Games & Billiards Open Play<br>10 a.m. SAIL Exercise<br>11 a.m. Corn Hole<br>11:30 a.m. Line Dancing | 14<br>8 a.m. Walking in Gym<br>8:30 Puzzles/Games & Billiards Open Play<br>9 a.m. Book Club<br>9:30 a.m. Bible Study<br>10 a.m. Chair Exercise<br>11 a.m. Canasta<br>11 a.m. Ping Pong   | 15<br>8 a.m. Walking in Gym<br>8:30 a.m. Puzzles/Games & Billiards Open Play<br>10 a.m. <b>Massage Therapy*</b><br>10 a.m. SAIL Exercise<br>11:15 a.m. Blood Pressure Ck<br>11:15 a.m. <b>All of Us Update</b><br>12 p.m. Dominoes<br>12 p.m. <b>Live To Be 100 Movie Matinee</b> | 16<br>8 a.m. Walking in Gym<br>8:30 a.m. Puzzles/Games & Billiards Open Play<br>10 a.m. T-shirt Quilting Completion or Coiled Fabric Bowl Completion<br>10 a.m. Chair Exercise<br>11 a.m. Canasta<br>11 a.m. Ping Pong<br>11:30 a.m. <b>See America Tour update</b> | 17<br>8 a.m. Walking in Gym<br>8:30 a.m. Puzzles/ Games & Billiard Open Play<br>9 a.m. <b>Medicare Representative</b><br>9 a.m. <b>DAY TRIP – Falcon Rest Murder Mystery</b>  | 18  |
| 19 | 20<br>8 a.m. Walking in Gym<br>8:30 Puzzles/Games & Billiards Open Play<br>10 a.m. SAIL Exercise<br>11 a.m. Corn Hole<br>11:30 a.m. Line Dancing      | 21<br>8 a.m. Walking in Gym<br>8:30 Puzzles /Games & Billiards Open Play<br>10:30 a.m. Writers Group<br>10 a.m. Bob Ross Painting<br>10 a.m. Chair Exercise<br>11 a.m. Ping Pong<br>11:30 a.m. <b>POTLUCK LUNCH and Bingo</b><br>1:30 p.m. Canasta | 22<br>8 a.m. Walking in Gym<br>8:30 a.m. Puzzles/Games & Billiards Open Play<br>10 a.m. SAIL Exercise<br>10 a.m. <b>Massage Therapy*</b><br>11:30 a.m. Line Dancing<br>12 p.m. Dominoes   | 23<br><b>FiftyForward Centers &amp; Offices Closed for Thanksgiving</b>   | 24<br><b>FiftyForward Centers &amp; Offices Closed for Thanksgiving</b>   | 25  |
| 26 | 27<br>8 a.m. Walking in Gym<br>8:30 a.m. Puzzles/Games & Billiards Open Play<br>10 a.m. SAIL Exercise<br>11 a.m. Corn Hole<br>11:30 a.m. Line Dancing | 28<br>8 a.m. Walking in Gym<br>8:30 Puzzles/Games & Billiards Open Play<br>9:30 a.m. Bible Study<br>10 a.m. Chair Exercise<br>11 a.m. Ping Pong<br>11 a.m. Canasta   | 29<br>8 a.m. Walking in Gym<br>8:30 a.m. Puzzles/Games & Billiards Open Play<br>9 a.m. <b>DAY TRIP - Opryland Hotel and Lunch at Monells</b><br>10 a.m. <b>Massage Therapy*</b><br>10 a.m. SAIL Exercise<br>11:30 a.m. Line Dancing<br>12 p.m. Dominoes                           | 30<br>8 a.m. Walking in Gym<br>8:30 a.m. Puzzles/Games & Billiards Open Play<br>10 a.m. T-shirt Quilting Completion or Coiled Fabric Bowl Completion<br>10 a.m. Chair Exercise<br>11 a.m. Canasta<br>11 a.m. Ping Pong  |   |     |

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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 always open play! It's time to break out our 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, November 14, 28, 9:30 a.m.** Join us the second and fourth Tuesday of every month 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 unpacks 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, November 15, 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, November 21, 10 a.m.** Join instructor Janey Pembleton the 3rd Tuesday of every month in this Bob Ross inspired painting class. You will be amazed at what you can create with her assistance! 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, November 14, 9 a.m.** Obtain your copy of "Our Missing Hearts," by Celeste Ng from the library next door or online. Join this thriving book club who meets the 3rd Tuesday of each month and 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, "Lessons In Chemistry," by Bonnie Garmus.

