

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

**8101 Highway 100  
Nashville, TN 37221**

**Connect with Us**

[www.fiftyforward.org](http://www.fiftyforward.org)

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

*Center Director*  
**Connie Rigsby**  
[crigsby@fiftyforward.org](mailto:crigsby@fiftyforward.org)

*Program Director*  
**Nikki Plotts**  
[nplotts@fiftyforward.org](mailto:nplotts@fiftyforward.org)

*Office Assistant*  
**Candy Paull**  
[cpaull@fiftyforward.org](mailto:cpaull@fiftyforward.org)

**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

August 2019

There's an event, program, and trip for everyone at the Turner Center. Each month we have something new and exciting. Check out some of our favorite memories from the past couple months. Then see how you can join the fun by taking a look at all we have planned for August!



The Turner Center Retro Rhythms had their final concert in June at their "Farewell Tour." The band played songs from their past performances including "Fame," "Dancing In The Street," "On the Road Again," "Put the Lime In The Coconut," and many more!

Be sure to check out our monthly Friday Night Foodie trip, where we head to some of the trendy Nashville restaurants. In this picture we headed to Nicky's Coal Fired in The Nations and tried some delicious Italian food.



Interested in sitting, knitting or crocheting? Our fabulous sit, knit & crochet ladies meet every Friday morning from 9:00am to Noon in the Conference Room. They welcome all levels... even newbies! Just stop in and say hello if you're interested.

**FiftyForward-only members must show a valid  
FiftyForward card to the YMCA greeter when entering the  
building.**

## GET EXCITED!

### Special Events & Trips

#### Events at the Center:

- **Back to School Bags Service Project: Thursday, August 1**
  - Fun back-to-school goodie bags for teachers & students (11:00am—\$5, Zelle/West)
- **Victory Over Crime: Personal Safety: Wednesday, August 7**
  - Presented by FiftyForward Victory Over Crime (10:30am—FREE, Zelle/West)
- **All of Us Program Enrollment: Wednesday, August 14**
  - Get enrollment assistance and tech help (10:00am-12:00pm—Turner Lobby)
- **Solo Traveler Get Together: Wednesday, August 14**
  - Meet fellow solo-travelers. Bunking up with someone on trips can save on travel! (1:00pm—FREE, Zelle/West)
- **AMP: Healthy Relationships: Monday, August 19**
  - Presented by Chuck Frazier; Director of Spiritual Development for the Bellevue YMCA (10:00am—Free, Zelle/West)
- **History of Murfreesboro Clocktower: Tuesday, August 20**
  - Presented by Dixie Chapter 16, National Watch and Clock Collectors Club (1:00pm—FREE, Conference Room)
- **Bunco Bonanza: Thursday, August 22**
  - Bring a dish to share, play Bunco, & win prizes! (Noon—FREE, Activity Room)
- **Programming Board: Tuesday, August 27**
  - Discuss ideas for FiftyForward programs (Noon—Conference Room)
- **August Birthday Party: Wednesday, August 28th**
  - August birthday celebration sponsored by Anthem, Inc. (Noon—FREE, Turner Lobby)
- **Open Music Jam: Thursday, August 29**
  - Show off your music ability or come sit back and enjoy the music. *Now a recurring program on every 4th Thursday of the month.* (Noon—FREE, Conference Room)
- **Friday Flicks: Friday, August 30**
  - *Second Act*; popcorn & drinks provided (12:30pm—FREE, Zelle/West)

**NISSAN**  
STADIUM



**Frist Art  
Museum**

#### Art Classes:

- **Art Class: Thursday, August 15**
  - Project TBD (2:00pm-4:00pm—Price TBD, Zelle/West)
- **Open Art Studio: Wednesday, August 28**
  - Enjoy creative time with other artists! Reusable materials will be provided. (1:00pm to 3:00pm— Zelle/West)

