

Centered & Connected

FiftyForward.org

Bordeaux | College Grove | Donelson Station | J. L. Turner Center | Knowles | Madison Station | Martin Center



Connect with us!



Exciting member news!

We gave you a little info about this last month, and now we are excited to share that, beginning Friday, Jan. 15, you will have access to the new FiftyForward online membership portal. To access the portal, you will need to have a valid email address. If you do not have an email address but would like to set one up, please be in touch with your home center and we can assist you. Be on the lookout for an email from FiftyForward with instructions for setting up your membership in the portal.

Let's explore the different areas of our membership portal and highlight its exciting features:

Member Management

You can now sign up for membership and/or renew your membership online! Just select your membership type and indicate how you would like to pay your membership fee,



including setting up automatic credit card payments.

Video Library

You will have online access to FiftyForward programs and classes at your convenience, in

areas including: Fitness, Health & Wellness, Arts & Crafts and Entertainment. Some programs and classes featured first in the library are Jewelry Making with Barbara, Watercolor Flowers with Kim Lane, Chair Exercise with Hiedy, Gardening with Melvin, and more! New videos will be uploaded each month and will be highlighted in your newsletter.

Calendar & Events

You'll be able to sign up for center programs and events through the portal. Whether it's a fitness class, a knitting



group, or a special program, you can register online to reserve your spot. You'll also be able to pay any program fees online at the time you register. Additionally, you will be able to easily access events and programs happening across all centers and customize your calendar search to show what types of activities are happening each day. For example, if you love Arts & Crafts, you'll be able to see Arts & Crafts activities scheduled across all our centers and sign up for those that interest you.

Membership Directory

Have you ever wanted to connect with another FiftyForward member, but you didn't have their contact information? Our new membership portal features a private membership directory where you can choose what personal information (if any) you wish to share with other members. Connecting with others is now more important than ever before, and we know many of you will appreciate connecting with friends through this directory.

Member Resources

This area of the membership portal will continue to expand over the next few months to include information about services and resources beneficial to FiftyForward members. For now, you'll find quick access to our member and transportation guidelines, FiftyForward publications, and information about our Supportive Care Services.

Stay tuned for opportunities at each center where a staff member can guide you through the different areas of the membership portal. We hope you will find the portal helpful, engaging, easy-to-navigate, and another great way to connect with FiftyForward.

January 2021 VIRTUAL Program Calendar

Join us on Zoom and our FiftyForward Facebook pages for innovative virtual classes and new online experiences! Programs on **Zoom** are denoted in **GREEN**. To register for Zoom programs, please email ecurtis@fiftyforward.org or call your home center.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CENTER CLOSED	2
3	4	5 9 a.m. Gentle Yoga with Jan	6 10 a.m. Low Impact Aerobics with Janice	7 9 a.m. Gentle Yoga with Jan	8 10 a.m. Low Impact Aerobics with Janice	9
10	11 9 a.m. Tech Help 1 p.m. All of Us Online Café 1 p.m. Writers Group	12 9 a.m. Gentle Yoga with Jan 1 p.m. Brain Brawlers Trivia	13 10 a.m. Low Impact Aerobics with Janice 10 a.m. Love Letter Party	14 9 a.m. Gentle Yoga with Jan 1 p.m. NPL and All of Us Be Well Café	15 10 a.m. Low Impact Aerobics with Janice	16
17	18 CENTER CLOSED FOR MLK JR. HOLIDAY	19 9 a.m. Gentle Yoga with Jan 9 a.m. Book Discussion Group 10 a.m. Fred Frawley Performance 12 p.m. Art Class with Kim Lane	20 10 a.m. Low Impact Aerobics with Janice 2 p.m. The Match Game	21 9 a.m. Gentle Yoga with Jan 10:30 a.m. History Group	22 10 a.m. Low Impact Aerobics with Janice	23
24	25 1 p.m. Writers Group 1 p.m. All of Us Online Cafe	26 9 a.m. Gentle Yoga with Jan 1 p.m. Brain Brawlers Trivia	27 10 a.m. Low Impact Aerobics with Janice 11 a.m. Meetup with Madison Station	28 9 a.m. Gentle Yoga with Jan 11 a.m. High Tea 12 p.m. Chat & Chew with Melvin Fowler	29 10 a.m. Low Impact Aerobics with Janice	30
31				FiftyForward.org Connect with us!   		


