

# FiftyForward J. L. Turner

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

The Turner Times

October 2019

8101 Hwy. 100  
Nashville, TN 37221  
615-622-3040

**FiftyForward Knowles member  
Joe Murray “jumps” for joy,  
fulfilling one of many FiftyForward Firsts**

**Fifty  
Forward**  
Love life at 50+

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## FIFTYFORWARD AGENCY EVENTS

**Sept. 24** Writer's Night benefiting FiftyForward Fresh/Meals on Wheels, at Douglas Corner Café, (2106 8th Ave S, Nashville 37204. \$10 suggested donation

**Sept. 28** FiftyForward and Barry Coggins present the 20th annual FiftyForward Fresh/Meals on Wheels Golf Tournament; Nashboro Golf Club, 1101 Nashboro Blvd., Nashville 37217. Reach [barrycoggins@comcast.net](mailto:barrycoggins@comcast.net) to play or sponsor.

**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.

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 (see story on page 3), 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>

**VIP ACCESS**  
FIFTYFORWARD J. L. TURNER CENTER PRESENTS  
AN EVENING AT THE **DISCO**  
FRIDAY, OCT. 4, 2019 • 6-9 P.M.  
TICKETS \$50 FIFTYFORWARD MEMBERS  
\$75 NONMEMBERS  
TO BE HELD AT  
FIFTYFORWARD MARTIN CENTER  
960 HERITAGE WAY  
BRENTWOOD, TN 37027  
RSVP 615.622.3040  
TICKET # 001

## YOU'RE INVITED!

Don't forget to get your tickets to the FiftyForward J. L. Turner Center's 2nd Annual fundraiser. Wednesday, Oct. 2 is the last day to buy tickets. See an ambassador or FiftyForward staff member for tickets.

*Unable to attend?* There will be other opportunities to donate, and the proceeds directly benefit our center. Make a \$20 donation to our “Playlist” and get your name on a cassette or cd that will be displayed at the event & in the center. Make a donation using our “dip jar,” or donate a silent auction item. (See page 9 for more info.)

**FiftyForward J. L. Turner Center**  
**8101 Highway 100**  
**Nashville, TN 37221**  
**Center Phone:**  
**615-622-3040**

#### Center Staff

**Center Director**  
**Connie Rigsby**  
**crigsby@fiftyforward.org**  
**615-673-8715**

**Program Director**  
**TBA**

**Office Assistant**  
**Candy Paull**  
**cpaull@fiftyforward.org**  
**615-622-3040**

**Connect with us!**  
**www.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**

A profile of FiftyForward may be found at [www.givingmatters.com](http://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/](http://www.FiftyForward.org/)

Accredited by   
National Institute of  
Senior Centers

## **October 2019**

**There is no difference between the one who gives, the one who receives, and the gift itself.**  
**Thich Nhat Hanh**

**In a circle of giving, the blessings multiply. It truly does take a village—all of us working together in a reciprocity of giving and receiving. When it comes right down to it, we truly are all one. If you bring a gift, you're not just offering it to another person, you are really offering your gift to Life Itself. It's a gift that keeps on giving.**

**Our Disco fundraiser on October 4th is a perfect time to combine good times and good works, giving and receiving. There are many ways to share your energies and make a positive difference for our center and the lives of the people who are part of it. You can buy a ticket to the event and come out to enjoy live music, a delicious dinner, and convivial company under the shimmering disco lights. If you can't come to the party, have a mini-party by participating in our Dip Jar—an opportunity to donate \$10, \$20, or more dollars to help us grow our programs at the center. We appreciate those who also offer time, talents, and energy to make sure the event is a success. From donating silent auction items to decorating tables to sponsorships and helping with the event, every act of generosity adds to the celebration.**

**Best of all, bring the gift of yourself—the party would not be complete without you. Wear something sparkly and fun, get your photo taken to commemorate the moment, and share food, fun, and laughter with friends. Make this an evening to remember.**

## **Volunteer Opportunities at FiftyForward J. L. Turner Center**

Do you know anyone interested in driving some of our monthly trips? No CDL license required, but there will be a background and driving check. 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:

- **Thursdays from noon-3 p.m.**
- **Fridays from noon-3 p.m.**
- **Substitute Ambassador (as needed)**

