

May 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 8a.m. Walking in Gym 8:30 Puzzles, Games, Billiards Open Play 9a.m. Pickleball 10a.m. Massage Therapy 10a.m. SAIL Exercise 11:30a.m. Line Dancing 12p.m. Dominoes	2 8 a.m. Walking in Gym 8:30 Puzzles, Game, Billiards Open Play 9:30a.m. Groovy Moves 10a.m. Memory Lane 10a.m. Chair Exercise 11a.m. Corn Hole, Ping Pong Open Play 11a.m. Canasta	3 8a.m. Walking in Gym 8:30 Puzzles, Game, Billiards Open Play 8:30a.m. DAY TRIP Jack Daniels Distillery & Barrel House for lunch, Lynchburg	4
5	6 8a.m. Walking in Gym 8:30 Puzzles, Games Billiards Open Play 9a.m. Pickleball 10a.m. SAIL Exercise 11a.m. Corn Hole, Ping Pong Open Play 11:30a.m. Line Dancing	7 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	8 8a.m. Walking in Gym 8:30 Puzzles, Games, Billiards, Open Play 9a.m. Pickleball 10a.m. Massage Therapy 10a.m. SAIL Exercise 11:30a.m. Line Dancing 12p.m. Dominoes	9 8 a.m. Walking in Gym 8:30 Puzzles, Game, Billiards Open Play 9:30a.m. Groovy Moves 10a.m. Chair Exercise 10:30a.m. Bible Study 11a.m. Corn Hole, Ping Pong Open Play 11a.m. Canasta 12p.m. Scams Stop Here Presentation, TN Attorney Generals Office	10 8a.m. Walking in Gym 8:30 Puzzles, Game, Billiards Open Play 10a.m. DAY TRIP Bell Buckle Café Lunch and Shoppes	11
12	13 8a.m. Walking in Gym 8:30 Puzzles, Games Billiards Open Play 9a.m. Pickleball 10a.m. SAIL Exercise 11a.m. Corn Hole, Ping Pong Open Play 11:30a.m. Line Dancing 1:00 p.m. Healthy Hobbies Crafting Class	14 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 12:30p.m. Canasta	15 8a.m. Walking in Gym 8:30 Puzzles, Games, Billiards Open Play 9a.m. Pickleball 10a.m. Massage Therapy 10a.m. SAIL Exercise 11:15a.m. Blood Pressure, Pulse Check 11a.m. Corn Hole, Ping Pong 11:30a.m. Line Dancing 12p.m. Dominoes	16 8 a.m. Walking in Gym 8:30 Puzzles, Game, Billiards Open Play 9:30 a.m. Groovy Moves 10a.m. Chair Exercise 11a.m. Corn Hole, Ping Pong Open Play 11a.m. Canasta	17 8a.m. Walking in Gym 8:30 Puzzles, Game, Billiards Open Play 9:15a.m. DAY TRIP Channel 5 Tour, Talk of The Town Viewing and Lunch at The Cookery, Nashville	18
19	20 8a.m. Walking in Gym 8:30 Puzzles, Games Billiards Open Play 9a.m. Pickleball 10a.m. SAIL Exercise 11a.m. Corn Hole, Ping Pong Open Play 11:30a.m. Line Dancing	21 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 11 a.m. Canasta	22 8a.m. Walking in Gym 8:30 Puzzles, Games, Billiards Open Play 9a.m. Pickleball 10a.m. Massage Therapy 10a.m. SAIL Exercise 11a.m. Corn Hole, Ping Pong 11:30a.m. Line Dancing 12p.m. Dominoes	23 8 a.m. Walking in Gym 8:30 Puzzles, Game, Billiards Open Play 9:30 a.m. Groovy Moves 10a.m. Chair Exercise 10:30a.m. Bible Study 11a.m. Corn Hole, Ping Pong Open Play 11a.m. Canasta	24 8a.m. Walking in Gym 8:30 Puzzles, Game, Billiards Open Play 10a.m. DAY TRIP Beechcraft Heritage Museum and Lunch at Whiskey Trail, Tullahoma	25
26	27 FiftyForward Centers & Offices Closed for Memorial Day	28 8a.m. Walking in Gym 8:30 Puzzles, Games, Billiards Open Play 10 a.m. Groovy Moves 10a.m. Chair Exercise 11a.m. Canasta	29 8a.m. Walking in Gym 8:30 Puzzles, Games, Billiards Open Play 9a.m. Pickleball 10a.m. Massage Therapy 10a.m. SAIL Exercise 11a.m. Corn Hole, Ping Pong 11:30a.m. Line Dancing 12p.m. Dominoes	30 8a.m. Walking in Gym 8:30 Puzzles, Game, Billiards Open Play 9:30 a.m. Groovy Moves 10a.m. Chair Exercise 11a.m. Corn Hole, Ping Pong Open Play 11a.m. Canasta	31 8a.m. Walking in Gym 8:30 Puzzles, Game, Billiards Open Play 10:30a.m. DAY TRIP Stones River Battlefield and Lunch at Demos, Murfreesboro	

FiftyForward College Grove PROGRAM INFORMATION



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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, May 9 & 23 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, May 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. Paula will be checking your blood pressure & pulse to give you a monthly reading to monitor throughout the year.

