

March 2023 FiftyForward J.L. Turner Center 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 9 a.m. Morning Brew 9:15a Trip NMAAM & Lunch* 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. AARP Age Friendly Presentation*	2 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. Intro to Calligraphy* 1 p.m. Rummikub 5 p.m. Night Bridge	3 8:45 a.m. Functional Balance 9 a.m. Sit &Knit & Crochet 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 11:30a Vanderbilt Presentation* 12 p.m. Bridge 12 p.m. Trip-Wildhorse Salon* 1 p.m. Ping Pong	4 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
5	6 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	7 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 10:45 a.m. St. Patrick's Day Bunco*	8 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength Trip-10:30 a.m. Coco Italian Restaurant* 12 p.m. Bridge 1 p.m. Line Dancing 1 p.m. Shamrock Arts w/ Ethel*	9 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	10 8:45 a.m. Functional Balance 9 a.m. Sit &Knit & Crochet 9 a.m. All of Us Enrollment* 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 11:30 a.m. History Group* 11:30a Vanderbilt Presentation* 12 p.m. Bridge 1 p.m. Ping Pong	11 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
12	13 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. Meet There—Mestizo's Mexican Cuisine* 12 p.m. Bridge 1 p.m. Ping Pong:	14 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 1p Trivia w/ Laurie* 1:30p Creating Memoirs	15 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength 11:15 a.m. Trip-Puss in Boots Show at Knowles* 12 p.m. Bridge 1 p.m. Line Dancing 1 p.m. Medical Minute*	16 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	17 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. St. Patrick's Day Social* 12 p.m. Bridge 1 p.m. Ping Pong	18 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
19	20 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. See America Tour Travel Presentation* 12 p.m. Bridge 1 p.m. Ping Pong	21 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	22 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength 11:30 a.m. Quarterly Birthday Party* 12 p.m. Bridge 1 p.m. Line Dancing	23 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	24 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	25 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
26	27 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	28 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 1p Trivia w/ Laurie* 1:30p Creating Memoirs	29 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	30 8:35 a.m. AOA Strength 9 a.m. Trip-Mule Day* 9:30 a.m. AOA ircuit 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 1 p.m. Rummikub 5 p.m. Night Bridge	31 8:45 a.m. Functional Balance 9 a.m. Sit &Knit & Crochet 9 a.m. Trip-Symphony Dress Rehearsal* 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Ping Pong	

FiftyForward March 2023 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

Morning Brew Wednesday, March 1 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.

Trip-National Museum of African American Music Wednesday, March 1, Departure 9:15 a.m. Cost \$10.00. Join us at the National Museum of African American Music for a 90-minute guided tour starting at 10:30 a.m. along with your choice of shopping and lunch on 5th & Broadway following the tour. Estimated to return by 2 p.m. **Need a minimum 6 members to sign up by February 22.**


 **Ping Pong Mondays & Fridays, 1 p.m. - 3 p.m. Wednesdays, 10 a.m. - 12 p.m. Zelle/West.**

 **Bridge Mondays & Wednesdays and Fridays 12 p.m. - 3 p.m. Brown/Davis.**


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

Aging Friendly w/AARP Wednesday, March 1 at 1 p.m.
Rita Martell, AARP's Volunteer Director, will present an overview of AARP's Age Friendly Livable Communities Program, launched in 2012 as an affiliate of the World Health Organization Global Network. In 2023 Nashville joined the Age Friendly Network of communities who recognize they are not prepared to support the increase in the older adult population. Rita will talk about the requirements to be recognized as an Age Friendly City, update us on Nashville's Age Friendly Plan, and how FiftyForward can work with local leaders and volunteers to make Nashville an age-friendly community where older adults can age in place, remain socially active, and Nashville can become a livable city for people of all ages. **Registration is required. Zelle/West.**

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

 **Intro to Calligraphy w/MaryAnn Thursday, March 2 at 1 p.m.**
Calligraphy is a visual art related to writing. It is the design and execution of lettering with a pen, ink brush, or other writing instrument. Join MaryAnn Mize to learn the basics of the art form. **Registration is required by February 24. Roos Room.**


 **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.**

Vanderbilt Student Presentation Fridays, March 3 & 10 at 11:30 a.m. Stop in and hear a variety of Presentations with the Vanderbilt Medical students directed by Robbie Panepinto DNP,RN, the Assistant Professor of Nursing at Vanderbilt University School of Nursing. There will be food and refreshments provided.
Registration is encouraged. Zelle/West. (3/10 Roos Room)


Trip - Line Dancing at Wildhorse Saloon Friday, March 3, Leaving 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. **Need a minimum 6 members to sign up. Registration is Required.**

TSU Snap Education Presentation with Cheryl Johnson Tuesdays at 9 a.m. March 7 & 14 & 21 Graduation 3/21, "Cooking Matters at Home." The remainder of the 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. These classes are FREE, informative, and fun! **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.**