## 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

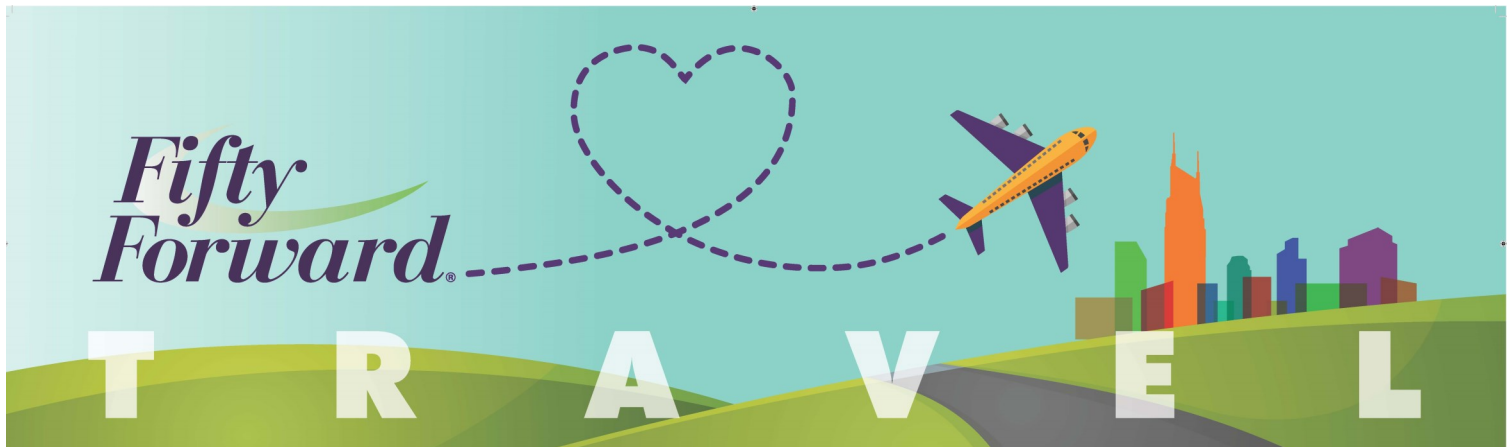
programming that helps our members make decisions about their health and wellness," said FiftyForward Executive Director Sallie Hussey. "Cigna's support and genuine dedication to our members makes them not only one of the best partners for our agency, but also one of our favorites!"

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.





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)**

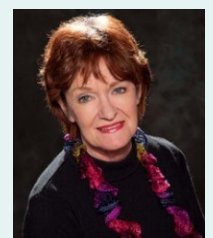
**Upcoming Casino Trips**

Sept. 5, 2019: Harrah's

Oct. 21, 2019: Tropicana

Cost: \$15 members; \$20 nonmembers

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



**On the Road with FiftyForward**

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

**Tennessee Aquarium, Chattanooga, Tennessee**

Thursday, Sept. 19, 2019

Cost: \$70 per person. Make sure to bring cash for bus driver tip, lunch on your own. \$5 extra for nonmembers  
 For more information, or to register for this trip, see a FiftyForward staff member.



**"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. For more information or to reserve your spot, contact Brittany Campagna at [bcampagna@fiftyforward.org](mailto:bcampagna@fiftyforward.org) or call 615-376-4331.

## Center-based wellness programming

### All of Us Program Enrollment

**Wednesday, Oct. 11, 10 a.m.-Noon**

Get enrollment assistance and tech help (Turner Lobby)

### Healthier Together Flu & Pneumonia

**Monday, Oct. 21, 10:30– 11:30 a.m.**

Flu and pneumonia information clinic presented by Cigna/HealthSpring. (Zelle/West)

### Free Blood Pressure Checks

Mondays, 9–11 a.m.

Have your blood pressure checked by John Waters, a retired registered nurse.

### Weight Watchers Meeting

Mondays:

12:30p.m.—Weigh-in; 1p.m.—Meeting (Activity Room)

Meetings held every week. Joining fee waived for members.

**Current Event : Special Guest Thursday  
October 24th : Councilman Robert Swope  
~ District 4 and Paul Collins ~ Civil  
Engineer, Sullivan Engineering, Inc. 10  
a.m. ROOS**

## Coming Up In November...

### Medicare Counseling Day coming Oct. 14!

The FiftyForward J. L. Turner Center will host a Medicare Counseling day with Ron Henson from FiftyForward, as well as United Heath and Anthem.

