

# January 2023 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>.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>FiftyForward Centers &amp; Offices Closed for New Year's Day Observance</b>	3 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga	4 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	5 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	6 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	7 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
8	9 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	10 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 1:30 p.m. Creating Memoirs	11 9 a.m. Morning Brew* 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength 11:30 a.m. Poverty in America Presentation* 12 p.m. Bridge 1 p.m. Line Dancing	12 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	13 8:45 a.m. Functional Balance 9 a.m. Sit &Knit & Crochet 9 a.m. <i>All of Us</i> Enrollment* 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 11:30 a.m. History Group* 12 p.m. Bridge 1 p.m. Ping Pong	14 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
15	16 <b>FiftyForward Centers &amp; Offices Closed for MLK, Jr. Day</b>	17 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga	18 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 11:00 a.m. Trip-Knowles Center Chinese New Year Presentation* 10:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Line Dancing	19 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. Household Disaster Preparedness Workshop* 1 p.m. Rummikub 5 p.m. Night Bridge	20 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	21 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
22	23 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 9:30 a.m. Trip-Chauvet Art Gallery* 10:30 a.m. AOA Cardio 11:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Ping Pong	24 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 1:30 p.m. Creating Memoirs	25 Trip-8:00 a.m. Big Bad Breakfast Restaurant* 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength 11:30 a.m. Medical Minute* 12 p.m. Bridge 1 p.m. Line Dancing	26 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	27 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. Fashion Show Off* 12 p.m. Bridge 1 p.m. Ping Pong	28 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
29	30 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	31 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				

# FiftyForward J.L. Turner PROGRAM INFORMATION



Program offered virtually






Denotes member-led program

-  **Fun & Games Tuesdays, 9:30 a.m. - 12 p.m.** Join fellow members for games including mahjong and backgammon! **ZelleWest.**
-  **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. ( Roos Room 01/11/23). Zelle/West.**
-  **Line Dancing Wednesdays, 1 p.m.** Come boot, scoot, and boogie with Bonnie Wood. This class will run 90 minutes. **Community Room**
-  **Rummikub Thursdays, 1- 3 p.m. Thursday, December 22. We will be joined with the Bordeaux Center 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.**

## TSU Snap Education Presentation with Cheryl Johnson

**Tuesdays, January 10, 24, 31 (No class January 3 & 17) "Cooking Matters at Home"** This six week course will move participants closer to healthy eating, cooking, and food budgeting goals. The course will also offer tips on recipes that work well for one person. As adults reach the age of 65, they may forget or overlook the basic things our bodies need, and this course encourages 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.**

-  **Trivia w/Laurie Tuesday, January 10 & 24 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, January 10 & 24 at 1:30 p.m.** Work on writing & sharing your personal memoir. **Roos Room.**
- Morning Brew Wednesday, January 11 at 9:00 a.m. - 10:30 a.m.** Bring your favorite coffee cup and join members for your choice of coffee, tea or hot cider to mix and mingle in the FiftyForward lobby. **FiftyForward Lobby.**
-  **Poverty in America Awareness Presentation w/ Matt Creekmore Wednesday, January 11 at 11:30 a.m.** January is Poverty Awareness Month and Matt Creekmore will discuss poverty in America. During this discussion, we'll talk about the history and current state of poverty in America and what solutions are being discussed by our political leaders and in the communities across the country. **Registration is required by January 9. Roos Room.**

**All of Us Enrollment Assistance Friday, January 13 at 9:00 a.m. — 11:00 a.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, January 13 at 11:30 a.m.** Join Sheri Weiner from the Bellevue History Association for the story of a 97-year-old west Nashville resident with ties to Bellevue who served in World War II on the German front lines and was captured twice but made it out alive. **Registration is required by January 11. Zelle/West.**

**Trip-Lunch & Chinese New Year Presentation at FiftyForward Knowles Wednesday, January 18, Departing at 11:45 a.m. Cost: \$5.00 (includes lunch).** We're headed to FiftyForward Knowles where we will first enjoy a lunch from FiftyForward Fresh, and then be treated to a presentation about the Chinese New Year from the Chinese Arts Alliance in Nashville. Did you know 2023 will be the year of the rabbit? Learn more about the Chinese zodiac and how the Chinese New Year is traditionally celebrated. **Need a minimum of 6 people. Registration is required by January 13.**

**Household Disaster Preparedness Workshop Thursday, January 19 at 11:30 a.m.** Join Hwesi Zanu from Neighbor 2 Neighbor for a Presentation about household disaster preparedness. **Registration is required by January 17. Brown/Davis.**

**Trip- Chauvet Arts Gallery Monday, January 23, Departing at 9:30 a.m. Cost: \$10.00.** CHAUVET Arts is located in a historic building on 5th Avenue of the Arts with over 4,000 square feet in the heart of downtown Nashville. They curate, lease and sell distinctive artwork that enhances spaces, improves performance and elevates experiences so you can enjoy the growth and environment you deserve. **Need a minimum of 6 people. Registration is required by January 18.**

**Trip-Big Bad Breakfast Wednesday, January 25, Departing at 8:00 a.m. Cost \$10.00 plus meal.** Eating breakfast out is special. It's a chance to greet the day together. Big Bad Breakfast loves being a place for you to gather together and fuel up for the coming day. You can have fried chicken for breakfast, fried eggs for lunch or burgers for both. **Need a minimum of 6 people. Registration is required by January 23.**

**Medical Minute Wednesday, January 25 at 11:30 a.m.** Join Dr. Leah Brown from Vanderbilt University for an informative presentation on Eye Care. January is National Eye Care month and let's start the year off with taking care of our eyes. **Need a minimum of 6 people. Registration is required by January 20. Roos Room.**

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**Winter Fashion Show-Off Friday, January 27 at 11:30 a.m.** Let's have a Winter Fashion Show-Off! We are looking for interested members to Show Off their winter clothes in our very own fashion show. Categories: 1. Sweaters, hats & scarfs, 2. Coats and boots, 3. Your favorite winter outfit. Contact Fifty Forward staff if interested. Rehearsals starting soon. Cost Free. **Activity Room.**

**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.**

### **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.

**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.**

**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.

**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.**