

## October 2022 FiftyForward J. L. Turner Center October 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>.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 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	4 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 a.m. Canasta 10:30 a.m. AOA Yoga 11:30 a.m. Solar System Presentation*	5 8 a.m. <i>Meet There - Breakfast at Loveless Café*</i> 9:30 a.m. AOA Cardio 10 a.m. Puzzles 10 a.m. Ping Pong 10:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Line Dancing	6 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 10 a.m. Cooking class* 11:30 a.m. Beginning Line Dancing w/Jeanne* 1p.m. Rummikub 5 p.m. Night Bridge	7 8:45 a.m. Balance 9 a.m. Sit &Knit & Crochet 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 12 p.m. Trip-Line Dancing at Wildhorse* 12 p.m. Bridge 1p.m. Ping Pong	8 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
9	10 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	11 8:35 a.m. AOA Strength 9 a.m. Picture Day 9 a.m. TSU Snap Education Presentation* 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10 a.m. Canasta 10:30 a.m. AOA Yoga 11:30 a.m. Solar System Presentation* 1 p.m. Trivia w / Laurie* 1:30 p.m. Creating Memoirs	12 9 a.m. Picture Day 9 a.m. Trip Cheekwood Harvest* 9:30 a.m. AOA Cardio 10 a.m. Meet There Walk w / Doc* 10 a.m. Puzzles 10 a.m. Ping Pong 10:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Line Dancing 1 p.m. See America Tour Presentation (In Person at Donelson)*	13 8:35 a.m. AOA Strength 9 a.m. Picture Day 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* 11:30 a.m. Dementia & Memory Presentation w/ Robbie* 1p.m. Rummikub 5 p.m. Night Bridge	14 8:45 a.m. Functional Balance 9 a.m. Picture Day 9 a.m. Sit &Knit & Crochet 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 11:00 a.m. All of Us Enrollment Assistance* 11:30 a.m. History Group w/ Paula Winters* 12 p.m. Bridge 1p.m. Ping Pong	15 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
16	17 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	18 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 a.m. Canasta 10:30 a.m. AOA Yoga 11:30 a.m. Solar System Presentation*	19 9:30 a.m. AOA Cardio 10 a.m. Puzzles 10 a.m. Ping Pong 10:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Line Dancing 1 p.m. Art Class w/ Kim Lane*	20 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 10:45 a.m. Bunco w / Sherry* 11:30 a.m. AOA Tai Chi 11:30 a.m. Beginning Line Dancing w/Jeanne* 1p.m. Rummikub 5 p.m. Night Bridge	21 8:45 a.m. Functional Balance 9 a.m. Sit &Knit & Crochet 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 11:30 a.m. How to Pay for Long Term Care w/ Ron* 12 p.m. Bridge 1p.m. Ping Pong	22 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
23	24 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10 a.m. <i>Trip-Monell's Nashville*</i> 10:30 a.m. AOA Cardi 11:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Ping Pong	25 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 a.m. Canasta 10:30 a.m. AOA Yoga 11:30 a.m. Solar System Presentation* 1 p.m. Trivia w / Laurie* 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. Mental Health Presentation* 12 p.m. Bridge 1 p.m. Line Dancing	27 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* 1p.m. Rummikub 5 p.m. Night Bridge	28 8:45 a.m. Functional Balance 9 a.m. Sit &Knit & Crochet 9:30 a.m. AOA Cardio 9:00 a.m. Nashville Sym- phony-Dress Rehearsal* 10:30 a.m. AOA Strength 12 p.m. Bridge 1p.m. Ping Pong	29 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
30	31 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. Halloween Social* 12 p.m. Bridge 1 p.m. Ping Pong					

# FiftyForward J.L. Turner Center October 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 and Fridays, 12 p.m.- 3 p.m. Brown/Davis**

 **Ping Pong Mondays & Friday, 1 p.m.- 3 p.m. in Community Room. Wednesdays at 10:00 a.m., Zelle/West. (Wednesday 10/26 Roos Room)**