## GET EXCITED!

### Special Events & Trips

#### Day Trips:

- **AMP at Madison Station: Monday, August 5**
  - Presentation on Financial Fitness (9:15am—Free for AMP Participants)
- **Frist Art Museum: Tuesday, August 6**
  - Docent-guided tour of the Frida Kahlo & Diego Rivera exhibit. (10:00am—\$6 plus lunch on your own at the Café)
- **AMP at Madison Station: Monday, August 12**
  - Presentation on Sleep (9:15am—Free for AMP Participants)
- **Nissan Stadium Tour: Thursday, August 15**
  - Get an inside look at Nissan Stadium— home of the Tennessee Titans (9:00am—\$6 plus lunch on your own)
- **Radnor Lake & Aviary Education Center: Wednesday, August 21**
  - Beginner's hike followed by look at their Aviary featuring owls, red-tailed hawks, bald eagles (10:00am—\$6 plus lunch on your own at The Yellow Porch)
- **Skansa Event: Friday, August 23**
  - FiftyForward Knowles will host an event with lunch, a presentation & a tour of the new fairground construction (10:45am—\$2 van)
- **AMP at Madison Station: Monday, August 26**
  - Presentation on Advance Planning (9:15am—Free for AMP Participants)

#### Food Trips & Gathering:

- **Foodie Night: Friday, August 2**
  - Dinner at Plaza Mariachi (4:30pm—\$26; includes dinner & van)
- **Breakfast Club: Monday, August 12**
  - Breakfast at City Limits (8:30am—Meet there)
- **Foodie Night: Friday, August 16**
  - Dinner at Antonio's (5:00pm—Meet there)
- **Supper Club: Monday, August 26**
  - Supper at Honeyfire BBQ (5:00pm—Meet there)

## GET READY

### Upcoming Special Events & Trips

#### Coming Up In September...

**Live Dive:** An interactive broadcast program that takes you on a virtual hike through the kelp forest to get a rare glimpse into this seldom seen world without even getting wet. The divers explain what the camera is revealing and answer visitors' questions about the kelp forest and its many inhabitants, from lobsters to spiny sea urchins and brightly colored fish. *(Wednesday, September 18 at 1:30pm—FREE in Zelle/West)*

**Green Door Gourmet:** Lunch at their Farmer's Market, a tour of their farm, a culinary kitchen demo, and browsing at their shop *(Date TBD—\$20 plus lunch on your own)*

# 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)



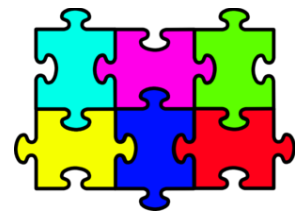
### Ping Pong

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



### Puzzles

Daily  
9:00am-3:00pm  
(Turner Lobby)



### Ongoing Community Events

**Weight Watchers Meeting**  
Mondays at Noon  
(FF Conference 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.

### BOOK CLUB

Thursday, August 22  
1:00pm-3:00pm  
Turner Conference Room  
*Grapes of Wrath*  
By: John Steinbeck

## GET CONNECTED

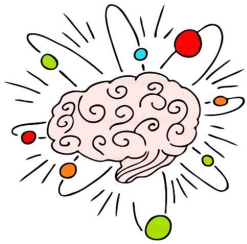
Ongoing Classes & Groups

# 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

### **Open Music Jam**

4th Thursday  
12:00pm-1:00pm  
(Conference Room)



Play an instrument or  
sit back & listen

### **Writer's Club**

Thursdays  
11:30am  
(Conference Room)



No Experience  
Necessary

**Letter from the Office Assistant...**

*We don't stop playing because we grow old; we grow old because we stop playing*  
 George Bernard Shaw



How playful are you? When was the last time you enjoyed doing something with your whole heart? Watch children at play, and you will see that they play with their entire being—body and soul. Play refreshes and renews the spirit even as it engages the body and mind. In this hottest summer month, we have plenty of cool fun scheduled for you: games, groups, trips, presentations, and other activities to make your inner child happy.

