

January 2022 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
2	3 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	4 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga	5 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 1 p.m. Line Dancing	6 9 a.m. Sit &Knit Crochet 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 11 a.m. Bunco w/ Sherry Mills-Scott 11:30 a.m. Solar Program w/ Duncan Davis 11:30 a.m. AOA Tai Chi 1 p.m. Rummikub 5 p.m. Night Bridge	7 No In-Center Programming 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 12 p.m. Trip to Line Dancing at the Wildhorse	8
9	10 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. Art Project w/ Kim Lane-Winter Inspired Landscape	11 9 a.m. Morning Chat & Chew 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 1:30 p.m. Creating Memoirs <i>Predators Day at the YMCA & J. L. Turner Center</i>	12 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10 a.m. Puzzle 10 a.m. <i>All of Us</i> Cafe 10:30 a.m. AOA Strength 11 a.m. HistoryGroup 12 Games 12 p.m. Bridge 1 p.m. Line Dancing	13 9 a.m. Sit &Knit Crochet 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 11:30 a.m. Solar Program w/ Duncan Davis 11:30 a.m. AOA Tai Chi 1 p.m. Rummikub 5 p.m. Night Bridge <i>Predators Day at the YMCA & J. L. Turner Center</i>	14 No In-Center Programming 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength	15
16	17 FiftyForward Centers & Offices Closed for MLK, Jr. Holiday	18 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 11:30 a.m. Meet & Eat There at 615 Chutney	19 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10 a.m. Puzzles 10:30 a.m. AOA Strength 11 a.m. Lunch & Learn w/ Edward Jones 12 p.m. Open Game Play 12:00 p.m. Bridge 1 p.m. Line Dancing	20 9 a.m. Sit &Knit Crochet 9:30 a.m. Trip to Shopping & Lunch 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 11:30 a.m. Solar Program w/ Duncan Davis 1 p.m. Rummikub 5 p.m. Night Bridge	21 No In-Center Programming 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength	22
23	24 9 a.m. Morning Chat & Chew 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	25 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yog 11 a.m. Deloitte Tech Day 1 p.m. Movie Club 1:30 p.m. Creating Memoirs	26 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10 a.m. Puzzles 10:30 a.m. AOA Strength 11:30 a.m. Winter Preview 12 p.m. Bridge 1 p.m. Line Dancing	27 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. Solar Program w/ Duncan Davis 1 p.m. Rummikub 5 p.m. Night Bridge	28 No In-Center Programming 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength	29
30	31 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					

FiftyForward J. L. Turner January PROGRAM INFORMATION



Program offered virtually

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 p.m.- 3:00 p.m., Brown/Davis

Ping Pong Mondays, 12 p.m.- 3:00 p.m. Wednesdays, 10 a.m.- 12 p.m. Zelle/West

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

Creating Memoirs Tuesdays, January 11 & 25, 1:30 p.m. Work on writing & sharing your personal memoir. Roos Room

Line Dancing Wednesdays, 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

Portal Training w/Steve Bianchi Wednesday, January 5 at 11:30 a.m. Learn more about the membership Portal & how to sign up for activities. Free Fan card to all who attend. Roos Room. Sign up in advance.

Bunco with Sherry Thursday, January 6 at 11 a.m.- 1:00 p.m. Join us for the return of Bunco highlighting the Kick -Off of the New Year Theme. Zelle/West

Solar System Program with Duncan Davis starting January 6, 13, 20, 27 at 11:30 a.m. Cost: Free. Starting for a four-week session on Thursday January 6. Join us as we explore these topics:
Jan. 6 & 13: Formation of the solar system (from its birth 4.5 billion years ago to now)
Jan. 20: Exoplanets (planets discovered outside our solar system)
Jan 27: Our Galactic Address (where is the Earth/our solar system located in our galaxy)
Brown/Davis. Sign up in advance.

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

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

Trip - Line Dancing at Wildhorse Saloon

Friday, January 7, Leaving Turner Center at Noon, Cost: \$10. We're headed downtown for line dancing at the Wildhorse Saloon! Time to boot, scoot, and boogie on the largest dance floor in Nashville. 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. Sign up in advance.



Denotes member-led program

Art Project with Kim Lane Monday, January 10 at 1 p.m.

Cost \$25.00 Theme: Come paint a Winter Landscape with Kim Lane and learn to use the illusion of cast shadows to create the feeling of perspective. Muted tones and dramatic composition will all work together to create a gorgeous winter scene! All materials supplied (feel free to bring your own supplies/ brushes and paints if you prefer) No previous experience required. Zelle/ West

Morning Chat & Chew Tuesday, January 11 & Monday, January 24 at 9 a.m. Join FiftyForward Center Director, Ashley Hunter & Program Coordinator, Mac Huffington, to learn more about FiftyForward programming and services! We will have treats to take to-go. YMCA Lobby Area

Puzzles Wednesday, January 12 & 19 at 10 a.m. Roos Room

Open Game Play Wednesday, January 12 & 19 at 12 p.m. Join fellow members for games including, monopoly, canasta, and more! Zelle/West

All of Us Café Wednesday, January 12 at 10 a.m. Learn more about our FiftyForward Healthcare Research Program that promotes diversity of people, data types and ways of life. FiftyForward Lobby

Predators Day at the YMCA & FiftyForward Center

Tuesday, January 11 & 13—All Day. Wear your Predators Gear and lets support the team!

History Group with Carole Bucy, Wednesday, January 12 at 11 a.m. The *Creation of Metropolitan Government 58 Years Late*. The History Group returns! Join us for a presentation from Carole Bucy, the County Historian. Roos Room. Sign up in advance.

Trip-Meet & Eat There 615 Chutney, Tuesday January 18 at 11:30 **Address: 7075 Hwy 70.** Have you ever wanted to try Indian food? Join us for a delicious lunch at 615 Chutney, one of Bellevue's new locally owned restaurants! Sign up in advance.

Lunch & Learn Edward Jones Scam Presentation Wednesday, January 19 at 11 a.m. Sign up in advance by January 17. **FREE lunch included.** Join Matt Creekmore from Edward Jones and FiftyForward's Victory over Crime program for an informative Lunch & Learn to learn about the latest scams, how to recognize them, and how to protect yourself. We will have your lunch packaged to take to-go! Activity Room

Trip-Music Valley Village-Vinterest-Opryland

Thursday, January 20, Departure J. L. Turner at 9:30 a.m. Cost: \$10. Join us for some shopping around Music Valley Village, followed by lunch at Cracker Barrel. We'll check out Vinterest, which has been described as "Pinterest come to life!" with over 60 vendors with a diverse array of goods - all pickers and artisans! Other shops in the area include Music Valley Antiques & Marketplace, Jae's Gem Mine, and more. Sign up in advance.



Program offered virtually



Denotes member-led program

Tech Day with Deloitte Tuesday, January 25 at 11 a.m. Do you need tech help? 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 Room. Sign up in advance.**

Movie Club Tuesday, January 25 at 1 p.m. *Dolly Parton: Here I Am.* Dolly Parton leads a moving, musical journey in this documentary that details the people and places who have helped shape her iconic career. **Zelle/West. Sign up in advance.**

Winter Preview Wednesday, January 26 at 11:30-1:00 p.m.
FiftyForward Open House. FREE to-go refreshments offered. Come join us for an inside look at some of the activities and programs offered at FiftyForward. Talk to representatives from different groups and clubs- Fun & Games, Rummikub, Bunco, Bridge, Knit & Crochet, Creating Memoirs, Ping Pong, Line Dancing & more.

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**