

April 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 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
2	3 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 11:30 a.m. AOA Yoga 11:30 a.m.-Meet There-Eastern Peak* 11:30 a.m. Cornhole 12 p.m. Bridge 1 p.m. Ping Pong	4 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 10:45 a.m. Easter Bonnet Bunco* 1 p.m. Make Amazing Glitter Eggs*	5 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. Nashville Symphony Presentation* 12 p.m. Bridge 1 p.m. Line Dancing 1 p.m. Medical Minute*	6 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 1 p.m. Easter Signs & Baskets w/Ethel* 5 p.m. Night Bridge	7 8:30 a.m. AOA Yoga 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. Bellevue Performing Arts Center Dance Ensemble* 12 p.m. Bridge 1 p.m. Ping Pong	8 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
9	10 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 11:30 a.m. AOA Yoga 11:30 a.m. Cornhole 12 p.m. Bridge 1 p.m. Ping Pong	11 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 11:30 a.m. Financial Literacy Presentation* 1p Trivia w/ Laurie* 1:30p Creating Memoirs	12 9:15a.m. TRIP-Factory at Franklin* 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing	13 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 9:30 a.m. Trip-Nashville Ballet Rehearsal & Lunch* 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 12:30 Retro Rhythms Band Rehearsals* 12:30 a.m. Calligraphy Uncial Hand w/MaryAnn* 1 p.m. Rummikub 5 p.m. Night Bridge	14 8:30 a.m. AOA Yoga 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 12 p.m. Bridge 1 p.m. Ping Pong	15 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
16	17 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 11:30 a.m. AOA Yoga 11:30 a.m. Cornhole 12 p.m. Bridge 1 p.m. Ping Pong	18 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga	19 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. LGBT Peer Group Meet & Greet 10:30 a.m. AOA Strength 11:30 a.m. Spring Fling w/ Elvis* 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing	20 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 9 a.m. Trip-Belcourt The- atre* 10:30 a.m. AOA Yoga 11:30 a.m. AOA Tai Chi 1 p.m. Rummikub 1 p.m. Art Class w/Kim* 5 p.m. Night Bridge	21 8:30 a.m. AOA Yoga 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. Trip- Wildhorse Saloon* 12 p.m. Bridge 1 p.m. Ping Pong	22 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
23/30	24 8:30 a.m. AOA Circuit 9:00 a.m. Trip-Oak Grove Casino* 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 11:30 a.m. AOA Yoga 11:30 a.m. Cornhole 12 p.m. Bridge 1 p.m. Ping Pong	25 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 11:30 a.m. Benefits of a Carefree Life Style w/ Jordan* 1p Trivia w/ Laurie* 1:30p Creating Memoirs	26 9:30 a.m. AOA Cardio 10 a.m. Puzzles 10 a.m. Ping Pong 10:30 a.m. AOA Strength 11:30 a.m. AOA Yoga 12 p.m. Bridge 12:30 a.m. Aging Well Lunch & Learn* 1 p.m. Line Dancing	27 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 12:30 Retro Rhythms Band Reunion Rehearsals 1 p.m. Rummikub 5 p.m. Night Bridge	28 8:30 a.m. AOA Yoga 8:45 a.m. Functional Balance 9 a.m. Sit/Knit/ Crochet 9:15 a.m. Trip-Health & Wellness Fair at Martin* 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Ping Pong	29 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength

FiftyForward J.L. Turner 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


Meet There-Eastern Peak Asian Cuisine Monday, April 3 at 11:30 a.m. **Cost: Your choice of meal. Address: 8121 Sawyer Brown Rd. Ste.201.** Join us for Asian Cuisine in our local Bellevue area. Sign up by March 29.

Cornhole Mondays at 11:30 a.m. Zelle/West.

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

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


 **Fun & Games** Tuesdays, 9:30 a.m.- 12 p.m. Join fellow members for games including mahjong, canasta, and backgammon! Zelle/West.


 **Easter Bonnet Bunco** Tuesday, April 4 at 10:45 a.m. Join us for the April edition of Bunco. Wear your Easter Bonnet gloves pearls and more. **Registration is encouraged so we have enough food.** Brown/Davis.

