

FiftyForward Donelson Station

Our mission is to support, champion and enhance the lives of those 50 and older.

108 Donelson Pike
Nashville, TN 37214
615-883-8375
www. FiftyForward.org

Inside this issue:

- Cigna programming
- Get your travel on! Check out our trips
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FiftyForward Agency Events

Friday, Oct. 4

FiftyForward J. L. Turner Center hosts "An Evening at the Disco," 6-9 p.m., at FiftyForward Martin Center. For info, contact Connie Rigsby at 615-622-3040.

Wednesday, Oct. 23

FiftyForward Donelson Station presents Les Kerr in concert at 11 a.m. The cost is \$8 and includes lunch from The Donelson Café. Sign up by calling 615-883-8375.

*Fifty
Forward* 1st!

*Fifty
Forward*
Love life at 50+

FiftyForward Knowles member Joe Murray "jumps" for joy, fulfilling one of many FiftyForward Firsts!

Joe Murray decided that retirement was not really for him in a traditional sense. Rather than sit at home and relax, he planned his "bucket list" — what we here at FiftyForward call "FiftyForward Firsts" — a list of things that still need "doing." Two issues ago, we told you about Murray fulfilling a lifelong dream of getting a pilot's license. He began flying gliders and was thrilled about being in the sky. He mentioned to his interviewer, Susan Sizemore, FiftyForward communications director, that his next bucket list item was to skydive. Was anyone willing to do it with him?

Murray's dream came true this past month as he was joined by two friends to make it happen. As part of a retired men's group at FiftyForward Knowles led by Dan Surface, Joe was joined by Dan Surface and Skip Dillon to share this exhilarating *FiftyForward First*.

Many thanks to Skydive Tennessee for its part in making this dream come true. To view Joe Murray's jump, visit:
<https://www.youtube.com/watch?v=gHK5HIK4NNg&feature=share>



What is a FiftyForward First?

A *FiftyForward First* is an opportunity — be it simple or elaborate — to try something you've never done before.

October Center Luncheon

Singer, songwriter, and recording artist, Les Kerr, will be performing at our monthly luncheon bringing the blues to our stage. Les takes his stylistic additives from a variety of genres including blues, reggae, country, folk and rock 'n' roll. Les hails from Louisiana and has recorded ten albums including his current collection, *Bay Street*. The title song on his 2015 album, *Contributor*, was inspired by Nashville's street newspaper. His video for *Contributor* was shown on CMT. Don't miss his performance which includes a delicious lunch from The Donelson Café. The cost is \$8. Sign up with staff or a volunteer.

In Our Facility...

Three Fitness Rooms

- **Cardio Room**-Treadmills, ellipticals, stationary bikes, weights, TV and music.
- **Resistance Training**- Stationary weight machine, single station equipment.
- **Exercise Room**-TRX and resistance bands, bosu balls, dumbbells, and more used with offered classes.

Billiards Room

Three tables, cues and balls.

Computer Lounge

Check your email and social media on the four PCs available to members only. Big screen TV, too!

SOCIAL HALL

Enjoy coffee with friends. Play cards, Bingo or Mah Jong. Vending, microwave and refrigerator available.

RENTAL SPACE

Having a party? Need a venue? We rent our space. Call for availability and pricing.

Free Wi-Fi Look for the FiftyForward Guest Network on your device and use 50Forward as the password.

Lions Club Recycle reusable prescription eye glasses in the yellow bin located on the front porch.

The Little Library

Donated by the E'Levate class of 2019. Take a book or donate one!

Businesses Located inside our building include:

The Donelson Café and Catering

Owners Mark Dickerson & Kevin Miehle

Open 10:30 a.m. - 2p.m.

This is open to the public and can be reserved for special events (weddings, parties, graduations, etc.). Delicious homemade specials include a meat and two sides for \$5.95. They also make deli sandwiches, fresh salads and soups. To place an order for pick-up or catering call 615-812-3802.

