

June 2023 FiftyForward J. L. Turner Center 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 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	2 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. AOA line dancing 12 p.m. Bridge 1 p.m. Ping Pong	3 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
4	5 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 11:30 a.m. Trip-All of us MEA Journey Bus to Plaza Mariachi* 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	6 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. Cookout Bunco* 12:30 a.m. Retro Rhythms Band Dress Rehearsal* 1 p.m. Book Club*	7 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength 10 a.m. Deloitte Tech 11:30 a.m. AOA Yoga 11:30 a.m. Retro Rhythms Band Concert* 12 p.m. Bridge 1 p.m. Line Dancing	8 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	9 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 a.m. AOA Strength 11:30 a.m. AOA line dancing 11:30 a.m. History Group w/ Ken* 12 p.m. Bridge 1 p.m. Ping Pong	10 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
11	12 8:30 a.m. AOA Circuit 9 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	13 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 9:30 a.m. Hand & Foot 10:30 a.m. AOA Yoga 1 p.m. Trivia* 1:30 p.m. Creating Memoirs	14 9 a.m. Morning Brew Father's Day Recognition 9:15 a.m. Trip-Carter House Tour* 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength 11:30 a.m. AOA Yoga 11:30 a.m. Lunch w/ Bunch 12 p.m. Bridge 1 p.m. Line Dancing	15 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. Portal Training w/ Ashley* 1 p.m. Rummikub 5 p.m. Night Bridge	16 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. AOA line dancing 12 p.m. Bridge 1 p.m. Ping Pong	17 9:30 a.m. AOA Cardio 9:30 a.m. Trip - Classic Car Show at Cheekwood* 10:30 a.m. AOA Strength
18	19 FiftyForward Centers & Offices Closed for Juneteenth	20 8:30 a.m. Trip-Nissan Plant Tour* 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 9:30 a.m. Hand & Foot 10:30 a.m. AOA Yoga	21 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength 11:30 a.m. AOA Yoga 11:30 a.m. Quarterly Birthday Party* 12 p.m. Bridge 1 p.m. Line Dancing	22 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	23 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. AOA line dancing 12 p.m. Trip- Line Dancing at Wildhorse Saloon* 12 p.m. Bridge 1 p.m. Ping Pong 4:30 p.m. FiftyForward Pride Party at Knowles*	24 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
25	26 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 & Eat There at Corner Pub* 11:30 a.m. Cornhole 12 p.m. Bridge 1 p.m. Ping Pong	27 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 9:30 a.m. Hand & Foot 11:30 a.m. Dementia Care Training for Family Caregivers* 10:30 a.m. AOA Yoga 1 p.m. Trivia* 1:30 p.m. Creating Memoirs	28 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength 10:30 a.m. FiftyForward LGBT Peer Group Meet & Greet 11:30 a.m. AOA Yoga 12:30 a.m. Aging Well Lunch & Learn Presentation* 12 p.m. Bridge 1 p.m. Line Dancing	29 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. Summer Kick-off Potluck* 1 p.m. Rummikub 5 p.m. Night Bridge	30 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. AOA line dancing 12 p.m. Bridge 1 p.m. Ping Pong	

FiftyForward Turner Center PROGRAM INFORMATION



Program offered virtually



Denotes member-led program

Rummikub Thursdays, 1- 3 p.m. 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.


 **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.


Trip-All of Us Journey Bus to Plaza Mariachi. Monday, June 5, Departure at 11:30 a.m. Cost: Free. The *All of Us* Journey Bus is a touring exhibit that offers interactive information about *All of Us* and comes with a mobile lab so participants can donate their biospecimens which helps them to be full *All of Us* participants. Take a tour of the *All of Us* Journey mobile exhibit, learn how you can be a part of their national health initiative, and even enroll on-site! Attendees can purchase lunch inside the Plaza Mariachi food court, shop, and also enjoy some special entertainment. Need a minimum 6 members to sign up by June 1.