 **Canasta Tuesdays, November 7,14,28 and Thursdays, November 2,9,16,30, 11.a.m. & 1:30 on the 21st.** Join this dedicated group of players that is growing weekly. Fun and friends started the group and now food and fellowship keep it going. They always welcome new competition and look forward to meeting new faces. Its never too late to learn the game and these players are happy to teach you.

**Chair Exercise Tuesdays, November 7,14,21,28 and Thursdays, November 2,9,16,30, at 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, November 1,8,15,22,29 at 12 p.m.** Come play Mexican Train and Chicken Foot with our dedicated group of players who love new competition.

 **Line Dancing Mondays, November 6,13,20,27 and Wednesdays, November 1,22,29 at 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.

 **Memory Lane Thursday, November 2, 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 they would love to hear your memories. Please join us for this all smiles event.

**Ping Pong Tuesdays, 7,14,21,28 and Thursdays, November 2,9,16,30 at 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! Note: Tuesday November 14 following Potluck

**SAIL Exercise Mondays, November 6,13,20,27 and Wednesdays, November 1,8,15,22,29 at 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.

 **Tshirt Quilting Class Thursday, November 2,9,16,30 at 10 a.m.** This class is in the completion phase with the members currently putting the finishing touches on their quilts. Helen will begin a new class in January or February. Feel free to drop by and see the works of art in there final stages and determine if you would like to participate in the next round of classes. New class dates will be announced in January. 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 teaches you how to prepare, cut and piece the quilt together with sashing and cornerstones. This is a 10 week class. Please bring 10-14 laundered shirts using no fabric softener. **Registration is Required**

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**Coiled Fabric Class Completion Thursday, November 2,9,16,30 at 10 a.m.** Barbara did a fabulous job teaching us to create these works of art. We are very grateful! Many are still in the process of completing or starting on their next project. Join us weekly to work on your project and collaborate with others, get help or advice to complete your work of art. No rush, the sewing room is your for the afternoon!



**Writing Group Tuesday, November 21, 10:30 a.m.** Are you a writer or poet, aspirational or published? Join us the third Tuesday of every month and meet with like minded folks. Come and share your work, get fresh ideas and explore opportunities.

## Special Events

**Congressional Constituent Services Mobile Office Tuesday, November 7, 1:30-3:30 p.m.** US Congressional District TN05 will have a field representative at our location the first Tuesday of each month. This is your opportunity to meet with a caseworker to ask questions 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.

**Massage Therapy Wednesdays, November 1,8,15,22,29, appointments begin at 10 am.** We are ecstatic to have massage therapy return to our newly renovated, tranquil massage room. Our new massage therapist has been getting rave reviews! Briana Strasser Holder, a native of Chapel Hill, is excited to offer her years of expertise and training. Briana is a massage therapist teacher, a wife and mom, who graduated from Draughns Junior College in Massage Therapy. She has been licensed since 2009. Brianna is trained in multiple massage techniques including: Geriatrics, Therapeutic, Deep Tissue, Neuromuscular, Myofascial Release, Lymphatic, Prenatal Therapy

**Veterans Day Lunch and Program Friday, November 10, 11 a.m.** It's a great day to honor our Veterans! Don't miss our Veterans Day Lunch. Please bring a Veteran! Lunch is open to the public and provided by Symphony Assisted Living and Memory Care. Following lunch, Donald Coatney will be our keynote speaker sharing his 20 years of military service and his lessons and sacrifices. Allow him to jog your memory and share your own stories when we open up for questions and personal experiences. Feel free to bring memorabilia, pictures etc. to display and share with others on this great day. Please remember to take your items as you leave.

**Bluegrass Music, Singing and Dancing Friday, November 10, 6:30 p.m.** This BlueGrass tradition was started by our very own FiftyForward member, Gerald Howerton. The Bluegrass group has met here since 1995 and has played an integral part in the preservation of this historic building. Still going strong today, with close to 100 folks dancing the night away. Join us for an Open House with desserts and drinks honoring our Veterans.

**Thanksgiving Potluck and Bingo Tuesday, November 21, 11:30 a.m.** 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 dish, a dessert or drinks, store bought or homemade is always delicious. Bingo will follow!

**All of Us Update Wednesday, November 15, 11:15** All of Us: One in a Million Enrollment Assistance. Would you like to help change the future of healthcare? Come say hello to the FiftyForward *All of Us* team to learn more about the *All of Us* Research Program from the National Institute of Health. This unique research program seeks to enroll 1,000,000 diverse people living in the U.S. in order to improve the health of future generations. Sign up to make a private appointment to enroll, or just drop by for a casual conversation.