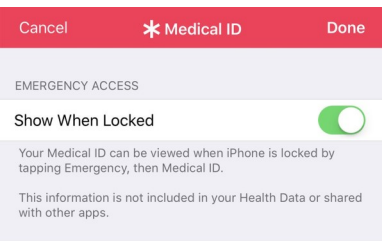
Here are a couple of ways to nurture to your creative, playful side. Join us at the Frist and immerse yourself in the creative journey of Frida Kahlo, Diego Rivera, and other artists who shaped the development of Mexican culture throughout the first half of the twentieth century. A true fiesta of colorful and passionate artistry awaits. Or enjoy a hike at Radnor Lake, home to owls, otters, and some of the loveliest trails in Middle Tennessee. We'll be visiting the aviary where you can meet an American Eagle face-to-face (or beak-to-nose, as it were).

Take some time out to restore the joy in your heart. Remind yourself that it is not always necessary to be doing something “productive” and that good playtime is good soul time. Encourage the child within to come out and play.

**Sincerely,**  
**Candy Paull**  
**Office Manager, FiftyForward J.L. Turner Center**

**Get Your Lost iPhone Back**

Even if you don't use the Apple Health app, it's worth filling out the Medical ID section. That's because the details you enter here, like your allergies and contact information for your next of kin, will appear on the



David Nield

lock screen when someone taps the dialer's Emergency link. In other words, anyone who picks up your device can access this information. So, if your phone gets lost, a helpful bystander can tap through to find a way to return it. This can also be useful in an emergency situation, a bystander can easily access your emergency contact information and contact them.

Another way to find a lost phone is to use the Find My iPhone app.

From [www.popsoci.com](http://www.popsoci.com)

**TECH CORNER**

**SAVE THE DATE!**



**FiftyForward Turner Center Presents:  
 An Evening at the Disco**

The Turner Center's Second Annual "An Evening In..." event will be held on Friday, October 4th from 6:00pm to 9:00pm at the FiftyForward Martin Center.

*Tickets will go on sale the last week of August*

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

**Edward Jones**®  
**MAKING SENSE OF INVESTING**



## Letter from the Director...

August offers several programming options for you to come indoor to escape the heat. Join us by touring the Frist Museum or Nissan Stadium. We want you to stay safe so watch out for heat exhaustion and drink lots of water while the temps hit the high 90's.

2019 Fall fundraiser will kick off this month. You will get your opportunity to boogie on down at the "Night at the Disco" in support of FiftyForward J. L. Turner. Tickets for the event go on sell the last week of August through September. You will have several ways to support the center leading up to the big event:

- Purchase a ticket to the "Night at the Disco" – ticket includes a Monell's dinner while you dance the night away to support FiftyForward J. L. Turner.
- Make a donation to have a record added to our playlist. Your name will be displayed at J. L. Turner on our special event wall.
- Become an event sponsor or invite a business to become an event sponsor.
- Help with collecting or donate an item for our Silent Auction.
- Help with getting the word out about the event and how anyone can purchase a ticket to this fun night out.
- Join us for an event promotional dress up contest to be held in September.

The "Night at the Disco" will be held on Friday, October 4<sup>th</sup> at the Martin Center. We have an \$8,000 goal to raise for this event. Please save the date and support FiftyForward J. L. Turner.

**Best regards,  
Connie Rigsby  
Director, FiftyForward J.L. Turner Center**

## Letter from the Program Director...

I can't believe how quickly July has flown by. I'm excited to jump right into August with all the fun activities we have planned, but first, I just want to thank all of you for the immense love and support you've shown us during our transitional phase with our new Director, we couldn't have done it without your support. We have so many exciting trips and activities planned for August, so I encourage you to step out of your comfort zone, meet some new faces, and try something new!



We're going to kick-off the first week of the month with a service project by making back-to-school goodie-bags for the teachers at Ross Early Learning Center. This is the same school that we partnered with for our snack drive, so it's a great opportunity to continue to grow our relationship with their community.