Cornhole Mondays at 11:30 a.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.


 **Cookout Bunco** Tuesday, June 6 at 10:45 a.m. Join us for the June edition of Bunco. Wear your Cookout outfit and come mix and mingle while playing Bunco. **Registration is encouraged so we have enough food. Brown/Davis.**


Retro Rhythms Band Reunion Dress Rehearsal Tuesday, June 6 at 12:30 –2 p.m. The Retro Rhythms Band have been rehearsing to perform 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. **Activity Room.**

 **Book Club** Tuesday, June 6 at 1:00 p.m. Come begin the start of the FiftyForward Book Club with Bonnie Gay. **Roos Room.**

Deloitte Tech Day Tuesday, June 7 at 10 a.m. Stop by the Deloitte table. They will be on site to help you with all of your tech needs. Whether it's learning your phone, setting up an email address, figuring out your i-pad, or anything similar, they are here to help! **Registration is encouraged.**

Retro Rhythms Band Reunion Concert Wednesday June 7 at 11:30 –2 p.m. The Retro Rhythms Band perform their June showcase at the center! Come support and hear some great music! **Activity Room.**

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

 **History Group with Ken Fieth** Friday, June 9 at 11:30 a.m. 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. This story will be told by Keith Fieth Director of Metro Archives. **Zelle/West.**


Trip-Oak Grove Casino Monday, June 12. Departing at 9:00 a.m. **Cost: \$10.00.** 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. The Big Bus will pick us up. **Need a minimum 12 members maximum 24 members to sign up by June 5.**


TSU Snap Education Presentation with Cheryl Johnson Tuesdays, June 13 & 27 at 9 a.m. "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.**


FiftyForward Turner Center PROGRAM INFORMATION



Program offered virtually

 **Hand & Foot Game** Tuesdays, June 13, 20, 27 at 9:30 a.m. Come learn and have fun playing a game called Hand and Foot. The Hand and Foot card game is a variation of Canasta. It originated in North America and is played with two piles of cards called a “hand” and a “foot,” hence the name. **Need a minimum of four members to play. (No Hand and Foot 06/06/23). Registration is encouraged. Brown/Davis**

 **Trivia w/Laurie** Tuesdays, June 13 & 27 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, June 13 & 27 at 1:30 p.m. Work on writing & sharing your personal memoir. **Roos Room.**

Morning Brew Father’s Day Recognition Wednesday, June 14 at 9:00 a.m.- 10:30 a.m. Bring your favorite coffee cup and join members for your choice of coffee or tea to mix and mingle in the FiftyForward lobby. We will give special recognition to our center fathers. **FiftyForward Lobby.**

Trip-Carter House Tour Wednesday, June 14. Departing at 9:15 a.m. Cost:\$10 + \$15 admission paid individually on site The Carter House was built in 1830 by Fountain Branch Carter. On November 30, 1864, the home and the families who lived there found themselves in the middle of one of the most dramatic events of the Civil War. Tours last about an hour. **Need a minimum 6 members to sign up by June 9.**

Lunch with the Bunch Wednesday, June 14 at 11:30 a.m. Bring your lunch and come mix, mingle and munch with your J. L. Turner FiftyForward members inside or outside if the weather permits. **Roos Room.**

Portal Training w/Ashley Thursday, June 15 at 11:30 a.m. Learn more about the membership Portal & how to sign up for activities with Center Director Ashley Hunter. If you attend a portal training in May, June or July your name will go into a drawing to win a FREE Tablet donated from our friends at Edward Jones! **Registration required. Roos Room.**



Denotes member-led program

Trip –Classic Car Show at Cheekwood Saturday, June 17. Departing at 9:00 a.m. Cost:\$35.00. Cruise into Cheekwood and stroll among impeccably maintained classic cars from the early to mid-twentieth century. Enjoy the sounds of a barbershop quartet, grab a drink from well-stocked bar stations, and savor tasty fare from local food trucks. Something for everyone awaits. We will return to the center about 1 p.m. **Need a minimum 6 members to sign up by June 9.**