Stay connected through virtual programming


 Denotes Facebook program  Denotes member-led program


Connect with us!

 Denotes Zoom meeting




 **Gentle Yoga with Jan Cronin-Howell** Tuesdays and Thursdays in January, 9 a.m. on Facebook. This gentle yoga class is led by certified registered yoga instructor Jan Cronin-Howell. The only requirement is that you must be able to get on the ground and be able to get back up.

 **Low Impact Aerobics with Janice Judd** Wednesdays and Fridays in January, 10 a.m. on Facebook. Led by Janice Judd, this 30-minute low impact aerobics class gets your body moving to great music!


 **Tech Help Monday, Jan. 11, 9 a.m.** Have questions about how to use your computer, phone, eReader or specific apps or software? Nashville Public Library Librarians are here to help over Zoom! Each timeslot is 30 minutes, with six timeslots available between 9 a.m.-noon. **To register, please email ecurtis@fiftyforward.org or call your home center for more information.**


FiftyForward All of Us Research Program January Offerings:

 • **All of Us Online Café - Monday, Jan. 11 and Monday, Jan. 25, 1 p.m. on Facebook.**

Jan. 11: *Be Aware of Fake Health News* with special guest Elizabeth Roth from the Nashville Public Library.


Jan. 25: Topic will be announced closer to date.


 • **“Be Well Café” with the Nashville Public Library and FiftyForward All of Us Research Program - Thursday, Jan. 14, 1 p.m. on Zoom.** A New Year, A New You! Join us as we discuss ways to get and stay healthy. Pre-register here: <https://zoom.us/meeting/register/tJlscOutqTgsE9LskWDSTb637c-Zck9RVGKk>

 **Writers Group Mondays, Jan. 11 and Jan. 25, 1 p.m.** Join the FiftyForward Knowles Writers group, a meeting where fellow writers share their memoirs. This is a great way to travel down memory lane and connect with fellow FiftyForward members. A few helpful guidelines: *Writings vary and may be in the form of an essay, poetry, journals, diaries, letters, etc.; individual reading time within the meeting should not be more than 10 minutes per session; no criticism of writing styles or form is given. The class is meant to share one's memoirs with others. Political and religious writings are to be limited to one's own perspective and not meant to influence others' belief system.* **To register, please email ecurtis@fiftyforward.org or call your home center for the Zoom information.**

 **Brain Brawlers Trivia Tuesdays, Jan. 12 and Jan. 26, 1 p.m.** General knowledge trivia; everyone is invited to join. **To register, please email ecurtis@fiftyforward.org or call your home center for the Zoom information.**







 **Love Letter Party Wednesday, Jan. 13, 10 a.m.** Join us for a virtual Love Letter Party as we kickoff our annual FiftyForward Fresh Valentine's card making project. We will listen to our favorite cheesy love songs, share memories of our favorite Valentine's days and discuss our project. If you would like to begin your card creating during this hour, bring your supplies and we will start making them! **To register, please email ecurtis@fiftyforward.org or call your home center for the Zoom information.**

 **Book Discussion Group Tuesday, Jan. 19, 9 a.m.** This group meets to discuss the selected book for the month, which this month is *Separate Country* by Robert Hicks. (This group is a partnership between FiftyForward College Grove and College Grove library). Each month a different a member of the group will lead the discussion. **To register, please email ecurtis@fiftyforward.org or call your home center for the Zoom information.**

 **Fred Frawley, Folklorist Minstrel Tuesday, Jan. 19, 10 a.m.** Join Fred Frawley for an hour of sharing stories and songs in the Southern Appalachian Mountain Tradition sure to enliven, enrich, educate, and entertain. **To register, please email ecurtis@fiftyforward.org or call your home center for the Zoom information.**

