

December 2022 FiftyForward J.L. Turner Center 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 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 1 p.m. Rummikub 5 p.m. Night Bridge	2 8:45 a.m. Functional Balance 9 a.m. Sit & Knit & Crochet 10 a.m. Trip Paula Deen Restaurant* 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Ping Pong	3 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
4	5 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. Internet Safety Presentation w / Megan* 12 p.m. Bridge 12:15 a.m.- Trip- Bingo & Live Music at Madison Center* 1 p.m. Ping Pong	6 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 10:45 a.m. Holiday Bunco w/ Sherry* 10:30 a.m. AOA Yoga 1 p.m. Trivia	7 9 a.m. Morning Brew w/ Kendra Trip-9:15 a.m. -Opry Mills Mall* 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	8 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 1 p.m. Rummikub 5 p.m. Night Bridge	9 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 a.m. All of Us Enrollment Assistance* 11:30 a.m. History Grp w/ Paula Winters* 12 p.m. Bridge 1 p.m. Ping Pong	10 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
11	12 8:30 a.m. AOA Circuit Trip-9 am. Bluebird Café 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	13 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	14 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 11:30 a.m. Holiday Social* 12 p.m. Bridge 1 p.m. Line Dancing	15 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 1 p.m. Rummikub 5 p.m. Night Bridge	16 FiftyForward Centers & Offices Closed	17 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
18	19 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	20 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	21 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	22 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 1 p.m. Rummikub w/ Bordeaux Center* 5 p.m. Night Bridge	23 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 1 p.m. Ping Pong	24 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
25	26 FiftyForward Centers & Offices Closed for Holiday	27 FiftyForward Centers & Offices Closed for Holiday	28 FiftyForward Centers & Offices Closed for Holiday	29 FiftyForward Centers & Offices Closed for Holiday	30 FiftyForward Centers & Offices Closed for Holiday	31 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength

FiftyForward J.L. Turner Program Information




Program also offered virtually


 **Rummikub Thursdays, 1- 3 p.m. Thursday, December 22.** We will be joined by FiftyForward Bordeaux members to play Rummikub in **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—Paula Deen Restaurant Friday, December 2, Departing at 10:00 a.m. Cost \$10.00 plus meal. Paula Deen's Family Kitchen invites guests to feel at home while enjoying genuine Southern hospitality and family-style dining. Please note the family-style dining at this restaurant means that it's set up for main dishes and sides to be shared at the table. You can see the different price options here: pauladeensfamilykitchen.com. **Need a minimum of 6 members. Registration is required by November 28.**

 **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. in Zelle/West.**

Trip—Bingo & Live Entertainment at FiftyForward Madison Station Monday, December 5. Departing at 12:15 p.m. Join us for a trip to FiftyForward Madison Station for Bingo from 1 p.m. until 2 p.m., followed by a Doo Wop performance of '50s and '60s hits from Danny & the Drive-ins, featuring Madison member Dan Orsborn. We'll depart around 2:45p to head back to Turner. **Need a minimum of 6 members. Maximum 12 people. Deadline to register is December 1.**

 **Internet Safety Presentation w/ Megan Monday, December 5 at 11:30 a.m.** Come and join FiftyForward's social work intern, Megan, for a presentation on Internet Safety. This presentation will also be offered over Zoom—if you wish to watch virtually, please see a staff member for Zoom information. **Registration is required. Roos Room.**


TSU Snap Education Presentation with Cheryl Johnson Tuesdays, December 6, 13, 20 at 9:00 a.m. (No class on December 27).


"Eat Well, Feel Well" consists of 5 nutrition lessons geared towards older adults. The series focuses on nutrition, physical activity, food safety and food preparation techniques. As adults reach the age of 65, they may forget or overlook the basic things our bodies need. Within this lesson, the takeaway is to encourage healthy nutrition habits and physical activity behaviors. Participants will start day 1, then the next 5 weeks will be lessons, and after lessons taught 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 and backgammon! **Zelle West.**



Denotes member-led program


 **Holiday Bunco w/ Sherry Tuesday, December 6 at 10:45 a.m. to 1 p.m.** Join us for the December Holiday edition of Bunco. Wear your Christmas attire. Bring a food dish to share. **Registration is encouraged to make sure there is enough food and fun for all. Zelle/West**

 **Trivia w/Laurie Tuesday, December 6 & 20 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.**

Morning Brew w/ The Lodge at Natchez Trace Wednesday, December 7 at 8:30 a.m. Bring your favorite coffee cup and join members and Kendra from The Lodge at Natchez Trace to hear about their senior living community located right down the street from us. Coffee and pastries will be provided. **FiftyForward Lobby.**

Trip—Opry Mills Mall Wednesday, December 7, Departing at 9:15 a.m. Cost \$10.00. Come enjoy two hours of shopping at Opry Mills Mall. There are 187 stores with a collection of the world's finest designer labels and leading brands. Lots of retail, dining, and entertainment options! We will plan to depart the mall at 12 p.m. to head back to the center. **Need a minimum of 6 members. Registration by Thursday, November 10.**

Puzzles Wednesdays, at 10 a.m. - Noon. Join fellow members to tackle and complete puzzles. **FiftyForward Lobby**

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

All of Us Enrollment Assistance Friday, December 9 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. I pads and laptops provided by FiftyForward *All of Us*. **Registration is encouraged. FiftyForward Lobby.**

History Group Friday, December 9 at 11:30 a.m. We have rescheduled special guest Paula Winters from the Bellevue History Association for a presentation on Bellevue and the BHHA. Old history and new history will be covered. **Registration is required by December 5. Zelle/West.**

FiftyForward J.L. Turner PROGRAM INFORMATION



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Trip-Bluebird Café Senior Show Monday, December 12, Departing at 9:00 a.m. Cost \$10.00. We are headed to the Bluebird Café for their monthly Senior show. Jeff Cohen is the entertainer, and coffee and donuts will be provided at the Bluebird Café. **Need a minimum of 6 members. Maximum 12 people. Deadline to register is December 9.**



Creating Memoirs Tuesday, December 13 at 1:30 p.m. Work on writing & sharing your personal memoir. **Roos Room.**

Holiday Social Wednesday, December 14 at 11:30 a.m. Cost: Free if you bring a dish; \$5.00 if no dish. Come join us for our Holiday Social potluck celebration. The entrée is sponsored by Jordan Uselton from Clarendale Bellevue Place. Sign up with FiftyForward staff to bring items for the Potluck. We will also hold an Ugly Sweater contest! **Registration by December 12. Community Room.**

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.

Duplicate Bridge Looking for players interested in playing an ACBL game of Duplicate Bridge. You would need to be a member of ACBL and it would cost \$5/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.**

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.**