

July 2022 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
					1 9 a.m. Sit & Knit & Crochet 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Ping Pong	2 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
3	4 FiftyForward Centers & Offices Closed for 4th Of July	5 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga	6 9:30 a.m. AOA Cardio 10 a.m. Ping Pong Trip-9:15 a.m. The Parthenon* 10:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Line Dancing 1 p.m. Travel Presentation (Virtual)*	7 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 11:30 a.m. Welcome to Summer Ice Cream Social* 11:30 a.m. Beginning Line Dancing w/Jeanne* 1 p.m. Rummikub 5 p.m. Night Bridge	8 9 a.m. Sit & Knit & Crochet 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Ping Pong	9 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
10	11 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardi 11:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Ping Pong	12 8:35 a.m. AOA Strength 9 a.m. TSU Snap Education Presentation* 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 1 p.m. Trivia with Laurie* 1:30 p.m. Creating Memoirs*	13 9:30 a.m. AOA Cardio 9:30 a.m. Trip-TN State Museum* 10 a.m. Ping Pong 8:45 a.m. Walk w/a Doc* 10:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Line Dancing	14 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 10:45 a.m. Bunco* 11:30 a.m. AOA Tai 11:30 a.m. Beginning Line Dancing w/ Jeanne* 1 p.m. Rummikub 5 p.m. Night Bridge	15 9 a.m. Sit & Knit & Crochet 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 11:30 a.m. History Group* 12 p.m. Bridge 1 p.m. Ping Pong	16 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
17	18 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardi 11:30 a.m. AOA Strength 11:30 a.m. Portal Training* 12 p.m. Bridge 1 p.m. Ping Pong	19 8:35 a.m. AOA Strength 9 a.m. TSU Snap Education Presentation* 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 11:30 a.m. Trip-Meet There O'Charleys*	20 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength 11:30 a.m. Music for Seniors* 12 p.m. Bridge 1 p.m. Line Dancing	21 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 11:30 a.m. Beginning Line Dancing w/ Jeanne* 1 p.m. Rummikub 5 p.m. Night Bridge	22 "FiftyForward Centers & Offices Closed for Staff Retreat"	23 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
24	25 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardi 11:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Ping Pong	26 8:35 a.m. AOA Strength 9 a.m. TSU Snap Education Presentation* 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 Trip-9:30 a.m. Glen Campbell Museum* 10 a.m. Ping Pong 10:30 a.m. AOA Strength 11:30 a.m. Leave a Legacy with Teresa-Lunch & Learn* 12 p.m. Bridge 1 p.m. Line Dancing	28 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 11:30 a.m. Beginning Line Dancing w/ Jeanne* 1 p.m. Rummikub 5 p.m. Night Bridge	29 9 a.m. Sit & Knit & Crochet 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 11:30 a.m. Wellness Talk Lunch & Learn* 12 p.m. Bridge 1 p.m. Ping Pong	30 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
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FiftyForward J.L. Turner July PROGRAM INFORMATION







Program also 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

-  **Sit-N-Knit-and-Crochet Fridays, 9 a.m.** Learn to knit and crochet. **Roos Room**
-  **Bridge Mondays & Wednesdays and Fridays 12 p.m.- 3 p.m.** **Brown/Davis**
-  **Ping Pong Mondays & Fridays, 1 p.m.- 3 p.m. in Community Room. Wednesdays, 10 a.m.- 12 p.m. Zelle/West (Wednesday 07/20 & 07/27 Roos Room)**
-  **Fun & Games Tuesdays, 9:30 a.m.- 12 p.m.** Join fellow members for games including mahjong, canasta, and backgammon! **Zelle/West**

Trip-The Parthenon Wednesday, July 6. Departure at 9:15 a.m. Cost \$15.00. The Parthenon is a resplendent marble temple built between 447 and 432 B.C. during the height of the ancient Greek Empire. Dedicated to the Greek goddess Athena. This will be a 45 minute guided tour. **Registration is required.**

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

 **See America Tour Trip Presentation—(Virtual): Wednesday, July 6 1-3 p.m.** Please join us this month to learn more about the 2022 trips to Hawaii, New England, Christmas in NYC and a 2023 Preview! Hear all the details and ask any questions that you might have. **Registration is required. Roos Room**


Welcome to Summer Ice Cream Social Thursday, July 7 at 11:30 a.m. Come enjoy a special treat of ice cream sponsored by Jordan Uselton from Clarendale Bellevue Place. Cost is free. **Registration is required. Zelle/West**

Beginning Line Dancing with Jeannie Horde Thursdays in July at 11:30 a.m. Come boot, scoot, and boogie for 90 minutes with Jeannie Horde to learn the latest line dancing moves. **Registration is required. Brown/Davis**

 **Rummikub Thursdays, 1-3 p.m. Zelle/West**

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


TSU Snap Education Presentation with Cheryl Johnson Tuesdays, July 12, 19, 26 at 9:00 a.m. Topic: "Healthy Cent\$" curriculum is helping participants find ways in saving money and reminders of focusing on the MyPlate. No Class July 5. Graduation is July 26. **Registration is required. Roos Room**