**TSU Snap Education Presentation with Cheryl Johnson Tuesdays, October 4, 11, 18 and 25.** Topic: "Eat Well, Feel Well" consists of 5 lessons which focus on older adults round the ages of 65 and older. The lessons will focus on nutrition, physical activity, food safety and food preparation techniques. As adults we reach the age of 65, we may forget or look over the basic things our bodies need. Within the lessons, the takeaway are to encourage healthy nutrition habits and physical activity behaviors. Participants that join Cheryl will have an introduction of the curriculum starting at day 1, then the next 5 weeks will be lessons, then there will be a graduation celebration. **Registration is required. Roos Room.**


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

**Canasta Tuesdays, 10 a.m.—Noon.** Join fellow members for the game of Canasta in **Brown/Davis.**


**Solar System Presentation –with Duncan Davis Tuesdays, October 4, 11, 18, 25. at 11:30 a.m. Cost: Free.** Join us for the topics: Moons, Exoplanets, Big Bang and How will the Universe end? **Registration is required. Roos Room.**

**Meet There for Breakfast- Loveless Café Wednesday, October 5 8 a.m. Cost: Purchase of your meal. Address: 8400 Highway 100.** Join us at the Loveless Café. Loveless Café serves Southern style cooking, and is most famous for its biscuits, country ham, and red-eye gravy. Many of the ingredients are farmed and produced in Tennessee, and all menu items are made from scratch. Loveless serves a full breakfast all day, every day. **Registration is required by Monday, October 3.**

**Puzzles Wednesdays, October 5, 12, 19, 26. 10 a.m. - Noon.** Join fellow members to tackle and complete puzzles. **Roos Room**

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

**Cooking Class w/ Ashley Thursday, October 6 at 10 a.m. Cost \$10.00.** Have you ever heard of a one-pot wonder? Join center director, Ashley Hunter, to learn how to make this delicious, quick, and easy Mediterranean dish! This recipe will impress all your family and friends! **Need a minimum of 5 members. Roos Room.**


 **Beginning Line Dancing with Jeannie Horde Thursdays in October 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**

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

**Trip - Line Dancing at Wildhorse Saloon Friday, October 7. Departing 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. **Registration deadline is October 3.**

 **Trivia w/Laurie Tuesday, October 11 and 25 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, October 11 and October 25 at 1:30 p.m.** Work on writing & sharing your personal memoir. **Roos Room**

**Center Picture Day Tuesday, October 11 thru Friday, October 14 at 9 a.m.—Noon at the Kiosk in the FiftyForward Lobby.** Meet & Greet with one of our FiftyForward volunteers to take your picture in the kiosk and update your data in our system. Information for staff eyes only!!!

**TRIP - Cheekwood Harvest at Cheekwood Wednesday, October 12, 9:15 a.m. Cost: \$30, sign up in advance.** Celebrate the autumnal season at Cheekwood with *Cheekwood Harvest!* Enjoy the changing of the leaves as you explore the garden grounds, and make sure to check out the pumpkin houses and the mum explosion. We'll spend a little over two hours exploring the area and the Cheekwood Mansion. **Need a minimum of 6 members. Registration deadline by Friday, October 7. There will be no refunds after that date.**

**Meet There-Walk with a Doc Wednesday, October 12 at 10 a.m. Cost: FREE Address: 2500 West End Ave. Nashville, TN. 37203 (Meeting at Centennial Park Event Shelter).** 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**

**See America Tour Trip Presentation—(In Person at Donelson) Wednesday, October 12. 1-3 p.m.** Please join us for our in person monthly Travel Presentation at FiftyForward Donelson Station on October 12 at 1:00 p.m. Learn about all the exciting travel opportunities in 2023 and bring your questions for our trip coordinators. **FiftyForward Donelson Station is located at 108 Donelson Pike, Nashville, TN. 37214.**

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**Dementia & Memory Presentation with Robbie at Vanderbilt University Thursday, October 13 at 11:30 a.m. Topic:**

Dementia and Memory: Causes, Symptoms, Risk Factors, & Prevention with Robbie Panepinto DNP, RN, an Assistant Professor of Nursing at Vanderbilt University School of Nursing. **Need a minimum of 5 members. Registration is required by October 10. Roos Room.**

