NFGP ACTIVITY GROUPS

WONDER WOMEN WALKING

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Get off the couch & out of the house for a nature walk of 4-5 miles (10K steps). We meet for local outdoor nature walks with sub-groups which support individual activity level - more walk/less talk or less walk/more talk. Weather permitting, we conclude with further conversation over Happy Hour.

HAPPY TAPPERS

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A professional tap dance instructor leads this private NFGP class designed for those who want to learn to tap dance or improve tap skills in a fun and comfortable atmosphere.

NFGP ACTIVITY GROUPS

THE BIRDIES

Come join us each month at 10 a.m. for 9 holes of golf. If you would like to practice, please come early, the course will provide a bucket of practice balls at no additional cost. After play, enjoy a bit of social time at the club house for lunch.

DANCING DIVAS

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"Line dancing" it's not just a country thing anymore! This is a private class for NFGP members in a fun, comfortable setting with a professional instructor. Beginner and advanced levels welcome. Learn the Tush Push, Cupid Shuffle, Electric Slide and so much more!

NFGP ACTIVITY GROUPS

WILLOWBEND WALKERS

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Get your weekly walking in on Wednesdays at Willowbend Mall! Join us rain or shine, hot or cold, as we walk indoors at the Mall. Walk, talk, and friendship; a great exercise combo.

ARTS & LEISURE

Each month we enjoy Museums, Musical Events, Theater, Tours, Local Interests - this group is as varied as its members.

NFGP ACTIVITY GROUPS

TALES FROM ABROAD

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This group will have a designated presenter to tell us about her extensive personal experience living in a foreign country. A "show and tell" of items from the country along with snacks to sample some of the tastes from that country will be featured. Join us - no passport required!

GRAPE ESCAPE

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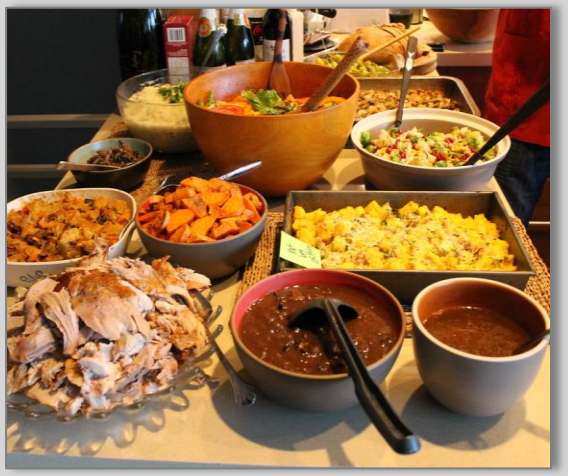
This is a lively group for singles and couples that meets monthly to try various wines provided by the hosts. Those attending bring appetizers or desserts to share. It's an evening wine party where you'll enjoy new friends, food, and fun.

NFGP ACTIVITY GROUPS

SWEET & SAVORY POTLUCK DINNER



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This group of social diners is for both couples and singles. Gathering time will vary from month to month as well as the host home and possible theme. Come mix, mingle and share your favorite indulgent cuisine and sample & savor all the dishes brought by others.

TEAM TIME GAMES

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Join us for a fun evening of team interactive games, happy-tizers and desserts. Teams will be randomly chosen for two different games per evening. The games for the evening will be chosen based on whole group interaction...think loud and participative! The monthly hostess will choose and post the games.

NFGP ACTIVITY GROUPS

GAME NIGHT

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Singles and couples get together the 2nd Saturday of every month to eat, laugh and talk while playing easy and fun games. Everyone brings food to share. We limit participation to three tables of 8 – each playing the same game. It's lots of fun.

GOURMET GAMES

Looking for a fun evening with friends, try this game night and potluck dinner party. Meets the 1st Friday or Saturday of each month and is open to singles and couples. We play easy to learn light-hearted games while sharing our favorite foods.

NFGP ACTIVITY GROUPS

EVENING MOVIE & REVIEW

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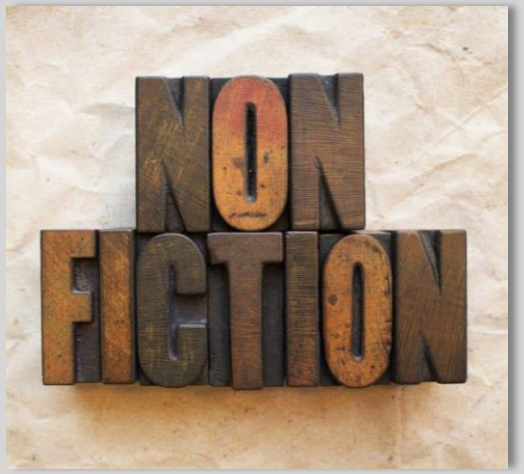
Friends gather on Tuesday evenings for a facilitated discussion of a movie weekly. Movies are viewed by individuals prior to the discussion. Movie selection is as diverse as the guided discussions including various subjects, genres and periods

BOOKIES, EVE

Meets every other month, on the 4th Monday in the evening for interesting review and discussion. Our selections are both Fiction and Non-Fiction.