 **Trivia w/Laurie Tuesday July 12 at 1 p.m.** Join Laurie for a fun and mind opening game of Trivia filled with challenging questions for older adults. **Registration encouraged. Zelle/West**

Creating Memoirs July 12 & 26 at 1:30 p.m. Work on writing & sharing your personal memoir. **Roos Room**

Trip-Tennessee State Museum and Lunch Wednesday, July 13
Departure: 9:30 a.m. Cost \$5.00 Address: 1000 Rosa L. Parks Blvd. The Tennessee State Museum is a large museum in Nashville depicting the history of the U.S. state of Tennessee. The current facility opened on October 4, 2018, at the corner of Rosa Parks Boulevard and Jefferson Street at the foot of Capitol Hill by the Bicentennial Capitol Mall State Park. After touring the museum we'll enjoy lunch at the Nashville Farmer's Market that has several local food vendors to choose from. **Registration is Required.**

Meet There- Walk with a Doc Wednesday, July 13 Meet There at 9 a.m. Meeting at Centennial Park Event Shelter Cost: Free Address: 2500 West End Ave. Join FiftyForward's *All of Us Research Program* for a walk at Centennial Park. With an aim to make hope and health accessible to all, their doctor-led walking groups are a safe and fun place to get some steps, learn about health, and meet new friends. **Registration is required.**

 **Bunco with Sherry Thursday, July 21 at 10:45 a.m. to 1 p.m.** Join us for the July edition of Bunco. Wear your Luau attire for more summer fun and games. **Zelle/West**

History Group Friday July 15, 11:30 a.m. Join special guest Jim Hoobler for a presentation on his new book *This Used to Be Nashville*. Deadline to sign up is July 11th. **Registration is required. Zelle/West**

Portal Training Monday, July 18 at 11:30 a.m. Learn more about the membership Portal & how to sign up for activities with Center Director Ashley Hunter. If you attend a portal training in July, August, or September, your name will go into a drawing to win a FREE Tablet donated from our friends at Edward Jones! **Registration Required. Zelle/West.**

Trip- Meet & Eat There O'Charleys Tuesday, July 19 at 11:30 a.m. Address: 110 Coley Davis Court. Cost: Lunch. Join us for delicious American food at one of Bellevue's restaurants. **Registration is encouraged so we can make reservations so we can all sit together.**

Music for Seniors Wednesday, July 20 at 11:30 a.m. with John England, Cost \$5.00. John's program features a wide variety of songs from Americana/Country, Rock n Roll, Western Swing and more! John has performed or recorded with stars like Loretta Lynn, the Pointer Sisters, Andy Griggs, Carrie Newcomer, Darlene Love, Trace Adkins, Pam Tillis, and Rodney Crowell, among many others. He's played venues ranging from the Waldorf-Astoria to the Grand Ole Opry. Deadline to sign up is July 15th. **Registration is required. Zelle/West**

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Trip-Glen Campbell Museum Wednesday, July 27.

Departure: 9:30 a.m. Cost: \$5 plus the cost of the ticket for admission: Adults \$19.50 Seniors \$18.50. The Glen Campbell Museum is one of the newest museums in Nashville and they have done an amazing job! It is fun, interactive, lots of memorabilia and a wonderful tribute to Glen Campbell. **Registration is required.**

Leave a Legacy with Teresa Lunch & Learn Wednesday, July 27 at

11:30 a.m. Let Teresa Clements educate you on ways to leave a legacy to your family. Probate and ways to avoid it Will or trust? Spend time now versus money later. Free Lunch will be provided. Deadline to sign up is July 22nd. **Registration is required. Zelle/West.**

Wellness Talk Lunch & Learn Friday, July 29 at 11:30 a.m. Join Michelle Canbuldu for a delicious lunch and learn focused on health and wellness brought to you by Dedicated Senior Medical Center. All attendees will receive a free gift for attending and will be entered into a raffle to win a beautiful gift basket! Free Lunch will be provided. Deadline to sign up is July 26th. **Registration is required. Zelle/West.**

LOOKING FOR MEMBERS WHO ARE INTERESTED IN:

Basic Sudoku with Howard Pink Looking for interested members so we can schedule a class in May. Sudoku is a puzzle in which missing numbers are to be filled into a 9x9 grid of squares. See FiftyForward Staff if you want to sign up.

Basic Chess Looking for interested members so we can schedule class in May. Are you interested in Learning Basic Chess? Learn how to move pieces, learn how to notate & read notation and learn the 3 parts of the chess game. See FiftyForward Staff if you want to sign up.

*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 Cardio Mondays 10:30 a.m., Wednesdays, Fridays, & Saturdays 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**

AOA Strength Mondays 9:30 a.m. & 11:30 a.m., Tuesdays 8:35 a.m., Wednesdays 10:30 a.m., Thursdays 8:35 a.m., Fridays, 10:30 a.m., Saturdays 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 Mondays 8:30 a.m., 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 Tai Chi 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**