Ladies and Gents Salon

Full service salon for hair and nails.

Includes haircuts, perms, color, highlights, manicures and pedicures.

Stylists names and phone numbers:

Eva 615-406-6583

Gwen 615-243-5371

Iva 615-593-7602

Tonya 615-579-0101

Recreational Activities

We have a variety of recreational activities that stimulate your brain and improve cognitive functions. It's also a way to meet other members. Check these out:

Mondays

American Mah-Jong 2:30 p.m.

Brain Games (trivia) 1 p.m.

Tuesdays

Bridge 10 a.m.

Texas Hold 'Em 4 p.m.

Bridge Class 2 p.m.

Chess 2 p.m.

Wednesdays

Bingo 12:30 p.m.

Rummikub 1:30 p.m.

Thursdays

Cribbage 9 a.m.

Chinese Mah-Jong 10 a.m.

These are all FREE! If you do not know how to play, come watch and learn!

Silver Sneakers

FiftyForward Donelson Station is a basic Silver Sneakers site. Silver Sneakers is a health and fitness program designed for adults 65+ that's included with many Medicare Advantage plans. If you have Silver Sneakers, your membership with FiftyForward Donelson Station is FREE. If you don't know if you carry this particular plan, our staff will be happy to check for you.



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Nashville, TN 37214
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Center Hours

Mon.-Thurs., 7:30 a.m.- 6:30 p.m.
Friday, 7:30 a.m.- 5 p.m.
Saturday, 9 a.m. - 1 p.m.

Staff

Lisa Maddox

Interim Center Director/Program Director
lmaddox@fiftyforward.org

Kelly Lavelly

Office/Volunteer Manager
klavelly@fiftyforward.org

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Ada Suarez-Blash

Care Manager
(Mon., 8 a.m.- 4:30 p.m.)
asuarezblash@fiftyforward.org

Connect with us!



A profile of
FiftyForward may
be found at

www.givingmatters.com. With your generous contributions, FiftyForward continues to support older adults in the community through our comprehensive programming. To support our mission, please visit www.FiftyForward.org/donate

Accredited by 
National Institute of
Senior Centers

Letter from the Interim Center Director

We have experienced a lot of changes in the last month at Donelson Station. Angela Bryan's last day as Center Director was September 5. We thank her for her five years of serving our center and the community. I will be the Interim Center Director so if you have any questions, I will be happy to answer them.

We had a successful Bargain Basement Sale on September 14. Thank you to Virginia Doak and her volunteers for all of their hard work in preparing for this sale. They made \$744 that goes directly back to the center. All of the donated items from members helped make this sale a success!

Casino Night was fabulous! We sold over 60 tickets and had many generous donations from members. The wonderful businesses in our community contributed silent auction items that were the best yet. I should have final numbers available to share very soon.

We are excited to have Donelson Station member and our new bus driver, Sam Hardcastle, on board to take you on exciting trips. Sam is a former school bus driver and participates in lots of exercise classes at the center. You may even see her pull up on her Harley at the center.

Lastly, I am wearing a lot of hats, so please be patient with me as I am trying to catch up and keep everything flowing smoothly. I appreciate all of you and your continued support.

Blessings,

Lisa Maddox, Interim Center Director/Program Director

Many thanks to our sponsors:

 Humana



 Cigna
HealthSpring



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Medicare Solutions

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 Amerigroup
An Anthem Company

 SENIOR
HELPERS
Care and comfort at a moment's notice.

 American
SENIOR BENEFITS
AN INTEGRITY COMPANY

FiftyForward membership

When you join FiftyForward, you can participate in the hundreds of programming activities across seven centers. Membership is \$12/month or \$144/year and scholarships are available. To learn more, talk with your center staff and fill out an application. You will be eligible for program discounts on trips, special programs and classes.

*We look forward to
meeting you!*

*Fifty
Forward*

T R A V E L

Gain insight and details on all of these trips at

<https://fiftyforward.org/travel/>

Oct. 5-13: Cape Cod

Cost: \$1,149 pp/dbl or \$1,448 single.

