

# September 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 8:30 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. <b>Trip-Riverview Restaurant @ Marina*</b> 10:30 a.m. AOA Strength 11:30 AOA Line Dancing 12 p.m. Bridge 1 p.m. Ping Pong	2 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
3	4 FiftyForward Centers & Offices closed for the Holiday!	5 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 10:45 a.m. <b>Bunco-Theme Sports*</b> 1p.m. <b>Book Club*</b>	6 9:15 a.m. <b>Trip-Mint Gaming Casino*</b> 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. <b>Bible Study*</b> 12 p.m. Bridge 1 p.m. Line Dancing	7 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 p.m. <b>Flourishing Calligraphy w/ MaryAnn*</b> 1 p.m. Rummikub 5 p.m. Night Bridge	8 8:30 a.m. AOA Yoga 8:45 a.m. Functional Balance 9 a.m. Sit/Knit/Crochet 9:30 a.m. AOA Cardio 10:00 a.m. <b>All of Us Enrollment*</b> 10:30 a.m. AOA Strength 11:30 a.m. <b>History Group w/Ross Hudgins*</b> 11:30 AOA Line Dancing 12 p.m. Bridge 1 p.m. Ping Pong	9 9:15 a.m. AOA Cardio 9:30 a.m. <b>Trip - Goodlettsville Festival*</b> 10:30 a.m. AOA Strength
10	11 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:00 a.m. <b>Men's Social Club*</b> 10:30 a.m. AOA Cardio 11:30 a.m. AOA Yoga 11:30 a.m. <b>Meet &amp; Eat There-Tazikis Mediterranean Café*</b> 12 p.m. Bridge 1 p.m. Ping Pong	12 8:35 a.m. AOA Strength 9 a.m. <b>TSU Snap Education Presentation*</b> 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 9:30 a.m. Hand & Foot 10:30 a.m. AOA Yoga 11:30 a.m. <b>Do You Organization w/Sara Fort*</b> 1:30 p.m. Creating Memoirs	13 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. <b>Sock Hop Social w/Less Kerr*</b> 12 p.m. Bridge 1 p.m. Line Dancing	14 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. <b>Portal Training w/Ashley*</b> 1 p.m. Rummikub 5 p.m. Night Bridge	15 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 AOA Line Dancing 12 p.m. Bridge 12 p.m. <b>Trip- Wildhorse Saloon*</b> 1 p.m. Ping Pong	16 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
17	18 7 a.m. <b>Joshua Family Pharmacy Vaccination Clinic*</b> 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 9:15 a.m. <b>Trip-Nashville Zoo*</b> 10:30 a.m. AOA Cardio 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong	19 7 a.m. <b>Joshua Family Pharmacy Vaccination Clinic*</b> 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 11:30 a.m. <b>Melanin &amp; Mindfulness w/Ashley Shelly*</b>	20 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. <b>Medical Minute-Topic Healthy Aging*</b> 12 p.m. Bridge 1 p.m. Line Dancing	21 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. <b>Alias Chamber Ensemble Performance*</b> 1 p.m. Rummikub 5 p.m. Night Bridge	22 8:30 a.m. AOA Yoga 8:45 a.m. Functional Balance 9 a.m. Sit/Knit/Crochet 9:30 a.m. AOA Cardio 11:30 a.m. <b>Trip-L &amp; L Market*</b> 10:30 a.m. AOA Strength 11:30 AOA Line Dancing 12 p.m. Bridge 1 p.m. Ping Pong	23 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
24	25 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 10:30 a.m. <b>Making Sense of Medicare*</b> 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong	26 8:35 a.m. AOA Strength 9 a.m. <b>TSU Snap Education Presentation*</b> 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 9:30 a.m. Hand & Foot 9:30 a.m. <b>Trip-TN State Museum*</b> 10:30 a.m. AOA Yoga 1:30p.m. Creating Memoirs	27 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. <b>All of Us Research Program Presentation*</b> 12 p.m. Bridge 1 p.m. Line Dancing	28 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. <b>Quarterly Birthdays*</b> 1 p.m. Rummikub 1 p.m. <b>Digital Art Making Workshop*</b> 5 p.m. Night Bridge	29 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 AOA Line Dancing 12 p.m. Bridge 1 p.m. Ping Pong	30 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength

# FiftyForward J.L. Turner Center PROGRAM INFORMATION




If you are interested in participating in any program virtually, please reach out to the hosting center for more information.



