

August 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
	<p>1</p> <p>8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 11:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Ping Pong</p>	<p>2</p> <p>8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 11:30 a.m. Solar System Presentation 1 p.m. Beginning Bridge*</p>	<p>3</p> <p>9:30 a.m. Trip-Colt's Chocolate Factory* 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. Travel Presentation (Virtual)*</p>	<p>4</p> <p>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 1p.m. Rummikub 5 p.m. Night Bridge</p>	<p>5</p> <p>8:45 a.m. Functional Balance 9 a.m. Sit &Knit & Crochet 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 12 p.m. Bridge 1p.m. Ping Pong</p>	<p>6</p> <p>9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength</p>
7	<p>8</p> <p>8:30 a.m. AOA Circuit 9:00 a.m. Trip-Bluebird Senior Show* 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 11:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Ping Pong 1 p.m. Travel Presentation- 2023 In person*</p>	<p>9</p> <p>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. Solar System Presentation 1 p.m. Beginning Bridge* 1 p.m. Trivia w/Laurie 1:30 p.m. Creating Memoirs</p>	<p>10</p> <p>9 a.m. Walk w/a Doc* 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. All Of Us Movie Matinee*</p>	<p>11</p> <p>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 1p.m. Rummikub 5 p.m. Night Bridge</p>	<p>12</p> <p>8:45 a.m. Functional Balance 9 a.m. Sit &Knit & Crochet 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 12 p.m. Bridge 1p.m. Ping Pong</p>	<p>13</p> <p>9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength</p>
14	<p>15</p> <p>8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 11:30 a.m. AOA Strength 11:30 a.m. Medicare 101 Lunch & Learn* 12 p.m. Bridge 1 p.m. Ping Pong 1 p.m. Portal Training*</p>	<p>16</p> <p>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. Solar System Presentation* 1 p.m. Beginning Bridge*</p>	<p>17</p> <p>9:15 a.m. Madame Tussauds Wax Museum* 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</p>	<p>18</p> <p>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. Live Fit Balance and Fall Presentation* 1p.m. Rummikub 5 p.m. Night Bridge</p>	<p>19</p> <p>8:45 a.m. Functional Balance 9 a.m. Sit &Knit & Crochet 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 12 p.m. Bridge 1p.m. Ping Pong</p>	<p>20</p> <p>9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength</p>
21	<p>22</p> <p>8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 11:30 a.m. AOA Strength 11:30 a.m. Trip-Meet & Eat at Martin's BBQ* 12 p.m. Bridge 1 p.m. Ping Pong</p>	<p>23</p> <p>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 11:30 a.m. Solar System Presentation* 10:30 a.m. AOA Yoga 1 p.m. Beginning Bridge* 1 p.m. Trivia w/ Laurie* 1:30 p.m. Creating Memoirs</p>	<p>24</p> <p>9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength 11:30 a.m. Belly Dancing w/ Michelle* 12 p.m. Bridge 1 p.m. Line Dancing</p>	<p>25</p> <p>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 1p.m. Rummikub 1 p.m. Movie Club* 5 p.m. Night Bridge</p>	<p>26</p> <p>8:45 a.m. Functional Balance 9 a.m. Sit &Knit & Crochet 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 12 p.m. Bridge 1p.m. Ping Pong</p>	<p>27</p> <p>9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength</p>
28	<p>29</p> <p>8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 11:30 a.m. AOA Strength 11:30 a.m. Portal Training* 12 p.m. Bridge 1 p.m. Ping Pong</p>	<p>30</p> <p>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. Butterfly Project* 1 p.m. Beginning Bridge*</p>	<p>31</p> <p>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</p>			

FiftyForward August J.L. Turner 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

 **Bridge** Mondays, Wednesdays & 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 08/24- Roos Room)


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

Solar System Presentation –with Duncan Davis Tuesdays, August 2, 9, 16 and 23rd. at 11:30 a.m. Cost: Free. Join us for the topics: Zombies (black holes), Formation of the Solar System,- What is our galactic address, Are we alone? **Registration is required. Roos Room**


 **Beginning Bridge Class** Tuesdays in August, 1-3 p.m. Come learn how to play Bridge taught by Lead player Ed Neal. Need a minimum of 4 players for class to be taught. **Brown/Davis. Registration is required.**

Trip—Colts Chocolate Factory Store Wednesday, August 3, Departing at 9:30 a.m. Cost \$5.00 plus cost of admission \$8.00 Founded in 1984, Colts Chocolate Company came from humble beginnings in Nashville, Tennessee. Original owner Mackenzie Colt put her hand to the creation of amazing desserts and chocolates. Her sweet treats soon became highly coveted by friends, family, famous musicians, and celebrities. Enjoy a true taste of Nashville with our assortment of delicious chocolates and southern desserts. Need a minimum of 6 people for the trip. **Deadline to register is August 1st. 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, August 3 at 1-3 p.m. Please join us this month to learn more about the 2022 trips Hear all the details and ask any questions that you might have. **Registration is required. Roos Room**