Oct. 7-17: Panama Canal

Cost: Inside cabin \$2,734 pp/dbl, outside cabin \$2,984, and balcony cabin \$3,334.

Oct. 29-31: Mystery Tour

Cost: \$539 pp/dbl., \$702 single, \$493 pp/triple, \$471 pp/quad.

Dec. 10-12: Pigeon Forge

Cost: \$499 pp/dbl., \$584 single, \$480 pp/triple, \$470 pp/quad.



Nov. 3-9: National Parks & Canyons of the Southwest

Cost: \$2,095 pp/dbl

Dec. 30-Jan. 4: Rose Parade

New Year

Cost: \$2,950 pp/dbl includes all tours, roundtrip airfare, five nights' lodging, nine meals, and motor coach transportation.

Apr. 3-9, 2020: Cherry Blossom Festival, Washington D.C.

Cost: \$2,789 pp/dbl



Apr. 28-May 6, 2020: Tulip River

Cruise, featuring Dutch and Belgian Waterways .

Cost: Cabins range from \$4,199-\$7,099

May 14-16, 2020: Billy Graham Museum

Cost: \$475pp/dbl

June 8-11, 2020: Creation Museum and Ark Encounter

July 15-21, 2020: Mt. Rushmore (details TBD)

Sept. 14-17, 2020: Everything Elvis (details TBD)

Upcoming Casino Trips

Oct. 21, 2019: Tropicana

Cost: \$15 members; \$20 nonmembers

Call Janice at 615-883-8375 to make your reservation for trips. Non-members pay an additional 10 percent.

On the Road with FiftyForward

We have an exciting trip planned for the fall. Call and reserve your place since spots will fill quickly!

"Unclaimed Baggage"

Tuesday, Dec. 3, 2019

Visit Scottsboro, Alabama's "Unclaimed Baggage" — the only store in America that buys and sells unclaimed baggage from airlines. It is one of the busiest tourist attractions in Alabama, boasting more than a million visitors each year. **Cost: \$30/per person.** Bring money for shopping and lunch. You will be leaving from the Martin Center at 7:30 a.m. For more information or to reserve your spot, contact Brittany Campagna at bcampagna@fiftyforward.org or call 615-376-4331.



Cigna brings a wealth of educational programming to FiftyForward



This fall, Cigna will present a series of health and wellness educational seminars called *Healthier Together*. This innovative programming provides valuable information to help you better make decisions about your personal health and wellness.

Healthier Together features several topics including flu and pneumonia, practical nutrition, fall prevention, high blood pressure, and arthritis. Various topics will be presented at all seven FiftyForward active aging centers as part of the ongoing partnership between Cigna and FiftyForward.

Desi Smith, new business development representative for Cigna, was instrumental in bringing these programs to FiftyForward. "We are excited to bring Healthier Together to you. Cigna strives to improve the health, well-being, and peace of mind of those we serve, and we know these important programs will make a difference to the lives of those in our community."

Cigna is a recognized health services company committed to helping people find solutions so they can maintain healthy, active lives through personalized and affordable healthcare services. This year, Cigna was honored with the FiftyForward Corporate Crowning Achievement Award for continued support to the nonprofit community.

"Corporate support is crucial to the mission of FiftyForward, especially when it consists of informative, educational

programming that helps our members make decisions about their health and wellness," said FiftyForward Executive Director Sallie Hussey. "Cigna's support and genuine dedication to our members makes them not only one of the best partners for our agency, but also one of our favorites!"

Please see the chart below to see the programs offered at each center. Members can attend any session that is convenient for them.



