





July Virtual Programming

 Denotes Facebook program  Denotes Zoom meeting  Denotes member-led program


To participate and connect in any of these virtual programs below, please sign up in the Membership Portal. The hosting center is listed to the right of the program name (if program is on Zoom).


 **Restorative/Chair Yoga with Barbara (Knowles)**
Wednesdays, July 7, 14, 21 & 28, 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 July, we will also be streaming the class at the center—so please come in and join us!

 **Bellevue History Group (Turner Center) Thursday, July 15, 10 a.m. on Zoom.** National History Day is a year-long education program for students in grades 6-12 that engages both educators and students to improve the teaching and learning of history in public, private, and home schools. Students who participate have shown dramatic improvements in research techniques, writing skills, historical knowledge, creativity, literacy, communication, civic engagement, and college readiness. Nikki Ward, the Tennessee History Day Coordinator, will join us via Zoom to introduce Tennessee History Day and explain the benefits of the program, as well as to showcase some student work for our members to enjoy.

 **Fred Frawley's Musical HOOTENANNY (Martin Center) Tuesday, July 20, 2-3:30 p.m. on Zoom.**

Join Fred & Friends for a musical trip back in time to the 1950s & 60s folk music revival. All instrumental musicians and singers are welcome to join in.

 **Walgreens Health Talk (Madison Station) Thursday, July 22, 10 a.m. on Zoom.** Join pharmacists from our local Madison Walgreens to discuss relevant health-related topics. If there is a specific topic you would like to see covered, please let Heather (hcurtis@fiftyforward.org) know!

 **Chat & Chew w/Melvin & Hiedy (Bordeaux) Thursday, July 22, 12 p.m. on Zoom.** Topic of discussion: What does Independence Day mean to you?

Bible Study (Donelson Station) Saturday, July 24, 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.

New Additions to the Membership Portal Video Library

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. You can access these programs by logging into your account here: <https://fiftyforward.org/member/#myaccount> :

Fitness: *Tabata Strength Training - Core*

Lifelong Learning: *LGBTQ+ Voices of Nashville: An Intergenerational Panel Sharing Wisdom and Hope; The Local Hive Café Ep 6— Bee Swarms*

Health & Wellness: *Walgreens Health Talk - Vitamins; Vanderbilt Nursing Students - Joint Health; Cooking Vegan with Vickee – Easy Superfood Tahini Salad*