 **St. Patrick's Day Bunco Tuesday, March 7 at 10:45 a.m. - 1 p.m.** Join us for the St. Patrick Day March edition of Bunco. Wear your best green attire. Bring a dish. **Registration is encouraged to make sure there is enough food and fun for all. Brown/Davis.**

Trip-Coco Italian Restaurant Wednesday, March 8, Departing at 10:30 a.m. Cost \$10.00 plus meal. Coco Italian Restaurant located at 411 51st Ave North offers fresh, authentic products that ensures you the real Italian culinary experience.
www.cocositalianmarket.com. **Registration is required by March 6.**

 **Shamrock Arts w/Ethel Wednesday, March 8 at 1 p.m. Cost \$5.00 to cover supplies to Ethel.** Join member Ethel Wegner for creative time making Shamrock art images. **Registration is required. by March 1. Zelle/West.**

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All of Us Enrollment Assistance Friday, March 10 at 9 a.m.—11 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 w/ Carole Bucy Friday, March 10 at 11:30 a.m. As we celebrate Women's History Month, Dr. Carole Bucy, the Davidson County Historian will be speaking on women in Tennessee and Nashville history and their contributions to our city and state throughout history. If you want to watch this presentation virtually, please email mhuffington@fiftyforward.org for the Zoom link. **Registration is required by March 8. Zelle/West.**

Meet There-Mestizo Mexican Cuisine Monday March 13 at 11:30 a.m. Cost: Lunch cost. Address: 7401 Charlotte Pike. Come join us for a delicious Mexican meal at a local Bellevue restaurant. **Registration is encouraged by Friday, March 10 so we can make reservations and all sit together.**



Creating Memoirs Tuesday, March 14 & 28 at 1:30 p.m. Work on writing & sharing your personal memoir. **Roos Room.**



Trivia w/Laurie Tuesday, March 14 & 28 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.**

Trip-Lunch & Puss in Boots Puppet Show at Knowles Wednesday, March 15 Departing at 11:15 a.m. Cost \$15.00. Wishing Chair Productions is proud to present a brand new jazz infused version of the classic Brother's Grimm story. A tiny kitty cat with a mighty wit guides an innocent boy to riches and happiness beyond his wildest dreams! With Nashville favorites, Chris Walters scoring and Connye Florance singing, you are in for a treat! Lunch is included at Noon. Showtime is 12:30p and will last about an hour. Grandchildren are invited to puppet show portion of this! If members from other centers want to bring their grandkids, they must drive themselves and RSVP to Knowles so they can plan for attendance #s accordingly. Members will be responsible for supervising their grandchildren during this program. **Need a minimum of 6 members. Registration is required by March 10.**

Medical Minute Wednesday, March 15 at 1p.m. Join Dr. Leah Brown from Vanderbilt University for an informative presentation on Nutrition. **Registration is required by March 13. Roos Room.**

St. Patrick's Day Social Friday, March 17 11:30 a.m. Come join us for St. Patrick's Day celebration. There will be a presentation by the Unscripted Improv Class. Unscripted, a nonprofit that provides improv theater programs to the community to help build connections and spread joy. Mix and mingle and enjoy lots of green day fun & treats. Wear your best green outfit. **Registration is required. Activity Room.**

See American Tours Presentation (in person) Monday March 20 at 11:30 a.m. You're invited! Come hang out with the See America Tour team and learn about all upcoming 2023 trips. Such as: Key West Adventure, Ireland, Alaska, Italy, & 2024 trips including: Australia/New Zealand, Israel, England/Scotland/Wales AND SO MUCH MORE. We can't wait to take you places. Though this event requires registration, walk-ins are welcome! **Registration is encouraged. Roos Room.**

Quarterly Birthday Party Wednesday, March 22 at 11:30 a.m. Calling all January, February & March Birthdays to come celebrate together in one big party. Light Refreshments served. **Registration is required by March 17. Roos Room.**

Trip-Mule Day in Columbia TN. Thursday, March 30, Departing at 9 a.m. Cost \$10.00 plus \$10.00 admission. Lets take a trip to Columbia, Tennessee for a fun filled day of activities at Mule Day. <https://muleday.com/category/scheduleofevents/thursday>. This trip may involve walking through grassy & hilly areas. Departing Columbia, Tn, at 1 p.m. Feel free to bring your lawn chair. **Registration is required by March 22.**

Trip-Nashville Symphony Dress Rehearsal Friday, March 31, 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. The Saint-Saens Organ Symphony is popularly known as the Organ Symphony, since, unusually for a late-Romantic symphony, two of the four sections use the pipe organ. 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 a.m. to 11:30 a.m., at which time there is a break. **Need a minimum of 6 members. Registration is required by Monday, March 20.**

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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 A wooden chess set has been donated by Bob & Judy Allen. Looking for interested members to lead and play so we can schedule class. 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.**