	Practical Nutrition	Arthritis	Mental Health	High Blood Pressure
FiftyForward Bordeaux	Sept. 6, 10 a.m.	Sept. 27, 10 a.m.	Oct. 25, 9:30 a.m.	Nov. 18, 10 a.m.
	High Blood Pressure	Getting Active	Diabetes	Flu and Pneumonia
FiftyForward College Grove	Oct. 24, noon	Nov. 14, noon	Dec. 12, noon	Sept. 5, 11:30 a.m.
	Incontinence	Practical Nutrition	Arthritis	Mental Health
FiftyForward Donelson Station	Sept. 11, 10 a.m.	Sept. 30, 10 a.m.	Oct. 28, 10 a.m.	Nov. 19, 10 a.m.
	Fall Prevention	Diabetes	Getting Active	Flu and Pneumonia
FiftyForward Knowles	Sept. 26, noon	Oct. 7, 10:30 a.m.	Oct. 29, 12:30 p.m.	Nov. 12, 10:30 a.m.
	High Blood Pressure	Incontinence	Practical Nutrition	Arthritis
FiftyForward Madison Station	Sept. 16, 10:30 a.m.	Oct. 10, 10 a.m.	Nov. 6, 11:30 a.m.	Dec. 2, 10:30 a.m.
	Mental Health	Fall Prevention	Diabetes	Getting Active
FiftyForward Martin Center	Sept. 19, 1 p.m.	Oct. 14, 1 p.m.	Nov. 4, 1 p.m.	Dec. 4, 1 p.m.
	Flu and Pneumonia	Diabetes	Fall Prevention	Getting Active
FiftyForward J. L. Turner Center	Oct. 21, 10:30 a.m.	Nov. 4, 10:30 a.m.	Nov. 11, 10:30 a.m.	Dec. 9, 10:30 a.m.

October Medicare Presentations/Appointments-Sign up with staff or a volunteer.

IMS-Independent Medicare	Oct. 3 at 10 a.m.	Presentation
Core Insurance Advisors	Oct. 4 at 10 a.m.	Presentation
Cigna HealthSpring	Oct. 8 at 10 a.m.	Presentation
Humana	Oct. 10 at 10 a.m.	Presentation
Amerigroup	Oct. 16 at 1 p.m.	Presentation
American Republic Insurance	Oct. 17 from 9 a.m-12:30 p.m.	Appointments to go over plans
American Republic Insurance	Oct. 17 at 1 p.m.	Presentation from United Health Care
American Senior Benefits	Oct. 18 from 8 a.m. – 5 p.m.	Appointments to go over plans
Amerigroup	Oct. 19 at 10 a.m.	Presentation
Cigna HealthSpring	Oct. 22 at 10 a.m.	Presentation
American Republic Insurance	Oct. 30 from 9 a.m. – 5 p.m.	Appointments to go over plans

Policies About Signing up for Trips:

Since the mystery lunch and the lunchbunch trips fill up so quickly, we ask that if you have been on this trip consecutively the last **three** months, please allow another member to sign up for this trip. This allows those who have not been unable to sign up get a chance to experience these trip and meet other members.

Also, FiftyForward Donelson Station will only allow individuals to sign up two people for trips at a time. To clarify, you may call and sign up yourself and your husband or wife or yourself and a friend, but it is limited to **ONLY** two people.

You may **NOT** call up, stop in, sign up for or pay for more than two people. This has caused some problems with one person taking up multiple spots on the van and then often canceling.

We are trying to be fair to all members that enjoy taking trips. This has been approved by the Advisory Council and the Program Committee.

Trip Suggestions

If you have any trip ideas, make sure to tell Lisa Maddox or drop a note in the trip suggestion box outside of her office. We are always open to suggestions and know these are a great asset to our membership.

