

# April 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).



## **Writers Group (Knowles) Mondays in April, 1 p.m. on Zoom.**



Writers or aspiring writers are invited! This group meets via Zoom to share writings that are 5-10 minute vignettes about life, focusing on events growing up to what happens throughout the day. Prospective new members are welcome to visit the group without reading anything just to get a better understanding of what the group is about.



## **Bold & Golden Men's Retirement Group (Knowles) Tuesdays in April, 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.



## **Medical Minute (Turner) Wednesday, April 5, 1 p.m. on Zoom.**



Join Robbie Panepinto DNP, RN, the Assistant Professor of Nursing at Vanderbilt University School of Nursing for a Presentation and discussion about Stress Awareness.



## **Bluebird Café Senior Show (Knowles) Monday, April 10, 10 a.m. on YouTube.**



We'll stream a virtual performance of the monthly Bluebird Café Senior Show!



## **Armchair Travel (Martin Center) Monday, April 10, 1 p.m.**



Get those passports ready! 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 Alps!




In-person





Zoom

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).


 **Strength Training (Donelson Station) Tuesdays & Thursdays, 8:15 a.m. on Zoom.**

 A 40-minute diversified workout with cardio, free weights, and body strength with Center Director, Lisa Maddox.

 **UT Extension Master Gardeners of Davidson County Present Spring Vegetable Gardening (Madison Station) Thursday, April 13, 1:30 p.m. on Zoom.**

 Join the Master Gardeners of Davidson County for this month's class about Raised Bed Gardening. Learn what goes into creating a successful raised bed garden, including site selection, installation and construction, soil characteristics and growing substrate, crop selection (what to plant) and management, and more. We'll also cover potential drawbacks of raised beds.

 **Chat & Chew (Bordeaux) Thursday, April 27, 1 p.m. on Zoom.**

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



In-person



Zoom

## 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>