

# FiftyForward J.L. Turner November 2023 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 a.m. Ping Pong 10:30 a.m. AOA Strength 11:00 a.m. Trip-Dolly Parton Fashion Exhibit* 11:30 a.m. AOA Yoga 12 p.m. Bridge 12 p.m. Bible Study* 1 p.m. Line Dancing	2 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 11:30 a.m. Centering Practice 1 p.m. Rummikub 1 p.m. Digital Art Making Work Shop w/Frist* 5 p.m. Night Bridge	3 8:30 a.m. AOA Yoga 9 a.m. Sit & Knit & Crochet* 9 a.m. Vanderbilt Nursing Students w/Robbie* 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 11:30 a.m. Line Dancing 12:30 a.m. Meet There – Jonathan’s Grille* 12 p.m. Bridge 1 p.m. Ping Pong 1 p.m. Golden Bachelor*	4 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
5	6 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10 a.m. Men’s Social Club* 10:30 a.m. AOA Cardio 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong 1 p.m. Unscripted Improv Class*	7 8:35 a.m. AOA Strength 9 a.m. TSU Snap Education Program* 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 10:45 a.m. Bunco-Theme -50’s* 1 p.m. Book Club 1 p.m. Rummikub	8 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. AOA Strength 10:45 a.m. Trip-Thistle Farms* 11:30 a.m. AOA Yoga 12 p.m. Bridge 12pm Bible Study* 1 p.m. Line Dancing	9 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 11:30 a.m. Centering Practice 11:30 a.m. History Group-Veteran Day Speaker w/ Herman Statum* 1 p.m. Rummikub 1 p.m. Digital Art Making Work Shop w/Frist* 5 p.m. Night Bridge	10 8:30 a.m. AOA Yoga 9 a.m. Sit & Knit & Crochet* 9 a.m. Vanderbilt Nursing Students w/Robbie* 9:30 a.m. AOA Cardio 9:30 a.m. Trip-Christmas Village @Fairgrounds* 10 a.m. All of Us Enrollment* 10:30 a.m. AOA Strength 11:30 a.m. Line Dancing 12 p.m. Bridge 1 p.m. Ping Pong 1 p.m. Golden Bachelor*	11 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength Happy Veteran’s Day!
12	13 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-The Picnic Restaurant* 12 p.m. Bridge 1 p.m. Ping Pong 1 p.m. Unscripted Improv* *Class*	14 8:35 a.m. AOA Strength 9:00 a.m. Hand & Foot 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 11:30 a.m. Medical Minute w/Dr.Stephen Adler* 1 p.m. Watercolor for beginners w/Lee* 1:30 p.m. Creating Memoirs	15 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10 a.m. Bellevue Library Tech Help* 10:30 a.m. AOA Strength 11:30 a.m. AOA Yoga 11:30 a.m. Thanksgiving Potluck Social* 12 p.m. Bridge 1 p.m. Line Dancing	16 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 9:30 a.m. Trip-Nashville Ballet Dress Rehearsal* 10:30 a.m. AOA Yoga 11:30 a.m. Centering Practice 1 p.m. Rummikub 1 p.m. Digital Art Making Work Shop w/Frist Reception* 5 p.m. Night Bridge	17 7:30 a.m. Trip-Falcon Rest Mansion Murder Mystery Lunch and Tour* 8:30 a.m. AOA Yoga 9 a.m. Sit & Knit & Crochet* 9 a.m. Vanderbilt Nursing Students w/Robbie* 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 11 a.m. Bridge Group Holiday Party* 11:30 a.m. Line Dancing 12 p.m. Bridge 1 p.m. Ping Pong 1 p.m. Golden Bachelor*	18 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
19	20 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. WEGO Transit Presentation* 12 p.m. Bridge 1 p.m. Ping Pong 1 p.m. Unscripted Improv* *Class*	21 8:35 a.m. AOA Strength 8:45 a.m. Trip- Oak Grove Casino* 9 a.m. TSU Snap Education Program* 9:00 a.m. Hand & Foot 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 11:30 a.m. Mexican Train Dominos*	22 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	23 FiftyForward Centers & Offices Closed for the Holiday	24 FiftyForward Centers & Offices Closed for the Holiday	25 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
26	27 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. Let’s Talk about Inflation w/Matt Creekmore* 12 p.m. Bridge 1 p.m. Ping Pong	28 8:35 a.m. AOA Strength 9:00 a.m. Hand & Foot 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 11:30 a.m. Holiday Cooking Class w/ Ashley* 1 p.m. Watercolor for beginners w/Lee* 1:30 p.m. Creating Memoirs	29 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. Reminiscent Winter Crafts w/Dixie* 12 p.m. Bridge 1 p.m. Line Dancing	30 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 11:30 a.m. Centering Practice 1 p.m. Rummikub 5 p.m. Night Bridge		

