




May 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).

Restorative/Chair Yoga with Barbara (Knowles)


 **Wednesdays, May 5, 12, 19 & 26, 10:30 a.m. on Zoom.** Restorative/Chair yoga led by Knowles member and certified yoga instructor Barbara Clinton. This hour-long class is great for people of all fitness levels and yoga backgrounds. In May, we will also be streaming the class at the center — so please come in and join us!

 **Mother's Day Zoom Event (Bordeaux) Thursday, May 6, 11 a.m. on Zoom.** FiftyForward Bordeaux members will reminisce and celebrate our mothers through storytelling.

ESL (English as a Second Language) Class (Donelson Station)


 **Wednesdays in May, 6 p.m. on Zoom.** Alicia Gaitani leads this Zoom program for any older adults who would like to learn English as their second language. Classes meet every Wednesday in April on Zoom.

Take Charge of Your Diabetes with UT (Knowles)


 **Fridays, May 7 & 14, 10 a.m. on Zoom** Led by trained University of Tennessee Extension Agents, Patsy Watkins and Autumn Vespie, this six-week series is designed to provide you with skills and tools to better

manage life with diabetes. If you would like to register for this series please let us know and we will help you get signed up.



Creating Memoirs (Turner) Tuesday, May 18, 1:30 p.m.

 **on Zoom.** Work on writing & sharing your personal memoir.

Facebook 101 with Vanderbilt (Knowles)

 **Wednesday, May 19, 12 p.m. on Zoom.** The Vanderbilt Memory and Alzheimer's Center is offering a virtual Lunch and Learn series on a variety of wellness topics. In May, they will be talking all about Facebook.


Bellevue History Group (Turner) Thursday, May 20,

  **10 a.m. on Zoom.** Speaker TBA. ZELLE/WEST

Bible Study (Donelson Station) Saturday, May 22, 10

a.m. on conference line. The Bible Study group will be meeting through a conference line. If you would like to join, please send an email to ecurtis@fiftyforward.org to receive the conference line number and code.

Chat & Chew w/Melvin & Hiedy (Bordeaux) Thursday,

 **May 27, 12 p.m. on Zoom.** Topic of discussion: What is May Day? Do your research and share your discovery with the group.

New Additions to the 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: *Restorative Chair Yoga with Barbara Clinton*

Arts & Crafts: *Watercolor Landscape with Kim Lane*

Lifelong Learning: *Smartphone Photo Editing with Instagram; The Local Hive Café Ep 3 – State Regulations; The Local Hive Café Ep 4 – Inside the Hive; Mint Julep tutorial*

Health & Wellness: *All of Use Café—Nutrition for All of Us; Brain Health Presented by Vanderbilt Nursing Students*

Member Resources: *FiftyForward Exchange Episode 5: Elder Law*

Entertainment: *Lonnie Jones & Hard Drive*

All of Us Programming in May and Upcoming Events

All of Us
RESEARCH PROGRAM

FiftyForward
All of Us Research
Program
May Offerings:

Join us for *All of Us* Online Café sessions, Mondays, May 10 and 17, 1 p.m. on Zoom and Facebook.

Monday, May 10, 1 p.m. on ZOOM: Building an Open Resource for All: The *All of Us* Research Hub! Join us on Zoom as we welcome Dr. Kelsey Mayo from the *All of Us* Data and Resource Center as she explains how *All of Us* health data is helping researchers.

Register in advance for this webinar:

https://us02web.zoom.us/webinar/register/WN_6E8sD6v3Riq8revjWJT-jA

Monday, May 17, 1 p.m. live on Facebook: HIV Vaccine Awareness Day with special guest Jarissa Greenard from the Vanderbilt University HIV Vaccine Trials Unit.

***All of Us* Be Well Cafe: Food for Thought with the Nashville Public Library:**

Thursday, May 13, 1 p.m. on ZOOM: Mental Health Month: Tools 2 Thrive! Register in advance for this meeting: <https://zoom.us/meeting/register/tJlscOutqTgsE9LskWDSTb637c-Zck9RVGKk>

SPECIAL EVENT: Come Play Bingo with *All of Us*!

The FiftyForward *All of Us* Research Program team will be hosting a free *virtual* bingo game on Thursday, May 27, at 6 p.m. via Zoom. A link to your online bingo card will be provided in the chat box once the game begins. (Note: This virtual game is best played on a computer or tablet.) Join us for a fun time and *All of Us* gift bags for prizes! Limited to the first 50 registrants!

How to sign-up: To play, please register via the Zoom link below by **Tuesday, May 25**. An email with instructions will be sent to you after registering.

Register in advance for this meeting:

https://us02web.zoom.us/meeting/register/tZclduuuqzqpGNXLMMpUv8bF9V18A_WmDvz0

Questions? Contact Kelsey Mahaffey, kmahaffey@fiftyforward.org or 615-743-3431.



It's hard to believe that June is right around the corner! Did you know that June is Pride Month, a month to celebrate all of the wonderful LGBTQ members of our communities? Be on the lookout for more information coming soon about a special panel discussion FiftyForward's DOVE (Diversity, Opportunity, Vision & Equity) committee is putting together in recognition of Pride Month!

Ms. Cheap's annual t-shirt drive benefits Room In The Inn

Ms. Cheap, a.k.a Mary Hance, has brought her penny-pinching wisdom to Main Street Media, having retired from The Tennessean last November. One of her two successful fundraising drives, "Ms. Cheap's T-shirt Drive for the Homeless" is in its sixth year and going strong. This year FiftyForward will participate in the drive at two of its locations: **FiftyForward Donelson Station** and **FiftyForward Knowles**.

The effort is easy: Just bring a clean t-shirt to these locations and drop them off in the bin. The Room In The Inn needs men's and women's t-shirts of all colors and sizes. They can be T-shirts from races, schools, trips, charity events, brands, bands — almost anything, but nothing lewd, alcohol or drug-related.

So, get a jump on your spring cleaning and clean out your stash of unworn t-shirts and give to a good cause!

The t-shirt drive runs from May 17 –31.



Photo courtesy of The Tennessean, 2019.