

# April 2024 FiftyForward J.L. Turner 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 Circuit 9:30 a.m. AOA Strength 10 a.m. <b>Men's Social Club*</b> 11 a.m. <b>Chess w/Joe*</b> 10:30 a.m. AOA Cardio 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong	2 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. <b>Bunco-Theme-Roaring 20's</b> 10:30 a.m. AOA Yoga 1 p.m. <b>Ed Neal Beginning Bridge Class*</b> 1 p.m. Book Club 1 p.m. Line Dancing Beginners* 1 p.m. Rummikub	3 8:35 a.m. AOA Strength 9 a.m. <b>Morning Brew*</b> 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 12 p.m. Bridge 12 p.m. Bible Study 1 p.m. Line Dancing	4 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	5 8:15 a.m. AOA Yoga 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	2 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
7	8 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 11 a.m. <b>Chess w/Joe*</b> 11 a.m. <b>Partial Solar Eclipse</b> 10:30 a.m. AOA Cardio 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong	9 8:35 a.m. AOA Strength 9 a.m. <b>TSU Snap Education Program*</b> 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. <b>Connections for Music w/Amy &amp; Steve*</b> 1 p.m. <b>Ed Neal Beginning Bridge Class*</b> 1:30 p.m. Creating Memoirs 1 p.m. Line Dancing Beginners*	10 8:35 a.m. AOA Strength 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:15 a.m. <b>Trip-Waldo's Chicken &amp; Beer*</b> 12 p.m. Bridge 12 p.m. Bible Study 1 p.m. Line Dancing	11 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. <b>Bingo w/ Greta from Brookdale Senior Living*</b> 1 p.m. Rummikub 5 p.m. Night Bridge	12 8:15 a.m. AOA Yoga 9 a.m. Sit & Knit & Crochet* 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 6 p.m. <b>Trip-Binkley's Garage (Line dancing)*</b>	13 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
14	15 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 11 a.m. <b>Chess w/Joe*</b> 11 a.m. <b>Meet There-Eastern Peak Asian Restaurant*</b> 10:30 a.m. AOA Cardio 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong	16 8:35 a.m. AOA Strength 9 a.m. Hand & Foot 9 a.m. <b>TSU Snap Education Program*</b> 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. <b>Ed Neal Beginning Bridge Class*</b> 1 p.m. Line Dancing Beginners*	17 8:35 a.m. AOA Strength 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 11:30 a.m. <b>FiftyForward &amp; YMCA Hot Dog Pot Luck Social*</b> 12 p.m. Bridge 1 p.m. Line Dancing	18 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. <b>Age Well Presentation-Navigating Elder Care*</b> 1 p.m. Rummikub 5 p.m. Night Bridge	19 8:15 a.m. AOA Yoga 9 a.m. Sit & Knit & Crochet* 9 a.m. <b>Trip-FiftyForward Health Fair at Martin Center*</b> 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	20 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
21	22 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 11 a.m. <b>Chess w/Joe*</b> 10:30 a.m. AOA Cardio 11:30 a.m. AOA Yoga 11:30 a.m. <b>Mindfulness Class w/Ashley Shelley*</b> 12 p.m. Bridge 1 p.m. Ping Pong	23 8:35 a.m. AOA Strength 9 a.m. Hand & Foot 9 a.m. <b>TSU Snap Education Program*</b> 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 1 p.m. <b>Ed Neal Beginning Bridge Class*</b> 1 p.m. Line Dancing Beginners* 1 p.m. <b>Watercolor for Beginners*</b> 1:30 p.m. Creating Memoirs	24 8:35 a.m. AOA Strength 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 12 p.m. Bridge 12:30 p.m. <b>YMCA I-2 Agency -Aging without Injury Lunch &amp; Learn*</b> 1 p.m. Line Dancing	25 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 10:00 a.m. <b>All Day Game Day &amp; Brown Bag Lunch*</b> 10:30 a.m. AOA Yoga 11:30 a.m. AOA Centering Practice 1 p.m. Rummikub 1 p.m. <b>Procreate App Get Together*</b> 5 p.m. Night Bridge	26 8:15 a.m. AOA Yoga 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 12 p.m. Ping Pong 1 p.m. <b>Trip -You Can't Take It With You (Play)*</b>	27 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
28	29 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10 a.m. <b>Chess w/Joe*</b> 10:30 a.m. AOA Cardio 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong	30 8:35 a.m. AOA Strength 9 a.m. Hand & Foot 9 a.m. <b>TSU Snap Education Program*</b> 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. <b>Ed Neal Beginning Bridge Class*</b> 1 p.m. Line dancing				




