

February 2024 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 8 a.m. Walking in Gym 8:30 a.m. Puzzles/Games 9:30 Groovy Moves 10 a.m. Chair Exercise 10:30 a.m. MemoryLane 11:30 a.m. Canasta	2 8 a.m. Walking Gym 8:30a.m. Puzzles/ Games 10:00a.m. DAY TRIP Madame Tussauds Wax Museum &	3
4	5 8 a.m. Walking in Gym 8:30 Puzzles/Games & Billiards Open Play 10 a.m. SAIL Exercise 11 a.m. Corn Hole &Ping Pong Open play 11:30 a.m. Line Dancing	6 8 a.m. Walking in Gym 8:30 a.m. Puzzles/Games & Billiards Open Play 10 a.m. Chair Exercise 10 a.m. Groovy Moves 11 a.m. Canasta 11 a.m. Ping Pong 1:30 p.m. Congressional Constituent Services	7 8 a.m. Walking in Gym 8:30 a.m. Puzzles/ Games & Billiards 10 a.m. Massage Therapy* 10 a.m. SAIL Exercise 11:30 a.m. Line Dancing 12 p.m. Dominoes	8 8 a.m. Walking in Gym 8:30 a.m. Puzzles/Games 9:30 Groovy Moves 10 a.m. Chair Exercise 10 a.m. T-Shirt Quilting 11 a.m. Ping Pong 11 a.m. Canasta	9 8 a.m. Walking in Gym 8:30 a.m. Puzzles/ Games 9:00a.m. DAY TRIP Country Music Hall of Fame & Cheddars Lunch	10
11	12 8 a.m. Walking in Gym 8:30 Puzzles/Games & Billiards Open Play 10 a.m. SAIL Exercise 11 a.m. Corn Hole &Ping Pong Open play 11:30 a.m. Line Dance 1:00 p.m. Healthy Hobbies Crafting Class	13 8 a.m. Walking in Gym 8:30 a.m. Puzzles/Games & Billiards Open Play 9:30 a.m. Bible Study 10 a.m. Groovy Moves 10 a.m. Chair Exercise 11 a.m. Ping Pong 11:30 Valentine Potluck 1:00 p.m. Canasta	14 8 a.m. Walking in Gym 8:30 a.m. Puzzles/ Games & Billiards 10 a.m. Massage Therapy* 10 a.m. SAIL Exercise 11:30 a.m. Line Dancing 12 p.m. Dominoes	15 8 a.m. Walking in Gym 8:30 a.m. Puzzles/Games 9:30 Groovy Moves 10 a.m. Chair Exercise 10 a.m. T-Shirt Quilting 11 a.m. Ping Pong 11 a.m. Canasta	16 8 a.m. Walking in Gym 8:30 a.m. Puzzles/ Games 9:30a.m. DAY TRIP Shopping and Chop House	17 9:30a.m. Women's Self Defense Class *
18	19 8 a.m. Walking in Gym 8:30 Puzzles/Games & Billiards Open Play 10 a.m. SAIL Exercise 11 a.m. Corn Hole &Ping Pong Open play 11:30 a.m. Line Dancing	20 8 a.m. Walking in Gym 8:30 Puzzles/Games & Billiards Open Play 9 a.m. Book Club 10 a.m. Chair Exercise 10 a.m. Groovy Moves 10 a.m. Bob Ross Paint 10:30 a.m. Writers Group 1 p.m. Canasta 1 p.m. Ping Pong	21 8 a.m. Walking in Gym 8:30 a.m. Puzzles/ Games & Billiards 10 a.m. Massage Therapy* 10 a.m. SAIL Exercise 11:15 a.m. Blood Pressure/Pulse Check 11:30 a.m. Line Dancing 12 p.m. Dominoes	22 8 a.m. Walking in Gym 8:30 a.m. Puzzles/Games 9:30 Groovy Moves 10 a.m. Chair Exercise 10 a.m. T-Shirt Quilting 11 a.m. Ping Pong 11 a.m. Canasta 12:00 p.m. Dennis Rader Show	23 8 a.m. Walking in Gym 8:30 a.m. Puzzles/ Games 9:15a.m. DAY TRIP Smyrna Airport and Asuka Hibachi	24
25	26 8 a.m. Walking in Gym 8:30 Puzzles/Games & Billiards Open Play 10 a.m. SAIL Exercise 11 a.m. Ping Pong 11:30 a.m. Line Dance	27 8 a.m. Walking in Gym 8:30 Puzzles/Games 9:30 a.m. Bible Study 10 a.m. Chair Exercise 10 a.m. Groovy Moves 11 a.m. Canasta 11 a.m. Ping Pong	28 8 a.m. Walking in Gym 8:30 a.m. Puzzles/ Games & Billiards 10 a.m. Massage Therapy* 10 a.m. SAIL Exercise 11:30 a.m. Line Dancing 12 p.m. Dominoes	29 8 a.m. Walking in Gym 8:30 a.m. PuzzlesGames 9:30 Groovy Moves 10 a.m. Chair Exercise 10 a.m. T-Shirt Quilting 11 a.m. Ping Pong 11 a.m. Canasta		

