

# May 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   |
|--------------------|--|--|--|---|--|---|
|                    |  |  | <p>1</p> <p>8 a.m. Meet There-Early Bird Breakfast at Loveless Café*</p> <p>9:30 a.m. AOA Cardio</p> <p>10 a.m. Ping Pong</p> <p>10:45 a.m. AOA Strength</p> <p>12 p.m. Bridge</p> <p>12 p.m. Bible Study</p> <p>1 p.m. Line Dancing</p>   | <p>2</p> <p>8:35 a.m. AOA Strength</p> <p>9 a.m. Trip-Irish City Garden &amp; Lunch*</p> <p>9:30 a.m. AOA Circuit</p> <p>10:30 a.m. AOA Yoga</p> <p>11:30 a.m. AOA Centering Practice</p> <p>1 p.m. Rummikub</p> <p>5 p.m. Night Bridge</p>   | <p>3</p> <p>8:15 a.m. AOA Yoga</p> <p>9 a.m. Sit &amp; Knit &amp; Crochet*</p> <p>9:30 a.m. AOA Cardio</p> <p>10:30 a.m. AOA Strength</p> <p>11:30 a.m. AOA Line Dancing</p> <p>12 p.m. Bridge</p> <p>1 p.m. Ping Pong</p>   | <p>4</p> <p>9:30 a.m. AOA Cardio</p> <p>10:30 a.m. AOA Strength</p> <p>5 p.m. Meet There Ray Stevens Cabaray Showroom*</p>          |
| 5                  | <p>6</p> <p>8:30 a.m. AOA Circuit</p> <p>9:30 a.m. AOA Strength</p> <p>10 a.m. Men's Social Club*</p> <p>10:30 a.m. AOA Cardio</p> <p>11 a.m. Chess Group w/Dr. Joe*</p> <p>11:30 a.m. AOA Yoga</p> <p>12 p.m. Bridge</p> <p>1 p.m. Ping Pong</p>  | <p>7</p> <p>8:35 a.m. AOA Strength</p> <p>9 a.m. TSU Snap Education Program*</p> <p>9:30 a.m. AOA Circuit</p> <p>9:30 a.m. Fun &amp; Games</p> <p>10:30 a.m. AOA Yoga</p> <p>10:30 a.m. Bunco-Theme-Roaring 20's*</p> <p>1 p.m. Ed Neal Beginning Bridge Class*</p> <p>1 p.m. Line Dancing-Beginners*</p> <p>1:30 p.m. Book Club*</p>                                    | <p>8</p> <p>9:30 a.m. AOA Cardio</p> <p>10 a.m. Ping Pong</p> <p>10 a.m. Meet There-Walk w/the Doc*</p> <p>10:45 a.m. AOA Strength</p> <p>10:30 a.m. Meet There-McKay's Book Store Tour &amp; Lunch*</p> <p>12 p.m. Bridge</p> <p>12 p.m. Bible Study</p> <p>1 p.m. Line Dancing</p> | <p>9</p> <p>8:35 a.m. AOA Strength</p> <p>9:30 a.m. AOA Circuit</p> <p>10:30 a.m. AOA Yoga</p> <p>11:30 a.m. AOA Centering Practice</p> <p>11:30 a.m. Bingo w/ Jordan*</p> <p>1 p.m. Rummikub</p> <p>5 p.m. Night Bridge</p>  | <p>10</p> <p>8:15 a.m. AOA Yoga</p> <p>9 a.m. Sit &amp; Knit &amp; Crochet*</p> <p>9:30 a.m. AOA Cardio</p> <p>10 a.m. All of Us Enrollment*</p> <p>10:30 a.m. AOA Strength</p> <p>11:30 a.m. AOA Line Dancing</p> <p>12 p.m. Bridge</p> <p>1 p.m. Ping Pong</p>                     | <p>11</p> <p>9:30 a.m. AOA Cardio</p> <p>10:30 a.m. AOA Strength</p>  |
| 12<br>Mother's Day | <p>13</p> <p>8:30 a.m. AOA Circuit</p> <p>9:30 a.m. AOA Strength</p> <p>10:30 a.m. AOA Cardio</p> <p>11 a.m. Chess Group w/Dr. Joe*</p> <p>11:00 a.m. Meet There -Clarendale Bellevue Place Tour &amp; Lunch w/ Jordan*</p> <p>11:30 a.m. AOA Yoga</p> <p>12 p.m. Bridge</p> <p>1 p.m. Ping Pong</p> | <p>14</p> <p>8:35 a.m. AOA Strength</p> <p>9 a.m. Hand &amp; Foot</p> <p>9 a.m. TSU Snap Education Program*</p> <p>9:30 a.m. AOA Circuit</p> <p>9:30 a.m. Fun &amp; Games</p> <p>10:30 a.m. AOA Yoga</p> <p>11:30 a.m. Mexican Train Dominos*</p> <p>1 p.m. Line Dancing-Beginners*</p> <p>1:30 p.m. Creating Memoirs</p>  | <p>15</p> <p>9:30 a.m. AOA Cardio</p> <p>10 a.m. Ping Pong</p> <p>10 a.m. Bellevue Library Tech</p> <p>10:45 a.m. AOA Strength</p> <p>12 p.m. Bridge</p> <p>1 p.m. Line Dancing</p>  | <p>16</p> <p>8:35 a.m. AOA Strength</p> <p>9:30 a.m. AOA Circuit</p> <p>10:30 a.m. AOA Yoga</p> <p>11:30 a.m. AOA Centering Practice</p> <p>12:30 a.m. Calligraphy w/ MaryAnn*</p> <p>1 p.m. Rummikub</p> <p>4:30 p.m. Trip-Foodie Night -J. Alexander Restaurant*</p> <p>5 p.m. Night Bridge</p> | <p>17</p> <p>8:15 a.m. AOA Yoga</p> <p>9 a.m. Sit &amp; Knit &amp; Crochet*</p> <p>9:30 a.m. AOA Cardio</p> <p>10:30 a.m. AOA Strength</p> <p>11:30 a.m. AOA Line Dancing</p> <p>12 p.m. Bridge</p> <p>1 p.m. Ping Pong</p> <p>1 p.m. Trip-Music for Seniors at Donelson Center*</p> | <p>18</p> <p>9:30 a.m. AOA Cardio</p> <p>10:30 a.m. AOA Strength</p> <p>10 a.m. Meet There -The 45th Bellevue Community Picnic*</p> |
| 19                 | <p>20</p> <p>8:30 a.m. AOA Circuit</p> <p>9:30 a.m. AOA Strength</p> <p>10:30 a.m. AOA Cardio</p> <p>11 a.m. Chess Group w/Dr. Joe*</p> <p>11:30 a.m. AOA Yoga</p> <p>11:30 a.m. Deloitte Tech*</p> <p>12 p.m. Bridge</p> <p>1 p.m. Ping Pong</p>  | <p>21</p> <p>8:35 a.m. AOA Strength</p> <p>9 a.m. Hand &amp; Foot</p> <p>9 a.m. TSU Snap Education Program*</p> <p>9:30 a.m. AOA Circuit</p> <p>9:30 a.m. Fun &amp; Games</p> <p>10:30 a.m. AOA Yoga</p> <p>11:30 a.m. Alias Chamber Ensemble Performance*</p> <p>1 p.m. Line Dancing-Beginners*</p> <p>1 p.m. Watercolor for Beginners*</p>                             | <p>22</p> <p>9:30 a.m. AOA Cardio</p> <p>10 a.m. Ping Pong</p> <p>9:45 a.m. Trip-General Jackson Showboat*</p> <p>10:45 a.m. AOA Strength</p> <p>12 p.m. Bridge</p> <p>1 p.m. Line Dancing</p>   | <p>23</p> <p>8:35 a.m. AOA Strength</p> <p>9:30 a.m. AOA Circuit</p> <p>10:30 a.m. AOA Yoga</p> <p>11 a.m. Meet There-Honey Fire BBQ Restaurant*</p> <p>11:30 a.m. AOA Centering Practice</p> <p>1 p.m. Rummikub</p> <p>5 p.m. Night Bridge</p>   | <p>24</p> <p>8:15 a.m. AOA Yoga</p> <p>9 a.m. Sit &amp; Knit &amp; Crochet*</p> <p>9:30 a.m. AOA Cardio</p> <p>10:30 a.m. AOA Strength</p> <p>11:30 a.m. AOA Line Dancing</p> <p>12 p.m. Bridge</p> <p>1 p.m. Ping Pong</p>  | <p>25</p> <p>9:30 a.m. AOA Cardio</p> <p>10:30 a.m. AOA Strength</p>  |
| 26                 | <p>27</p> <p>FiftyForward Centers and Offices Closed for Memorial Day Holiday</p>  | <p>28</p> <p>8:35 a.m. AOA Strength</p> <p>9 a.m. Hand &amp; Foot</p> <p>9 a.m. TSU Snap Education Program*</p> <p>9:30 a.m. AOA Circuit</p> <p>9:30 a.m. Fun &amp; Games</p> <p>10:30 a.m. AOA Yoga</p> <p>11:30 a.m. Loveless Café Cooking Class*</p> <p>11:30 a.m. Mexican Train Dominos*</p> <p>1 p.m. Line Dancing-Beginners*</p> <p>1:30 p.m. Creating Memoirs</p> | <p>29</p> <p>9 a.m. Trip -Musicians Hall of Fame Museum*</p> <p>9:30 a.m. AOA Cardio</p> <p>10 a.m. Ping Pong</p> <p>10:45 a.m. AOA Strength</p> <p>12 p.m. Bridge</p> <p>1 p.m. Line Dancing</p>  | <p>30</p> <p>8:35 a.m. AOA Strength</p> <p>9:30 a.m. AOA Circuit</p> <p>10:30 a.m. AOA Yoga</p> <p>11:30 a.m. AOA Centering Practice</p> <p>11:30 a.m. Taste of the Derby Potluck Tea Party*</p> <p>12:30 p.m. Procreate Get Together App*</p> <p>1 p.m. Rummikub</p> <p>5 p.m. Night Bridge</p>  | <p>31</p> <p>8:15 a.m. AOA Yoga</p> <p>9 a.m. Sit &amp; Knit &amp; Crochet*</p> <p>9:30 a.m. AOA Cardio</p> <p>10:30 a.m. AOA Strength</p> <p>11:30 a.m. AOA Line Dancing</p> <p>12 p.m. Bridge</p> <p>1 p.m. Ping Pong</p>  |   |