Continued on next page

Virtual Programming Continued

-  **Art Class with Kim Lane Tuesday, Jan. 19, 12 p.m.** Join our artist Kim Lane as she walks you through an entire art project. We will explore using a tape resist method to create a beautiful night sky scene. You may want to include buildings you are familiar with, or include your own home in the design. Materials required: a basic set of watercolor paints, watercolor brushes (both fine and medium thickness), an old toothbrush, painter's masking tape, quality watercolor paper (don't go smaller than 10x12"), table salt, large container of clean water, paper towel, pencil, ruler, eraser, and fine point black marker or pen. *To register, please email ecurtis@fiftyforward.org or call your home center for the Zoom information.*
-  **Virtual Game: The Match Game Wednesday, Jan. 20, 2 p.m. on Zoom.** Sponsored by Main Street Assisted Living and Belvedere Commons, join us for a **FUN** virtual edition of The Match Game! There are lots of great **FREE** prizes you can win, including gift cards and more. *To register for this class, please email ecurtis@fiftyforward.org for the Zoom meeting information.*
-  **History Group Thursday, Jan. 21, 10:30 a.m.** Join Scott Smith from Rippavilla Plantation in Spring Hill and virtually walk through history. *To register, please email ecurtis@fiftyforward.org or call your home center for the Zoom information.*
-  **Meetup with Madison Station Wednesday, Jan. 27, 11 a.m.** Join Madison Station's Brandy Lamb and Heather McNeese for a fun, informal catch-up with members. *To register, please email ecurtis@fiftyforward.org or call your home center for the Zoom information.*
-  **High Tea Thursday, Jan. 28, 11 a.m.** Virtually join our High Tea group in conversation and of course, tea! Lead by our very own J. L. Turner member, Kathy Cleveland. *To register, please email ecurtis@fiftyforward.org or call your home center for the Zoom information.*
-  **Chat & Chew with Melvin Fowler Thursday, Jan. 28th, 12 p.m.** Social meeting with FiftyForward members to catch up on current events and life in general. Each month a surprise guest will share important information related to seniors such as wellness, health insurance, senior scams, isolation, relationships, finance and much more. *To register, please email ecurtis@fiftyforward.org or call your home center for the Zoom information.*

FiftyForward centers are planning to resume in-center activities Monday, Feb. 1, with programs scheduled Monday-Thursday to start. Our priority is to keep all members and staff safe, so we appreciate your understanding that plans during this time of COVID-19 can change. We will continue to monitor information from local and state officials and CDC safety guidelines and our plans will incorporate best practices for safety.

Please review the following guidelines for the return to in-center activities:

- Masks must be worn at all times while inside the centers.
- Members and staff must maintain social distancing at all times. Please no high-fiving, elbow-bumping, or anything else that would prevent you from staying six feet apart.
- Each time a member enters the center, a COVID-19 screening will be completed. Members are required to sign our COVID Exposure Protocol to participate in in-person activities. This form will only need to be signed once for our files.
- Members must pre-register for all activities, groups,

and programs that are on the calendar. Please refer to each center's calendar of events for registration information.

- To start, we will not have activities or groups that require the sharing of items (cards, game pieces, etc.). Pool players will designate one person to handle the pool balls and/or use gloves and sanitizer.
- The current maximum group size for any one activity is 8 members. Some groups may be smaller, but there will be no more than 8 to start. Due to the limited group size, only FiftyForward members will be permitted to participate in activities at this time (no guests at this time).
- No food is allowed in centers. Members may bring their own beverages in their own containers, but FiftyForward will not provide beverages or coffee in February.
- We will not have member volunteers providing support at centers at this time.
- Some centers may continue to offer activities outdoors, too.

