

# December 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 December, 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.



## Take Charge of Your Diabetes (Martin Center)

**Thursdays, Dec. 2, 9, 16 & 23, 10 a.m. - 12 p.m. on Zoom.** Sessions designed to provide you with skills and tools to better self-manage life with diabetes. Open to adults of all ages with or without diabetes.



## Mixed Media Workshop with Ashley Mintz (Knowles & Madison Station)

**Knowles on Thursdays, Dec. 2 & 9, 10:30 a.m.; Madison on Tuesday, Dec. 7, 9 a.m. on Zoom.** Come let your creative side run free each week in this visual storytelling and craft class led by Ashley Mintz.

## Armchair Travel to Europe (College Grove)

**Monday, Dec. 13, 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 all over Europe to experience their holiday traditions. We'll even enjoy some European holiday treats!

## Armchair Travel to Europe (Martin Center)

**Monday, Dec. 13, 2 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 all over Europe to experience their holiday traditions. We'll even enjoy some European holiday treats!

## Bible Study (Donelson Station)

**Saturday, Dec. 18, 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.

## 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> :

**Lifelong Learning:** *A Cosmic Journey with Duncan Davis: Are We Alone?; Armchair Travel to Japan*

**Health & Wellness:** *Cooking Vegan with Vickee: Veggie Pizza*

**Resources:** *Information on Holiday Scams Presented by GNRC*