Program offered virtually

Denotes member-led program

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

**Bible Study Wednesday, May 1 & 8 at Noon.** Come review and discuss the Bible with Chaplain Ray Henson. **Registration is encouraged. Roos Room.**

**Book Club Tuesday, May 7 at 1:30 p.m.** Come join the May FiftyForward Book Club with Bonnie Gay. The May Book is Abigail and John Portrait of a Marriage -Edith Gelles. **Roos Room.**

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

**Bunco Tuesday, May 7 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. Brown/Davis.**

**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, May 14 & 28 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 05/07/24).** 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, May 14 & 28 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.**

**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, May 6 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.**

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

**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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### [Meet There-Early Morning Breakfast at Loveless Café](#)

**Wednesday, May 1 at 8 a.m.** Let's meet at the Loveless Cafe started in 1951, a place where you can enjoy a scratch-made Southern meal and reconnect with each other around the table. A place that continues to serve up heaping helpings of Southern staples. **Registration is required.**

**[Meet There—Ray Stevens CabaRay Showroom](#) Saturday, May 4 at 5 p.m.** RAY STEVENS performs live on stage with his fabulous A-Team Band! Fans will be thoroughly entertained with a 90-minute full concert, jam-packed with Ray's iconic hits and comedy classics. Ray will take you down memory lane with tales and stories from his legendary career. You will laugh out loud and it will be an experience you will never forget! Piano Bar opens at 5:00 pm. Plated Dinner seating: 5:30pm. Show begins: 7:30pm. **Registration is required by April 22. Cost \$80.00**