January 2021 OUTDOOR Program Calendar

Please carefully read page 6 to learn more about each event. The center hosting the event is listed on the calendar after the event name. You **MUST** register in advance if you wish to participate in any of the programs. To register, please email ecurtis@fiftyforward.org or call your home center. Programs will follow CDC safety guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CENTER CLOSED	2
3	4 10 a.m. SS Total/ Martin Center 11 a.m. Walking Club/ Bordeaux 1 p.m. Walking Club/ Bordeaux	5	6 10 a.m. SS Total/Martin Center 11 a.m. BINGO/ Bordeaux 12:30 p.m. BINGO/Bordeaux 2 p.m. BINGO/Bordeaux	7 11 a.m. Chair Exercise/Bordeaux 12:30 p.m. Chair Exercise/Bordeaux 1:30 p.m. Chair Exercise/Bordeaux	8	9
10	11 10 a.m. SS Total/Martin Center	12 10 a.m. Strength Training/Donelson Station	13 10 a.m. SS Total/Martin Center 10 a.m. SS Classic/Madison Station 11 a.m. SS Yoga Stretch/ Madison Station 1 p.m. Line Dancing/Turner Center	14 1 p.m. SS Classic/ Madison Station 2 p.m. Gentle Yoga Stretch/ Madison Station	15	16
17	18 CENTER CLOSED FOR MLK JR. HOLIDAY	19 10 a.m. Strength Training/Donelson Station	20 10 a.m. SS Total/Martin Center 10 a.m. SS Classic/Madison Station 11 a.m. SSYoga Stretch/ Madison Station 1 p.m. Line Dancing/Turner Center	21 1 p.m. SS Classic/ Madison Station 2 p.m. Gentle Yoga Stretch/ Madison Station	22	23
24	25 10 a.m. SS Total/Martin Center	26 10 a.m. Strength Training/Donelson Station	27 10 a.m. SS Total/Martin Center 10 a.m. SS Classic /Madison Station 11 a.m. SS Yoga Stretch/ Madison Station 1 p.m. Line Dancing/Turner Center	28 1 p.m. SS Classic/ Madison Station 2 p.m. Gentle Yoga Stretch/ Madison Station	29	30
31						

Outdoor programming & Front Yard Chats

All of the events below require members to sign up in advance. Due to recent guidelines, ALL CLASSES ARE LIMITED TO A MAXIMUM OF 8 MEMBERS. Because of this, some programs are offered multiple times to accommodate more members. To register, please email ecurtis@fiftyforward.org or call your home center. Once registered you will receive detailed information about FiftyForward's safety protocols. This information includes our mask policy, screening procedures, and contact tracing waiver. If you sign up and need to cancel, please try to cancel 24 hours in advance so we can offer another member the opportunity. Unless otherwise noted, outdoor programs will be cancelled in the event of inclement weather or temperatures below 40 degrees (factoring in wind chill as well).

BORDEAUX

Walking Club– Hartman Park Monday, Jan. 4, 10 a.m. (Group 1), 11 a.m. (Group 2) Per [a review in the International Journal of Technology Assessment in Health Care](#), you may be more likely to stick with exercising when walking with a group compared to a solo walking routine. Even better, participants in a walking group also showed an increase in quality of life. This walk will take place at Hartman Park!

BINGO Wednesday, Jan. 6, 11 a.m. (Group 1), 1 p.m. (Group 2), 2 p.m. (Group 3) Come join FiftyForward Bordeaux for some social BINGO FUN! We have some really nice BINGO prizes for all who attend.

Low Impact Chair Exercise w/Hiedy Thursday, Jan. 7 and Thursday, Jan. 21, 11 a.m. (Group 1), 12:30 p.m. (Group 2), 1:30 p.m. (Group 3) Hiedy will keep you moving to some

good old Jazz music during her 30-minute sessions. A body in motion is a mind in motion.

DONELSON STATION

Outdoor Strength Training Tuesdays, Jan. 12, 19, 26, 10 a.m. This class will focus on an upper body workout, non-aerobic, mostly using dumbbells. Led by FiftyForward Donelson Station Center Director Lisa Maddox.

J. L. TURNER CENTER

Line Dancing Outdoors Wednesdays, Jan. 13, 20, 27 1p.m. Come boot, scoot, and boogie with Bonnie Wood. **Please note this class will be cancelled if the temperature is below 60 degrees.**

MADISON STATION

SilverSneakers Classic Wednesdays, Jan. 13, 20, 27, 10 a.m.; Thursdays, Jan. 14, 21, 28, 1 p.m. A 40-minute low impact class. Led by Kathleen Phillips on Wednesdays and Lisa Cotton on Thursdays.

SilverSneakers Yoga Stretch Wednesdays, Jan. 13, 20, 27, 11 a.m. A 40-minute class with chairs led by Kathleen Phillips.

Gentle Yoga Stretch Thursdays, Jan. 14, 21, 28, 2 p.m. A 40-minute class with chairs led by Lisa Cotton.

MARTIN CENTER

SilverSneakers Total Fitness Mondays, Jan. 4, 11, 25, 10 a.m.; Wednesdays, Jan. 6, 13, 20, 27, 10 a.m. Cost is \$5 exact change, card, check. This class focuses on strengthening muscles and increasing range of movement for daily life activities. Bring your own equipment, if you wish, this includes hand held weights. A chair will be provided. Instructor Jenny Zaves.



