

May 2021 J. L. Turner Center Program Calendar

Our centers are now offering indoor programs. 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 visit the Membership Portal (<https://fiftyforward.org/member/#myaccount>) or email klavely@fiftyforward.org. We follow CDC safety guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 10:30 a.m. AOA Strength 1 p.m. Ping Pong	4 10:30 a.m. AOA Circuit	5 9 a.m. Sit-n-Knit-Crochet 10 a.m. Membership Presentation 10:30 a.m. AOA Strength 1 p.m. Line Dancing 1 p.m. Bridge	6 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 1 p.m. Rummikub	7 10:30 a.m. AOA Circuit No FiftyForward In-Center Programming	8
9	10 10 a.m. Bluebird Show 10:30 a.m. AOA Strength 1 p.m. Ping Pong	11 10:30 a.m. AOA Circuit	12 9 a.m. Sit-n-Knit-Crochet 10 a.m. Stop the Bleed Presentation 10:30 a.m. AOA Strength 1 p.m. Line Dancing 1 p.m. Bridge	13 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 1 p.m. Rummikub	14 10:30 a.m. AOA Circuit No FiftyForward In-Center Programming	15
16	17 10:30 a.m. AOA Strength 11 a.m. Holiday San Antonio Trip Presentation 1 p.m. Ping Pong	18 10:30 a.m. AOA Circuit 1:30 p.m. Creating Memoirs on ZOOM	19 9 a.m. Sit-n-Knit-Crochet 10 a.m. Membership Presentation 10:30 a.m. AOA Strength 1 p.m. Line Dancing 1 p.m. Bridge	20 10 a.m. History Group 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 1 p.m. Rummikub	21 10:30 a.m. AOA Circuit No FiftyForward In-Center Programming	22
23	24 10:30 a.m. AOA Strength 1 p.m. Ping Pong	25 10:30 a.m. AOA Circuit	26 9 a.m. Sit-n-Knit-Crochet 10 a.m. Membership Presentation 10:30 a.m. AOA Strength 1 p.m. Line Dancing 1 p.m. Bridge	27 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 1 p.m. Rummikub	28 10:30 a.m. AOA Circuit No FiftyForward In-Center Programming	29
30	31 FiftyForward Centers and Offices CLOSED for Memorial Day					

FiftyForward J. L. Turner Center PROGRAM INFORMATION



***You may sign up for programs via the Membership Portal (<https://fiftyforward.org/member/#myaccount>) or by emailing klavely@fiftyforward.org.**

Ping Pong Mondays, May 3, 10, 17, 22, 24, 1-3 p.m.
For fun and games join Ping Pong. **Brown/Davis**

Sit-N-Knit-and-Crochet Wednesdays in May, 9 a.m. Learn to knit and crochet. **Lobby**

Membership Portal Presentation Wednesdays, May 5, 19, 26, 10 a.m. Join FiftyForward Member Services Specialist, Steve Bianchi, and learn how to use the Membership Portal, including managing your membership and signing up for events. **ZELLE/WEST**

Line Dancing Wednesdays in May, 1 p.m. Come boot, scoot, and boogie with Bonnie Wood. This class will run 90 minutes. **GYM**

Bridge Wednesdays in May, 1-3 p.m. Bridge players may return this month! **Brown/Davis**

Rummikub Thursdays in May, 1-3 p.m. We are also excited to announce that Rummikub returns this month! **ZELLE/WEST**

Bluebird Café Senior Show Monday, May 10, 10 a.m. on YouTube and on-site. This month's performance features singer/songwriter Victoria Shaw. **ZELLE/WEST**

Stop the Bleed Presentation Wednesday, May 12, 10 a.m. Join members from Skyline Medical Center for this hands-on class that teaches the basics of identifying and treating life-

threatening bleeding using tourniquets, wound packing, and pressure dressings. It teaches what bystanders can do to stop potentially fatal bleeding before emergency responders can arrive. **ZELLE/WEST**

Holiday San Antonio Trip Presentation Monday, May 17, 11 a.m. Join us for an informational presentation about Holiday San Antonio, a wonderful travel opportunity for our members happening Nov. 30–Dec. 4, 2021. **ZELLE/WEST**

Creating Memoirs Tuesday, May 18, 1:30 p.m. on ZOOM.
 Work on writing & sharing your personal memoir.

Bellevue History Group Thursday, May 20, 10 a.m. on ZOOM and on-site. Speaker TBA. *12 spots available onsite. **ZELLE/WEST**

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 Membership Portal for these classes, but YMCA membership is required.

AOA Strength Mondays and Wednesdays, 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 Tuesdays and Fridays, 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, May 6, 13, 20, 27, 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, May 6, 13, 20, 27, 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 issues. Movements are slow and detailed. **(Must have YMCA membership) (Active Older Adult) STUDIO 2**