

# October 2021 FiftyForward 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. Events with an asterisk\* require advanced 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 <b>No In-Center Programming</b> 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength	2
3	4 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 11:30 a.m. AOA Tai Chi 12 p.m. Bridge 12 p.m. Ping Pong	5 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 11:30 a.m. Bingo	6 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 5:30 p.m. YMCA Swing Dancing	7 9 a.m. Sit & Knit Crochet 9:30 a.m. AOA Circuit 10 a.m. Hispanic Voices of Nashville 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 1 p.m. Rummikub 5 p.m. Night Bridge	8 <b>No In-Center Programming</b> 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength	9
10	11 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 11:30 a.m. AOA Tai Chi 12 p.m. Bridge 12 p.m. Ping Pong	12 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 11 a.m. Meet The Staff 1:30 p.m. Creating Memoirs	13 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 12:15 p.m. Trip to Solar System Program at Madison Station	14 9 a.m. Sit & Knit Crochet 9:30 a.m. AOA Circuit 10 a.m. History Group 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 1 p.m. Rummikub 4 p.m. Meet & Eat 5 p.m. Night Bridge	15 <b>No In-Center Programming</b> 9 a.m. Flu & Pneumonia Vaccine Event 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 11:30 a.m. Trip to Line Dancing at Wildhorse	16
17	18 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 11:30 a.m. AOA Tai Chi 12 p.m. Bridge 12 p.m. Ping Pong 1 p.m. Watercolor Art Class w/Kim Lane	19 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 11:30 a.m. Bingo	20 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 2 p.m. Ascension Complete Presentation	21 9 a.m. Sit & Knit Crochet 9 a.m. Trip to Cheekwood Harvest 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	22 <b>No In-Center Programming</b> 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength	23
24	25 9 a.m. Deloitte Tech Day 9 a.m. Cigna Medicare 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 11:30 a.m. AOA Tai Chi 12 p.m. Bridge 12 p.m. Ping Pong	26 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 1:30 p.m. Creating Memoirs	27 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	28 9 a.m. Sit & Knit Crochet 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 11:30 a.m. Halloween Social 1 p.m. Rummikub 1 p.m. Movie Club 5 p.m. Night Bridge	29 <b>No In-Center Programming</b> 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength	30
31						

# FiftyForward J. L. Turner Center PROGRAM INFORMATION



Program offered virtually



Denotes member-led program

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

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

**Ping Pong Mondays, Noon-3 p.m., Wednesdays, 10 a.m.-12 p.m., Roos**

**Fun & Games Tuesdays, 9:30 a.m.-12 p.m.** Join fellow members for games including mahjong, canasta, and backgammon! **ZELLE/WEST**

**BINGO Tuesday, October 5, 11:30 a.m. ZELLE/WEST**

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

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

**Hispanic Voices of Nashville Panel Thursday, Oct. 7, 10 a.m., sign up in advance.** In celebration of Hispanic Heritage Month, this live-streamed panel discussion will elevate the voices, stories, and perspectives of Hispanic individuals in our community. **ZELLE/WEST**

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

**Night Bridge Thursdays, 5-8:30 p.m. ZELLE/WEST**

**Meet the J. L. Turner Team Tuesday, October 12, 11 a.m.** Stop by the lobby area for an informal meet up with our new Program Coordinator, Mac Huffington. Say hello, ask questions, and let her know what programs and/or trips you might like to see in the future at our J. L. Turner Center. **FiftyForward Lobby Area**

**Creating Memoirs Tuesdays, October 12 & 26, 1:30 p.m.** Work on writing & sharing your personal memoir. **Roos**

**TRIP - FiftyForward Madison Station for Solar System Program Presented by Duncan Davis Wednesday, October 13, 12:15 p.m. Cost: FREE, sign up in advance.**

Join us as we travel to FiftyForward Madison Station for an exciting solar system program entitled "New Horizons Mission," exploring Pluto and the Kuiper Belt. Duncan Davis leads this fun and engaging program! Please sign up by October 8.