Make Amazing Glitter Eggs! Tuesday, April 4 at 1 p.m. **Cost \$20.00.** Each student will receive 1 regular egg to learn how to blow out and 4 empty eggs to decorate. Instructor "Jenn with 2Ns," will provide easy steps and tips as we work on covering the eggs using a paper and glue technique. Her grandmother, Rose, taught her how to make these eggs over 30 years ago and she's been collecting patterns ever since. She'll have a large tote full of designs from which you can choose for decorating your eggs! These eggs are great for gifts or you could start your own egg collection! **Need a minimum 6 members to sign up by March 31. Roos Room.**


Morning Brew Wednesday, April 5 at 9:00 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.**

Nashville Symphony Presentation Wednesday, April 5 at 11:30 a.m. Hear a Presentation about the Nashville Symphony from Ross Bader Education and Community Engagement Assistant at the Nashville Symphony. **Registration is Required. Roos Room.**

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

 **Medical Minute w/ Dr. Robbie Panepinto** Wednesday, April 5 at 1 p.m. Join Robbie Panepinto DNP,RN, the Assistant Professor of Nursing at Vanderbilt University School of Nursing for a Presentation and discussion about Stress Awareness. **Registration is encouraged by April 3. Zelle/West.**

 **Rummikub** Thursdays, 1- 3 p.m. ZELLE/WEST (4/20 Brown/Davis)

 **Easter Signs & Baskets w/Ethel** Thursday, April 6 at 1 p.m. Come join Ethel Wegner to make a variety of decorative Spring & Easter signs & baskets. *Cost is a donation of \$5.00 to Ethel the day of the activity to cover supplies.* **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**

Bellevue Performing Arts Center Dance Ensemble Friday, April 7 at 11:30 a.m. Dance presentation by the Bellevue Performing Arts Center directed by Jennifer Kubik at the J.L. Turner Center. Dance performance by dancers ages ranging 3 —18 years old. **Registration is required by April 3 Cost: Free. Activity Room.**

TSU Snap Education Presentation with Cheryl Johnson Tuesdays, April 11 & 25 at 9 a.m. (No class 4/4 & 4/18). "Eating Smart and Moving More at Home." The focus is on offering simple solutions to help people and/or families to eat smart and move more throughout the day by having a overview of eating more healthy meals at home, eating well away from home, and creating a routine to move more. 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.**

Financial Literacy Presentation Tuesday, April 11 at 11:30 a.m. Join Selma Izadi, Ph.D., MSFE, MBA. Assistant Professor of Finance with the Department of Economics and Finance, College Of Business at Tennessee State University, and her graduate student, David Ike-Okoli, on a presentation and discussion on financial literacy, budgeting and financial goal setting. **Registration is required. Roos Room.**

 **Trivia w/Laurie** Tuesdays, April 11 & 25 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** Tuesdays, April 11 & 25 at 1:30 p.m. Work on writing & sharing your personal memoir. **Roos Room.**

FiftyForward J.L. Turner 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

Trip– Factory at Franklin Wednesday, April 12. Departing at 9:15 a.m. Cost: \$10.00. Once a former stove factory, this historic property is now a top destination for shopping artisan goods, trying culinary delights, and watching great live entertainment. Returning to Center by 1 p.m. **Registration is required. Need a minimum 6 members to sign up by April 7.**

Trip-Nashville Ballet Rehearsal & Lunch Thursday April 13. Departing at 9:30 a.m. Cost \$10.00 plus lunch. Step inside the Nashville Ballet for a peek at their upcoming performance *New In Nashville: A Tribute to Artistic Director Paul Vasterling*. The company artists prepare for their final performance of the season. Coffee and donuts will be offered prior to entering the studio. Note: There are steps that lead up to seating with limited ADA seating in the studio. Performance time: 10:30 a.m. til 11:35 a.m. Then there's more! We will have lunch at a Nashville tradition since 1982, McCabe Pub, at 4410 Murphy Rd. known for homemade burgers and fries. **Need a minimum 6 members to sign up by April 7.**

Retro Rhythms Band Reunion Rehearsals Thursday April 13 & 27 at 12:30 –2 p.m. Looking for a minimum of 10 new and former band members to join us for rehearsals to perform in a June showcase at the center. Rise' has so graciously volunteered to instruct & bring us instruments all the way from Knoxville to use for practice and for the reunion show. **Dress Rehearsal June 6 and Concert June 7. See FiftyForward staff for details. Activity Room.**

 **Calligraphy Uncial Hand w/MaryAnn Thursday, April 13 at 12:30. Cost \$5.00.** 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. Calligraphy Uncial will teach you writing from the 4th through the 8th Century. Join MaryAnn Mize to learn the basics of the art form. Supplies included. **Registration is required by April 7. Roos Room.**

All of Us Enrollment Assistance Friday, April 14 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. I pads and laptops provided by FiftyForward *All of Us*. **Registration is encouraged. FiftyForward Lobby.**

