

# October Virtual Programming



Denotes Zoom meeting




Denotes member-led program

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

## Writers Group (Knowles)

**Mondays in October, 1 p.m. on Zoom.**

 Join the FiftyForward Knowles Writers group, a meeting where writers share their memoirs. This is a great way to travel down memory lane and connect with fellow FiftyForward members.

## Chair Yoga (Knowles)

**Wednesdays in October, 10:30 a.m. on Zoom.**

Restorative/Chair yoga led by FiftyForward Knowles member and certified yoga instructor Barbara Clinton. This hour-long class is great for people of all fitness levels and yoga backgrounds.

## A Cosmic Journey: A Four Part Exploration into Unique Aspects of our Solar System (Madison Station)

**Wednesdays in October, 1 p.m. on Zoom.**

Join our entertaining speaker and solar system guide, Duncan Davis, as we explore topics including: moons, Pluto and Kuiper Belt, Mars Rover, and space missions!

## Hispanic Voices of Nashville Panel

**Thursday, Oct. 7, 10 a.m. on Facebook.** In celebration of Hispanic Heritage Month, this live-streamed panel discussion will elevate the voices, stories, and perspectives of Hispanic individuals in our community.

## Chat & Chew w/Melvin (Bordeaux)

**Thursday, Oct. 14, 12 p.m. on Zoom.** Join Bordeaux Center Director Melvin Fowler, for a fun catch-up over Zoom.

## Bible Study (Donelson Station)

**Saturday, Oct. 23, 10 a.m. on conference line**

The Bible Study group will be meeting through a conference line. Please sign up through the portal to receive an email with the login information.

## Armchair Travel to Egypt (College Grove)

**Monday, Oct. 25, 1 p.m.** Get those passports ready! Come travel the world with your friends, all from the comfort of your home. Call the center if you would like to watch from home. This month we will travel to Egypt.

## Armchair Travel to Transylvania (Martin Center)

**Wednesday, Oct. 27, 1 p.m.** Get those passports ready! Come travel the world with your friends, all from the comfort of your home. Call the center if you would like to watch from home. This month we will travel to Transylvania!

## October Flu Shot Offerings at FiftyForward Centers

Walmart will be administering flu and pneumonia vaccines at the Bellevue YMCA and FiftyForward J. L. Turner Center on Friday, October 15 from 9 a.m. - 1 p.m. There will be a vaccination form to fill out on site. Please bring your insurance card with you.

Walgreens will be administering flu shots at FiftyForward Madison Station on Thursday, October 28, 10 a.m. There will be a vaccination form to fill out on site. Please bring your insurance card with you.



## 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:** *SilverSneakers Classic with Kathleen Phillips*

**Lifelong Learning:** *Cooking with Heather: Crockpot Italian Beef; Armchair Travel to India*

**Health & Wellness:** *Cooking Vegan with Vickee: Chickpea Stuffed Eggplant*