 ***Bob Ross Painting Class Tuesday, May 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, May 21, 9 a.m.** Obtain your copy of "One Second After," by William Forstchen, 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, "Harlem Shuffle," by Colson Whitehead.

Canasta Tuesdays, May 7,14,21,28 and Thursdays, May 2,9,16,23,30 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, May 7,14,21,28 and Thursdays, May 2,9,16,23,30 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, May 1,8,15,22,29 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, May 7,14,21,28 10:00 a.m. and Thursday, May 2,9,16,23,30 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! 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 so come and get groovy with us.





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SPECIAL PROGRAMS & EVENTS:

 **Healthy Hobbies Monthly Crafting Class**
Monday, May 13, 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, May 6,13,20 and Wednesdays, May 1,8,15,22,29 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, May 2, 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.

Pickleball Mondays, May 6,13,20 and Wednesdays, May 1,8,15,22,29 at 9a.m. Warm weather is here so it's time to get outside for some Pickleball! We do have some paddles you can use but **advanced registration is required.**

Ping Pong Tuesdays, May 7,14,21,28, and Thursdays, May 2,9,16,23,30 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, May 6,13,20 and Wednesdays, May 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 activities adults can do to stay active and reduce chances of falling.

Congressional Constituent Services Mobile Office
Tuesday, May 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 College Grove center during the congressional hours.

Scams Stop Here. Tennessee Attorney General's Office Presentation for Older Adults **Thursday, May 9, 12p.m.** The Tennessee Attorney General's office will be here offering a one hour seminar educating us on the scams most targeted to the older population. Additionally, they will teach us how to recognize and prevent future scamming, as well as how to report these deceptive practices. This is a great opportunity to stay abreast of the changing targeted scams arising across the country.

Massage Therapy **Wednesdays, May 1,8,15,22,29 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 Draughns Junior College in Massage Therapy. She has been licensed since 2009 in multiple massage techniques including: Geriatrics, Therapeutic, Deep Tissue, Neuromuscular, Myofascial Release, Lymphatic, Prenatal Therapy.

Potluck Tuesday, May 14, 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. We hope to see you there.

Thrivent Financial Hamburger & Hot Dog Social/ Cookout **Thursday, May 30, 11:30a.m.** Join us for a community cookout and social sponsored by Thrivent Financial and Sarah Wiley, Groovy Moves Instructor. Thrivent is a Fortune 500 diversified financial service who will be providing us a wonderful community social and a tasty Spring cookout. A representative will be here to answer investment, insurance and banking questions. Come hungry and ready for fun!



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DAY TRIPS:

Jack Daniels Distillery Tour & Lunch at the Barrel House

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

Cost: \$40 + Lunch

Join us for a day in beautiful Lynchburg! We will tour the Jack Daniels distillery doing the "Flight of Jack" tour. This one and a half hour tour includes a behind-the-scenes look at how they make Jack Daniels and a memorable stop at the historic George Green Barrel House, where sampling is available. **Visitors must bring a valid ID and wear comfortable shoes as it is a total of 1/3 of a mile walking.** Following the tour we will dine at the award winning Barrel House BBQ. **Registration is Required. Space is limited to 12.**

Bell Buckle Café and Shoppes

Friday, May 10, 10:00 a.m.

Cost: \$15 + Lunch

It's time for a scenic drive to the Bell Buckle Café for lunch. Enjoy the great Southern cuisine and hospitality that this bustling rural café has to offer. Then don't miss the nearby quaint shoppes who celebrate local artists, sculptors, painters, photographers, quilters and musicians. Or simply have a sit on the porch and people watch a while. Bell Buckle never disappoints. **Registration is Required. Space is limited to 12.**

Channel 5 Tour and Talk of The Town viewing with Lunch at The Cookery on 12th South

Friday May 17, 10:30 a.m.

Cost: \$25 + Lunch

Channel 5 News in Nashville has invited us for a tour! This is a great opportunity to get a first hand look at the newsroom, studio and offices of your local news station. But wait, there is more! You will get to sit in on the taping of Talk of The Town live, followed by a quick Q & A by an anchor/reporter. Lunch will follow at an Australian/ American themed restaurant, The Cookery. **Registration is Required. Space is limited to 12.**

Beechcraft Heritage and Staggerwing Museum with Lunch at Whiskey Trail BBQ and Steakhouse

Friday, May 24, 10:00 a.m.

Cost: \$30

Let's take a scenic drive to Tullahoma for lunch and a tour. We will dine at Whiskey Trail BBQ and Steakhouse, known for their smoked chicken & brisket and good ol' Southern fare. After our delicious meal we will head to the Beechcraft Heritage Museum. This one of a kind aviation museum traces the lineage of Beechcraft aircrafts. With a vast aircraft and artifact collection that has been accumulated for over 5 decades, there is something for everyone to see. The Staggerwing collection is great! **Registration is required. Space is limited to 12.**

Stones River National Battlefield with Lunch at Demos

Friday, May 31, 10:30

Cost: \$ 20 + Lunch

In honor of Memorial Day we will take a drive to Stones River Battlefield for a tour. The Battle of Stones River was one of the bloodiest conflicts of the Civil War. Join us as we visit the battlefield and listen as the park ranger shares intimate details of how this battle produced important military and political gains, while forever changing the people who lived and fought there. Lunch will follow at the forever favorite, Demos Restaurant in Murfreesboro. **Registration is Required. Space is limited to 12.**