# FiftyForward J.L. Turner Center PROGRAM INFORMATION



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Denotes member-led program

## Recurring Classes & Activities & Groups

**Bible Study Wednesday, November 1 & 8 at Noon.** Come review and discuss the Bible with Chaplain Ray Henson.

**Registration is encouraged. Roos Room.**



**Book Club Tuesday, November 7 at 1 p.m.** Come enjoy the FiftyForward Book Club with Bonnie Gay The November book is "Tender Land" by William Kent Krueger. **"Brown/Davis."**



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



**Bunco Tuesday, November 7 at 10:45 a.m.** Come dressed in your 50's attire to mix and mingle while playing Bunco. Bring a dish. **Registration is encouraged so we have enough food. Activity Room. (Rummikub will follow in Zelle/West at 1 p.m.).**



**Creating Memoirs Tuesdays, November 14 & 28 at 1:30 p.m.** Work on writing & sharing your personal memoir. **Roos Room.**

**Food & Diaper Drive w/Harpeth Heights Church November 1 to 30.** FiftyForward is happy to support Harpeth Heights Food & Diaper Drive. Donations can include such items as diapers (sizes 1-6), peanut butter and jelly, and any holiday food items. **Receptacle will be located in the FiftyForward Lobby.**

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

**Golden Bachelor Viewing Party Fridays at 1 p.m.**

**11/3, 11/10, 11/17.** Join us to watch the upcoming season of the Golden Bachelor. We will be watching the day after each episode. Ad free. Light refreshments provided. **Cost Free. Brown/Davis.**



**Hand & Foot Game Tuesdays, 9:00 a.m. (No Hand & Foot 11/7/23)** 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.**



**Mexican Train Dominos w/Susan Tuesday, November 21 at 11:30 a.m.** Come join us to play the Mexican Train Dominos. Mexican Train is a game played with dominoes. The object of the game is for a player to play all the tiles from his or her hand onto one or more chains, or trains, emanating from a central hub or "station". Need 4 players. **Roos Room.**



**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, November 6 at 10:00 a.m.**

The Men's Social Club 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. Brown/Davis.**

**Rummikub Tuesday, November 7, 1-3 p.m. Zelle/West.**

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



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

**Vanderbilt Nursing Students w/Robbie Fridays, November 3 to November 17 at 9 a.m. til Noon.** Stop in and mix and mingle with the Vanderbilt Medical students directed by Robbie Panepinto DNP, RN, the Assistant Professor of Nursing at Vanderbilt University School of Nursing. They will doing surveys about members interest to prepare for future presentations at the center. **Brown/Davis.**



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## SPECIAL PROGRAMS & EVENTS:

**[Digital Art Making Workshop w/Frist Museum](#) Thursdays, November 2 until November 16 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. There will be a reception on Thursday, November 16. These are 90 minute workshops limited to 20 people taught by teaching artist at Frist. All artwork will be displayed in Frist's Education Corridor. **Registration is required. Brown/Davis.**