**All of Us Enrollment Assistance Friday, October 14 at 11:00—1:00 p.m.** The FiftyForward *All of Us* team will be here to answer questions and offer private appointments for those who need assistance enrolling in the *All of Us* Research Program. *All of Us* is a new initiative from the National Institute of Health that seeks to advance precision medicine. They are looking for diverse participants to enroll and share their health information in order to improve the health of future generations. Sign up in Membership portal to make a private appointment, or come chat with a team member onsite. Ipads and laptops provided by FiftyForward *All of Us*. **Registration is encouraged. FiftyForward Lobby.**

**History Group Friday, October 14 at 11:30 a.m.** Join special guest Paula Winters from the Bellevue History Association for a presentation on Bellevue and the BHHA. Old history and new history. **Need a minimum of 5 members. Registration is required by October 12. Zelle/West.**

**Art Class w / Kim Lane Wednesday, October 19 at 1 p.m. Cost \$15.00 for members and \$20.00 for non members.** Theme: Vegetable Painting. Paint the perfect piece for your kitchen!! We're going to be all about root vegetables this month... learning about color, composition and what to leave out!! All supplies will be provided but feel free to bring any root vegetables for inspiration. If you have your own watercolors and favorite brushes feel free to bring them along too. No previous experience is required, just your enthusiasm and a bit of patience. Open to anyone in the Community. **Need a minimum of 6 members. Registration deadline is October 14. Zelle/West**

 **Bunco with Sherry Thursday, October 20 at 10:45 a.m. to 1 p.m.** Join us for the October edition of Bunco. Wear your Halloween costume. Bring a dish. **Registration is encouraged to make sure there is enough food and fun for all. Zelle/West**

**How to Pay for Long Term Care w/ Ron Friday, October 21 at 11:30 a.m.** Join Ron Fisher CSA, CMP from Senior Financial Guidance for a Presentation on How to Pay for Long Term Care. **Need a minimum of 5 members. Registration required by Wednesday, October 19. Zelle/West.**

**Trip-Monell's Nashville Restaurant Monday, October 24. Departing at 10 a.m. Cost: \$10.00 plus meal (\$16.95 + tax).**

Come join us at Monell's. You'll feast on pre-fixed plates of Southern classics and comfort foods, piled high on serving plates and shared family-style with your neighbors. Lunch includes meats, vegetables and salads of the day, plus drink and dessert. Their menu changes daily—Mondays feature skillet fried chicken, chicken and dumplings & meatloaf. Come on in, grab a seat at large tables and start passing the bowls to your left. **Need a minimum of 6 members Registration is encouraged by October 21 so we can all sit together. Monell's Restaurant is a first come first serve restaurant.**

**The Importance of Mental Health Presentation w / Debbie from Cigna Wednesday, October 26 at 11:30 a.m. Topic: Mental Health.** Join Debbie Davenport from Cigna on a discussion on the importance of mental health. **Need a minimum of 5 members. Registration is required by October 24. Zelle/West**

**Trip-Nashville Symphony Dress Rehearsal Friday, October 28, Departing at 9 a.m. to Nashville Schermerhorn Symphony 1 Symphony Place. Cost \$10.00.** Join us for a day at the Nashville Symphony Curb Open dress rehearsal. With Mozart & Tchaikovsky. Come take a look at what goes on behind the scenes at our Classical Series concerts. The first half of dress rehearsals typically last from 10 AM to 11:30 AM, at which time there is a break. **Need a minimum of 6 members. Registration is required by Friday, October 21.**

**Halloween Social featuring Music for Seniors Monday, October 31 at 11:30 a.m. Cost \$10.00.** Come mix and mingle and enjoy tricks or treats in your Halloween costume while listening to featured performer, Paulette Licitra from Music for Seniors. Licitra has written songs for theater and has produced music-related television, films and videos. In Nashville, she is also known as Chef Paulette on WSMV-TV Channel 4. We'll award a prize to the best costume. **Registration is required by October 24. Activity Room.**

### LOOKING FOR MEMBERS WHO ARE INTERESTED IN:

**Garden Group** Looking for volunteers to help maintain the garden behind the J.L. Turner Center with lead gardener Jim Horde. If you are interested see a FiftyForward staff member.

**Basic Sudoku with Howard Pink** Looking for interested members so we can schedule an upcoming 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 an upcoming 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.



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***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**

**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.**