

April 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
	<p>1</p> <p>8a.m. Walking in Gym 8:30 Puzzles, Games Billiards Open Play 10a.m. SAIL Exercise 11a.m. Corn Hole, Ping Pong Open Play 11:30a.m. Line Dancing</p>	<p>2</p> <p>8a.m. Walking in Gym 8:30 Puzzles, Games Billiards Open Play 10a.m. Chair Exercise 10 a.m. Groovy Moves 11a.m. Canasta 1:30p.m. Congressional Constituent Services</p>	<p>3</p> <p>8a.m. Walking in Gym 8:30 Puzzles, Games, Billiards Open Play 10a.m. Massage Therapy 10a.m. SAIL Exercise 11:30a.m. Line Dancing 12p.m. Dominoes</p>	<p>4</p> <p>8 a.m. Walking in Gym 8:30 Puzzles, Game, Billiards Open Play 8:30 Tax Preparation 9:30 a.m. Groovy Moves 10a.m. Memory Lane 10a.m. Chair Exercise 11a.m. Corn Hole, Ping Pong Open Play 11a.m. Canasta</p>	<p>5</p> <p>8a.m. Walking in Gym 8:30 Puzzles, Game, Billiards Open Play 10:30a.m. DAY TRIP Tennessee Tulip Festival and Lunch at Sorelles*</p>	6
7	<p>8</p> <p>8a.m. Walking in Gym 8:30 Puzzles, Games, Billiards Open Play 10a.m. SAIL Exercise 11a.m. Corn Hole, Ping Pong Open Play 1:00 p.m. Healthy Hobbies Crafting Class</p>	<p>9</p> <p>8a.m. Walking in Gym 8:30 Puzzles, Games, Billiards Open Play 10 a.m. Groovy Moves 10a.m. Chair Exercise 11:30a.m. Potluck, Williamson Co. Parks and Rec. Meeting 12:30p.m. Canasta</p>	<p>10</p> <p>8a.m. Walking in Gym 8:30 Puzzles, Games, Billiards, Open Play 10a.m. Massage Therapy 10a.m. SAIL Exercise 11:30a.m. Line Dancing 12p.m. Dominoes</p>	<p>11</p> <p>8a.m. Walking in Gym 8:30 Puzzles, Games 8:30 Tax Preparation 9:30a.m. Groovy Moves 9:45a.m. DAY TRIP LoveLess Café' and Warner Park 10a.m. Chair Exercise 11a.m. Bible Study 11a.m. Canasta</p>	<p>12</p> <p>8a.m. Walking in Gym 8:30 Puzzles, Game, Billiards Open Play</p>	13
14	<p>15</p> <p>8a.m. Walking in Gym 8:30 Puzzles, Games, Billiards Open Play 10a.m. SAIL Exercise 11a.m. Corn Hole, Ping Pong Open Play 11:30a.m. Line Dancing</p>	<p>16</p> <p>8a.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 Painting 10:30a.m. Writers Group 11 a.m. Canasta</p>	<p>17</p> <p>8a.m. Walking in Gym 8:30 Puzzles, Games, Billiards Open Play 10a.m. Massage Therapy 10a.m. SAIL Exercise 11:15a.m. Blood Pressure, Pulse Check 11a.m. Corn Hole, Ping Pong Open Play 11:30a.m. Line Dancing 12p.m. Dominoes</p>	<p>18</p> <p>8a.m. Walking in Gym 8:30 Puzzles, Game, Billiards Open Play 8:30 Tax Preparation 9a.m. DAY TRIP Oak Grove Casino 9:30a.m. Groovy Moves 10a.m. Chair Exercise 11a.m. Corn Hole, Ping Pong Open Play 11a.m. Canasta</p>	<p>19</p> <p>8a.m. Walking in Gym 8:30 Puzzles, Game, Billiards Open Play 10a.m. DAY TRIP Martin Health and Wellness Expo</p>	20
21	<p>22</p> <p>8a.m. Walking in Gym 8:30 Puzzles/Games & Billiards Open Play 10a.m. SAIL Exercise 11a.m. Corn Hole, Ping Pong Open Play 11:30a.m. Line Dancing</p>	<p>23</p> <p>8a.m. Walking in Gym 8:30 Puzzles, Games, Billiards Open Play 10 a.m. Groovy Moves 10a.m. Chair Exercise 11a.m. Canasta</p>	<p>24</p> <p>8a.m. Walking in Gym 8:30 Puzzles, Games, Billiards Open Play 10a.m. Massage Therapy 10a.m. SAIL Exercise 11:15a.m. Blood Pressure, Pulse Check 11a.m. Corn Hole, Ping Pong Open Play 12p.m. Dominoes</p>	<p>25</p> <p>8a.m. Walking in Gym 8:30 Puzzles, Game, Billiards Open Play 8:30 Tax Preparation 9:30 a.m. Groovy Moves 10a.m. Chair Exercise 11a.m. Bible Study 11a.m. Corn Hole, Ping Pong Open Play 11a.m. Canasta</p>	<p>26</p> <p>8a.m. Walking in Gym 8:30 Puzzles, Game, Billiards Open Play 1:00p.m. DAY TRIP Williamson County Performing Arts Center play, "You Can't Take It With You"</p>	27
28	<p>29</p> <p>8a.m. Walking in Gym 8:30 Puzzles/Games & Billiards Open Play 10a.m. SAIL Exercise 11a.m. Corn Hole, Ping Pong Open Play 11:30a.m. Line Dancing</p>	<p>30</p> <p>8a.m. Walking in Gym 8:30 Puzzles, Games, Billiards Open Play 10 a.m. Groovy Moves 10a.m. Chair Exercise 11a.m. Canasta</p>				

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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 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 - Thursday, April 11 & 25 11 a.m. Join us the second and fourth Thursday 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 our new leader, Sarah Wiley, 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, April 17, 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, April 16, 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, April 16, 9 a.m. Obtain your copy of "Woman Who Smashed Codes" by Jason Fagone from the library next door or online. Then join this thriving book club who meets the 3rd Tuesday of each month to discuss the book of the month. These lovely, devoted readers welcome new faces Don't forget to secure your book for next months meeting, "One Second After," By William Forstchen.