FiftyForward LGBT Peer Group Meet & Greet Wednesday, April 19 at 10:30 a.m. Stop by and meet members of FiftyForward's LGBT Peer Group as well as Ashley Hunter, FiftyForward's J.L. Turner Center Director, and LGBT Peer Group Facilitator. FiftyForward's LGBT Peer Group provides a space for LGBT Older Adults to socialize, share ideas, and develop a sense of community. Come to learn about the purpose of the group and the types of meetups that are held monthly. **FiftyForward Lobby.**

Spring Fling w/Elvis Wednesday, April 19 at 11:30 a.m. Join a fun filled time with Col. Tim Tuttle aka Elvis Impersonator. Let's dance and sing some of the greatest songs by Elvis and ring in Spring. **Cost: Free. Registration is Required by April 14. Activity Room.**

Trip-Belcourt Theatre (Movie-The Human Trail) Thursday, April 20. Departing at 9:00 a.m. Join us for a free trip to the historic Belcourt Theatre for a screening of the documentary, *The Human Trial*. This film tells the story of an innovative clinical trial for patients with Type 1 Diabetes, interweaving patient stories with those of the researchers who are working to innovate a cure. The film is rated PG and runs 92 minutes in length. Showtime at 10:00 a.m. **Cost: Free. Need a minimum 6 members to sign up. Registration is Required by April 14.**

Art Class w/Kim Lane Thursday, April 20 at 1:00 p.m. Cost \$15.00 for members. \$20.00 for non-members. Have you been curious about acrylic painting?! We'll be diving back into this medium in our April art class- learning about mixing acrylics and application techniques which may or may not include brushes! Acrylics are super fun to play with as they're forgiving and dry fast so no prior experience is required. Please be sure to wear an old shirt or smock as acrylics do not wash out of clothing. All supplies will be provided. If you have your own paints or brushes do feel free to bring them as you may have a more extensive collection of colors to work with. Look forward to spending 2 creative hours together!! **Registration Required. Need a minimum of 10 people to sign up by Monday, April 10. Zelle/West.**

Trip - Line Dancing at Wildhorse Saloon Friday, April 21, 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 by April 17.**

FiftyForward J.L. Turner 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

*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*

Trip-Oak Grove Casino Monday, April 24. Departing at 9:00 a.m.

Cost: \$10.00. Address: 777 Winners Way Oak Grove, Ky.

You'll love Oak Grove Gaming! Featuring over 1,200 thrilling games, award-winning restaurants, lively bars & lounges, an outdoor amphitheater, live and simulcast horse racing, full-service RV Park, meeting & events space, and more! There's nothing quite like the exhilarating atmosphere of our spacious gaming floor. It's loaded with the latest games to spin and win, like Wheel of Fortune®, Buffalo, and Lock It Link. You'll find huge thrills any day of the week. Returning to Center by 4 p.m. Please note this is a joint trip with FiftyForward Madison Station in the 24-passenger bus. We will pick their members up on the way. **Need a minimum 6 members to sign up by April 17.**

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.**

Benefits of a Carefree Lifestyle w/ Jordan Tuesday, April 25 at

11:30 a.m. Jordan Uselton from Clarendale Bellevue Place will be talking about the benefits of carefree lifestyle of Independent living and how to choose a community that best fits your needs. Light Refreshments will be served. **Registration is Required by April 21. Zelle/West.**

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.**

Aging Well Lunch & Learn Presentation Wednesday, April 26 at

12:30 p.m. The YMCA is hosting the Council on Aging to talk about *What Does Your Hand Writing Reveal?* Discover the secrets behind what's been described as "the fingerprint of the mind." Randy W. Hall is a certified graphologist and has been interpreting handwriting for 25 years. Lunch will be provided. **Registration Required by April 17.**

AOA Yoga Mondays & Wednesdays at 11:30 a.m. Tuesdays &

Thursdays at 10:30 a.m. Fridays at 8:30 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.**

Cost: Free. Activity 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.**

Trip-Health & Wellness Fair at Martin Center Friday, April 28.

Departing at 9:15 a.m. Cost: Free. Address: 960 Heritage Way.

Join us for the FiftyForward Health and Wellness Fair. Vendors include medical groups, insurance companies, financial advisors, and more! There will be cooking demonstrations, medical screenings and workshops. The first 125 attendees will receive a free boxed lunch!

Returning by 1 p.m. **Need a minimum 6 members to sign up by April 21.**

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.**

LOOKING FOR MEMBERS WHO ARE INTERESTED IN:

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.