Program offered virtually




Denotes member-led program


## **Recurring Classes & Activities & Groups:**


**Bible Study Wednesday, April 3 & 10 at Noon.** Come review and discuss the Bible with Chaplain Ray Henson. **Registration is encouraged. Roos Room.**


 **Book Club Tuesday, April 2 at 1:00 p.m.** Come join the March FiftyForward Book Club with Bonnie Gay. The March Book is Bridge of Sighs by Richard Russo. **Roos Room.**

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


 **Ed Neal Beginning Bridge Class Tuesdays in April 1-3 p.m.** Come learn how to play Bridge taught by Lead player Kathy Chambers. Need a minimum of 4 players for class to be taught. Must attend all 5 classes. **Brown/Davis. Registration is required.**

 **Bunco Tuesday, April 2 at 10:30 a.m.** Come celebrate in your Roaring 20's attire. Mix and mingle while playing Bunco. Bring a dish. **Registration is encouraged so we have enough food. Activity Room.**


 **Chess Group Mondays at 11:00 a.m.** Chess is a two-player strategy board game played on a checkered board. Be the first to play on the wooden set donated by Judy & Bob Allen. Join strategy minded members along with Dr. Joe in a friendly & competitive game of chess. **Registration is encouraged. Brown/Davis.**


 **Creating Memoirs Tuesdays, April 9 & 23 at 1:30 p.m.** Work on writing & sharing your personal memoir. **Roos Room.**

**Fun & Games –Mahjong Tuesdays, 9:30 a.m.- 11:30 a.m.** Join fellow members for games including mahjong, canasta, and backgammon! **Zelle/West.**

 **Hand & Foot Game Tuesdays, 9:00 a.m. (No Hand & Foot 04/02/24).** 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.**

 **Mexican Train Dominos Tuesday, April 16 & 30 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.**

 **Line Dancing Tuesday & Wednesdays, 1 p.m.** Beginners come on Tuesdays to learn how to boot, scoot, and boogie with Bonnie Wood. Then come on Wednesdays to show off what you learned. All are welcome at both 90 minutes classes. **Community Room.**

**Men's Social Club Monday, April 1st. at 10 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. Brown/Davis.**

**Morning Brew Wednesday, April 3 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, April 2 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.**

## FiftyForward J.L. Turner PROGRAM INFORMATION



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Denotes member-led program

### [TSU Snap Education Presentation w/Cheryl Johnson](#)

**Tuesdays, April 9,16,23,30 (Graduation 05/07/24 at 9 a.m.**

**Theme:** Choose Health Food, Fun and Fitness". Lessons will be on nutrition and food resource management principles to help aid in food choices on a limited budget. **Registration is required. Roos/Room.**

[Partial Solar Eclipse](#) **Monday, April 8 at 11 a.m.** A partial solar eclipse will be visible throughout all 48 U.S. states including Tennessee. Grab you a pair of solar eclipse glasses and view it from your home or here outside the center.

### [All of Us Enrollment Assistance](#) **Friday, April 12 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.**

[Connections for Music w/Amy & Steve](#) **Tuesday, April 9 at 11:30 a.m.** Amy and Steve Pardo have been making music together for over 20 years. They have lately been playing live flute and guitar music for BellePAC's Ballet class where their daughter, Hannah, has been a happy and grateful student for 3 years now. Steve is a full time video-game composer, engineer, and multi-instrumentalist and Amy homeschools their children. They love finding little opportunities to perform together in this busy world we all live in, and are excited to bring some light jazz on flute and guitar to the friends of Fifty-Forward! **Activity Room.**

[Bingo w/ Greta from Brookdale Living Center](#) **Thursday, April 11 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 April 8. Activity Room.**

[Fifty Forward & YMCA Hot Dog Day Potluck](#) **Wednesday, April 17 at 11:30 a.m.** The popularity of the hot dog skyrocketed in the early 20th century, becoming an integral part of American culinary culture. The affordable price, portability, and delicious taste made hot dogs accessible to people from all walks of life, and they quickly became synonymous with American fast food. **Sign up to bring toppings and sides for the hotdogs. Bring an item cost free. \$5.00 without. Registration is required by April 10 Activity Room.**