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Denotes member-led program

RECURRING CLASSES, ACTIVITIES, & GROUPS:

Walking in the Gym Monday - Friday, 7 a.m. - 12 p.m.

22 Laps in the Gym is a mile!! Exercise doesn't have to be strenuous to get results. Walking at a moderate pace has been proven to strengthen muscles and endurance, while making you happier, more independent and a bonus... it increases life span. Get your body moving in 2024.

Puzzles & Games Monday - Friday, 8:30 a.m. - 3:30

p.m. Did you know the College Grove Center always has 2 puzzles going? Come in for some "calisthenics of the brain." Fun Fact, puzzles stimulate both sides of the brain, the logical and the creative. It allows you to relax your mind and enter a state similar to meditation. Studies have shown puzzles improve visual-spatial reasoning, short-term memory, problem solving skills and reduce the rate of cognitive decline. Give your mind a work out this month. The benefits are incredible.



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 and bring a friend. This friendly competitive game stimulates your body with active movement and your mind with strategic problem solving.



Bible Study - Tuesday, February 13 & 27 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. This is 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, February 21, 11:15 a.m.

Registered Nurse (Ret), Paula Frost, will be available the 3rd Wednesday of the month to do a quick health check. Paula will be checking your blood pressure & pulse to give you a monthly reading to monitor throughout the year.



***Bob Ross Painting Class Tuesday, February**

20, 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, February 20, 9 a.m.

Obtain your copy of "The Horse," by Geraldine Brooks 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. Don't forget to secure your book for next months meeting also. "The Good Dream," by Donna VanLiere will be available in the library or online for March's meeting.

Canasta Tuesdays, February 6,20,27 and

Thursdays, February 1,8,15,22,29 at 11.a.m. and 1 p.m. on the 13th Join this dedicated and competitive group of players that is growing weekly. Fun and friends started the group and now food and fellowship keep it going. Meeting new faces with new competition is always exciting for this group. Canasta is easy to learn and these players are eager to teach you. It's great exercise for the mind! It encourages strategic thinking, reduces stress and is proven to keep your mind sharp and agile. Exercise for the brain is as important as exercise for the body.

Chair Exercise Tuesdays, February 6,13,20,27 and

Thursdays, February 1,8,15,22,29 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. This is an excellent low impact exercise class that is perfect for those needing to regain strength and mobility after surgeries, injuries or a sedentary time period. All levels are welcome.

Dominoes Wednesdays, February 7,14,21,28 at 12

p.m. Come and play Mexican Train and Chicken Foot with our dedicated group of players who love new competition. Did you know Dominoes is an excellent form of mental stimulation keeping your mind sharp and responsive? It activates and uses areas of the brain that reduce stress and maintain critical thinking skills. Come and enjoy a challenge and some friend time.