Trip Requirements and Credit Policies

To ensure members have adequate opportunity to attend trips and events and that staff time and center resources are properly utilized, the following polices must be followed:

- All trips require a minimum of five people. Trips not meeting the minimum number will be cancelled 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 will be charged \$2 to offset the bus fee. This fee does not apply if the bus is full.
- When you sign up for a trip or presentation/event, you are making a commitment to this activity and are responsible for putting it on your calendar and showing up on time.
- If you cancel 24 hours before a trip occurs, you will receive a credit toward another trip.
- **CREDITS ARE AVAILABLE ONLY FOR 90 DAYS.**
- A ticketed trip/event will not be refunded or credited **unless someone takes your place from the waiting list or by someone you recruit.**
- Cancelling or not showing up for three or more trips within a month will result in being placed on a waiting list the following month for all trips.
- Please note the bus departure time and arrive on time. Drivers will not wait!
- There are no cash refunds for any trips/events.

Mexican Train Dominoes

Who wants to play Mexican Train Dominoes?? Member, Mary Hayeland, would like to get a group together to play Mexican Train Dominoes. If you are interested, reach out to Mary and she will set up a time to meet in the social hall in October. Mary's telephone number is 615-969-2889.

OCTOBER TRIPS AND EVENTS

**** All Medicare Presentations and Appointments are located on page 3. You MUST sign up for each one.**

Victory Over Crime “Financial Exploitation”: Wed., Oct. 2 at 10 a.m. Learn about fraudulent, illegal acts of financial exploitation which is happening everyday to our aging population. This is FREE! Sign up with staff or a volunteer.

NPL Computer Class: Wed., Oct. 2 at 2 p.m. Is Google a good way to search for health information? Finding reliable online health information requires some detective work. Attend this workshop on how you can find health information you can trust. Seating is limited so sign up quick. This is FREE!

Nashville Shores Boat Ride: Thurs., Oct 3. Enjoy a beautiful day on Percy Priest lake with a three-hour scenic pontoon boat ride. Bring your own lunch and drink to enjoy on board. There are only 8 spots available. Sign up with staff or a volunteer. Leave the center at 10:30 a.m. The cost is \$30 per person which includes the bus and your boat ride.

Equipment Orientation: Friday, Oct. 4, 10 a.m. Certified Senior Fitness Instructor Ronald Ruffin will conduct a training on our exercise equipment located in the cardio room and the resistance training room. This is a great time to learn how to use the equipment properly and ask any questions about getting started. This is **FREE!** Sign up with a volunteer or staff.

Writing Class: Mon. Oct. 7 at 1 p.m. Is there a writer in you wanting to come out? Have you ever considered writing and publishing a book? Critically acclaimed author, Tennessean Columnist, professional writing coach and professor, Jim Palmer, will be leading a 6-week class on mastering the craft of writing. The cost is \$60 for members and \$120 for non-members. Sign up with staff or a volunteer.

Summit Audiology: Tuesday, Oct. 8, 11:15 a.m. Audiologist Mitch Vest offers **FREE** hearing exams. Summit has advanced technologies and a three-year complete service warranty with damage/loss coverage. Get a 30-day trial, free in-office cleanings, repairs/adjustments and free annual testing. They accept many insurances. Make an appointment with a volunteer or staff.

Solar System Lecture Series: Wed., Oct. 9, 16, 23, and 30 at 10 a.m. Join Duncan Davis for a 4-week series discussing stars, planets and our vast solar system. Lecture 1 “Size, Mass, Density: What Does it Matter”; Lecture 2 “How Far/How Fast” ; Lecture 3 “Birth of a Star”; Lecture 4 “Death of a Star”. These are FREE! Sign up with staff or a volunteer.

Part 2 and 3 Dementia Education Series: Thurs., Oct. 10 and Nov. 14 at 2 pm. Kathy Johnson-Warner from Senior Helpers is an expert in dealing with dementia. Learn the early warning signs, and how to care for those affected with this disease. This is **FREE!** Sign up with staff or a volunteer.

Mystery Lunch: Fri., Oct. 11. Join the mystery gang and head to an undisclosed location for a delicious lunch. Sign up with staff or a volunteer. The cost is \$6. Leave the center at 10:45 a.m.