[Meet There-Eastern Peak Asian Cuisine](#) **Monday, April 15 at 11:00 a.m. Cost: Your choice of meal. Address: 8121 Sawyer Brown Rd. Ste.201.** Join us for Asian Cuisine in our local Bellevue area. **Registration is encourages so we can all sit together.**

[Age Well Presentation-Navigating Elder Care](#) **Thursday, April 18 at 11:30 a.m.** The presentation, Navigating Eldercare: Key Issues & Helpful Resources, will assist attendees with identifying key issues and ways to plan to avoid a caregiving crisis, recognizing common barriers to care and how to overcome them, and identifying helpful community resources for older adults and those caring for an aging loved one. **Registration is required. Brown/Davis.**

[Mindfulness w/Ashley Shelby](#) **Monday, April 22 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.**

[Watercolors for Beginners w/Lee](#) **April 23 at 1 p.m.** Learn the basic characteristics of watercolors. Supplies will be provided. **Cost \$15.00. Registration required by April 19. Zelle/West.**



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## [YMCA-I-2 Agency - Aging without Injury Lunch & Learn](#)

**Wednesday, April 24 at 12:30 a.m.**

Learn how to prevent injuries to stay healthy and independent. Falls affect us all. Did you know falls are leading cause of injury among older adults? Getting older doesn't have to mean giving up the activities you enjoy. Many older adults experience a fear of falling. Those who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. Don't allow fear to rule your life! **Cost: Free. Registration is required. Activity Room.**

## [All Day Game Day & Brown Bag Lunch](#) Thursday April 25 at

**10 a.m. til 2 p.m.** Come out for a day of fun filled games of your choice, monopoly, scrabble, taboo, chess, checkers, jinga, mexican train dominos, rummikub and more. **Trivia w/Jeanne at 10 a.m. Bingo w/ Jordan at 1 p.m. Bring your Brown Bag lunch at noon til 1p.m. Registration is encouraged. Brown/Davis, Roos Room, Zelle/West, Activity Room & Community Room.**

## [Procreate App Get Together](#) Thursday, April 25 at 1 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.**

## [Trip-Dan Binkley Garage \(line dancing\)](#)

**Friday, April 12. Departing at 6 p.m.**

**Cost \$15.00.** Country music special Friday night line dancing at Dan Binkley junkyard garage in Fairview, big dance floor, guest singers welcome, it's always free! Bring a dish to donate for sale, its our old fashion way to pay entertainers. **Registration is required.**

## [Trip-FiftyForward Health Fair at Martin Center](#) Friday,

**April 19. Departing at 9:15 a.m.** Join us for the spring FiftyForward Health and Wellness Fair at the Martin Center. They'll have over 30 vendors including medical groups, insurance companies, and more! Our FiftyForward trip attendees will receive a free boxed lunch onsite. Returning by 1 p.m. **Cost Free.**

## [Trip- You Can't Take It With You \(Play\)](#) Friday, April 26.

**Departing at 1 p.m. Showtime 2 p.m.** Drama People brings the hilarious Pulitzer-award-winning play "You Can't Take it With You" to the Williamson County Performing Arts Center. You'll be welcomed right into the living room of the eccentric Sycamore family, whose unconventional lifestyle is turned upside down when their daughter falls in love with the son of a conservative Wall Street banker. Filled with colorful characters, hilarious misunderstandings, and poignant moments of connection, the play explores the themes of family connection, pursuing your passions, and recognizing the unique design created within each one of us. **Cost \$20.00. Registration is required by April 18.**

## Trips:

### [Waldo's Chicken & Beer](#)

**Wednesday, April 10. Departing at 10:15 a.m.**

**Cost \$15.00 plus meal.** Waldo's Chicken & Beer at 108 New Hwy 96 W is all about great chicken, cooked two ways: Southern Fried and Rotisserie. Paired with a scratch-made menu of Southern sides, delicious sauces and more and you'll see why your search for great chicken led you to Waldo's. Come eat lunch then check out some light shopping in the Franklin area. **Registration is required.**



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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.

***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 10:45 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 at 11:30 a.m. Tuesdays & Thursdays at 10:30 a.m. Fridays at 8:15 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.**