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Groovy Moves Tuesday, February 6,13,20,27 10:00 a.m. and Thursday, February 1,8,15,22,29

9:30 a.m. You asked for it and we finally got it! After one month of classes, Sarah is getting rave reviews and the class is growing every week! Come and get some cardio! The new year is here and FiftyForward is offering a new exercise class that mixes fitness with fun. Groovy Moves is a cardio-based fitness class that mixes dance moves with exercise, set to multiple genres of music. Sarah Wiley, our new instructor brings a passion for fitness and a love for people. Sarah welcomes your own pace, so come and get groovy and move your body.



Healthy Hobbies Monthly Crafting Class

Monday, February 12, 1:00 p.m. to 3:00 p.m. No experience with arts and crafts? Perfect, this isn't about experience, although the experienced are greatly appreciated and needed, but rather exploration, enjoyment and socializing. Studies show that crafting encourages risk-taking & playfulness and improves cognition and memory. Bring yourself a snack & drink and come for a couple hours the second Monday of the month for creativity, laughs and friends. This month we will be making Decorative Soap Bars and Diamond Art Hearts...So Cute! Bring a scented bar of soap and crafting materials you would like to use (lace, beads, etc.). This is not essential, we will have plenty on hand to share if needed. \$5 for Diamond Art Hearts.



Line Dancing Mondays, February 5,12,19, 26 and Wednesdays, February 7,14,21,28 at 11:30

a.m. Learn how to do your favorite line dances while getting some great exercise! Line Dancing is the perfect exercise for improving coordination, balance, increasing cardio vascular health and strengthening your memory. It's not just lots of fun, it's exercise! Instructor Helen Settles welcomes all levels and experience.



Memory Lane Thursday, February 1, 10:30 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 love to hear your memories. Please join us for this all smiles event.

Ping Pong Tuesdays, February 6,13,20,27 and Thursdays, February 7,14,21,28 at 11 a.m.

Come enjoy a fun game of ping pong. This is great mind and body exercise. Great for hand eye coordination and to keep your Pickle Ball skills sharp during the colder months. Studies have shown Ping Pong is an effective treatment for neurodegenerative diseases and is being recommended by Come get your body and mind moving.



SAIL Exercise Mondays, February 5,12,19,26 and Wednesdays, February 7,14,21,28, 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 activities adults can do to stay active and reduce chances of falling.



T-Shirt Quilting Class Thursdays, February 8, 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. Go on and get a little creative with this, it's such a fun project! This is a 10 week class. Please bring 10-14 laundered shirts using no fabric softener. **Registration is Required**



Writing Group Tuesday, February 20, 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. Writing has powerful health benefits as you are aging! This practice boosts memory and comprehension, which leads to improved cognitive processing. Additionally, writing reduces stress, improves sleep and fights depression. Come and join this group and stay mentally active and connected.



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Special Events

Congressional Constituent Services Mobile Office

Tuesday, February 6, 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 College Grove center during the congressional office hours.

Dennis Rader Show With Dessert and Drinks Served

Thursday, February 12:00p.m. We are pleased to offer this super fun and entertaining musician and comedian, Dennis Rader. Dennis comes highly recommended after entertaining tourists and locals at the Ocean Opry Music Show in Panama City for over 20 years. Dennis is now a local favorite and is offering his shows in our area. He plays multiple instruments and sings most genres of music. He's sure to keep you laughing and singing. Dessert and drinks will be served. This is a free show to FiftyForward members and a love offering will be collected. Bring your family and friends for \$5.00.

Free Tax Preparation Thursday, February 29, 8:30—

12:30 By Appointment Only Volunteer Income Tax Assistance (VITA) is a free tax preparation service, performed by volunteers and community partners, for tax payers who meet United Way qualifications. For an appointment at FiftyForward in College Grove, please call 615-206-7560 or schedule your appointment online at www.unitedwaygreaternashville.org/vita-free-tax-prep/ This is a first come first serve service and space is limited. **By Appointment Only.**

Groovy Moves Tuesday, February 6,13,20,27 10:00

a.m. and Thursday, February 1,8,15,22,29 9:30 a.m.