Denotes member-led program


## Recurring Classes & Activities & Groups


**Bible Study Wednesday, September 6 at Noon.** Come review and discuss the Bible with Chaplain Ray Henson. **Registration is encouraged. Roos Room.**


 **Book Club Tuesday, September 5 at 1:00 p.m.** Come begin the start of the FiftyForward Book Club with Bonnie Gay The September book is “Unsheltered” by Barbara Kingsolver. **Brown/Davis.**


 **Bridge Mondays, Wednesdays and Fridays 12 p.m. - 3 p.m. Thursdays, Evening Bridge 5p.m. Zelle/West.**


 **Bunco Tuesday, September 5 at 10:45 a.m.** Come dressed in your Sports attire and mix and mingle while playing Bunco. Bring a dish. **Registration is encouraged so we have enough food. Activity Room.**

 **Creating Memoirs Tuesdays, September 12 & 26 at 1:30 p.m.** Work on writing & sharing your personal memoir. **Roos Room.**

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

 **Hand & Foot Game Tuesdays, 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. Registration is encouraged. Brown/Davis.**

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

 **Men’s Social Club Monday, September 11 at 10:00 a.m.** The Men’s Social Club with Shepard Bentley is a platform for men to discuss and share their thoughts, interests and more. Meet with other men in your area! All backgrounds are welcome. Meetings once a month. **Registration is encouraged. Roos Room.**

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

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

 **Sit-N-Knit-and-Crochet Fridays, 9 a.m.** Learn to knit and crochet. **Roos Room.**

**Trivia No Trivia in September.**

## SPECIAL PROGRAMS & EVENTS:

**All of Us Enrollment Assistance Friday, September 8 at 10 a.m.—11 a.m. Learn how you can become “One in a Million” with the All of Us Research Program!** Would you like to help change the future of healthcare? Come say hello to the FiftyForward All of Us team to learn more about the All of Us Research Program from the National Institutes of Health. This unique research program seeks to enroll 1,000,000 diverse people living in the U.S. in order to improve the health of future generations. Sign up in Membership Works to make a private appointment to enroll, or just drop by for a casual conversation. For more information on the All of Us Research Program, please visit our website at [www.joinallofus.org/fiftyforward](http://www.joinallofus.org/fiftyforward). **Registration is encouraged. FiftyForward Lobby.**

**Flourishing Calligraphy w/MaryAnn Thursday, September 7 at 12.30 p.m. 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. Italic calligraphy is a lettering style that is slanted, cursive, and easy-to-read. It is based on the antique Latin texts and inscriptions that the Italian humanists admired and modified in the 15th century. Join MaryAnn Mize to learn the basics of flourishing your letters. **No experience needed. Supplies included. Register by September 1. Roos Room.**

**History Group w/Ross Hudgins Friday, September 8 at 11:30 a.m.** We will be looking at Confederate General John Bell Hood’s assault on Tennessee. After the fall of Atlanta, Union General William Sherman prepared to take his army on his infamous ‘March to the Sea’ through Georgia. Before leaving he detached General John Schofield’s Army of the Ohio to join General George H. Thomas in Nashville, Tennessee. The Hood assault culminated in the decisive Battles of Franklin and Nashville. The source of our talk will be chapters 11 through 13 of the book “Maggie - The Civil War Journals of Margaret Nichol Vaulx.” **Registration required. Brown/Davis.**



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## **SPECIAL PROGRAMS & EVENTS cont.**

**Meet & Eat There –Tazikis Mediterranean Cafe Monday, September 11 at 11:30 a.m.** Taziki's is the perfect spot for a healthy, quick lunch or a relaxing Mediterranean dinner accompanied by your favorite glass of wine. We invite you to pull up a chair and join the table with a meal prepared by our personable staff and experience the Mediterranean-inspired dishes with a Southern flair for yourself. **Registration is encouraged so we can all eat together.**

