

July 2021 J. L. Turner Center Program Calendar

Please carefully read the program description page to learn more about each offering and to see which programs require registration. To register, please use the Membership Portal: <https://fiftyforward.org/member/#myaccount>. We follow CDC safety guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 1 p.m. Rummikub 5 p.m. Night Bridge	2 No FiftyForward In-Center Programs	3
4	5 10:30 a.m. AOA Strength 11:30 a.m. AOA Tai Chi FiftyForward Centers & Office Closed for July 4 Holiday	6 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 11 a.m. Meet the Director	7 9 a.m. Sit-n-Knit-Crochet 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Line Dancing	8 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 1 p.m. Rummikub 5 p.m. Night Bridge	9 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength No FiftyForward In-Center Programs	10
11	12 10 a.m. Bluebird Café Virtual Senior Show 10:30 a.m. AOA Strength 11:30 a.m. AOA Tai Chi 12 p.m. Bridge 1 p.m. Ping Pong 1 p.m. Basic Printmaking Art Class	13 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 11 a.m. Meet the Director 1:30 p.m. Creating Memoirs	14 9 a.m. Sit-n-Knit-Crochet 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Line Dancing	15 9:30 a.m. AOA Circuit 10 a.m. History Group 10:30 a.m. AOA Yoga 11 a.m. Ice Cream Social 11:30 a.m. AOA Tai Chi 1 p.m. Rummikub 5 p.m. Night Bridge	16 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength No FiftyForward In-Center Programs	17
18	19 10:30 a.m. AOA Strength 11:30 a.m. AOA Tai Chi 12 p.m. Bridge 1 p.m. Ping Pong	20 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 11 a.m. Meet the Director	21 9 a.m. Sit-n-Knit-Crochet 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Line Dancing	22 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 1 p.m. Rummikub 5 p.m. Night Bridge	23 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength No FiftyForward In-Center Programs	24
25	26 10:30 a.m. AOA Strength 11:30 a.m. AOA Tai Chi 12 p.m. Bridge 1 p.m. Ping Pong	27 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 11 a.m. Meet the Director 1:30 p.m. Creating Memoirs	28 9 a.m. Sit-n-Knit-Crochet 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Line Dancing	29 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 1 p.m. Rummikub 5 p.m. Night Bridge	30 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength No FiftyForward In-Center Programs	31

FiftyForward J. L. Turner Center PROGRAM INFORMATION

 Program offered on Zoom

 Denotes member-led program

 Denotes Facebook program

***You may sign up for programs via the Membership Portal (<https://fiftyforward.org/member/#myaccount>) or by calling 615-622-3040.**

Rummikub Thursdays in July, 1-3 p.m. ZELLE/WEST

Night Bridge Thursdays in July, 5-7:30 p.m. ZELLE/WEST

Fun & Games Tuesdays in July, 9:30 a.m.— 12 p.m. Join fellow members for games including mahjong, canasta, and backgammon! **Roos**

Meet the Center Director Tuesdays in July, 11 a.m. Stop by the lobby area to meet our new Center Director, Ashley Hunter, and say hello!

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

Bridge Mondays & Wednesdays in July, 12-3 p.m. Brown/Davis

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

Ice Cream Social Thursday, July 15, 11 a.m. Kick off the summer and join us for an ice cream social hosted by Clarendale at Bellevue Place! Enjoy a summer ice cream treat with all the fixins, visit with friends, and learn about Clarendale at Bellevue Place, a senior community right here in our Bellevue community! **Brown/Davis**

Ping Pong Mondays in July, 1-3 p.m. Roos, Wednesdays in July, 10 a.m., Brown/ Davis

Creating Memoirs Tuesdays, July 13 and July 22, 1:30 p.m. Work on writing & sharing your personal memoir. **Roos**

Bluebird Café Senior Show Monday, July 12, 10 a.m. on YouTube and on-site, sign up in advance. Join us for the Bluebird Café's virtual monthly senior show. **ZELLE/WEST**

Three Color Monoprinting Art Class Monday, July 12, 1 p.m. Cost is \$20 and we must have 5 people signed up by Friday, July 9 in order for the class to happen (no refunds after July 9). Have you ever wanted to try your hand at printmaking? Here's your opportunity! Kim Lane leads this art class, which focuses on the ancient and relatively simple art of the monoprint. The wonderful thing about this process is that it is very quick to master and you are able to produce a number of finished works in a short space of time. You will be instructed in the step-by-step process of producing a three-color print using a variety of printing surfaces and drawing implements. All materials will be provided. Flower forms will be our inspiration so feel free to bring some ideas if you like (keep it simple). While the inks we use are water soluble we highly recommended wearing old clothes as it can get a bit sticky! **ZELLE/WEST**



 **Bellevue History Group Thursday, July 15, 10 a.m. in ZELLE/WEST and on ZOOM, sign up in advance.**

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 over Zoom and introduce Tennessee History Day, explain the benefits of the program, and showcase some student work for our members to enjoy.

YMCA Active Older Adult classes have a 40 person limit that is first come, first serve.

YMCA membership is required to participate in these classes.

AOA Tai Chi Mondays and Thursdays at 11:30 a.m. Ancient martial arts discipline teaching balance and coordination. Great for those with chronic conditions such as arthritis and joint/tissue inflammation. **STUDIO 2**

AOA Strength Mondays, Wednesdays, Fridays, 10:30 a.m. Hand weights, elastic tubing, and a small exercise ball are offered for resistance and a chair is used for support. **COMMUNITY RM**

AOA Circuit Tuesdays and Thursdays, 9:30 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. **COMMUNITY RM**

AOA Yoga Tuesdays & Thursdays, 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. **COMMUNITY RM**

AOA Cardio Wednesdays & Fridays, 9:30 a.m. This heart-healthy class is perfect for anyone looking for a safe way to build their fitness level! Low impact exercises including agility, cardio endurance and strength keep the heart rate elevated throughout the class. Minimal equipment used. **COMMUNITY RM**