

February 2024 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 Centering Practice 1 p.m. Rummikub 5 p.m. Night Bridge	2 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. 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 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	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 10:30 a.m. Bunco-Theme-Mardi Gras* 1 p.m. Book Club* 1 p.m. Rummikub 1 p.m. Line Dancing	7 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. AOA Yoga 12 p.m. Bridge 12 p.m. Bible Study 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 Centering Practice 11:30 a.m. Bingo/ Greta from Brookdale Senior Living* 1 p.m. Rummikub 5 p.m. Night Bridge	9 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 a.m. All of Us Enrollment* 10:30 a.m. AOA Strength 11:30 a.m. AOA Line Dancing 12 p.m. Bridge 1 p.m. Ping Pong	10 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 10:45 a.m. Trip-Chinese New Year Celebration*
11 Super Bowl Sunday	12 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 10:30 a.m. Trip-Swett's Restaurant* 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong	13 8:35 a.m. AOA Strength 9 a.m. Hand & Foot 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 11 a.m. Meet There-Voodoo Gumbo Restaurant* 1:30 p.m. Creating Memoirs 1 p.m. Line Dancing	14 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. Red & White Potluck Social* 12 p.m. Bridge 12 p.m. Bible Study 1 p.m. Line Dancing	15 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 9:30 a.m. Trip-Fiddler's Antique Show* 10:30 a.m. AOA Yoga 11:30 a.m. AOA Centering Practice 12:30 p.m. Calligraphy w/ Mary Ann* 1 p.m. Rummikub 5 p.m. Night Bridge	16 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. Meet There-Sportman's Grille 11:30 a.m. AOA Line Dancing 12 p.m. Bridge 1 p.m. Ping Pong	17 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
18	19 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong	20 8:35 a.m. AOA Strength 9a.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* 1 p.m. Watercolor for Beginners 1p.m. Line Dancing 1 p.m. Beginners Watercolors w/Lee*	21 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. Winter Preview* 10:30 a.m. AOA Strength 11:30 a.m. AOA Yoga 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 Centering Practice 1 p.m. Rummikub 5 p.m. Night Bridge	23 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. AOA Line Dancing 11:30 a.m. History Group-The U.S. Army's 6888th Central Postal Directory Battalion w/Denise McBride* 12 p.m. Bridge 1 p.m. Ping Pong	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. Reminiscent Crafts w/ Dixie* 12 p.m. Bridge 1 p.m. Ping Pong	27 8:35 a.m. AOA Strength 9 a.m. Hand & Foot 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 1:30 p.m. Creating Memoirs 1p.m. Line Dancing	28 9:30 a.m. AOA Cardio 9:30a Trip- NMAAM & Lunch* 10 a.m. Ping Pong 10:30 a.m. AOA Strength 11:30 a.m. AOA Yoga 11:30 a.m. YMCA-I2 Agency Weather Safety Lunch & Learn* 12 p.m. Bridge 1 p.m. Line Dancing 1 p.m. Trivia w/ Laurie*	29 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 11:30 a.m. AOA Centering Practice 12:30 p.m. Procreate App Get Together* 1 p.m. Rummikub 5 p.m. Night Bridge		

FiftyForward J.L. Turner PROGRAM INFORMATION



Program also offered virtually



Denotes member-led program

Recurring Classes & Activities & Groups

Bible Study Wednesday, February 7 & 14 at Noon. Come review and discuss the Bible with Chaplain Ray Henson. **Registration is encouraged. Roos Room.**



Book Club Tuesday, February 6 at 1:00 p.m. Come join the February FiftyForward Book Club with Bonnie Gay. The Feb Book is The Last List of Mabel Beaumont by Laura Pearson. **Brown/Davis.**



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



Bunco Tuesday, February 6 at 10:30 a.m. Come celebrate in your Mardi Gras colors, green, purple and yellow and mix and mingle while playing Bunco. **Bring a dish. Registration is encouraged so we have enough food. Brown/Davis**



Creating Memoirs Tuesdays, February 13 & 27 at 1:30 p.m. Work on writing & sharing your personal memoir. **Roos Room.**

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



Hand & Foot Game Tuesdays, 9:00 a.m. (No Hand & Foot 02/06/24). 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 Tuesdays & 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, February 5 at 10 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.**



Mexican Train Dominos Tuesday, February 20 at 11:30 a.m. Come join us to play the Mexican Train game.