### Meet and Greet new Assistant Director Friday

**Nov. 1!** Finger food event. Time to be announce. Please join us to welcome a new team member.

## Did you know?...

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

## Day Trips

### Courtyard Concert Nashville Public Library

**Tuesday October 8**

The WannaBeatles, “Where FAB meets FUN!” Don’t miss this lively performance of Beatles’ favorites and a special presentation of hits from 1969. (10:45 a.m –3:30 p.m, \$6 for van, free concert, lunch on your own)

### 2019 Quilt Show in Franklin: Friday, October 11

Join us for at trip to Historic Franklin to see over 100 quilts and guest exhibitors. (9 a.m.—\$6 for van) (bring \$5 for show entry plus lunch on your own)

### Nashville Mural Art Tour: Monday, October 14

Join us for a viewing of the local art in Nashville. (9:30 a.m. –2:30 pm \$6.00 for van and lunch on your own)

### Food Truck at Martin Center for a mix & mingle event: Thursday, October 24

Enjoy fun activities planned with a Food Truck at the mix and mingle with members of our other FiftyForward Centers at the FiftyForward Martin Center (10 a.m.—\$2 van plus lunch on your own)

### Glow at the Hermitage with the YMCA:

**Thursday, October 17**

See Regena Hooker for sign ups. (Details of cost and time to be announced)

## Food Trips & Gatherings

**No Foodie Night: Friday, Oct. 4**

**“Evening at the Disco” please join us for our fundraiser tickets are on sale**

**Breakfast Club: Monday, Oct. 7**

Breakfast at I-Hop (8:30 a.m.—Meet there)

**Foodie Night: Friday, Oct.18**

Dinner at J. Alexanders (4:15 p.m.—\$6 van; dinner on your own)

**Supper Club: Monday, Oct. 21**

Supper at Lemongrass (5 p.m.—Meet there)

## BELLEVUE HISTORY & GENEALOGY GROUP

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



**Friday, October 4, 2019 from 9:00 am to 10:30 am <First Friday with Metro Archives> –**  
**George Spain**, Author and Historian, will discuss his new book titled *"History of Mental Health In Tennessee."*

**Friday, October 11, 2019 from 9:00 am to 10:30 am –**  
*"Tasting Tennessee: A Culinary Tour of the Volunteer State"* – **Rob DeHart**, History Curator, Tennessee State Museum. What defines Tennessee cuisine? This exploration of places to eat across the state distinguishes the unique local flavors that certain regions are known for. Rob DeHart, curator of the temporary exhibition *"Let's Eat! Origins and Evolutions of Tennessee Food,"* from barbecued ham in the East, to hot chicken in the Middle, to slugburgers in the West, this program is guaranteed to make you hungry.

**Friday, October 18, 2019 from 9:00 am to 10:30 am –**  
*"Necessary Luxuries: Pets, Menageries, Circuses, and Zoos In Tennessee"* – **Danielle Ulrich**, Registrar and Education Coordinator, Belmont Mansion. Beyond the idea of simple domestication of animals lies a realm of fancy where animals serve as companions, educational tools, and even amusement. Tennessee's own part in this history is a winding road mirroring the progress our country has made toward the humane treatment of animals (and people). From Andrew Jackson's *pet* parrot, Poll, to the horrific execution of Mary the elephant in 1916, this lecture will explore the lines between people and animals and how their relationship has evolved in the state of Tennessee from the early 19<sup>th</sup> to the mid 20<sup>th</sup> century.

**Friday, October 25, 2019 from 9:00 am to 10:30 am –**  
*"How Perfect Was the Perfect 36? Tennessee's Battle over the 19<sup>th</sup> Amendment"* – **Ann Toplovich**, Executive Director and CEO of the Tennessee Historic Society. After Congress sent the 19<sup>th</sup> Amendment to the states for ratification in June 1919, 35 of the needed 36 states approved the amendment by July 1920. But most states in the Old South rejected the 19<sup>th</sup> in those same 12 months. Tennessee became the last hope for ratification and a battleground over issues of gender, race, and state rights. Ann's talk explores these controversies, which still echo a hundred years later.

