

**Center Phone #:
615-622-3040**

**8101 Highway 100
Nashville, TN 37221**

Connect with Us

www.fiftyforward.org

[www.facebook.com/
FiftyForwardJLTurnerCenter](https://www.facebook.com/FiftyForwardJLTurnerCenter)

Center Director

Derek Stogner

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Program Director

Nikki Plotts

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Office Assistant

Candy Paull

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**FiftyForward J. L. Turner
is located inside the
Bellevue Family YMCA**

**Bellevue YMCA Members
50+ are automatically
eligible to participate in
FiftyForward J. L. Turner
Center Activities**

The Turner Times

February 2019



With February being the month of love we want to highlight our amazing volunteers without whom our Center would not run smoothly. In December we had the opportunity to provide entertainment and lunch to show them our appreciation. As a staff we are so thankful for the helping hands and joy you bring to FiftyForward and to the Bellevue community.



We took a group to serve our Veterans at the Nashville Vet Center Luncheon in December. Thank you to our members Kathy H., Frank, Trish, Kathy C., Ellen, Mary and Sharon for donating their time.

“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”

—Barack Obama

GET EXCITED!

Special Events & Trips

Events at the Center:

- **Metro Archives History Lecture: Friday, February 1st**
 - First Tuesday at the Green Hills library has moved to our center! Join us for a history lecture about the Grassmere Collection Digitization Project (12:30pm—Zelle/West)
- **Valentine's Day Cards Service Project: Tuesday, February 5th**
 - Make cards for Meals on Wheels clients (Drop in from 9:00am-3:00pm—Donations appreciated; Lobby)
- **Food of Life: Monday, February 4th & Wednesday, February 6th**
 - Join us for a cooking demonstration and food tasting. *This is the same program offered twice not a series.* Spots are limited. (10:30am—Zelle/West)
- **Bunco Bonanza: Thursday, February 7th**
 - Bring a dish to share, play Bunco, & win prizes! (Noon—Activity Room)
- **Open Music Jam: Monday, February 11th**
 - Bring your voice, instrument and/or listening ears for a jam session (1:45pm—Community Room)
- **All of Us Program Enrollment Appointments: Wednesday, February 13th**
 - Get enrollment assistance and tech help (10:00am-2:30pm—Zelle/West)
- **Lucky Lunches: Friday, February 15th**
 - Lunch & Bingo; catered by Sprouts (12:30pm—\$7, Zelle/West)
- **Turning 65 Medicare ABC Seminar : Monday, February 18th**
 - Presented by Anthem, Inc. (10:30am—Zelle/West)
- **CPA 1940's Interviews: Wednesday, February 20th**
 - Help CPA students learn about the 1940's (9:30am-Noon—Zelle/West)
- **History Film Club: Thursday, February 21st**
 - *The Tuskegee Airmen*; popcorn & drinks provided (1:00pm—Brown/Davis)
- **Friday Flicks: Friday, February 22nd**
 - *Black Panther*; popcorn & drinks provided (12:30pm—Zelle/West)
- **Uber & Lyft Class: Wednesday, February 27th**
 - Presentation on how to use the ride services with Nikki (10:00am—Zelle/West)
- **February Birthday Party: Wednesday, February 27th**
 - February birthday celebration sponsored by Anthem Inc. (Noon—Zelle/West)
- **Victory Over Crime Scams: Thursday, February 28th**
 - How to avoid various scams (11:30am—Zelle/West)

Art Classes:

- **Art Class: Thursday, February 7th & 21st**
 - Valentines inspired watercolor class (2:00pm—\$7, Zelle/West)
*This is the same class offered twice NOT a series
- **Open Art Studio: Thursday, February 28th**
 - Work on a personal project from home. Reusable supplies will be provided (1:00pm-3:00pm—FREE, Zelle/West)



GET EXCITED!