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**

Morning Brew Wednesday, February 7 at 9 a.m. Bring your favorite coffee cup and any breakfast treat to join members for your choice of coffee or tea to mix and mingle in the FiftyForward lobby. **FiftyForward Lobby.**

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

Rummikub Tuesday, 02/06/24 in Zelle/West. 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, February 2 -23 at 9 a.m. til Noon. Stop in and mix and mingle with the Vanderbilt Medical students directed by Robbie Panepinto DNP,RN, an Assistant Professor of Nursing at Vanderbilt University School of Nursing. Weekly presentations include Memory, Heart Health, Bone Health and Balance. **Brown/Davis.**



Program also offered virtually



Denotes member-led program

SPECIAL PROGRAMS & EVENTS

Bingo w/ Greta from Brookdale Living Center Thursday, February 8 at 11:30 a.m. Come mix and mingle and enjoy a couple of rounds of Bingo & Prizes hosted by Greta from Brookdale Living Center. **Registration is required by February 5. Activity Room.**

All of Us Enrollment Assistance Friday, February 9 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 the FiftyForward portal 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. **Registration is encouraged. FiftyForward Lobby.**

Meet There-Voodoo Gumbo Tuesday, February 13 at 11 a.m. Come enjoy some authentic creole dishes and celebrate Mardi Gras together. The location is 7114 Hwy 70S. **Registration is encouraged by Wednesday, February 9 so we can all sit together.**

Red & White Potluck Social Wednesday, February 14 at 11:30 a.m. Come mix and mingle in your Red & White attire. Entree will be provided by Jordan Uselton from Clarendale Bellevue Place. Members bring a dish. Live music tunes by Les Kerr. Les Kerr is a songwriter, recording artist and performer who brings blues, Rockabilly, New Orleans music and bluegrass together to create his “Hillbilly Blues Caribbean Rock & Roll.” His upbeat shows involve music and humor. Les has lived in Nashville’s Bellevue neighborhood since 1987. He was born in Louisiana and raised in Mississippi in the Gulf Coast city of Pascagoula and in Jackson. **Registration is required by February 9. Activity Room.**

Calligraphy w/MaryAnn Thursday, January 18 at 12.30 p.m. **Cost: \$15.00.** 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 January 12. Limit to 15 members. Zelle/West.**

Meet There-Sportsman Grille Friday, February 16 at 11:00 a.m. Come meet members there to mix and mingle at the Harding Pike location. The menu offers a wide variety, everything from fresh cut steaks and salmon to our famous hamburgers and fried catfish. **Registration is encouraged by Wednesday, February 14 so we can all sit together.**

Watercolors for Beginners w/Lee Tuesday, February 20 at 1 p.m. Learn the basic characteristics of watercolors. Supplies will be provided. **Cost \$15.00. Registration required by January 17. Zelle/West.**

Winter Preview Wednesday, February 21 at 10:30 a.m. Come join us for an inside look at some of the activities and programs offered at FiftyForward. Talk to representatives from different groups and clubs- Fun & Games, Rummikub, Bunco, Bridge, Sit & Knit & Crochet, Creating Memoirs, Ping Pong, Line Dancing, Calligraphy, Watercolor, Book Club & more. **Registration is encouraged. FiftyForward Lobby.**