**[Meet There at Jonathan's Grille](#) Friday, November 3 at 12:30 a.m.** Established in 1999, Jonathan's Grille is a family-owned, upscale sports grille based in Nashville, Tennessee at 7653 Hwy 70S. The restaurant provides two different settings first, a bar with enough tv's to catch any game and second, a restaurant providing an upscale, yet comfortable setting for any group of family or friends. **Registration is required by November 1.**

**[Unscripted Improv Class](#) Mondays, November 6 to November 20 at 1 p.m.** Unscripted is a nonprofit that provides improv theater programs to the community to help build connections and spread joy. They'll be working with our center to lead classes that will ultimately enable participants to lead their own improv jams! If you are interested in learning about improv and giving it a try (no experience necessary!), come join us for some FUN! **Classes are Free. Registration required. Brown/Davis.**

**[TSU Snap Education Presentation with Cheryl Johnson](#) Tuesdays, November 7 & 21 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.**

**[History Group w/ Veteran Speaker Herman Statum](#) Thursday, November 9 at 11:30 a.m.** Herman Statum is a Lt. Col. (Ret) U.S. Army. As an Airborne, Ranger and Special Forces officer with a Top Secret security clearance, Mr. Statum's military service included 11 years overseas with two

tours in Vietnam combat units. Topic: The VN Memorial Wall and its connection to Captain Charles Tucker and other war memories. **Registration is required. Zelle/West.**

**[All of Us Enrollment Assistance](#) Friday, November 10 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.**

**[Meet There-The Picnic Restaurant](#) Monday, November 13 at 11:30 a.m.** Come to the Picnic Restaurant at 6000 Hwy 100 and mix and mingle and enjoy a southern lunch. **Registration encouraged.**

**[Medical Minute w/ Dr. Stephen Adler](#) Tuesday, November 14 at 11:30 a.m.** Join Dr. Adler in an informative discussion on "vaccine preventable diseases" e.g: shingles, COVID, influenza, pertussis and tetanus (dpt), pneumococcal pneumonia and more. **Registration required. Roos Room.**



**[Watercolors for Beginners w/Lee](#) Tuesday, November 14 & 28 at 1 p.m.** Learn the basic characteristics of watercolors. Supplies will be provided. **Cost \$5.00. Registration required. by November 10. Zelle/West.**

**[Bellevue Library Tech Help](#) Wednesday, November 15 at 10 a.m.- 1 p.m.** Bring your tablet, phone or laptop for Tech help from the Outreach team at the Bellevue Branch Library. **FiftyForward Lobby.**

**[Thanksgiving Potluck Social](#) Wednesday, November 15 at 11:30 a.m.** Come bring a dish and socialize and celebrate with members for the Thanksgiving Holiday. Entrée sponsored by Jordan Uselton from Clarendale Bellevue Place. **Registration is required by November 10. Activity Room.**



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**Bridge Group Holiday Party** Friday, November 17 at 11:30 a.m. Come join the return of the Bridge Group Holiday Party. See Kathy Chambers for additional details and sign up. **Registration required. Activity Room.**

**WeGo Transit Presentation** Monday, November 20 at 11:30 a.m. We are WeGo. It's not just their name. It's what they do. If you want to ride the bus and not sure how everything works, a representative from WeGo will be here to explain it all. **Registration required. Roos Room.**

**Let's Talk Inflation w/Matt Creekmore** Monday, November 27 at 11:30 a.m. Matt is going to cover inflation and it's impact on savings, the real estate market and the overall economy. **Registration is required. Roos Room.**

**Holiday Cooking Class w/Ashley** Tuesday, November 28 at 11 a.m. **How to Build a Holiday Charcuterie Board.** Have you ever seen those impressive charcuterie boards on T.V. or online? Join Center Director, Ashley Hunter to learn how to put one of these stunning boards together. Also, come to learn about delicious meat, cheese, and wine pairings that are sure to brighten your holiday gatherings. **Registration is required. Cost \$10.00. Need a minimum of 5 members. Activity Room.**