Pet Community Center Mobile Unit: Sat., Oct. 12 from 9 am until 1 pm. The mobile Pet Unit will be in our parking lot offering low-cost services for your pets including vaccinations, microchips, flea and tick treatment and more. No appointment necessary, just show up.

Flu Shot Clinic: Tues., Oct. 15 from 10 a.m. - 12 p.m. The Walgreens pharmacist will be on site providing flu shots. Make sure to bring your insurance or Medicare card with you. Sign up for an appointment with staff or a volunteer.

Bell Buckle Main Street Arts & Craft Fair Trip: Sat., Oct. 19. Explore the Victorian charm of Bell Buckle, TN. Over 750 vendors with crafts, arts, antiques, jewelry, photography, holiday decorations, pottery, foods, music and more will be there. The cost is \$10 for the bus. Bring your own money for lunch. Leave the center at 9 a.m. Sign up with staff or a volunteer.

TN Disability Coalition Video : Mon., Oct. 21 at 11 a.m. The Donelson Café and Catering have been working with disabled kids who help them in the café by learning new tasks and working on their strengths. This brings great diversity and innovation to their business. The TN Disability Coalition noticed the impact and created a video titled *Businesses for the Better*. Join us for a screening of this video in the café. Everyone is welcome!

TRIPS/EVENTS CONTINUED...

Performance Care “Which brace is right for me?” :

Mon., Oct. 21 at 10 a.m. Megan Stricker with Performance Care will be bringing various braces for your body and joints including, elbow, knee, leg, ankle, and back. Try them on and get properly fitted. Learn how to have Medicare cover the costs. If you are having any joint pain, this could give you relief. Sign up to meet Megan and learn all about the braces that Performance Care offers.

Canvas Painting: Monday, Oct. 21, at 2 p.m. Follow step-by-step instructions

on how to paint this month’s canvas with professional artist Kara Williamson. A picture of your project is the fall scenic one attached. The cost is \$25 and includes all materials. Sign up with staff or a volunteer.



“All of Us” Enrollments: Tues., Oct. 22 from 10 a.m.-12:30 p.m.

Have you signed up yet? The National Institutes of Health is seeking to enroll a million participants from all backgrounds to improve the health of future generations. If you have questions or need help enrolling, FiftyForward staff offers individual appointments the 4th Tuesday monthly at Donelson Station. Sign up with staff or a volunteer.

Center Luncheon : Wed., Oct. 23 at 11 a.m.

Famous Mississippi blues musician, Les Kerr, will be on our stage this month. Les is signed with O.N.U. Records and travels all over sharing his love of blues, rock, reggae and bluegrass. Don’t miss this performance. The cost is \$8 and includes lunch from The Donelson Café. Sign up with staff or a volunteer.

Martin Center Mixer Thurs., Oct. 24.

Enjoy fellowship with FiftyForward staff and other members at our beautiful Martin Center in Brentwood and learn about our seven centers. The Kabob Bus food truck will be on site offering grilled meats, sandwiches, salads and homemade ice cream. Bring money for lunch. Leave the center at 11 a.m. The bus is FREE! Sign up with staff or a volunteer.

Supper Club: Thurs., Oct. 24. The dinner gang is headed to enjoy some German food at Bavarian Bierhaus. Try the Bier Cheese Soup, Hot Bacon Spinach Salad, or Bavarian Onion Soup for starters. Entrees include Shnitzels, Sauerbraten, Fish & Chips, Rouladen and so much more! The cost is \$6. Leave the center at 5 p.m. Sign up with staff or a volunteer.

Cigna Presents “Healthier Together”: Mon., Oct. 28 at 10 am.

This educational presentation will focus on the following topics: Arthritis (Oct. 28), and Mental Health (Nov. 19). These subjects affect so many people, and we need to be armed with information. This is FREE! Sign up with staff or a volunteer

Book Club: Meets the 4th Monday of each month.

Mon., Oct. 28 at 10:30 a.m. Join the avid readers and discuss the book *The Kennedy Debutante* by Kerri Maher. Anyone is welcome to join this group. All you have to do is love to read.

