



# June 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 June (no group on June 19), 1 p.m. on Zoom.**


 Writers or aspiring writers are invited! This group meets via Zoom to share 5-10 minute vignettes about life, ranging from events growing up to what happens throughout the day. Please consider attending this group to learn more. You do not have to prepare anything to read! Consider attending to get a better understanding of what the group is about and enjoy the fun stories and conversation in a convenient online Zoom Format. Call Tiffany at 615-743-3488 for the Zoom link and more details.


 **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.

 **Bold & Golden Men's Retirement Group (Knowles) Tuesdays in June, 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. Call the center if you wish to join virtually.

 **How to Manage Healthcare, Income, Housing, Benefits, and Chronic Conditions in Retirement with Elder Law Attorney Barbara Moss (Madison Station) Wednesday, June 7, 12 p.m. on Zoom.**

 Barbara Moss focuses her practice on the legal needs of seniors and those in need of long term care. Get the answers to the questions that matter most to you. Email [hmcneese@fiftyforward.org](mailto:hmcneese@fiftyforward.org) for the Zoom link.



In-person




Zoom

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 **History Group (Turner) Friday, June 9, 11:30 a.m. on Zoom.**



Keith Fieth, Director of Metro Archives, will discuss Wet Plates and Fumes: The Karl Giers Photography Studio Collection, 1890-1920. Among the most prolific studios of 19th century Nashville was that of Thuss, Koellein & Giers. Email [mhuffington@fiftyforward.org](mailto:mhuffington@fiftyforward.org) for the Zoom link.

 **Bluebird Café Senior Show (Knowles) Monday, June 12, 10 a.m. on YouTube.**



We'll stream a virtual performance of the monthly Bluebird Café Senior Show! Call the center if you wish to receive the YouTube link.

 **Armchair Travel (Martin Center) Monday, Jun 12 & 26, 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. On June 12 we'll have a special guest tell us all about his time in Germany and on June 26 we will explore The Inner Hebrides.

 **Chat & Chew (Bordeaux) Thursday, June 22, 11 a.m. on Zoom.**



Join Bordeaux Center Director, Melvin Fowler, for a current events discussion. Call the Bordeaux Center for the Zoom link.



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>