FiftyForward J.L. Turner PROGRAM INFORMATION



Program also offered virtually



Denotes member-led program

[History Group–The U.S. Army's 6888th Central Postal Directory Battalion w/ Denise McBride](#) **Friday, February 23 at 11:30 a.m.** The U.S. Army's 6888th Central Postal Directory Battalion was the only all-Black Women's Army Corps (WAC) unit to serve overseas in England and France during World War II. The primary mission was to sort and route a three-year backlog of undelivered mail to the Military and Civilians. The women faced racism, segregation, and sexism but still prevailed and changed the U.S. military, helping it better reflect the country's diversity. A staggering 17 million pieces of mail exceeded all expectations allowing our troops to connect with their loved ones. The Six Triple Eight provided an enduring legacy for future generations. Due to their exemplary performance in solving the Army's mail and morale crisis during WWII, they received a unanimous vote to receive the Congressional Gold Medal of Honor. On March 14, 2022, President Biden signed the bill into Public Law 117-97. The 6888th is the only women's military unit to receive the nation's highest civilian honor, the Congressional Gold Medal. While only a handful of women can still tell their own stories, I am pleased to spread the message of their contributions to American history. Join us to learn more about these unsung heroes. Denise McBride, a Bellevue resident, is the daughter of Phyllis Inez Galloway Meekins, a 6888th soldier who will share more about this trailblazing battalion. **Registration is required.**

Activity Room.

[Reminiscent Craft w/Intern Dixie](#) **Monday, February 26 at 11:30 a.m.** Join our intern Dixie to make fun and nostalgic crafts. Share some of your most treasured memories while creating 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.**

[YMCA \(I2Agency\)Weather Safety Lunch & Learn](#)

Wednesday, February 28 at 11:30 a.m. Join Meteorologist Danielle Breezy talk about Weather Safety. This presentation matches up with Tennessee's Severe Weather Awareness Week. Lunch included. **Registration is required. Cost is free. Activity Room.**



[Trivia Day w/Laurie](#) **Wednesday, February 28 at 1p.m.**

Join Laurie for a fun and mind opening game of Trivia filled with challenging questions for older adults for Trivia Day. **Registration encouraged. Brown/Davis**



[Procreate App Get Together](#) **Thursday, February 29 at 12:30 p.m.** Come join those familiar with the Procreate App or if you want to know more about it. Bring your iPad, apple pencil and the Procreate App already downloaded for digital art fun. The inspiration for our get together is the continuation of the recent Frist Art Museum class on Procreate. This get-together is designed to share ideas, projects and experience. Facilitator: MaryAnn Mize. **Registration is required. Cost Free. Brown/Davis.**

Day Trips:

[Trip-Swett's Restaurant](#) **Monday, February 12. Departing at 10:30 a.m.** Swett's is a family-owned restaurant in Nashville that serves southern food cafeteria style. For over 63 years it has been a gathering place for people who just enjoy good homestyle southern cooking. Registration is required. **Cost \$15.00 plus meal. Need a minimum of 6 members to sign up by February 2.**

[Trip-Fiddler's Antique Show](#) **Thursday, February 15.**

Departing at 9:30 a.m. Come enjoy one of Nashville's finest antique shows featuring antiques, vendors, art and more at the Fairgrounds. **Cost \$30.00. Need a minimum of 6 members to sign up by February 9.**



Program also offered virtually



Denotes member-led program

Day Trips cont:

Trip-Chinese New Year Celebration Saturday, February 10.

Departing at 10:45 a.m. The coming Chinese New Year is the Year of the Dragon. Hosted by the Chinese Arts Alliance. We encourage attendees to wear Dragon outfits of your imagination, any Chinese costumes, or outfits in red to attend this celebration! Red is the lucky color for Chinese New Year! Programs includes CAAN's Lion Dance, Dragon Dance, Frist Art Museum's Arts/Crafts, Nashville Public Library's Puppet Truck's puppet show, Nashville Chinese School's Chinese yoyo workshop, Chinese music and dance, and more. Chinese calligraphy demonstration, Chinese naming, Chinese couplets writing, Dragon Crown making, Dragon Talking Head, Take A Picture with the Dragon, Food trucks, Dragon snacks, and more. **Cost 15.00. Need a minimum of 6 members to sign up by February 14.**

Trip-National Museum of African American Music

Wednesday, February 28 , Departure 9:30 a.m. Join us at the National Museum of African American Music for a 90-minute guided tour starting at 10:30 a.m. along with your choice of shopping and lunch on 5th & Broadway following the tour. **Estimated to return by 2 p.m. Cost \$15.00 plus lunch. Admission is free on Wednesdays. Need a minimum 6 members to sign up by February 2, 2024.**

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.**