

## December 2021 FiftyForward J.L. Turner 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
			<b>1</b> 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength 11 a.m. Mindfulness Class 12 p.m. Bridge 1 p.m. Line Dancing 5:30 p.m. YMCA Tango	<b>2</b> 9 a.m. Sit &Knit Crochet 9:30 a.m. AOA Circuit 10 a.m. Tree Decorating 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 1 p.m. Rummikub 5 p.m. Night Bridge	<b>3</b> No In-Center Programming  9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength	<b>4</b>
<b>5</b>	<b>6</b> 9:30 a.m. AOA Cardio 10 a.m. Premier Travel Presentation 10:30 a.m. AOA Strength 11:30 a.m. AOA Tai Chi 11:30 a.m. Meet & Eat at Loveless Café 12 p.m. Bridge 12 p.m. Ping Pong	<b>7</b> 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 11:30 a.m. Victory Over Crime Holiday Safety 1 p.m. Beginning Bridge	<b>8</b> 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength 11:30 a.m. Portal Training 12 p.m. Bridge 12:30 Chili Contest 1 p.m. Line Dancing	<b>9</b> 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 12:15 p.m. Trip to Frist Art Museum 1 p.m. Rummikub 5 p.m. Night Bridge	<b>10</b> No In-Center Programming  9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength	<b>11</b>
<b>12</b>	<b>13</b> 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	<b>14</b> 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 1 p.m. Movie Club 1:30 p.m. Creating Memoirs	<b>15</b> 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength 11:30 Holiday Social 12 p.m. Bridge 1 p.m. Line Dancing	<b>16</b> 9 a.m. Sit &Knit Crochet 9:30 a.m. AOA Circuit 10 a.m. Medical Minute 10:30 a.m. AOA Yoga 11 a.m. Bunco 11:30 a.m. AOA Tai Chi 1 p.m. Rummikub 5 p.m. Night Bridge	<b>17</b> No In-Center Programming  9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength	<b>18</b>
<b>19</b>	<b>20</b> 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	<b>21</b> 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 10:30 a.m. Tasty Tuesday at Madison Center*	<b>22</b> 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 1 p.m. Movie Club	<b>23</b> 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 1 p.m. Rummikub 5 p.m. Night Bridge	<b>24</b> FiftyForward Centers & Offices Closed for the Holiday	<b>25</b>
<b>26</b>	FiftyForward Centers & Offices Closed for the Holiday	FiftyForward Centers & Offices Closed for the Holiday	FiftyForward Centers & Offices Closed for the Holiday	FiftyForward Centers & Offices Closed for the Holiday	FiftyForward Centers & Offices Closed for the Holiday	

# FiftyForward J.L. Turner December 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.

**Ping Pong** Mondays, Noon-3 p.m., Wednesdays, 10 a.m.-12 p.m., ZELLE/WEST

**Mindfulness Class Lead by Shelby Stapleton** Wednesday, December 1 at 11:30 a.m. Come and join FiftyForward's social work intern, Shelby, for a presentation on the benefits of mindfulness and self-compassion.

Registration is required. **Roos Room**

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

**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 Room**

**Holiday Tree Decorating** Thursday, December 2 at 10 a.m. Come join us to decorate the FiftyForward Christmas Tree. Bring an ornament of your choice to share with us on the tree. **Lobby**

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

**Night Bridge** Thursdays, 5-8:30 p.m. Brown/Davis

**Premier World Discovery Presentation with Jennifer Powers** Monday, December 6 at 10 a.m. Premier World Discovery will be here to do a Travel Preview Presentation for trips in 2022. **Registration is required.** **Roos Room**

**MEET THERE: Meet & Eat at Loveless Café** Monday, December 6 at 11:30 a.m. **Address: 8400 Hwy 100.** Southern cafe with down-home dishes & a country vibe, plus eclectic on-site shops

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

**Victory Over Crime Holiday Safety Presentation** Tuesday, December 7 at 11:30 a.m. The FiftyForward Victory Over Crime program assists individuals with safety planning, connection to community services, advocacy through legal proceedings, household needs, as well as other types of supportive care services. Registration is required. **Brown/Davis**

**Beginning Bridge** Tuesday December 7, 1-3 p.m. Come learn how to play Bridge taught by Lead player Ed Neal. **Brown/Davis**

**Portal Training w/Steve Bianchi** Wednesday, December 8 at 11:30 a.m. Learn more about the membership Portal & how to sign up for activities. **Registration is Required.** Free Fan card to all who attend. **Roos Room**

**Chili Contest** Wednesday, December 8 at 12:30 p.m. Bring your best Chili and try to win the title of "Best Chili at FiftyForward J. L. Turner Center!" Cost is \$5 to taste & vote. The member who wins will receive a prize! Registration is required. **Activity Room**

**Trip to Frist Art Museum** Thursday, December 9, departing at 12:15 p.m., **Cost \$5.** We'll visit the Frist Art Museum to view the exhibit, "American Art Deco-Designing for the People 1920's-1930's." **Registration is required.**

**Movie Club** Tuesday, December 14 at 1 p.m. "A Christmas Carol" In this adaptation of Charles Dickens' classic tale, an elderly miser learns the error of his ways on Christmas Eve. **Zelle/West**

**Creating Memoirs** Tuesdays, December 14 at 1:30 p.m. Work on writing & sharing your personal memoir. **Roos Room**

**Holiday Social** Wednesday, December 15 at 11 a.m., **Cost \$5. Sign up with FiftyForward staff and note what dish you are bringing.** Come join us for our Holiday Social Potluck. We'll have Holiday Tunes Karaoke hosted by Clarendale and an Ugly Christmas Sweater contest! **Community Room**

**Medical Minute with Dr. Leah Brown from Vanderbilt University** Thursday, December 16 at 10 a.m. Join Dr. Leah Brown as she discusses "How to Talk to your Doctor." **Brown/Davis**

**Bunco with Sherry** Thursday, December 16 at 11 a.m. Join us for the return of Bunco with a holiday theme. **Activity Room**

**Trip to Tasty Tuesday at FiftyForward Madison Station** Tuesday, Dec. 21, 10:30 a.m., **Cost: \$10, sign up in advance by Dec. 17.** We're heading to Madison Station for their monthly Tasty Tuesday event! Enjoy a tasty lunch prepared by Creekside Center for Rehabilitation & Healing, followed by a holiday performance from the Silver Notes Band.

**Movie Club** Wednesday, December 22 at 1 p.m. "Miracle on 34th Street" The story takes place between Thanksgiving Day and Christmas Day in New York City, and focuses on the effect of a department store Santa Claus who claims to be the real Santa. **Roos Room**

## 2021 HOLIDAY OUTREACH AT THE BELLEVUE FAMILY YMCA

**This 2021 holiday season the Bellevue Family YMCA will have two opportunities to make both a local and global impact.** During the week of December 6, we will have a "pop-up" shop, selling goods from Preemptive Love, a peace-making organization that creates jobs in war-torn countries, providing capital for vulnerable families to start businesses, coaching to help their businesses thrive, and connection to a global marketplace (like our "pop-up" shop). Also during December, we'll be collecting items for Catholic Charities, the official state refugee resettlement agency in Tennessee. They anticipate over 150 Afghan families will be resettled in our area over the next few months. More information about the supplies our Y will be collecting for these families will be coming soon.

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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

**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**

**Tango Wednesday, December 1st @ 5:30 p.m.** The YMCA will be hosting monthly dance classes. **Community Room**