**TSU Snap Education Presentation with Cheryl Johnson Tuesdays, September 12 & 26 at 9 a.m.** "Eating Smart and Moving More at Home." **Graduation.** The focus is on offering simple solutions to help people and/or families to eat smart and move more throughout the day by having an overview of eating more healthy meals at home, eating well away from home, and creating a routine to move more. **Registration is required. Roos Room.**

**Do You Organization w/ Sara Fort Tuesday, September 12 at 11:30 a.m.** Interactive class where you'll discover your personal organization style, receive tips to get and stay organized and learn about what to do. Sara Fort is a Michigan transplant who has lived in Tennessee for over a decade with her Basset Hound, Benny She is the Founder of Do You Organization. **Roos Room.**

**Sock Hop Social w/Less Kerr Wednesday, September 13 at 11:30 a.m. Cost \$10.00.** Come dressed in your 50's attire where they will be plenty of room for mingling and most importantly lots of dancing. Live music tunes by Les Kerr. Light refreshments sponsored by Jordan Uselton from Clarendale Bellevue Place. **Registration is required by September 8. Activity Room.**

**Portal Training w/Ashley September 14 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 one of the September, October, November classes you will be put in a drawing for a \$50.00 Fan card. **Registration required. Roos Room.**

**Joshua Brown Family Pharmacy Vaccine Clinic September 18 & 19 at 7:00 a.m. until 8:45 a.m.** Joshua Brown Family Pharmacy will be here for the summer vaccine clinic. Vaccines include flu, covid, shingles, tetanus and pneumonia. Registration is required. See Staff for the forms to be filled out prior to attending. **YMCA Lobby.**

**Melanin & Mindfulness w/Ashley Shelly Tuesday, September 19 at 11:30 a.m.** Join Ashley Shelby Licensed Psychotherapist, Certified Yoga Instructor and Tarot Reader in a Melanin & Mindfulness Class. The purpose of this offering is to facilitate and demonstrate effective mindful exercises that encourage present moment living, meaningful, and sustainably progressive outcomes. Promoting daily engagement in physical and mental health practices that subtly, yet significantly, attend to causes and symptoms of stress, anxiety, and depression. **Registration required. Roos Room.**

**Medical Minute –Topic Healthy Aging Wednesday, September 20 at 11:30 a.m.** Join Dr. Leah Brown to discuss Healthy Aging. Healthy aging is not just about avoiding diseases, but also about enjoying life and staying active, connected, and productive. **Registration is required. Brown/Davis.**

**Alias Chamber Ensemble Performance Thursday, September 21 at 11:30 a.m.** ALIAS is a nonprofit chamber ensemble dedicated to an innovative repertoire, artistic excellence, and a desire to give back to the community. Its wide-ranging repertoire brings Nashville audiences a mix of chamber music that cannot be heard anywhere else. Each ALIAS in the Community (AIC) performance features a select group of musicians who bring new and ageless classical music to the community in a variety of imaginative educational programs. ALIAS is proud to have shared memorable programs with students and adults in schools and organizations. **Registration is required. Activity Room.**

**Making Sense of Medicare Monday, September 25 at 10:30 a.m.** The i2 Agency has been a trusted partner of the YMCA for the past 13 years. Join us and learn about upcoming Medicare changes and how they might affect your health, financial and lifestyle needs. Light refreshments will be served. **Registration is Required by September 18. Activity Room.**

**All of Us Research Program Presentation Wednesday, September 27 at 11:30 a.m.** Have you heard about the *All of Us* Research Program but would like to learn more? Join the FiftyForward *All of Us* team for an in-depth presentation on what the program entails, current research studies happening now, and how you can help change the health of future generations. Bring your questions and be ready to learn! Visit [www.joinallofus.org/fiftyforward](http://www.joinallofus.org/fiftyforward) to see more about the program. Light snacks provided. **Registration is Required. Brown/Davis.**

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**Quarterly Birthday Party** Thursday, September 28 at 11:30 a.m. Calling all July, August and September Birthdays to come celebrate together in one big party. Light Refreshments served. **Registration is required by September 22. Roos Room.**