FiftyForward Front Yard Chats

If you would like to visit outside with a FiftyForward staff member (temperature-dependent!), don't forget to schedule a Front Yard Chat! We'll bring our lawn chairs and masks, and visit with you outside of your home or housing community. Call your center if you would like to sign up!

FiftyForward Bordeaux: 615-248-2272
FiftyForward College Grove: 615-368-7093
FiftyForward Donelson Station: 615-883-8375
FiftyForward J. L. Turner Center: 615-622-3040
FiftyForward Knowles Center: 615-743-3433
FiftyForward Madison Station: 615-860-7180
FiftyForward Martin Center: 615-376-0102

FiftyForward Offerings

LGBT Peer Support Group

Did you know that FiftyForward has an LGBT support group? The purpose of the group is to socialize, receive encouragement, share ideas, and develop a sense of community. The group meetings are held on Zoom once a month. If you would like to join this group, have questions, and/or need more information, please contact Ashley Hunter at 615-743-3417.



Center Member/Client Virtual Support Groups

Are you looking for a virtual space to engage with other older adults, share and navigate similar experiences, offer and receive encouragement, or share and get connected to resources? If so, you may be eligible to join our new center member/client virtual support group. Group meetings will begin in January 2021. Groups will meet twice a month over the course of three months. If you would like to join this group, have questions, and/or need more information, please contact Kristen Maloney at 615-743-3436.

FiftyForward has a lot to offer online at www.FiftyForward.org

FiftyForward Exchange

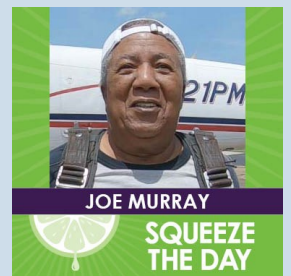
Check out our latest FiftyForward Exchange, a place where we work to discuss engaging topics that are relevant to older adults today. This edition features our very own Gretchen Funk, FiftyForward Chief Program Officer, and Tom Starling, CEO of Mental Health America MidSouth, discussing the importance of maintaining good mental health, especially during this time of isolation.

View it here: <https://fiftyforward.org/videos/#exchange>



Check out FiftyForward's podcast "Squeeze the Day!"

Be sure to catch FiftyForward's new podcast, "Squeeze the Day," celebrating the remarkable achievements of older adults in our community. In this podcast, FiftyForward Communications Director and podcast host, Susan Sizemore, welcomes FiftyForward Knowles member Joe Murray who discusses his service in the U.S. Air Force, his love of flying and how this led to his birthday skydive. Give a listen: <https://fiftyforward.org/podcast/>



If you have a smart speaker system (Siri, Alexa, Google Home), ask it to play the "Squeeze the Day podcast." It's that easy!

READ FORWARD FOCUS ONLINE!

Check out our winter edition of *Forward Focus* out on newsstands now. This edition is all about staying sane and safe during COVID-19. The edition features articles on mental health, vaccinations, digital literacy training, and much more!

<https://fiftyforward.org/newsroom/forward-focus/>



READ OUR BLOG!

Did you know FiftyForward has a blog that is featured on our website? We feature stories about timely events, interesting people, health and wellness, hobbies, technology, and self-care.

Take a look: <https://fiftyforward.org/blog/>



RESOURCES

Nashville Public Library (NPL) is now offering access to public computers at five branch locations. Call ahead to book a one-hour session on a weekday, or a two-hour session on a weekend. No walk-ins are accepted.

Main Library, 615 Church St.: (615) 862-5800
Bellevue, 720 Baugh Rd.: (615) 862-5854
Bordeaux, 4000 Clarksville Pike: (615) 862-5856
Madison, 610 Gallatin Pike South: (615) 862-5868
Southeast, 5260 Hickory Hollow Pkwy, #201: (615) 862-5871



Tax Appointments in 2021!

We will be resuming tax appointments with AARP in 2021 at several of our FiftyForward centers including FiftyForward Donelson Station, FiftyForward Knowles, FiftyForward Madison Station, and FiftyForward Martin Center. Sign-ups will begin Monday, Jan. 11. Please note that tax appointments will look different this year to ensure the safety of everyone involved. More information will be shared in the new year.