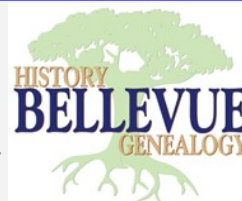
In addition to our in-center programming we also have exciting day trips planned. Regena & I have planned a fun trip to Nissan Stadium to get a tour of the home of the Tennessee Titans, and we also will head back to the Frist for a docent-guided tour of the Frida Kahlo & Diego Rivera exhibit. We will also be going to Radnor Lake for a beginner's hike and check out their new Aviary where they have bald eagles, red-tailed hawks, owls and more birds for public viewing. Lastly, we will head to FiftyForward Knowles for a presentation by Skansa that includes lunch & a tour of the construction of the fairgrounds.

Also please be sure to browse the section on volunteer opportunities in the Center. We are looking for a driver for our day trips & foodie night events. We will do a background & driving check, but no CDL license is required. If you, or anyone you know is interested please stop in and see myself or another staff member

**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, August 2, 2019 from 9:00 am to 10:30 am <First Friday with Metro Archives> – Sonia Allman**, Manager of Strategic Communications with Metro Water Services, will discuss the 130th anniversary of the 8th Avenue Reservoir.

**Friday, August 9, 2019 from 9:00 am to 10:30 am – “NASA’s 1960s Moon Race” – Bob Allen, Author & Historian**, will discuss the history and his personal experience working with NASA during the race to the moon from the surrender of the German V-2 rocket team in 1945 to their eventual transfer to NASA’s Marshall Space Flight Center, where they developed the successful Redstone, Mercury, Gemini, and Apollo/Saturn programs under the leadership of Dr. Wehner von Braun. Bob will describe his personal involvement with hybrid microelectronics and ceramic semiconductors that were initiated at NASA and how he turned these early developments into a 40-year technology transfer career.

**Friday, August 16, 2019 from 9:00 am to 10:30 am – Topic and Speaker to be Confirmed**

**Friday, August 23, 2019 from 9:00 am to 10:30 am – Topic and Speaker to be Confirmed**

**Friday, August 30, 2019 – NO MEETING – LABOR DAY WEEKEND HOLIDAY**

**Friday, September 6, 2019 from 9:00 am to 10:30 am <First Friday with Metro Archives> – Tony Turnbow**, Author and President of the Natchez Trace Parkway Association, will discuss his new book, *Hardened to Hickory: The Missing Chapter in Andrew Jackson’s Life*. Tony’s books are available at most retail and historic venues for \$27.99 plus sales tax.

**Friday, September 13, 2019 from 9:00 am to 10:30 am – Dr. Fred Hafner, History Professor, Cumberland University.**



## Travel with FiftyForward

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

#### Thursday, September 19

Tennessee Aquarium and Big River Grille in Chattanooga, TN

Pickup: 7:30am at FiftyForward Knowles

\$70 per person includes bus & aquarium ticket.

