




# March 2021 J. L. Turner Program Calendar


Please carefully read the program description page to learn more about each offering. You MUST register in advance if you wish to participate in any of indoor programs. To register, please try the Membership Portal or email [crigsby@fiftyforward.org](mailto:crigsby@fiftyforward.org) or call **FiftyForward J. L. Turner Center** at **615-622-3040** to sign up. We follow CDC safety guidelines. **\*\*\*AOA classes do not require your to pre-register all other classes require pre-registration\*\*\***

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:30 a.m. AOA Classic	2 10:30 a.m. AOA Circuit	3 9 a.m.-2 p.m. Membership Checkup 10 a.m. Portal Training 9 a.m. Sit-n-Knit-Crochet 10:30 a.m. AOA Classic 1 p.m. Line Dancing 2 p.m. Line Dancing	4 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 1 p.m. Ping -Pong	5 No In-Center Programming	6
7	8 10 a.m. BlueBird Cafe Senior Show 10:30 a.m. AOA Classic	9 10:30 a.m. AOA Circuit 1:30 p.m. Creating Memoirs	10 9 a.m.-2 p.m. Membership Checkup 10 a.m. Portal Training 9 a.m. Sit-n-Knit-Crochet 10:30 a.m. AOA Classic 1 p.m. Line Dancing 2 p.m. Line Dancing	11 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 1 p.m. Ping -Pong	12 No In-Center Programming	13
14	15 10:30 a.m. AOA Classic 1 p.m. Vanderbilt Nursing –Brain Health	16 10:30 a.m. AOA Circuit 12 p.m. Art Class	17 9 a.m.-2 p.m. Membership Checkup 9 a.m. Sit-n-Knit-Crochet 10:30 a.m. AOA Classic 1 p.m. Line Dancing 2 p.m. Line Dancing <b>WEAR GREEN DAY!</b>	18 10 a.m. History Group 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 1 p.m. Ping -Pong	19 No In-Center Programming	20
21	22 10:30 a.m. AOA Classic 1 p.m. Bridge Meet Up (no playing)	23 10:30 a.m. AOA Circuit 1:30 p.m. Creating Memoirs	24 9 a.m.-2 p.m. Membership Checkup 10 a.m. Portal Training 9 a.m. Sit-n-Knit-Crochet 10:30 a.m. AOA Classic 1 p.m. Line Dancing 2 p.m. Line Dancing	25 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 1 p.m. Ping -Pong	26 No In-Center Programming	27
28	29 10:30 a.m. AOA Classic 1 p.m. Rummikub Meet Up (no playing)	30 10:30 a.m. AOA Circuit 1 p.m. Trivia	31 9 a.m.-2 p.m. Membership Checkup 9 a.m. Sit-n-Knit-Crochet 10:30 a.m. AOA Classic 1 p.m. Line Dancing 2 p.m. Line Dancing			


# FiftyForward J. L. Turner PROGRAM INFORMATION


 Program also offered on Zoom  Denotes member-led program  Denotes YMCA program


**\*\*We encourage members to try signing up for programs via the Membership Portal. If you have not received an invitation email on instructions on how to use the member portal please reach out to FiftyForward J.L. Turner Director, Connie Rigsby, 615-622-3040 or email [crigsby@fiftyforward.org](mailto:crigsby@fiftyforward.org)**


 **Membership Checkup Wednesdays, March 3, 10, 17, 24, 31, 9 a.m.-2 p.m.** Make an appointment to sit down with FiftyForward Staff to discuss your membership and how to use the new Membership Portal for signing up for classes. **A formal Membership Portal presentation will happen at 10 a.m. during this timeslot (except on March 31). ZELLE/WEST**


 **Sit-N-Knit-and Crochet Wednesdays, March 3, 10, 17, 24, 30, 9 a.m.** Learn to knit and crochet. **ZELLE/WEST**


 **Line Dancing Wednesdays, March 3, 10, 17, 24, 31, 1-2p.m. and 2-3 p.m. class.** Come boot, scoot, and boogie with Bonnie Wood. **GYM**


 **Ping-Pong Thursdays, March 4, 11, 18, 25, 1 p.m.** For fun and games join Ping-Pong. **Activity Room**


 **Bluebird Café Senior Show Monday March 8, 10 a.m. on ZOOM and on-site.** Watch Georgia Middleman perform. \*8 onsite seating available. **ZELLE/WEST**


 **Creating Memoirs Tuesdays, March 9, 23, 1:30 p.m. on ZOOM and on-site.** Work on writing your personal memoir. **ZELLE/WEST**


 **Brain Health Presented by Vanderbilt Nursing Students Monday, March 15, 1 p.m. on ZOOM and on-site.** Join our Vanderbilt Nursing students as they present programs for FiftyForward. This presentation will cover Brain Health. \*8 onsite seating available. **ZELLE/WEST**

 **Art Class Tuesday, March 16, 12 p.m.** 'Words of Wisdom' mixed media project. Bring your most inspirational quote, family motto, a poem you love, passage from a book, etc. and we will turn it into a gorgeous piece of art using a combination of drawing, paint and collage. **Cost is \$15. ZELLE/WEST**

 **Bellevue History Group Thursday, March 18, 10:30 a.m. on ZOOM and on-site.** Speaker TBA \*8 onsite seating available **ZELLE/WEST**


 **Bridge Meet Up Monday, March 22, 1 p.m.** No playing at this time, but enjoy a chance to sit and talk with Bridge Players.


 **Rummikub Meet Up Monday, March 28, 1 p.m.** No playing at this time, but enjoy a chance to sit and talk with Rummikub Players. **ZELLE/WEST**


 **Brain Brawlers Trivia Tuesday, March 30, 1 p.m. on ZOOM and on-site.** Team play of general knowledge trivia. \*8 onsite seating available **ZELLE/WEST**


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***YMCA Active Older Adult classes have a 20 person limit that is first come, first serve. You DO NOT have to pre-register in the FiftyForward Portal for these classes, YMCA membership is required.***

 **AOA Classic Mondays, March 1, 8, 15, 22, 29 , Wednesdays, March 3, 10, 17, 24, 31, 10:30 a.m.** This class offers a variety of exercises that increase muscular strength, range of movement and activities for daily living. Hand weights, elastic tubing, and a small exercise ball are offered for resistance and a chair is used for support. **(Must have YMCA membership) (Active Older Adult) GYM**

 **AOA Circuit Tuesday, March 2, 9, 16, 23, 30, 10:30 a.m.** Upper-body strength work with hand weights, elastic tubing, and a small exercise ball is alternated with non-impact choreography. A chair is offered for support, stretching, and relaxation exercises. **(Must have YMCA membership) (Active Older Adult) GYM**

 **AOA Yoga Thursdays, March 4, 11, 18, 25, 10:30 a.m.** The use of a chair is offered for support and to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. **( Must have YMCA membership) (Active Older Adult) GYM**

 **AOA Tai Chi Thursdays, March 4, 11, 18, 25, 11:30 a.m.** Tai Chi is an ancient martial arts discipline that teaches balance and coordination. This is a great class for those with chronic conditions such as arthritis and joint or tissue inflammation among other. Movements are slow and detailed. **(Must have YMCA membership) (Active Older Adult) GYM**