

Connect with us!



Check out the new Membership Portal Video Library

Our FiftyForward Membership Portal is live! You can log in here: <https://fiftyforward.org/member/#myaccount> Did you know that access to the Membership Portal includes a video library filled with programs including Arts & Crafts, Fitness, Health & Wellness, Lifelong Learning, Entertainment, and Resources?

We hope you check out these newly-added programs to our video library this month, listed below:

Fitness: *Gentle Yoga with Jan Cronin*

Lifelong Learning: *"Black Voices of Nashville: An Intergenerational Panel Sharing Wisdom and Hope;"*
Georgina's Best Bakes: Beer Bread

Member Resources: *FiftyForward Exchange - Men's Mental Health with Dan Surface*

Entertainment: *Entertainment from Fred Frawley*

Meet FiftyForward's new Member Services Specialist!



We are excited to introduce **Steve Bianchi**, our new FiftyForward Member Services Specialist.

While Steve is based out of FiftyForward Madison Station, he will be working closely with members across all FiftyForward centers, spearheading membership registrations and renewals in our new Membership Portal, and managing statistical data.

Steve moved to Nashville in 1997 and a week after arrival was lucky enough to be hired by Nashville Children's Theatre, where over 20 years he moved from part-time

receptionist to Box Office Manager and then Director of Marketing.

Steve also spent two years as Marketing Director at Nashville Repertory Theater, managing the customer service process for patrons, working with other nonprofits, handling media relations, supporting their Development department, and so many other duties. He is still unsure why some organizations say "Marketing Director" and others say "Director of Marketing."

We know our members will enjoy getting to know Steve. For membership queries or assistance in using our new Membership Portal to manage your membership, contact Steve at membership@fiftyforward.org.

Virtual Program Highlight: *Staying Safe: Solutions for Scams & Older Adult Exploitation*

Tuesday, March 9, 1 p.m. on ZOOM

While scam prevention awareness has terrific benefits, criminal scam activity continues to target us all, especially older adults. Join AgeWell and FiftyForward Victory Over Crime for an informative presentation that will address: current scams and how to prevent them; why older adults are targeted; and whom to contact for help and reporting criminal activity. Whether you're an older adult, caregiver, healthcare professional, concerned neighbor, or simply someone wanting to avoid scams and exploitation of older adults, we hope you can join us!

Click this Zoom link to access: <https://zoom.us/j/93961818794?pwd=UGtxVE4wNDF1YitqeWdsb2w2RUJrUT09>

March Virtual Programming

 Denotes Facebook program  Denotes Zoom meeting  Denotes member-led program

To participate and connect in any of these virtual programs below, please call or email your home center for more information! The hosting center is listed to the right of the program name (if program is on Zoom).