Lunch on your own plus a \$2 bus driver tip

#### Tuesday, December 3

Unclaimed Baggage in Scottsboro, AL

Pickup: 7:30am at FiftyForward Martin Center

\$30 per person; shopping & lunch on your own

#### 2019 Long Distance Travel:

August 8 — Tropicana Casino

August 25-31—Mackinac Island

September 5 — Harrah’s Casino

September 9-12 — Hannibal, Missouri

October 5-13—Cape Cod

October 7-17 — Panama Canal

October 21 — Tropicana Casino

October 29-31 — Mystery Tour

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

December 10-12 — Pigeon Forge

December 30-January 4 — Rose Parade New Year

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

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





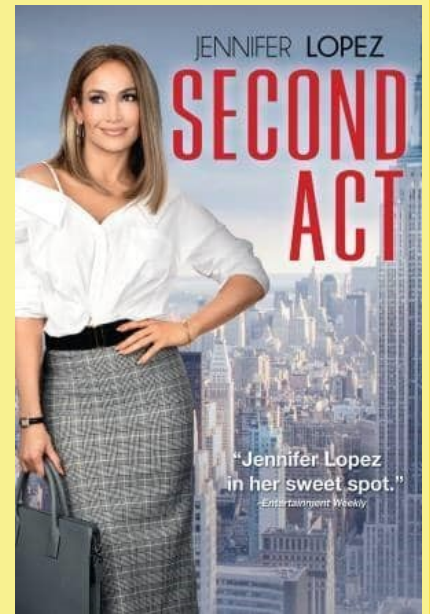
## Friday Flicks

Friday, August 30

12:30pm in Zelle/West

*Popcorn & Drinks Provided*

An assistant manager with a stellar record but no college degree makes her unqualified for a big promotion. When a fake resume leads a big financial firm to hire her, it completely changes her life. She then sets out to prove to the world that street smarts matter just as much as, if not more than, degrees and



## **Volunteer Opportunities at the Turner Center**

Do you know anyone interested in driving some of our monthly trips? No CDL license required, but a background and driving check will be done. All tickets and food will be paid for on any trip you drive. This is a great opportunity to see Nashville and try some new activities and new restaurants! If you know anyone or are interested yourself, stop by and see a staff member. Someone good with people with an outgoing personality is a plus!

Do you know someone who is an advocate for FiftyForward and can take payments for trips and events? In addition to drivers, we also have ambassador time slots available. You will receive credit to the center that can be used on any event or trip. Our current time slot availability is:

- Mondays from 12:00pm-3:00pm**
- Fridays from 12:00pm-3:00pm**
- Substitute Ambassador (as needed)**



## Bellevue Family YMCA Upcoming Events

### **MEMPHIS, TN**

- More details to follow

**CONTACT:** Regena Hooker, AOA Coordinator  
Phone: 615-646-9622 or Email: [rhooker@ymcamidtn.org](mailto:rhooker@ymcamidtn.org)



*National Council on Aging*

In partnership with FiftyForward Madison Station, the Turner Center will co-host The National Council on Aging's Aging Mastery Program (AMP) where each center will host a total of 10 classes that help older adults build their own playbook for aging well. AMP is an evidence-based, fun, innovative, and person-centered education program that encourages aging mastery— developing sustainable behaviors that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation. At the end of AMP, FiftyForward will host a graduation ceremony and a certificate of participation will be awarded to those who participated in at least 7 of 10 classes offered.

**Upcoming AMP Dates:**

Classes held on Mondays from June 24th through August 26th at 10:00am

**Events held at FiftyForward Madison Station in *italic*.**

*August 5th: Financial Fitness with Curtis Gardner Jr., Synovus Bank*

*August 12th: Sleep with Annette Henneman, St. Thomas Center for Sleep*

August 19th: Healthy Relationships with Chuck Frazier, Director of Spiritual Development at the Bellevue YMCA

*August 26th: Advance Planning with Jake Mason, Heritage Law Group*

**\*If you're interested in attending, but not signed up for the AMP program please see an ambassador or staff member.**

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

**UPDATED CANCELLATION & CREDIT POLICY**

- Cancellations must be made 24 hours in advance to receive credit.
- There are no cash refunds given for any trips/event. Refunds will come in the form of a check to your home.
- All trips require a minimum number of people which is decided by each Center. The staff reserves the right to cancel a program or trip in the event of minimum enrollment numbers not met. Trips not meeting the minimum number will be cancelled at least 24 hours in advance and credit will be given to those already signed up.
- If you choose to meet the bus at a destination, you may be charged an administrative fee to offset the cost of making the trip arrangements.
- Trips will now leave at the *stated departure time*, so it is best if you arrive 10 minutes prior to departure.
- A ticketed trip/event will not be refunded unless someone from the waitlist is available to take the ticket holders place.
- Habitually cancelling or no-show for trips and events will result in being placed on a waitlist for future trips.
- If a trip is cancelled due to weather or other uncontrollable circumstances, every effort will be made to reschedule the trip with ample notice to participants. If the trip is rescheduled for a date the ticket-holder cannot attend, a credit or refund will be issued.
- Credits will be good for up to 90 days beginning on August 1st.