**Digital Art Making Workshop w/Frist Museum** Thursdays starting September 28 at 1 p.m. Explore your creativity, learn a new skill and create art with an IPAD in this free digital art making workshop presented in partnership with Frist Art Museum. The workshops are until November 9. These are 90 minute workshops limited to 20 people taught by teaching artist at Frist. This will also include a visit to the Frist Museum. All artwork will be displayed in Frist's Education Corridor. **Registration is required. Brown/Davis.**

### DAY TRIPS:

**Trip-Riverview Restaurant at the Marina** Friday, September 1. **Departing at 10:00 a.m. Cost \$15.00 plus cost of lunch.** Riverview Restaurant and Marina is located in Ashland City, TN on the beautiful Cumberland River. We have a 240 foot transient dock. There is wide a variety of boating needs in the shop. Come join great food with a view - you can even enjoy your meal on our outdoor covered decks overlooking the Cumberland River watching the barges and boats float by while enjoying some of our famous catfish. Returning to the center about 2 p.m. **Need a minimum 6 members to sign up. Registration deadline is August 25.**

**Trip-Mint Gaming Casino** Wednesday, September 6. **Departing at 9:15 a.m. Cost \$15.00.** We are on our way to Mint Gaming Casino in Franklin, Ky with 1,000+ games, events, iron steakhouse, corner café, center & frozen drink bar and bingo. We will depart the casino at 2:30 p.m. This will be a joint trip with FiftyForward Donelson Center on the big bus. **Space limited to 12 people. Sign up by August 25. Registration is required.**

**Trip-Goodlettsville Arts, Antiques and Music Festival** Saturday, September 9. **Cost \$10.00. Departing at 9:15 a.m.** Family fun event in Goodlettsville, TN. Featuring local artisans, live music, antiques and more! **Need a minimum 6 members to sign up. Registration is Required by September 5.**

**Trip- Line Dancing at Wildhorse Saloon** Friday, September 15. **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 September 11.**

**Trip-Nashville Zoo** Monday, September 18. **Departing 9:15 a.m. Cost \$30.00 plus cost of lunch meal.** The Nashville Zoo will feature animal encounters, seated animals shows at the amphitheater, guided tours of the Historic Croft Home. Leaving the Zoo at 11:45 a.m. to head to Plaza Mariachi for lunch. **Need a minimum 6 members to sign up. Registration deadline is September 13.**

**Trip- L& L Market** Friday, September 22. **Departing at 11:30 a.m. Cost \$10.00.** This historic icon was built in 1929. Now one of the coolest malls in Nashville. The L & M Market is full of history, shopping and food. Leaving the mall at 2:30 p.m. **Need a minimum 6 members to sign up. Registration is Required by September 18.**

**Trip-Tennessee State Museum** Tuesday, September 26. **Departing 9:30 a.m. Cost \$10.00. Plus cost of lunch. Address: 1000 Rosa L. Parks Blvd** The Tennessee State Museum is a large museum in Nashville depicting the history of the U.S. state of Tennessee. The current facility opened on October 4, 2018, at the corner of Rosa Parks Boulevard and Jefferson Street at the foot of Capitol Hill by the Bicentennial Capitol Mall State Park. We will be joined by the Bordeaux Center. Next door at the Farmer's Market, you can choose your place for lunch. Leaving the area at 2:00 p.m. **Need a minimum 6 members to sign up by September 13.**

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### TRIP GUIDELINES

**Minimum number:** Trips not meeting the minimum number will be cancelled at least 24 hours in advance. Refunds will be issued or F.A.N. cards will be given.

**Departure Time:** Trips will leave at the stated departure time, so it is best if you arrive at least 10 minutes prior to departure.

**Cancellations and No Shows:** A refund or F.A.N. card will be issued if a cancellation is given within 24 hours of a trip's scheduled departure. For trips involving pre-ordered tickets or reservations, a refund or F.A.N. card will be given only if your seat can be filled.

**Attendance:** Cancelling or not showing up for three or more trips within a month will result in being placed on a waiting list the following month.

**Exceptions:** Exceptions may be considered by center staff in extreme situations.

### 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.

**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., 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! **Community Room.**