**Just stopping by FiftyForward to socialize, drink some coffee, watch tv, etc.?**

We now have an "Other Activity" option on our MySeniorCenter kiosk. Be sure you're checking in because the more people we have checking in the more opportunities for grants and funding for the Center!

*YMCA or FiftyForward card not scanning? Please stop in the FiftyForward office and we will get it sorted out for you.*

### REMINDER

Your FiftyForward-only membership does NOT include access to the Silver Sneakers classes, or walking track. If you are interested in participating in any of these activities we encourage you to see the YMCA Membership staff to look into their membership options.

## Check that a Surface is Level

You might not have realized that iOS has an extra built-in app hidden behind the Compass. If you load up the Compass, then swipe left, you'll find a spirit level tool. Use it to make sure your pictures are hanging correctly and your DIY is up to scratch. An iPhone may not be as precise as a dedicated spirit level, but it's very handy.

From <https://www.popsoci.com/hidden-iphone->



TECH CORNER



## Center events

### **Tech Day: Tuesday, Oct. 8, 10 a.m.-noon**

Get help with your tech & devices from Nashville Public Library volunteers (Brown/Davis)

### **Clarendale Tailgate Party: Tuesday, Oct. 15, 12:30–1:30p.m.**

Come dressed in your favorite “Football” attire to a wings and fun event sponsored by Clarendale. (ROOS).

### **Property Fraud: Wednesday, Oct. 16, 10:30-11:30 a.m.**

Presented by the Register of Deeds office for Davidson County. Presentation will discuss the way property owners are falling prey to fraudsters. (Brown/Davis)

### **Bunco Bonanza: Thursday, Oct. 17, noon**

Bring a dish to share, play Bunco, & win prizes! (FREE, Activity Room)

### **Fall Craft Day with The Lodge: Wednesday Oct. 23, 10:00 –11:30 a.m**

Amy Smith from The Lodge will be here to create a fall craft. (Zelle/ West)

### **Open Music Jam: Thursday, Oct. 24, noon**

Show off your music ability or come sit back and enjoy the music. *Now a recurring program on every 4th Thursday of the month.* (FREE, Conference Room)

### **Friday Flicks: Friday, Oct. 18 12:30 p.m.**

Captain Marvel; popcorn & drinks provided (FREE, Zelle/ West). **Synopsis:** This sci fi action film follows a female Air Force pilot who experiences a freak accident, leaving her with dynamic superpowers. After teaming up with a fellow superpower wielder, the two launch a scheme to stop a war that threatens earth and its inhabitants.



### **Pumpkin Painting: Monday, Oct. 28, 1 p.m.**

Come decorate a pumpkin for the Halloween Party best pumpkin contest on Friday the 31st. We will have the pumpkins you bring your ideas. (ROOS)

### **Discover The Giant sequoia at Calaveras Big Trees: Tuesday, Oct. 29, 10-11:00 a.m.**

An interactive broadcast program that takes you on a virtual discussion about the oldest and biggest trees on earth. (FREE, Brown/Davis)

### **October Birthday Party and Topic Wednesday, Oct. 30, noon**

October birthday celebration sponsored by Anthem, Inc. (FREE, Turner Lobby)

### **Chili Cookoff and Halloween Party, Oct. 31**

Chili Cookoff FiftyForward vs. YMCA, join us for the fun! Costume contest and award pumpkin painting winners. We need you to sign up for the FiftyForward team to bring chili.

## Community Event

### **Glory Bible Study**

Mondays at 2 p.m. (Zelle/West)

This is a member-facilitated, non-denominational Bible study group. New members welcome. No sign-up required— just show up!

Please make sure you are signing in at the **MySeniorCenter** kiosk every time you come to the Bellevue Family YMCA and FiftyForward J. L. Turner Center.

It may seem odd to sign in twice, but this system allows your FiftyForward team to track the success of programs, know who's in the building, and provide anonymous statistical data to our funders. It's an easy way to support the center!

If you have any trouble signing in, please see any staff member for help.

## Creative Pursuits

### Brain Brawlers Trivia

Tuesdays, Noon-1 p.m.  
(Zelle/West) Team play of general knowledge trivia



### Creating Memoirs

2nd & 4th Tuesdays, 1-3 p.m. (Conference Room)  
Write your personal memoir.