Caregiver Support Group

Monday, Oct. 28, 5:30 p.m. Do you care for a family member or friend? Do you need support and fellowship with others that are in the same situation? If yes, please join us to learn how to care for yourself while taking care of others. The group leader, Pat Gates, is a published author who has lots of experience in caregiving and can also offer support. This group is open to the community so if you know others who needs this, please invite them. The group meets the 4th Monday monthly. Sign up with staff or a volunteer.

Lunchbunch to Moby Dicky’s: Tues., Oct. 29.

Join us at Hendersonville’s only seafood joint that overlooks the water. Their vast menu includes: Shrimp, conch salad, chicken wings, chicken dinners, fish dinners. Leave the center at 10:45 a.m. The cost is \$6 for the bus. Sign up with staff or a volunteer.

Costume Party: Thurs., Oct 31 at 2 p.m.. Get into the spirit and dress up for a fun Halloween party. We will have a cakewalk, best costume contest (with prizes) and more fun games. This is FREE! Sign up with staff or a volunteer.

FiftyForward Supportive Care Services

Whether you are a caregiver looking for respite or need guidance on accessing services in the community, **FiftyForward Supportive Care Services** staff are here to help! Some of our services include:

FiftyForward Care Team 615-743-3436 Providing older adults and caregivers access to services and peace of mind by caring professionals who are available 24/7. The Care Team can provide a professional assessment of your loved one's needs, help in selecting and purchasing services such as in-home or residential care, on-going monitoring of care, accompanying customers to appointments, and other individualized tasks.

FiftyForward Living at Home Care Management

This no-cost program for low income older adults offers in-home assessments to connect them with services that meet their specific needs (food, housing, transportation, health care, counseling, etc.).

Davidson County: 615-743-3416

Williamson County: 615-376-4334

FiftyForward Adult Day Services 615-463-2266

Located in Green Hills, this social model licensed day program assists those with health and/or memory issues to participate in structured activities in a supportive and enriching environment.

FiftyForward Conservatorship 615-743-3436 Called the "gold standard" by a local attorney, this program makes decisions when an older adult can no longer do so and has no one to help. Through court appointment, FiftyForward can serve as conservator of person and/or finances.

Victory Over Crime

This **FREE** program supports older adults who have been a victim of crime. Caring professionals help victims overcome traumatic crimes such as neglect, financial exploitation, domestic violence, sexual assault, mail/phone fraud, burglary and physical abuse. These services include Care Management, Legal Advocacy and Counseling support. For more information, call 615-743-3417.

All of Us RESEARCH PROGRAM

Have you heard about the new All of Us Research Program from the National Institutes of Health? This new exciting program seeks to enroll 1,000,000 participants from diverse backgrounds to improve the health of future generations. If you are interested in joining but have more questions or would like some assistance in enrolling, please make an appointment with us! FiftyForward All of Us team members will be offering monthly one-on-one appointments here. They will be on site every 4th Tuesday from 10 a.m.-3:30 p.m. to answer questions and offer technology assistance with online enrollment. Sign up at the Center and become "One in a Million" with the All of Us Research Program!

FLIP Program (Friends Learning in Pairs)

Did you know that 65% of America's fourth graders do not read at a proficient level? FiftyForward Learning in Pairs program is seeking volunteers to help children grades K-4 who need assistance in reading or math. Time commitment includes a once a week visit at your student's school for 2 hours throughout the school year. Contact Lisa Hill for more information at 615-622-9867.