You asked for it and we finally got it! After one month of classes, Sarah is getting rave reviews and the class is growing every week! Come and get some cardio! The new year is here and FiftyForward is offering a new exercise class that mixes fitness with fun. Groovy Moves is a cardio-based fitness class that mixes dance moves with exercise, set to multiple genres of music.

Sarah Wiley, our new instructor brings a passion for fitness and a love for people. Sarah welcomes your own pace, so come and get groovy and move your body.

Massage Therapy Wednesdays, February 7,14,21,28 with appointments beginning at 10 am.

We are ecstatic to have massage therapy return to our newly renovated, tranquil massage room. Our 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.

Potluck Tuesday, February 13, 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 visiting with other members. The main dish is always provided. Please bring a side dish, a dessert or drinks, store bought or homemade is always delicious.

Women's Self Defense Class Saturday, February 17, 9:30 a.m.

As a retired law enforcement officer, Dwayne Duhon is dedicated to helping women across the country stay safe and remain calm and confident in dangerous, high stress situations. Dwayne has been training law enforcement and the general public for almost 30 years. His experience is vast and includes, training the FBI at Quantico, the TN Chief Police Association and the Sheriffs Association, the TN Legislature, and many private sector groups. Dwayne will pair you with another student or bring a friend. Using visual aids, practice techniques and strategies, including a dummy for demonstration and training, this class will prepare you for reality based self defense. Please wear loose clothing and tennis shoes. \$50 per person for FiftyForward members and \$55 for others.

Advanced Registration/Payment is required.



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DAY TRIPS:

Madame Tussauds Wax Museum at Opry Mills and Lunch at Paula Deen's Family Kitchen

Friday, February 2, 10 a.m.

Cost: \$35 + Lunch

Lunch at Paula Deen's Family Kitchen will be our first stop with FiftyForward Martin Center joining us. We will enjoy southern cuisine with a family style dining experience. Then right next door we will head to Madame Tussauds Wax Museum. Built to honor Nashville and its deep roots in America's music history, this unique Madame Tussauds will take you on a musical journey through time alongside a colorful cast of iconic figures from the worlds of country, rock, pop, jazz and blues. **Registration is required. Space is limited to 12.**

Country Music Hall of Fame and Cheddars for Lunch in Cool Springs

Friday, February 9, 9:00 a.m.

Cost: \$20 + Lunch

The Country Music Hall of Fame Museum in Nashville, Tennessee, is one of the world's largest museums and research centers dedicated to the preservation and interpretation of American vernacular music. Chartered in 1964, the museum has amassed one of the world's most extensive musical collections. The museum underwent a \$100 million renovation in 2014 and it is certainly a site to see. This is a great opportunity for a super discounted ticket. We will dine at Cheddars in Brentwood/Cool Springs area following our tour.

Registration is required. Space is limited to 13.

The Painted Tree Boutiques and Lunch at the Franklin Chop House

Friday, February 16, 9:30 a.m.

Cost: \$15 + Lunch

Dozens and dozens of shops all under one roof...Wow! Painted Tree Boutiques is a shopping experience that is all about supporting local entrepreneurs and giving local community a treasure trove of shopping options. This place comes highly recommended, so come and browse a while or shop away. And for your dining pleasure, we will go a hop, skip and a jump to The Franklin Chop House for lunch. **Registration is required. Space is limited to 13.**

Smyrna Airport Tour and Lunch at Asuka Hibatchi and Buffet

Friday, February 23, 9:15 a.m.

Cost: \$15 + Lunch

Smyrna Airport offers a tour that never disappoints. This is a FiftyForward favorite. The 90-minute tour includes a short presentation packed with fascinating information followed by a location tour of hangars and historic planes. Lunch will follow and is just a short drive from the airport. Asuka Hibatchi and Buffet offers Chinese and Japanese cuisine with an extensive menu that has something for everyone. **Registration is required. Space is limited to 13.**