### Sit, Knit & Crochet

Fridays, 9 a.m.-Noon (Conference Room). Learn to knit and crochet.



### Line Dancing

Wednesdays. 1-2 p.m.  
Fri. 10:30-11:30 a.m.  
(Activity Room) Intermediate & Advanced

### Open Music Jam

4th Thursdays, noon-1 p.m. (Conference Room)  
Play an instrument or sit back & listen

### Writer's Club

Thursdays, 11:30 a.m. (Conference Room)  
No experience necessary

### Book Club

Thursday, October 24, 1-3:00 p.m. (Conference Room) *Someone by: Alice McDermott*

## Fun & Games

### Bridge

Mondays, Wednesdays & Fridays, 11:45 a.m.-3 p.m.  
Thursday evenings, 6:15-9 p.m. (Brown/Davis)

### Canasta

Tuesdays, 9:30 a.m.-2:30 p.m. (Zelle/West)

### Mahjong

Tuesdays, 9 a.m.-noon.  
(Zelle/West)



### Rummikub

Tuesdays, 12:30-3 p.m.  
(Brown/Davis)

### Ping Pong

Wednesdays, 1-3 p.m. (Activity Room or TBA)

### Puzzles

Daily, 9 a.m.-3 p.m. (Turner Lobby)

*Join Us!*

## Bellevue



**Glow at the Hermitage in Nashville**  
October 17 Details to be announced.

**Christmas in Graceland in Memphis, TN**  
**December 3-5, 2019**

Trip includes: motor coach transportation, a two night stay at the Guest-house at Graceland, two breakfasts, two lunches and one dinner at the Majestic Grill.

A deposit of \$150 due upon registration; balance is due on October 25th  
Cost: \$495 for Y Members; \$570 non-members

**CONTACT:** Regena Hooker, AOA Coordinator, 615-646-9622 or  
rhooker@ymcamidtn.org



## 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.

# All of Us RESEARCH PROGRAM

**This will vary with center.**

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 3rd Wednesday 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!

**Monthly—3rd Wednesday 10 a.m.–3:30 p.m.;**  
**Check in at kiosk**

### **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](http://www.fiftyforward.org).

## Art Classes:

### **Art Class: Wednesday, October 9, 23 & Nov. 13th**


One acrylic on canvas painting completed over the 3 weeks. We will tackle a tromp l'oeil project, super realistic which is so rewarding but will definitely take more time than just one class will give us. (2-4 p.m.—Price \$20, Zelle/West) (*we encourage the use of last months credit*)

### **Open Art Studio: Wednesday, October 23**

Enjoy creative time with other artists! *REUSABLE materials will be provided only* (paint brushes, easels, pencils, markers, etc.). (1-3 p.m. in West)



Example of Tromp L'oeil



*FiftyForward J. L. Turner Center presents*

# AN EVENING AT THE DISCO

## FRIDAY, OCT 4, 2019

FiftyForward J. L. Turner Center invites you to step into the way-back machine and come to our annual social & dance. This year's theme is *An Evening at the DISCO*. Join us for a groovy night of great food, cash bar, live music, a silent auction, far-out outfits and, of course, boogieing all night long.

This gala event raises funds for the many services and activities at the center that support, champion and enhance life for more than 850 older adults in the Bellevue community annually.

**This featured event will be held at our “sister” center, FiftyForward Martin Center (960 Heritage Way, Brentwood 37027)**

Friday, Oct. 4, 6-9 p.m.

**Tickets:** \$50 FiftyForward Member (dinner and two drink tickets); \$75 Nonmembers

\*See a staff member for table pricing

Transportation provided (first come first served)

Tickets are now on sale. Please see an ambassador or FiftyForward staff to purchase a ticket.

### Here are a few additional ways to support our fundraising efforts:

#### **DIP JAR**

This “jar” will be displayed in our lobby beginning on Monday, Aug. 26. You can “dip” your credit or debit card into the box to donate \$10 that will directly impact our center. If you are inclined to donate more you can dip your card in twice to donate \$20.

#### **BUY A TICKET**

Your ticket purchase directly benefits the FiftyForward J. L. Turner Center and its programs, plus it'll be a fine night of dancing, dinner & socializing.

#### ***Sponsored by:***

**Edward Jones**<sup>®</sup>  
MAKING SENSE OF INVESTING