Special Events & Trips

Day Trips:

- **Curb Open Dress Rehearsals: Friday, February 1st**
 - Get a behind-the-scenes glimpse of the Nashville Symphony by attending one of their rehearsals (9:15am—\$6 van plus lunch on your own)
- **Chaffin's Barn Presents: *Kiss Me, Kate*: Thursday, February 14th**
 - A classical musical with romance, comedy, sophistication, behind-the-scenes hijinks, and brilliant songs (12:00pm—\$21 ticket; meet there) *Sign up at the YMCA Membership desk
- **Nashville Craft Distillery Tour: Tuesday, February 19th**
 - Nashville Craft has produced whiskey and other craft spirits in Nashville since 2016. Get ready to learn the science of distilling. (10:15am—\$6 plus lunch on your own)
- **Country Music Hall of Fame: Tuesday, February 26th**
 - Join us for a self-guided tour of the Country Music Hall of Fame downtown followed by lunch (12:00pm—\$40 ticket, van & lunch)

Food Trips & Gatherings:

- **Foodie Night: Friday, February 1st**
 - Dinner at Tailgate Brewery (5:00pm—Meet there)
- **Foodie Night: Friday, February 8th**
 - Dinner at Fifty-First Kitchen & Bar (4:15pm—\$6 van plus dinner own)
- **Breakfast Club: Monday, February 18th**
 - Breakfast at City Limits (8:30am—Meet there)
- **Supper Club: Monday, February 25th**
 - Dinner at Mestizo's (5:00pm—Meet there)



GET READY

Upcoming Special Events & Trips

Next Month...

- **Nutrition Discussion & Food Tasting with The Lodge** — The Chef at The Lodge at Natchez Trace will be here to give a nutrition discussion. (Monday, March 6th at 10:30am)
- **St. Patrick's Day Party**— Join us for traditional Irish music and shepherd's pie (date and time TBD)

GET CONNECTED

Ongoing Classes & Groups

Fun & Games

All experience levels welcome

Bridge

Mon., Wed. & Fri.
11:45am-3:00pm
Thurs. Evenings
6:15pm-9:00pm
(Brown/Davis)



Canasta

Tuesdays
9:30am-2:30pm
(Zelle/West)



Mahjong

Tuesdays
9:00am-12:00pm
(Zelle/West)



Rummikub

Tuesdays
12:30pm-3:00pm
(Brown/Davis)



Ping Pong

Wednesdays
1:00pm-3:00pm
(Activity Room)



Sudoku

One Tuesday per Month
(See Sign up Sheets)
9:00am-10:00am
(Brown/Davis)

8	6		3		9
	4		1		6 8
2		8 7			5
1	8		5	2	
	3	1			5
7	5	3		9	
	2 1		7	4	
6			2	8	
	8 7 6		4		3

Current Events Group

Thursdays at 10:00am in the Conference Room
Join us for a member-facilitated discussion group. This group is not meant for those hoping to voice their political opinions but rather for a civil discussion in topics ranging from: newsworthy items, current events, politics, legislation, current media, technology, and much more.

BOOK CLUB

Thursday, January 24th
1:00pm-3:00pm
Turner Conference Room
A Secret Gift
By: Ted Gup

GET CONNECTED

Ongoing Classes & Groups

Lifelong Learning Programs

All experience levels welcome

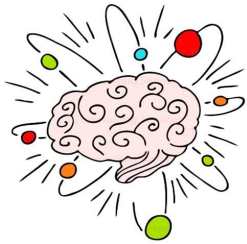
Brain Brawlers

Trivia

Tuesdays

12:00-1:00pm

(Zelle/West)



Team play of general knowledge trivia

Creating Memoirs

2nd & 4th Tuesdays

1:00-3:00pm

(Conference Room)



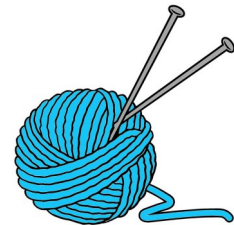
Write your personal memoir

Sit, Knit & Crochet

Fridays

9:00am-12:00pm

(Conference Room)



Learn to knit and
crochet

Line Dancing

Weds. 1:00-2:00pm

Fri. 10:30-11:30am

(Activity Room)



Intermediate &
Advanced

Rhythm Band

1st & 3rd Fridays

11:30am-12:30pm

(Zelle/West)



No Experience
Necessary

Writer's Club

Thursdays

11:30am

(Conference Room)



No Experience
Necessary

Letter from the Office Assistant...

The heart that loves is forever young.
Greek Proverb



I love affirmations. My current affirmation is: “Love finds a way. Love creates a way. Love is the way.” It reminds me to put my heart into whatever I do. And when I come to work here every day, it’s easy to do because I see love in action all around me.