What does FiftyForward membership mean to you?

We'd love to know! Send us a "selfie" holding a piece of paper with ONE WORD on it that sums up your feelings about membership. We may use it in our publications or on social media. Send your photo to Misa Acox, macox@fiftyforward.org. Thank you!



Fun and friendship await. Find your *happy* here.
Join or renew your membership today!



Connect with us!



Engaging health, fitness, and arts programming | Essential services | Resources

All programs follow CDC safety guidelines.

Learn more at FiftyForward.org | 615-743-3400

RESOURCES

FiftyForward Resources

FiftyForward Supportive Care Services:

- Connection to resources and essential services for older adults in Davidson and Williamson counties
FiftyForward Resource Line: 615-743-3416

Center for Disease Control and Prevention (CDC):

- Website: <https://www.cdc.gov/>
- Phone: 1-800-232-4636

Metro Government of Nashville & Davidson Co. TN

- Nashville COVID-19 Response:
<https://www.asafenashville.org/>

Tennessee Department of Health

- Exhibiting possible symptoms of the coronavirus or concerned about exposure to the virus? Follow the public health advice and contact your health care provider for guidance.
- If you are unable to reach your medical provider, you can call the Tennessee Department of Health Coronavirus Hotline: 1-877-857-2945; Available daily, 10 a.m. -10 p.m., CDT
- For more info, visit the website:
<https://www.tn.gov/health/cedep/ncov.html>

Williamson County Office of Public Safety

- <http://tn-williamsoncountyops.civicplus.com/266/Coronavirus-Disease>

Reporting Elder Abuse in Tennessee

Abuse of older and vulnerable adults is against the law, and Tennessee is a "mandatory reporting" state. Most incidents of elder abuse, however, sadly go unreported. For every case of elder abuse reported to the authorities, an estimated 24 cases go unreported.

If you see abuse or suspect that an adult is being abused, neglected, or exploited, you must report it. If the abuse is a life-threatening emergency, call 911. Otherwise, call Adult Protective Services toll free at 1-888-277-8366 or contact your local law enforcement agency. You can also report online at <https://reportadultabuse.dhs.tn.gov/>. If the abuse is occurring in a long-term care facility, call the Long-Term Care Ombudsman at 1-877-236-0013.

FiftyForward Victory Over Crime provides free support services to those 50+ who live in Davidson County and have been the victim of abuse, exploitation or another crime. If you have been affected by crime and need assistance, call FiftyForward Victory Over Crime at 615-743-3417.

Metro Nashville Behavioral Health & Wellness:

- Crisis Support Center Phone: 615-244-7444
- Crisis Unit Phone: 615-726-0125

YWCA Nashville Domestic Violence Crisis & Support:

- Support Phone & Text Line: 615-983-5170
- Website: <https://www.ywcanashville.com/>

Mental Health America MidSouth

offers 10 free evidence-based screenings that can be taken anonymously. Use a QR code app, or visit mhascreening.org to take a screening. Participants will then be directed to a variety of resources.



Powerful Tools FOR Caregivers

Do you help take care of an adult with chronic conditions?

If so, you are not

alone. Over 43.5 million family caregivers in America provide a vast array of emotional, financial, nursing, social, homemaking and other services on a daily or an intermittent basis.

Powerful Tools for Caregivers is an educational series designed to provide tools you need to take care of yourself. If you take good care of yourself, you will be better prepared to take good care of your loved one. As a participant you will learn how to: reduce stress, improve self-confidence, better communicate your feelings, balance your life, increase ability to make tough decisions and locate helpful resources.

Classes consist of six, 90-minute sessions held once a week on Zoom. Two experienced leaders conduct each class. Interactive lessons, discussions and brainstorming help you take the "tools" you choose and put them into action for your life. FiftyForward is excited to support the family caregivers in our community and sponsor the *Powerful Tools for Caregivers* class on Zoom in early 2021.

We would love to hear from you if are interested in participating or would like more information. Please complete the online survey at <https://www.surveymonkey.com/r/P7HSFFS> or contact Courtney Robinson at crobinson@fiftyforward.org to sign up or receive more information.