NFGP ACTIVITY GROUPS

NON-FICTION BOOK TALK



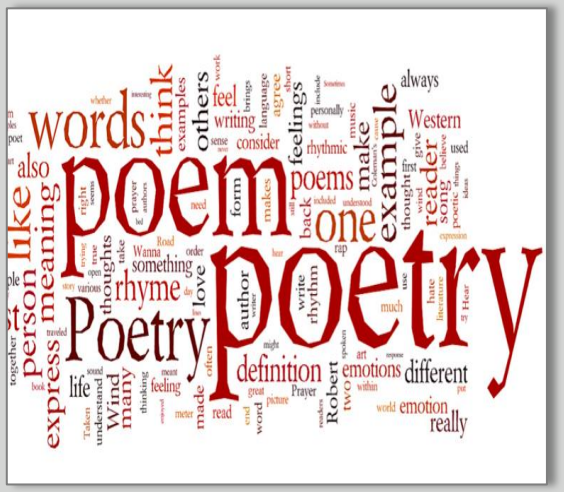
Meets every other month, on the 4th Wednesday. Non-Fiction is not reference books or textbooks, as they say - "sometimes Fact is stranger than Fiction". We've read biographies, memoirs, life experiences, real life drama, to name a few. Our members can always be counted on for a lively and stimulating discussion. Come read with us.

BOOKIES ONE, BOOKIES TOO

Bookies One and Bookies Too, both meet on the third Monday of the month at the same time to review and discuss the same selected book, but at a different location. Members may choose the geographic location most convenient.

NFGP ACTIVITY GROUPS

POETRY GALS



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Each month we explore a different type of poetry or poet such as Children's Poetry, Women Poets, Nature Poems, Songwriter Lyricists, etc. Attendees research and present a selected poem or song lyric, with a brief biography of the poet and explanation of the selected topic. We meet on the first Monday of the month at 10:00 a.m.

ART APPRECIATION

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This is an opportunity to enjoy and appreciate great art and artists with friends over conversation. The evening will begin with a viewing of a film and conclude with a guided discussion of the artists and their works.

NFGP ACTIVITY GROUPS

CANASTA

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We play "Hand & Foot" canasta on the second Thursday and fourth Monday of each month. If you enjoy playing canasta in a fun, casual setting with friends, come join us! Knowledge of the game required. If you don't know how to play, we offer lessons.

REFRESHER CANASTA

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Once a member completes lessons, but wants more practice playing, attending Refresher Canasta is recommended. A canasta instructor is at every table to help remind players of the rules and strategies to become a more confident canasta player. Ask questions or make mistakes without embarrassment.

If a member would like to learn to play canasta (also called Hand & Foot), please contact Toni Jenkins for lessons: teejenkins@yahoo.com

NFGP ACTIVITY GROUPS

CASUAL CANASTA

This "Hand & Foot" canasta group is for those who have some knowledge of the game and are interested in gaining more experience with play. Mentoring from experienced players helps reinforce memory of the rules and social conversation keeps it fun.

CANASTA COUPLES

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Evening card play of "Hand & Foot" canasta for couples. Meets on the 4th Thursday of each month. Come join us, meet and make new friends while enjoying a fun game of canasta.

NFGP ACTIVITY GROUPS

BRIDGE

Come enjoy a game of Bridge with friends. We will play once a month. Knowledge of the game required.

LADIES MONDAY NIGHT POKER (LMNP)

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This Ladies Poker group, playing Texas Hold'em with $10 Buy-in, will meet each month. Bring your best poker face and enjoy some Texas-sized fun!

NFGP ACTIVITY GROUPS

CARD MAKING

Would you like to make handmade greeting cards? Scissors and the adhesive of your choice are needed. All skill levels welcome. We usually meet the 4th Friday of the month, but date and day may vary. We usually make 4 cards. $12 covers other materials needed. Space is limited.

STITCHES

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Busy needles and chatting are on the agenda for this needlework group. Any kind of needlework is welcome. Begin a project, bring your work in progress, or show off a completed project!

NFGP ACTIVITY GROUPS

ONLINE COOKING with CHEF SHARON

Easy to follow, fun cooking instruction. Menu, recipes, list of ingredients and utensils needed will be provided prior to the class. You can choose to cook along with Chef Sharon or take notes and cook later if you prefer.

NYO (Not Your Ordinary) POTLUCK LUNCH

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This is a fun casual group that uses lunch and social conversation as a great way to meet and make friends. Each attendee brings a food dish or dessert. Home cooking is not required. Hosted in a different member's home each month.

NFGP ACTIVITY GROUPS

HAPPY HIATUS

Happy Hiatus is a get-together at the end of the day, a relaxing social outing with friends, usually from 3-6 p.m. We meet at restaurants with great food and drink specials. The venues and dates will be different each month.