**"Live To 100, Secrets of The Blue Zones," Movie Matinee Wednesday, November 15, 12:00 p.m.** Join us for an afternoon movie, popcorn and drinks while we watch the highly acclaimed documentary, "Live to 100." Over 20 years of research was conducted exploring 5 geographic areas (Blue Zones), where people live longer, often past 100, and healthier lives. Heart disease, diabetes and Alzheimer's are rarely seen in these areas and there is little need for nursing homes. See the secrets of these areas and how life is prolonged through their lifestyles.

**See America Tour Update Thursday, November 16, 11:30 a.m.** Adam will be here with snacks and information on the upcoming tours available for your attendance. It's time to start planning Christmas vacations and for 2024. Adam will be happy to help get your next vacation started and answer all your questions.

**TN SHIP Medicare Counseling Advisor Friday, November 17, 9 a.m.** Sign up for a timeslot in advance at our front desk, limited spots available. Do you have questions about Medicare, especially now during open enrollment season? Sign up for a free Medicare counseling session with TN SHIP. GNRC Medicare Counselors will be available to offer free, unbiased, personalized Medicare comparisons and information.

### 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

#### Nashville Symphony at The Schermerhorn Symphony Center

Thursday, November 2, 8:30 a.m.

Cost: \$10 + Lunch

Because FiftyForward is a member of the Lifelong Listeners Program with the Nashville Symphony, we are excited to offer this presentation free of charge. That's right, we will sit in on the symphony's dress rehearsal as we delight in the Schermerhorn Center's spectacular acoustics and ambiance, featuring Corea's Concerto + Romeo and Juliet. New York's Philharmonic principle trombonist, Joseph Alessi will be joining for this dramatic story in music. Afterwards, we will be dining at Meridees Breadbasket Bakery and Restaurant on the square in Franklin. **Registration is required. Space is limited to 13.**

#### Sam Werner Military Museum, War Memorial Cross & Lookout Tour with Lunch at Shenanigans in Sewanee

Friday, November 3, 8:45 a.m.

Cost: \$10 + Lunch

With Veteran's Day around the corner, it's time to honor and remember our veterans! Sam Werner Military Museum is a great place to begin. With an extensive military collection, including a vast vehicle display dating back to WWI, this museum pays a tribute to the brave veterans that served and a reminder for the younger generations. After the tour we will have lunch at the iconic Shenanigans restaurant in the heart of Sewanee. And lastly we will visit the War Memorial Cross and it's spectacular views, on the campus of the University of The South. The leaves should be spot on! **Registration is required. Space is limited to 13 people.**

#### The Hermitage Tour & Lunch featuring The Field of Honor, Commemorating Veterans

Wednesday, November 8, 8:30 a.m.

Cost: \$30 + Lunch

Once again we will spend our day honoring and remembering our veterans, with a tour of Andrew Jackson's home. Being the 7th President of the United

States, and known for laying the framework for democracy, the history of Jackson is completely engaging and even very funny. Come along and tour his home and grounds and additionally see a special Veterans Day commemoration called The Field of Honor. We will dine on site at the FKS Kitchen known for "southern meals." **Registration is required. Space is limited to 24.**

#### Falcon Rest Mansion Murder Mystery Lunch and Tour, McMinnville, TN

Friday, November 17, 9:00 a.m.

Cost: \$50 Includes Lunch

Falcon Rest Mansion was built in 1897 by local entrepreneur, Clay Faulkner. This 10,000 square foot home included cutting edge modern conveniences that were unheard of for that time period. Today, "Murder at the Mansion," takes place during a delicious meal served in Falcon Rest's Victorian Carriage House banquet hall. This interactive "whodunit" assigns real characters from 1897, then turns them loose to ad-lib to their hearts' content. Needless to say, it never comes out exactly the same way twice. But it always lives up to Falcon Rest's reputation as "the Victorian mansion where history is fun." A mansion tour is also included. The meal includes; an Herb Chicken Breast, Roasted Potatoes, Southern Green Beans, Strawberry Pretzel Salad and Double Chocolate Cake. **Registration is required. Space is limited to 12.**

#### Opryland Hotel Christmas Décor Viewing and Lunch at Monell's at The Manor

Wednesday, November 29, 9:00 a.m.

Cost: \$10 + Lunch

It's time to get in the spirit of the season. What better place to turn your heart toward Christmas than the Opryland Hotel. Embark on your own self guided tour of the beautiful hotel and it's lavish Christmas décor. Or find a comfortable spot to people watch and take in the sights of the season. Your appetite will be calling around lunchtime, so we'll top off our festive day with a delicious family style meal at Monell's At The Manor. Back by popular demand, of course. **Registration is required. Space is limited to 24 people.**