I see the love in people of all ages, at all stages of life, at this center. Some are overcoming challenges, some are celebrating victories, and some are struggling to be at peace with what is. Someone passes through major surgery with flying colors. Another person is coping with a difficult diagnosis. Someone else is offering love through active service to members. Others just enjoy each day as an opportunity to embrace a new adventure. And there are plenty of adventures to be had, friendships to explore.

One member shared the story of how she met a circle of new friends when she started coming here. Now they have been friends for years, supporting each other through the ups and downs of life. I have seen others connect through events and trips, enjoying new experiences and learning together. Friendships are often cemented during trivia, ping pong, bridge, Tai Chi, line dancing, and other activities. Bodies are strengthened and toned in exercise class, and so are friendships. Sharing a good meal with a spice of spirited conversation is another way to members share the love.

Discover love in action here at the center and join in. If you like lending a helping hand or offering an encouraging word, consider volunteering. Join in the conversation and make others feel at home. Make a Valentine to brighten a Meals on Wheels client’s day. Or simply come for the good company and creative fun. Take advantage of the opportunities here. It’s a great place to bring more love to life.

Sincerely,
Candy Paull
Office Assistant, FiftyForward J.L. Turner Center

Big thank you to our sponsor, Cigna Healthspring, for their continuous support of the Turner Center!



As we get into the winter months here is a reminder of our cancellation and closure policies.

- If Metro Schools are closed, we will **NOT** have our regular daytime programming, classes, events or trips. The office will still be open, but potentially on a delayed schedule. If State offices are closed programs will be cancelled and the office will be closed. The YMCA will most likely remain open— contact them with questions at 615-646-9622.
- Day trips must have at least six sign-ups for the trip to go. Trips cancelled for attendance or weather will be determined the day before. All those signed up will be called and given a refund or credit.

Ongoing Community Events

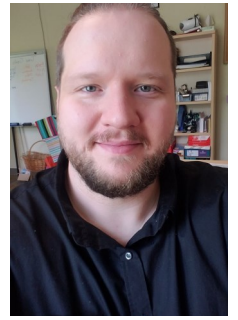
Weight Watchers Meeting
Mondays at 11:30am (Activity Room)
Meetings held every week. Joining fee waived for members.

Glory Bible Study
Mondays at 2:00pm (Zelle/West)
This is a member-facilitated, non-denominational Bible study group. New members welcome.

Thank you to Edward Jones for being an Executive Level Sponsor at our Fundraiser and for their continuous support of the Turner Center.

Edward Jones[®]
MAKING SENSE OF INVESTING

Letter from the Director...



2019 is in full swing, and we have a plethora of great activities for you this month at the Turner center, so don't let the colder temperatures stop you from keeping a full calendar. February also means the return of our ever popular and excellent meetings of the Bellevue History & Genealogy group, with a host of amazing guest speakers on the docket this month. We are also now the site for Metro Archive's First Friday talks which will be held after History the first Friday of every month and will be of interest to everyone who loves the history group.

Further on the horizon I also am so excited for our 2nd Annual Social and Dance, that we're looking to have in early October. Last year's event was a huge success and if you missed out, I'm sure you've heard from other members what a fantastic evening it was.

You can be involved in a variety of ways as we get closer, beginning this month by helping us choose the theme! Every year we will have an An Evening in... and the destination/theme will change. Look for the display in the lobby to vote between the three options for this year's event.

Best regards,

Derek Stogner
Director, FiftyForward J.L. Turner Center

Letter from the Program Director...

Happy February!



As we start getting into the winter months I want to give you a reminder of our inclement weather policy. If Metro Schools are closed, we will not have our daily programming, classes or trips. The YMCA fitness classes will continue as scheduled. If you have any doubts, please feel contact the YMCA staff and they will keep you updated.

We have some exciting things planned for February, and I'm excited to spend some time with you all! Students from Christ Presbyterian Academy will be here to get some insight into life in the 40's. If you lived through the 40's be sure to sign up to get interviewed by some students. If you participate— in March they will be holding a 40's day with living history vignettes, and a USO-style performance about historical figures. They will use the interviews with you all to deepen their studies and prepare for this celebration.

Additionally, we have some fun trips planned including another trip to the Symphony for a behind-the-scenes look by attending one of their dress rehearsals. To celebrate Valentine's Day we will be heading across the street to Chaffin's Barn for their performance of *Kiss Me, Kate* (sign-up with the YMCA membership desk). We will also head downtown for a tour of the Country Music Hall of Fame and to Nashville Craft, a local distillery, for a tour and an optional tasting.