Trip-Nissan Plant Tour Tuesday, June 20 Departing at 8:30 a.m. Cost: \$10.00. We are taking a tour of Nissan’s Smyrna Vehicle Assemble Plant. The tour is runs 60-90 minutes. Please note: you must wear shirts with at least a 4-inch sleeve and closed-toe shoes; No flip-flops or sandals are permitted on the tour. Weapons of any kind, cell phones, cameras, and all other recording devices are strictly prohibited on the plant tour and will need to be kept on the bus. **Need a minimum 6 members max of 11 members to sign up. Registration is Required by June 12.**

Quarterly Birthday Party Wednesday, June 21 at 11:30 a.m. Calling all April, May and June Birthdays to come celebrate together in one big party. Light Refreshments served. **Registration is required by June 16. Roos Room.**

Trip- Line Dancing at Wildhorse Saloon Friday, June 23. Departing 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 June 12.**

FiftyForward Pride Party Friday, June 23. 4:30 p.m.– 7:30 p.m. Join us in celebration of Pride Month at FiftyForward Knowles, in partnership with inclusion tennessee. We’ll be hosting a Disco themed shindig and we invite you to come “boogie” with us! We invite you to dress up in your most fabulous disco/70’s themed “threads.” Drop in for a round of Drag Bingo (with a chance to win prizes) and for fun, food, and fellowship! Come see our decorated FiftyForward bus that will be driven in the upcoming weekend Pride parade! To register for this event, call the FiftyForward Knowles Center at 615-743-3400. **Cost: Free. Registration Required.**

FiftyForward Turner Center PROGRAM INFORMATION



Program offered virtually



Denotes member-led program

Meet & Eat There at Corner Pub Monday, June 26 at 11:30 a.m. Cost: choice of meal. Address: 8058 TN-100-Bellevue. Meet there at the Corner Pub Bellevue in Bellevue, Tennessee. They have a great menu of food with weekly specials and a full-service bar. Come join us for a great lunch. **Registration is encouraged so we can all eat together.**

Dementia Care Training for Family Caregivers Tuesday, June 27 at 11:30 a.m. There are over 35 million people caring for a friend or loved one with dementia. Very few family members receive training to equip them for their caregiving role. Our friends from Senior Helpers will be providing a special "hands on" dementia care training session to support family caregivers in the Bellevue area. Participants will learn care strategies that will help create a positive care experience for everyone involved. Join us for this free educational session. **Registration is required by June 21. Zelle/West.**

FiftyForward LGBT Peer Group Meet & Greet Wednesday, June 28 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.**

Ageing Well Lunch & Learn Presentation Wednesday, June 28 at 12:30 p.m. The YMCA and the Council on Aging is hosting an AOA Cooking Workshop with Dietician Natalie Barnett, MS, RD, LDN. This workshop will focus on Brain and Alzheimer's Disease and the foods that you can include in your cooking to help fight against and lower your risk of dementia related diseases. You will eat what you cook. **Registration Required by June 19. Cost: Free. Activity Room.**

Summer Kick-off Potluck Thursday, June 29 at 11:30 a.m. Bring a dish and let's kick off Summer with a potluck lunch! Come to enjoy food and fellowship! The Main entrée' will be sponsored by Jordan Uselton from Clarendale Bellevue Place. See FiftyForward Staff for the food sign up list. **Cost \$5.00 if you do not bring a dish or free if you bring a dish. Registration is required by June 23. Brown/Davis.**

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.

J.L. Turner Advisory Council Update Have you ever wanted to be involved with and help plan things for the center? We are looking for members to join FiftyForward J.L. Turner's Advisory Council. The Advisory Council meets the first Thursday of the month at 3pm. See a staff member if you are interested in joining!"

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 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.**

AOA Line Dancing Fridays at 11:30 a.m. Enjoy learning dances from the past and present. Get a great workout while having fun!