

January Virtual Programming

To participate and connect to any of these 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 (unless the program is only on Zoom).



Bold & Golden Men's Retirement Group (Knowles) Tuesdays in January, 1:30 p.m. on Zoom.

Join this men's group to develop friendships, share experiences, talk about similar interests, and simply spend time with other retired men.



Gentle Yoga with Jan (Donelson Station) Mondays & Wednesdays in January, 9 a.m.

This 30-45 minute Gentle Yoga class is led by certified registered yoga instructor, Jan Cronin. You must be able to get on the ground and be able to get back up.



Bluebird Café Senior Show (Knowles, Martin Center) Monday, Jan. 9, 10 a.m. We'll stream a virtual performance of the monthly Bluebird Café Senior Show!



Chat & Chew (Bordeaux) Monday, Jan. 9, 12 p.m. on Zoom.

Join Bordeaux Center Director, Melvin Fowler, for a current events discussion.



Writers Group (Knowles) Mondays, Jan. 9, 23, 30, 1 p.m. on

Zoom. Join the FiftyForward Knowles Writers group, a meeting where writers share stories, poems, and experiences from your life or from your imagination.


Membership Portal Video Library

Did you know that access to the Membership Portal includes a video library filled with programs including Arts & Crafts, Fitness, Health & Wellness, Lifelong Learning, Entertainment, and Resources? You can access these programs by logging into your account here:

<https://fiftyforward.org/member/#myaccount>


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 **Poverty in America Awareness Presentation (J.L. Turner)**

 **Wednesday, Jan. 11, 11:30 a.m. on Zoom.**

Join Matt Creekmore from Edward Jones for a conversation about poverty in America, including the history and current state, and what solutions are being discussed by our political leaders and in the communities across the country.

 **Armchair Travel (College Grove) Wednesday, Jan. 11, 1 p.m.**


 Get those passports ready! Come travel the world with your friends, all from the comfort of the College Grove center. Call the center if you would like to watch from home. This month we will explore Charleston!

 **UT Extension Master Gardeners Beginners Guide to Growing &**

 **Enjoying Herbs (Madison Station) Thursday, Jan. 12, 1:30 p.m. on Zoom.**

Join Joan Clayton-Davis from Master Gardeners of Davidson County and learn herb classification, how and where to grow herbs successfully, and ways to enjoy your herbs throughout the year.

 **Armchair Travel (Martin Center) Monday, Jan. 30, 1 p.m.**

 Come travel the world with your friends, all from the comfort of the Martin Center. Call the center if you would like to watch from home. This month we will learn about the Chinese New Year. The Chinese Spring Festival - also known as the Chinese New Year, is the most important holiday in China, where people get together to celebrate the start of a new Lunar year and honor ancient traditions to bring about good luck.



In-person



Zoom