**Reminiscent Winter Craft w/Intern Dixie** Wednesday, November 29 at 11:30 a.m. Join our intern Dixie to make fun and nostalgic holiday crafts. Share some of your most treasured holiday memories while creating winter-scented sachets and/or a collage. All supplies will be provided or feel free to bring your own pictures, cut-outs, etc. **Cost free. Registration is required. Roos Room.**

## Day Trips:

**Trip: Dolly Parton Fashion Exhibit**  
Wednesday, November 1 Departing at 11a.m., Showtime at Noon.  
**Cost \$35.00**

Dolly Parton and the Makers: My Life in Rhinestones  
This exhibition will feature 25 gowns, suits, and other iconic fashions while shining a spotlight on those who brought the dazzling looks to life. **Only 9 spots available. Registration is required by October 25.**

**Trip-Thistle Farms Restaurant** Wednesday, November 8.  
**Departing at 10:45 a.m.**  
**Cost \$10.00**

The Café at Thistle Farms is a restaurant, tea service, and event space located in West Nashville. A social enterprise, the Café heals, empowers, and employs women survivors of trafficking, prostitution, and addiction. Come join us for lunch at this unique café. **Registration is required by November 3.**

**Trip-Christmas Village at the Fairgrounds** Friday, November 10. **Departing at 9:30 a.m.**  
**Cost \$10.00.**

Christmas Village is one of the oldest charitable events in Nashville, supported and run entirely by volunteers from the Nashville Pi Beta Phi Alumnae Club. Approximately 250 merchants and 30,000 shoppers from all over the United States participate in this prestigious consumer show. A variety of unique seasonal and gift items are offered, including- toys for all ages, clothing for children and adults, jewelry, home decor, food items, pottery, collectibles, and unusual pieces for the "person who has everything." **Registration is required by November 6. Need a minimum of 6 members.**

**Trip-Nashville Ballet Rehearsal & Lunch** Thursday  
November 16. **Departing at 9:30 a.m.**  
**Cost \$10.00 plus lunch.**

Step inside the Nashville Ballet for a peek at their upcoming performance 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. **Registration is required by November 10.**





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Denotes member-led program

## Day Trips cont.

### Falcon Rest Mansion Murder Mystery Lunch and Tour, McMinnville, TN

**Friday, November 17, Departing at 7:30 a.m.**

**Cost: \$50 Includes Lunch**

Falcon Rest Mansion was built in 1897 by local entrepreneur, Clay Faulkner. This 10,000 square foot home included cutting edge modern conveniences that were unheard of for that time period. Today, "Murder at the Mansion," takes place during a delicious meal served in Falcon Rest's Victorian Carriage House banquet hall. This interactive "whodunit" assigns real characters from 1897, then turns them loose to ad-lib to their hearts' content. Needless to say, it never comes out exactly the same way twice. But it always lives up to Falcon Rest's reputation as "the Victorian mansion where history is fun." A mansion tour is also included. The meal includes; an Herb Chicken Breast, Roasted Potatoes, Southern Green Beans, Strawberry Pretzel Salad and Double Chocolate Cake. This is a joint trip with Cottage Grove. **Registration is required. Space is limited to 12.**

### Trip-Oak Grove Casino w/ FiftyForward Knowles

**Tuesday, November 21. Departing at 8:45 a.m.**

**Cost: \$15.00**

We're headed to Oak Grove Casino, and we will stop by FiftyForward Knowles to pick up members on the way. 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 their 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. We will depart the casino at 2:30 p.m. This will be a joint trip with FiftyForward Knowles on the big bus. **Space limited to 12 people. Sign up by November 13. Registration is required.**

## 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.

***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.**