About FiftyForward

Established in 1956, FiftyForward supports, champions and enhances life for those 50 and older. As a nonprofit operating seven lifelong learning centers — two in Williamson and five in Davidson County — FiftyForward offers educational, health and wellness, arts and volunteer programs to engage older adults. FiftyForward also provides comprehensive supportive services and access to resources including FiftyForward Adult Day Services, FiftyForward Fresh/Meals on Wheels as well as the FiftyForward Care Team offering care assessment and services for older adults. FiftyForward Travel offers adventures (regional and international) and the Senior Center for the Arts and The Larry Keeton Theatre, a subsidiary of FiftyForward, feature performing arts for all ages. Get social with us - friend us on Facebook, follow us on Twitter and Instagram. Learn more about FiftyForward resources and volunteer opportunities by visiting: www.fiftyforward.org.

Center-based wellness resources

Grief Support Group: Meets on the **1st Sunday of the month, 2 p.m. at Dodson Chapel United Methodist Church.** This is a free support group for those dealing with the stages of grief. Meet with others who are journeying through the same processes in a safe and confidential environment. The Group also plays cards on the 4th Thursday at 9:30 a.m. in the social hall.

Caregiver Support Group: Meets the 4th Monday of each month at 5:30 p.m. Everyone is welcome. Pat Gates, facilitator and published author, can be reached at pegates@bellsouth.net. AARP is hosting a free event for caregivers on Wed., Oct. 9 at 6 p.m. at Ryan's. The address is 2151 Gallatin Park N, Madison, TN 37115. To Register call 800-278-1045.

Equipment Orientation: Meets the first Friday of each month at 10 a.m. Ronald Ruffin, Certified Personal Trainer, will show you how to properly use the exercise equipment.

Medicare Counseling: For help with your Medicare questions, call 1-877-801-0044, email tn.ship@tn.gov, or visit tnmedicarehelp.com.

Summit Audiology: The Audiologist is here on the 2nd Tuesday of each month from 11:15 a.m.–1 :15 p.m. offering **FREE** hearing exams. Make an appointment with staff or a volunteer.

Weight Watchers: Meets on Tuesday evenings at 5:30 p.m. in our conference room.

Call Reassurance for the Homebound: We have a volunteer who calls once a week and checks on those who are homebound. If you know an older adult who needs this service, contact Kelly Lavelly, Office/Volunteer Manager.

The Nail Spot: Receive FREE toe nail trimmings and pedicures from The Nail Spot located across the street at 113 Donelson Pike. This is ONLY for those who are unable to do this on their own. No appointment is needed, just show up. The date for October is Oct. 21, 10 a.m.– 3 pm.

MTGMS Jewelry School

The Middle Tennessee Gem and Mineral Society offers 30+ jewelry classes quarterly at FiftyForward Donelson Station. Classes include silversmithing, faceting, lapidary, wire-wrapping, basic stone carving, chain maille and lots of 1-2 day workshops. Discounted prices for members range from \$10-\$30 per class.

Their rock and gem meeting is at 3 p.m. on the 3rd Sunday. Everyone is welcome. For more information on classes visit www.mtgms.org.

The Larry Keeton Theatre

Our next production is ***Little Shop of Horrors*** and runs from October 10-26. This horror comedy rock musical features meek flower shop assistant Seymour who pines for co-worker Audrey. During a total eclipse, he discovers an unusual plant he names Audrey II, which feeds only on human flesh and blood. The growing plant attracts a great deal of business for the previously struggling store. After the accidental death of Orin (Audrey's boyfriend) Seymour feeds Audrey's boyfriend to the plant. Seymour must come up with more bodies for the increasingly blood thirsty plant.

Shows are Thursday, Friday and Saturday with dinner served at 6 p.m. and the show at 7 p.m. Sunday matinees begin with lunch at 1 p.m. and the show at 2 p.m. Tickets are \$30 for the dinner and the show. Show only options and salmon upgrades are available. Ask about our group pricing. You may call us to purchase tickets at 615-883-8375 or online at www.thelarrykeetontheatre.org.

Check out our 2019-2020 season:

It's a Wonderful Life Dec. 5-22

Joseph and the Amazing Technicolor Dreamcoat

Feb. 13-29, 2020

Mamma Mia April 16-May 2, 2020

The Little Mermaid June 11-27, 2020

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