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


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


 **Sit-N-Knit-and-Crochet** Fridays, 9 a.m. Learn to knit and crochet. **Roos Room**

Trip-Bluebird Café Senior Show Monday, August 8, Departing at 9:00 a.m. Cost \$5.00. We are headed to the Bluebird Café for their monthly Senior show. Annie Mosher is the entertainer. Coffee and donuts will be provided. **Maximum 9 people. Deadline to register is Thursday, August 4. Registration is required.**

See America Tour Trip Presentation—(In Person): Monday, August 8 from 1-3 p.m. Please join us this month to learn more about the 2023 trips. Focus on trip to Ireland in April 2023. Hear all the details and ask any questions that you might have. **Registration is required. Roos Room**

TSU Snap Education Presentation with Cheryl Johnson Tuesdays, August 9 and 16th, 23rd and 30th at 9:00 a.m. Topic: Healthy Cent\$™ This curriculum is helping participants find ways in saving money and reminders of focusing on the MyPlate. This curriculum will have 4 lessons left. **Registration is required. Roos Room**

 **Trivia w/Laurie** Tuesday, August 9th & 23rd 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** Tuesday, August 9 & 23rd at 1:30 p.m. Work on writing & sharing your personal memoir. **Roos Room**

Meet There- Walk with a Doc Wednesday, August, 10 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. **Deadline to register is August 1st. Registration is required.**

All of Us Movie Matinee Wednesday, August 10 at 1 p.m. The *All of Us* team is hosting a free movie viewing of the *Immortal Life of Henrietta Lacks*. Discussion after the movie. Snacks will be provided. **Registration deadline is August 8. Registration is required. Roos Room**

Medicare 101 Lunch & Learn Monday, August 15 at 11:30 a.m. Join us for an interactive and informative lunch and learn. Cost Free. Sponsored by i2 Agency, founding partner Matt Hendrix, will break down Medicare in a way that's easy to understand. Topics will include: Original Medicare Parts A and B, the differences between Advantage Plans and Supplements, drug costs and the donut hole, how to choose a plan that works for you, and more. Whether you on already on Medicare or are just turning 65 or becoming eligible, bring your questions and appetites. **Deadline to Register is August 12th. Registration is required. Zelle/West**

Trip—Madame Tussauds Wax Museum Wednesday, August 17 Departing at 9:15 a.m. Cost \$5.00 plus admission \$19.99 Address: 515 Opry Mills Drive (inside mall) Entry#5 by Macaroni Grill. Come join us to tour the world's only all music interactive wax attraction. Create unforgettable famous fun in our fully themed rooms with some of your favorite iconic musicians. Estimated tour 1 hour. **Deadline to register is August 12. Registration is required.**

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Denotes member-led program

LiveFit Presentation Balance and Fall Prevention Thursday, August 18 11:30 a.m. Please join us for a presentation on healthy aging entitled "Aging Well: Balance and Fall Prevention". The goal of the program is to raise awareness on the importance of balance and provide actionable steps to reduce fall risk. Stick around after the program for a free one-on-one balance screening with Andrea Cziprusz PT, DPT. Andrea is a physical therapist passionate about health and wellness advocacy across the lifespan. She has a Doctorate of Physical Therapy and over 10 years of clinical experience. She founded LiveFit Wellness and now offers in-home wellness services to seniors. Her mission is to empower seniors to stay active through exercise, education, and health promotion. **Deadline to register Monday, August**

Trip –Meet & Eat Martins BBQ August 22, Departing at 11:30 a.m. Cost: \$5.00 plus cost of Lunch. Address: 2400 Elliston Place. Join us celebrating the tradition of West Tennessee –style whole hog barbecue since 2006. **Registration is encouraged so we can make reservations so we can all sit together.**

Belly Dancing w/ Michelle Wednesday, August 24 at 11:30 a.m. Join Michelle from Dedicated Senior Medical Center for a belly dancing adventure! Learn simple belly dance moves while wearing a traditional belly dance coin belt while practicing with beautiful chiffon scarves. Then put these moves together for a fun routine finale! Belly dancing has great health benefits as well by increasing confidence, body posture, alignment, muscle tone and even weight loss. Refreshments will be provided during the class! **Deadline for registration. August 22. Registration required. Zelle/West.**

Movie Club Thursday, August 25 at 1 p.m. Casino Royale is a 2006 spy film, Shortly after earning his license to kill, agent James Bond suits up to take down an infamous financier of global terrorism. **Registration is encouraged. Roos Room**

Portal Training Monday, August 29 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.**

Butterfly Project Tuesday, August 30 at 11:30 a.m. Cost \$15.00. This is a creative community activity hosted by Alive Hospice that gives back. Your group will express their creativity by painting Alive's butterfly houses. These houses represent the space in our hearts we create for those who have died. Each custom house is then sold to benefit Alive. All project materials will be provided. **Deadline to register August 26. Registration required. Brown/Davis**

LOOKING FOR MEMBERS WHO ARE INTERESTED IN:

Basic Sudoku with Howard Pink Looking for interested members so we can schedule a class. 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. 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 at 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**

AOA Functional Balance Fridays at 8:45 a.m. This class prepares participants at all levels for every day life and teaches fall prevention techniques, by incorporating movements which improve balance, agility and connection between mind and body. **COMMUNITY ROOM**