**History Group Thursday, October 14, 10 a.m., sign up in advance.** The History Group returns! Join us for a presentation from Pete Johnson on the History of the World War II. **ZELLE/WEST**

**TRIP - Meet & Eat at BoomBozz -Address: 8016 TN-100 in Bellevue Thursday, October 14, meeting there at 4 p.m., sign up in advance.**

Join us for delicious pizza in Bellevue at BoomBozz. We will be meeting at the restaurant. Please sign up by Tuesday, October 12 so we can plan accordingly.

**Walmart—Flu & Pneumonia Vaccine Event Friday, October 15, 9 a.m. –1 pm.** Please sign up by Tuesday, October 12, so we can plan accordingly. **YMCA**

**TRIP - Line Dancing at Wildhorse Saloon**

**Friday, October 15 11:30 a.m. Cost: \$5, sign up in advance.**

We're headed downtown for line dancing at the Wildhorse Saloon! Line Dancing runs 1-3 p.m., and the Wildhorse serves food if you are interested in grabbing a bite while we are there. We will depart at 3 p.m. and head back to the Turner Center.

**Watercolor Art Class with Kim Lane Monday, October 18, 1p.m., sign up in advance.**

Join Kim Lane for a fall inspired trip to a watercolor project this month! We will be learning about wet on wet application and how to create a sense of depth and space. No previous experience required - all materials are supplied but feel free to bring your own favorite brushes or paints if you like. Sign up by October 14, no refunds after that date. **ZELLE/WEST**



**Ascension Complete Medicare Presentation Wednesday, October 20, 2 p.m.** Ascension Complete is a local Medicare Advantage plan with rich benefits to help members live healthier, happier lives. Hand in hand, with their partners at Ascension St. Thomas, they work to empower people to take charge of their health, focusing on the whole person – mind, body, spirit. They love helping, educating, simplifying Medicare – for their providers, their members, their communities. **ZELLE/WEST**

**TRIP - Cheekwood Harvest at Cheekwood, Thursday, October 21, 9:15 a.m. Cost: \$30, sign up in advance.** Celebrate the autumnal season at Cheekwood with *Cheekwood Harvest!* Enjoy the changing of the leaves as you explore the garden grounds, and make sure to check out the pumpkin houses and the mum explosion. We'll spend a little over two hours exploring the area and the Cheekwood Mansion. Please note that masks are required inside all buildings at Cheekwood and you must sign up by Friday, October 15. There will be no refunds after that date.

**Cigna Medicare Table Monday, October 25, 9 a.m.** Join Harmon Stockdale from Cigna Medicare as he will be here to answer any questions you have during this open enrollment period. **FiftyForward Lobby Area**

**Deloitte Tech Help Monday, October 25, 9 a.m., sign up in advance.** Join our friends from Deloitte, who will be on site to help you with all of your tech needs. Whether it's learning your phone, setting up an email address, figuring out your i-pad, or anything similar, they are here to help! **Roos**

**Halloween Social Thursday, October 28, 11:30 a.m, sign up in advance.** Trick or Treat in your Halloween costume and mask! We'll award a prize to the best costume. **Brown/Davis.**

**Movie Club Thursday, October 28, 1 p.m., sign up in advance.** Join us for a viewing of *JERSEY BOYS* tells the story of four young men from the wrong side of the tracks in New Jersey who came together to form the legendary 1960s rock group The Four Seasons. Please sign up by October 22. **ZELLE/WEST.**

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***YMCA Active Older Adult classes have a 40 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 Tai Chi Mondays & 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 ROOM**

**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 ROOM**

**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 ROOM**

**AOA Cardio Mondays, 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 ROOM**

**Swing Dance Wednesday, October 6, 5:30 p.m.** The YMCA will be hosting monthly dance classes. **Community Room**