LOFT

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(Lunch on Fourth Thursday) is a monthly get-together of women who enjoy lunch at various local restaurants. A volunteer will choose the restaurant and make a reservation for a different location each month. Variety, delicious food, and good conversation are the spice of life for this group.

NFGP ACTIVITY GROUPS

RUMMIKUB!

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Rummikub is a tile game with aspects similar to the gin rummy card game. If you've ever played Rummikub, you know how quick it is to learn and how much fun it is to play. No experience required as instruction/coaching is provided.

BUNCO LADIES

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Come socialize a bit at bunco on the first Thursday of the month. No experience necessary! Just be ready to roll the dice and chat with friends. There is a $5 ante with the total pool split into 4 categories: Most Buncos, Most Wins, Most Losses, and Last Bunco.

NFGP ACTIVITY GROUPS

MAH JONGG - MONDAY

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We play every Monday except the 4th Monday. Lessons are offered several times a year or whenever we have sufficient need.

MAH JONGG - WEDNESDAY

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We play on the 2nd and 4th Wednesday of each month. All levels of Mah Jongg players are welcome, but you must know how to play. Lessons are offered several times a year.

NFGP ACTIVITY GROUPS

LEARN MAH JONGG

In six weeks, learn the basics of Mah Jongg -- the meaning of the tiles, varieties of the hands, course of play, and interpretations of the annual card. Most importantly, make new friends and have a lot of fun!

2 PLUS 2

2 tables of Hand and Foot Canasta, plus 2 tables of Rummikub, played simultaneously on the 4th Tuesday of each month. On game day, each attendee will play only the game she signed up for, not both. Knowledge of only the game to be played is required. Join us for an enjoyable afternoon of games, snacks and camaraderie!

NFGP ACTIVITY GROUPS

FORMING FRIENDSHIPS

Forming Friendships is designed to help NFGP ladies get to know and develop meaningful friendships with others in the group. The idea is to enjoy and appreciate each other in new ways by learning more about one another through designated conversational topics and questions.

LET'S GET GROWING!

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Gardeners of all levels, and "brown thumbs" are welcome. We will exchange ideas, plants, seeds and share our "green" tips. We will also offer occasional speakers and field trips. So come share your ideas and what you'd like to learn to get your garden, large or small, growing.

NFGP ACTIVITY GROUPS

HEARTS & HANDS

Whether it's fighting hunger at a local Food Pantry, or meeting other community needs, this activity group will give you an opportunity to bring blessings to others. Meeting day will differ due to needs of the non-profit being served.

PUT A SONG IN YOUR HEART

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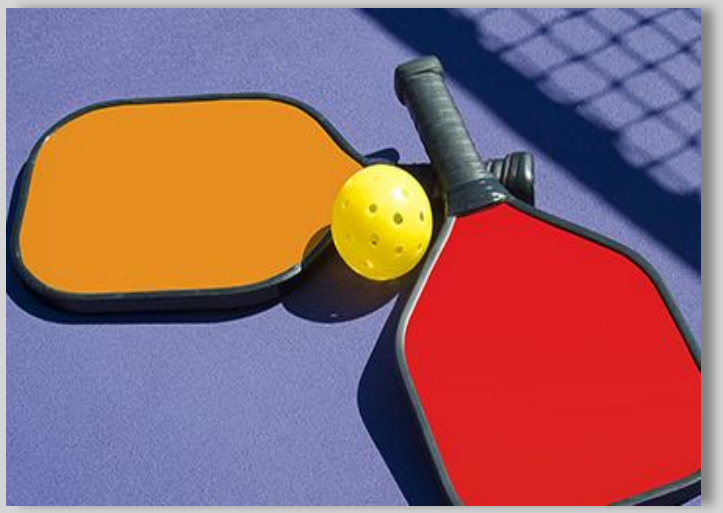
Join our light-hearted sing along with well-known, well-loved songs with piano accompaniment. No talent required, just a love of music. The topic varies from month to month, but songs chosen are familiar and easy to sing. Lyrics provided. Meets the first Tuesday of the month from 10 a.m. - 12 noon.

NFGP ACTIVITY GROUPS

WEEKEND FUN GALS

Weekend activities offer a lot of fun. We meet each month to explore varied activities for fun offered in our communities - i.e. concerts, festivals, dining, parties. Come join us, the more the merrier.

PICKLEBALL POWERHOUR



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Come enjoy a fun sport that combines elements of tennis, badminton, and table tennis. Easy to learn and fun to play.

NFGP ACTIVITY GROUPS

SHAPE UP DISCUSSION

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We get together each month to share and discuss information that will help us live healthier lives.

We hope you will join us!

Activity Groups help us foster friendships through the social connections we share with each other.

Potential Members are encouraged to "try out" NFGP Activities for 30 days. Just contact our Activity Coordinator at nfgpactivities@gmail.com for more information.

NFGP Members should check the monthly Activity Calendar and RSVP for each activity that you plan to attend. The Activity Leader for the activity you hope to attend will confirm your attendance and send details.

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