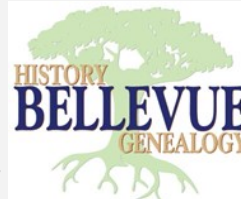
For any questions, comments, concerns or trip suggestions feel free to stop by the office or contact me by phone or email!

Thank you,

Nikki Plotts
Program Director, FiftyForward J.L. Turner Center

BELLEVUE HISTORY & GENEALOGY GROUP

For more information, contact Bob Allen at 615-218-4580 or bob@bellevuebob.com. Join us on Friday mornings at 9:00am for coffee and lectures about various historical topics.



- Friday, February 1, 2019 from 9:00 am to 10:30 am** – “Reexamining Nashville's Unsolved Integration Era Bombings: Hattie Cotton Elementary School, the Jewish Community Center, and Councilman Z. Alexander Looby's Home” – **Betsy Phillips**, Author and local Historian, will describe her book project titled, “*Dynamite Nashville: The Plot to Terrorize the City and Thwart the Civil Rights Movement*” about these bombings in her forthcoming from publisher Third Man Books.
- Friday, February 8, 2019 from 9:00 am to 10:30 am** – “*Tennessee's Mexican War Experience*” – **Dr. Tim Johnson**, Lipscomb University Professor of History, will discuss how today, beliefs persist that the Mexican-American War was simply a colossal land grab for the United States in its pursuit of the doctrine of Manifest Destiny, and that Tennesseans enlisted to protect and expand the institution of slavery
- Friday, February 15, 2019 from 9:00 am to 10:30 am** – **Friday, February 15, 2019, from 9:00 am to 10:30 am** – “*100 Things To Do in Nashville Before You Die, Second Edition*” – **Tom Adkinson**, Travel Writer and former travel PR executive has spent the last six decades in Nashville (except for a few years in exile in Birmingham), which gave him a great perspective for writing his lighthearted guide to 100 special activities in Nashville. Categories are music and entertainment, history and culture, sports and recreation, food and drink, and shopping and fashion. You can read some of Adkinson's travel stories at his website, www.CornersOfTheCountry.com.
- Friday, February 22, 2019 from 9:00 am to 10:30 am** – “*150 Years along the Buena Vista, Whites Creek, Brick Church and Dickerson Pikes*” – **Ridley Wills II, Author and Historian**, will discuss the fifth volume of his Nashville Pikes series. Ridley will have books for sale at the retail price of \$36.50.
- Friday, March 1, 2019 from 9:00 am to 10:30 am** – “*History of Mardi Gras*” – **Les Kerr**, Entertainer, Songwriter, Storyteller, and Bellevue resident – Using his acoustic guitar, Les will present a solo program on the history of Mardi Gras in the United States. When Les lived in Mobile, Alabama (*the home of U.S. Mardi Gras*) he was a broadcast news director and reported on the history of Fat Tuesday for the Voice of America, CBS Radio, and other news outlets.



Travel with FiftyForward

**On The Road With
FiftyForward
Motor Coach Day Trips**

New “On the Road Trips”

We are excited to announce new On the Road trips for our members in 2019. Program Directors from each center will be planning these day long trips.

Saturday, March 16th

Irish Day Parade and Arts & Crafts Festival
Erin, TN

Pickup: 7:30am at FiftyForward Madison Station
\$35 per person plus \$2 bus driver tip
(\$10 extra for non-members)

Thursday, May 16th

Tour & Lunch at Brushy Mountain State
Penitentiary in Wartburg, TN

Pickup: 7:30am at FiftyForward Donelson Station
\$63 per person includes bus, lunch & tour plus \$2
bus driver tip

*All trips are \$10 extra for non-members
To sign up see a FiftyForward staff member*

Long Distance Travel:

Feb. 9-16— Hawaii

March 27-April 6—Greece

Apr. 23-May 1— Texas

May 6-16 — Ireland, Iceland & Scotland Cruise

June 6-12, 2019 — Oregon Trails & Portland

Rose Festival

July 5-17—Nova Scotia, Prince Edward Island,
and New Brunswick

August 25-31—Mackinac Island

October 7-17—Panama Canal

November 3-9—National Parks & Canyons of
the Southwest

*For more info
call or email Janice:
(615) 231-1235
jjudd@fiftyforward.org*



Friday Flicks

Black Panther

Friday, February 22nd at 12:30pm

Free Popcorn & Drinks Provided

After the death of his father, T'Challa returns home to the African nation of Wakanda to take his rightful place as king. When a powerful enemy suddenly reappears, T'Challa's mettle as king, and as Black Panther, gets tested when he's drawn into a conflict that puts the fate of Wakanda and the entire world at risk. Faced with treachery and danger, the young king must rally his allies and release the full power of Black Panther to defeat his foes and secure the safety of his people.