Canasta Tuesdays, April 2,16,23,30 and Thursdays, April 4,11,18,25,30 at 11.a.m. and 1 p.m. on the 9th.

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, encourages strategic thinking, reduces stress and is proven to keep your mind sharp and agile. Exercising the brain is as important as the body.



Chair Exercise Tuesdays, April 2,9,16,23, 30, and Thursdays, April 4,11,18,25,30 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. 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, April 3,10,17,24 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

Groovy Moves Tuesday, April 2,9,16,23,30, 10:00 a.m. and Thursday, April 4,11,18,25,30 9:30 a.m.

You asked for it and we finally got it! Sarah is getting rave reviews and the class is growing weekly! Come and get some cardio! FiftyForward is offering a new exercise class that mixes fitness with fun & dance. Groovy Moves is a cardio-based fitness class that mixes dance moves with exercise, set to multiple genres of music. Sarah welcomes your own pace.



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Healthy Hobbies Monthly Crafting Class

Monday, April 8, 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, laughter and friends. This month we will be making Hot Pads. We have a great assortment of fabrics to choose from and all materials are provided.



Line Dancing Mondays, April 1,15,22,29 and Wednesdays, April 3,10,17 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, April 4, 10:00 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, April 2,9,16,23,30 and

Thursdays, April 4,11,18,25 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, April 1,8,15,22,29 and

Wednesdays, April 3,10,17,24, 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.



Writing Group Tuesday, April 16, 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.

SPECIAL PROGRAMS & EVENTS:

Congressional Constituent Services Mobile Office

Tuesday, April 2, 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.

Free Tax Preparation Thursday, April 4,11,18,25

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.**

Massage Therapy Wednesdays, April 3,10,17,24

with appointments beginning at 10 am. We are ecstatic to offer massage therapy in our newly renovated, tranquil massage room. Our massage therapist gets rave reviews! Briana Strasser Holder is excited to offer her years of expertise and training. Briana is a massage therapist teacher who graduated from Draughtns Junior College in massage Therapy.

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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, April 9, 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. Representatives from Williamson County Parks and Rec will be joining us to discuss the transition of the center management from FiftyForward to Williamson County Parks and Rec as of July 1. If you have any questions for them that you would like to submit in advance, please put them in the box on the welcome table at the center. Feel free to ask additional questions at the meeting as well. We hope to see you there.

DAY TRIPS:

Sorelles Italian & Pizzeria and the Tennessee Tulip Festival

Friday, April 5, 10:30 a.m.

Cost: \$30 (this includes a bouquet of 12 Tulips) + Lunch

Let's take a short drive to enjoy Sorelles Italian & Pizzeria in Eagleview, with The Martin Center joining us. After lunch, we will visit Lucky Ladd Farms and experience the Tennessee Tulip Festival. Farmer Ladd and his crew have meticulously planted more than 700,000 tulip bulbs, showcasing over 100 different varieties of tulips. As the **largest pick-your-own tulip farm in Tennessee and even the entire Southeastern United States**, Lucky Ladd Farms offers an unparalleled tulip picking and field viewing experience. Members are invited to pick a bouquet of 12 tulips to bring home. Bring your camera, this is sure to be memorable!
Registration Required. Space is limited to 13.

Loveless Café & Warner Park Gardening and Composting 101

Thursday, April 11, 9:45

Cost: \$15.00 + Lunch

It's a great time to dine at the legendary Loveless Café with the Martin Center. Delight your taste buds with down-home dishes and a country vibe. Take time to explore the eclectic on-site shops. After lunch, we'll take a trip to the beautiful Warner Park Nature Center and listen as they share tips about how to get your garden started, what and when to plant, and how to start a backyard compost. Beginners and experienced gardeners welcome. It's time to start planning

your summer garden! **Registration Required. Space is limited to 13.**

Oak Grove Casino, Kentucky

Thursday, April 18, 9:00 a.m.

Cost: \$20 + Lunch

It's casino time again! Back by popular demand, of course. 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.**

Health and Wellness Expo at FiftyForward Martin Center

Friday, April 19, 10:00 a.m.

Cost: Free, Lunch included

Join us for the spring FiftyForward Health and Wellness Fair at the Martin Center. They'll have over 30 vendors including medical groups, insurance companies, and more! Our FiftyForward trip attendees will receive a free boxed lunch onsite. **Registration is Required. Space is limited to 13.**

Williamson County Performing Arts Center Presents, "You Can't Take It With You"

Friday, April 26, 1:00 p.m.

Cost: \$20

The Williamson County Performing Arts Center presents the hilarious Pulitzer-award-winning play "You Can't Take it With You". You'll be welcomed right into the living room of the eccentric Sycamore family, whose unconventional lifestyle is turned upside down when their daughter falls in love with the son of a conservative Wall Street banker. Filled with colorful characters, hilarious misunderstandings, and poignant moments of connection, the play explores the themes of family connection, pursuing your passions, and recognizing the unique design created within each one of us. **Registration is Required. Space is limited to 13.**