



# July Virtual Programming

To participate and connect to any of the 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 the program is on Zoom).


 **Virtual Mixed Media Workshops with Ashley Mintz (Madison & Knowles), Tuesdays, July 5, 12, and 19 at 11:30 a.m.** Space is limited, sign up in advance by the Friday prior to each class. Join “Sage Advice: A summer series of Art and Writing Workshops” led by Ashley Mintz, workshops will incorporate creative writing, mixed media art, bookmaking, and collage art. Each week, participants will create different craft and mixed media pieces. We will hold these workshops at our center, with the instructor joining remotely. If you wish to participate remotely, you can stop by the center to pick up your supplies in advance. Classroom 1—More info at the front desk and below:


- July 5: Mini Ring Bound Fold Out Journal: Create a bound journal with different small fold out panels. Each panel will relate to different themes and will incorporate collage and writing.
- July 12: Abstract Collage Pieces: Create a painted background on a with several small abstract paintings in different designs with similar color schemes to create a collage.
- July 19: Mini File Folder Journal: Create a small pocket journal. Different materials will be used to decorate each page. This type of journal can be used as a recipe book, address book or travel journal!


 **Bold & Golden Men’s Retirement Group (Knowles), Tuesdays, July 5, 12, 19, and 26 at 1:30 p.m.** Join this men’s group to develop friendships, share experiences, talk about similar interests, and simply spend time with other retired men.

 **Premier Travel Presentation (Donelson Station, JL Turner, Madison Station, Martin) Wednesday, July 6 at 1 p.m.** Sign up in advance. Join Premier World Discovery & See America Tour for presentations on trips to Hawaii, New England, New York City Holiday, and a 2023 Preview! Travel representatives will

present information live from FiftyForward Donelson Station, but our center will stream the presentation via Zoom at the center so you can participate and ask any questions in real time!

 **Bluebird Café Virtual Senior Show (Martin) Monday, July 11 at 10 a.m.** Join us as we stream the Bluebird Café’s monthly senior show featuring a live performance. Watch in the center or call for the link to watch at home.

 **Writer’s Group (Knowles), Mondays, July 11, 18, and 25 at 1 p.m.** Meet via Zoom or in person at the center to share stories, poems, experiences from your life or from your imagination. You might just make a new friend (or two!). Call Ann at 615-743-3401 for the Zoom link.

 **Mindful Self-Compassion—an Online Course on Self-Compassion (Knowles), Thursdays, July 14, 21 and 28 from 1:30 to 3 p.m.**  
\*Advance Registration Required. In eight, one-and-a-half hour online sessions, this Mindful Self-Compassion course can help you become kinder to yourself, discover healthier ways to respond to hardship and loss, and cope more effectively with stress and isolation. This course is being offered for a limited time to FiftyForward members at no cost, however, “The Mindful Self-Compassion Workbook” is required and available on Amazon for under \$20. Contact Ann at 615-743-3401 by July 7th to register.



In-person



Zoom



Conference line