Did you know your FiftyForward membership included these Supportive Care Services?

Care Management Services

This no cost service for older adults with low incomes offers in home assessments to connect with services that meet their needs (food, health care, etc.) Call (615) 743-3416 and a social worker will contact you within 24 hours.

Care Team Services

For a fee, this service supports older adults and caregivers by assessing needs, helping purchase services, monitoring care and much more. Call Kristen at (615) 743-3436 or email kmaloney@fiftyforward.org

Conservatorship

This program makes helps decisions on behalf of an older adult who can no longer do so. Through court appointment, FiftyForward can serve as conservator of a person and/or finances. Call (615) 743-3436.

FiftyForward Fresh/Meals on Wheels

Providing individuals in the Bellevue area with nutrient dense, home-delivered meals. Meals may be provided at no cost to the individual or can be purchased (\$5.00 per meal). Call Wanda at (615) 646-0098 or email sloik@fiftyforward.org



Bellevue Family YMCA Upcoming Events

— No new events. Please see the AOA Programming Board for any added events or trips.

CONTACT: Regena Hooker, AOA Coordinator
Phone: 615-6469622 or Email: rhooker@ymcamidtn.org

Membership fees to increase Jan. 1; members can participate in all seven centers

Effective January 2019, FiftyForward center membership fees will increase to \$12* a month. Our centers offer lifelong learning and engaging programs (arts, exercise and education) and access to resources to live true to the FiftyForward mission: to support, champion and enhance life for those 50 and older.

Five of the seven FiftyForward lifelong learning centers are among the elite 1% of centers in the United States, recognized by the National Institute of Senior Centers, for quality and effectiveness.

As a nonprofit agency, we rely on proceeds from annual membership and program fees, special events, local government grants and funders, active volunteers and other thoughtful and generous community supporters to provide engagement opportunities for older adults.

FiftyForward has not raised membership rates in eight years. This increase will offset the costs we are seeing to maintain our lifelong learning centers and programs.

**FiftyForward College Grove rates (due to a community partnership with the Williamson County Department of Recreation) will increase to \$9 a month.*

ONSITE EMISSIONS TESTING

Did you know...you can get your annual car emissions testing done right here at the Bellevue Family YMCA and FiftyForward J.L. Turner Center?

A mobile emissions site is available
Tuesday-Thursday
9am to 4pm
Bellevue Family YMCA
North Parking Lot



Ron Henson, FiftyForward Living At Home Care Manager, will be available in the **Conference Room** every **2nd & 4th Wednesday** of the month from **8:00am to 11:00am** to answer your questions about Medicaid & Care Services.

New History Program

First Tuesday at the Archives is now First Friday at Bellevue

On Friday, February 1, 2019, Metro Archives history lectures previously known as First Tuesday at the Green Hills Library will become First Friday with Metro Archives at the FiftyForward J.L. Turner Center from 12:30 pm to 2:00 pm in the Zelle/West Classroom.

Friday, February 1, 2019 from 12:30 pm to 2:00 pm – *“Grassmere Collection Digitization Project Update”* – **Tori Mason**, Nashville Zoo Historic Site Manager, and **Jennifer Randles**, TSLA Digital Materials Librarian – The Croft sisters’ ties to history will be discussed from Tori’s and Jennifer’s recent travels to Florida and Cuba for research on the Croft sisters’ business. They were able to get some wonderful oral history interviews with 94-yr old Bradford Dallas, the man who was their business administrator, and who was in Havana during the Cuban Revolution.

Friday, March 1, 2019 from 12:30 pm to 2:00 pm – *“South Nashville”* – **Ralcon Wagner**, Author and Historian – Ralcon Wagner will discuss his most recent book, *“South Nashville”* with a photo presentation. This recently published book from Arcadia covers historic buildings, neighborhoods and iconic attractions such as the Tennessee State Fairgrounds, early scenes of Nashville’s Municipal Airport and more. Copies of Ralcon’s book will be available for purchase and signing.