-  **Writers Group (Knowles) Mondays, March 1, 8, 15, 22, 29, 1 p.m. on ZOOM.** Join the Knowles Writers group, a meeting where fellow writers share their memoirs. This is a great way to travel down memory lane and connect with FiftyForward members.
-  **Gentle Yoga with Jan Cronin-Howell Tuesdays and Thursdays in March, 9 a.m. on Facebook.** The only requirement of this gentle yoga class is that you must be able to get on the ground and be able to get back up.
-  **Reminisce (Madison Station) Tuesday, March 2, 1 p.m. on ZOOM.** Go back in time with FiftyForward member Nancy McDougal. This group celebrates the good times with fun and engaging stories about what we loved in the past and how it shapes our lives today. You can join via video on your device or if you do not have video capability, then join by calling in on the conference call feature.
-  **Restorative/Chair Yoga with Barbara (Knowles) Wednesdays, March 3, 10, 17, 24, 31, 11 a.m. on ZOOM.** Restorative/Chair yoga led by certified yoga instructor Barbara Clinton. This hour-long class is great for people of all fitness levels and yoga backgrounds.
-  **Low Impact Aerobics Fridays in March, 10 a.m. on Facebook.** Led by Janice Judd, this 30-minute low impact aerobics class gets your body moving to great music!
-  **Creating Memoirs (Turner) Tuesdays, March 9, 23, 1:30 p.m. on ZOOM.** Work on writing your personal memoir.
-  **Staying Safe: Solutions for Scams & Older Adult Exploitation Tuesday, March 9, 1 p.m. on ZOOM.** Join AgeWell and FiftyForward Victory Over Crime for an informative presentation that will address current scams and how to prevent them, why older adults are targeted, and whom to contact for help and reporting criminal activity. **Zoom link to access:** <https://zoom.us/j/93961818794?pwd=UGtxVE4wNDF1YitqeWdsb2w2RUJrUT09>
-  **Women's Appreciation Zoom Luncheon (Bordeaux) Wednesday, March 10, 11 a.m. on ZOOM.** FiftyForward Bordeaux staff will host a Zoom luncheon to show our appreciation for our great women members!
-  **Brain Health Presented by Vanderbilt Nursing Students (Turner) Monday, March 15, 1 p.m. on ZOOM.** Join our Vanderbilt Nursing students as they present programs for FiftyForward. This presentation will cover Brain Health.
-  **Book Discussion Group (College Grove) Tuesday, March 16, 9 a.m. on ZOOM.** This group meets to discuss the selected book for this month. The selected book for March is "Nickel Boys" by Colson Whitehead.
-  **Chicos "Fun Fashion" (Donelson Station) Tuesday, March 16, 10 a.m. on ZOOM.** Join Chicos clothing store for a fun fashion show to view outfits and accessories available for purchase! Everyone who shops through this event will receive a discount of 10% on their purchase. Call the store following the event to arrange for pickup, including the option for curbside pickup.
-  **"Fred O'Frawley's Irish Heritage" (Martin Center) Tuesday, March 16, 2-3 p.m. on ZOOM.** Join us in the center to hear Fred Frawley tell tales of his family's Irish roots. Held in the Multi-purpose Room. A mask must be worn at all times, Limit 8 participants. Call 615-376-0102 or email bhunt@fiftyforward.org for a ZOOM link to join from your home.
-  **Bellevue History Group by ZOOM (Turner) Thursday, March 18, 10:30 a.m. on ZOOM.** Speaker to be announced soon!
-  **National Poison Prevention Week Presentation, Coronavirus-Related Poisonings (Martin Center) Wednesday March 24, 1-2 p.m. on ZOOM.** Join us for a presentation by Tennessee Poison Control Center on how to be aware of poisoning concerns during the pandemic.
-  **Chat & Chew with Melvin Fowler and Hiedy Jackson (Bordeaux) Thursday, March 25, 12 p.m. on ZOOM.** Join FiftyForward Bordeaux staff Melvin Fowler and Hiedy Jackson for an informal, fun, virtual get-together on Zoom. We find this is a great way to connect and combat isolation.
-  **Brain Brawlers Trivia (Turner) Tuesday, March 30, 1 p.m. on ZOOM and on-site.** Team play of general knowledge trivia.

All of Us Programming in March and In-Center Safety Practices



FiftyForward All of Us Research Program March Offerings:

**All of Us Online Café - Mondays, March 8, 22,
and 29, 1 p.m. on Facebook.**

- **March 8:** FiftyForward All of Us Peer Ambassador Karen Hernan shares her story about volunteering for the All of Us Research Program.
- **March 22: *Why I Chose the COVID-19 Vaccine*** Tune in as FiftyForward All of Us Peer Ambassadors from various communities share why they chose to receive the COVID-19 Vaccine. Panelists include Vera Coleman, Vernon Prevatt, Bobby Smotherman, and Alicia Gaitani. *Streaming Live on Facebook!*
- **March 29: Topic: *Nutrition for All of Us!*** Join Sharie Loik and Victoria Schoffner from FiftyForward Fresh to learn the importance of nutrition and how our needs change as we age. *Streaming Live on Facebook!*

- **“Be Well Café” with the Nashville Public Library and FiftyForward All of Us Research Program - Thursday, March 11, 1 p.m. on Zoom.** Topic: A History of Women’s Health. **Pre-register here:** <https://zoom.us/meeting/register/tJlscOutqTgsE9LskWDSTb637c-Zck9RVGKk>
- **What a Wonderful World! Thursday, March 25, 1 p.m. on Facebook.** Come celebrate the start of spring with the All of Us Research Program and learn about the wondrous world of biodiversity! Join us as we welcome Belmont biology professor Dr. Steve Murphree for a beautiful slideshow highlighting the wondrous diversity of nature. For more information, visit: <https://www.facebook.com/events/547864302840972>

FiftyForward centers are now offering in-center programs scheduled Monday-Thursday. We will continue to monitor information from local and state officials, follow CDC guidelines, and incorporate best practices for safety.

Please review the following guidelines for your 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 March.
- We will not have member volunteers providing support at centers at this time.
- Some centers may continue to offer activities outdoors, too.