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

**Tuesdays, May 7, 14, 21 (Graduation 05/28) at 9 a.m.** Theme: **Choose Health Food, Fun and Fitness**". This curriculum focusses on eating health foods. Showing ways to substitute fatty foods for lean foods instead. Making cooking fun along with exercising. **Registration is required. Roos/Room.**

**[Meet There—Walk with the Doc](#) Wednesday, May 8 at 10 a.m.** Join the FiftyForward *All of Us* team for a special Older Americans Month Walk with a Doc at FiftyForward Knowles. Walkers will gather in the center lobby at 10 a.m. for a brief health talk from Dr. Amy Price Neff of Mindstream Integrative Medicine, then everyone will walk the new walking trail around the Tennessee State Fairgrounds. This is a 1.3 mile route with a flat, paved surface. A hot nutritious lunch will be provided by FiftyForward Fresh for the first 50 walkers. **Cost Free. Registration is required.**

### [Meet There-McKays' Book Store Tour & Lunch](#)

**Wednesday, May 8 at 10:30 a.m.** Meet there at McKay's book store at 636 Old Hickory Blvd for an informative tour. Then meet at Tailgate Brewery at 7300 Charlotte Pike for half price pizza. **Registration is encouraged so we can all sit together.**

### [Bingo w/ Jordan](#) Thursday, May 9 at 11:30 a.m.

Come mix and mingle and enjoy a couple of rounds of Bingo hosted by Jordan Uselton from Clarendale Bellevue Place. Prizes. Light refreshments served. **Registration is required. by May 6. Brown/Davis**

**[All of Us Enrollment Assistance](#) Friday, May 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-Clarendale Bellevue Center Tour & Lunch w/ Jordan Uselton](#) Monday, May 13 at 11:00 a.m.** Join Jordan at Clarendale Bellevue Place at 7632 Highway 70S for a tour of his Senior Living Center and lunch. **Registration required by May 8.**

**[Bellevue Library Tech Help](#) Wednesday, May 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.**

**[Taste of the Derby Potluck Tea Party](#) Thursday, May 30 at 11:30 a.m.** In honor of the Kentucky Derby. Let's kick off with a Tea Party Celebration. Dress the occasion with fantastic hats, dashing bow ties and colorful outfits. Let's also celebrate Older Americans Month. Some taste of the experience will be provided. **Cost: \$5.00 if you do not bring a dish or FREE if you bring a dish. Registration is required by May 22. Zelle/West & Brown/Davis**

### [Calligraphy w/MaryAnn](#) Thursday, May 16 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 May 13. Limit to 15 members. Brown/Davis.**

# FiftyForward J.L. Turner PROGRAM INFORMATION



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Denotes member-led program

## [Meet There-The 45th Bellevue Community Picnic](#)

**Saturday, May 18 at 10 a.m.** Now in its 45th year, the Annual Bellevue Community Picnic has established itself as the largest and most anticipated annual event in the Bellevue area. Located in the recreational area behind Bellevue Middle School. There will be Rides, Inflatables, Petting Zoo, Amazing Variety of Food Trucks, Musical Entertainment, Arts & Crafts and Local Vendors, Kids Zone, Incredible Fireworks.

## [Deloitte Tech](#) Monday, May 20 at 11:30 a.m.

Technical professionals from Deloitte will be on site to assist with your technology questions. The questions typically relate to how to use my phone or tablet, using social media, taking and sending photos, etc. Please join us today if you have any technology needs. **Registration required. Brown/Davis**

[Alias Chamber Ensemble Performance](#) Tuesday, May 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. Brown/Davis.**

[Watercolors for Beginners w/Lee](#) Tuesday, May 21 at 1 p.m. Learn the basic characteristics of watercolors. Supplies will be provided. **Cost \$15.00. Registration required by April 19. Zelle/West.**

[Meet There-HoneyFire BBQ Restaurant](#) Thursday, May 23 at 11 a.m. It's National BBQ Month! Come join us at HoneyFire Barbeque Co. This family-owned restaurant is known for their modern, upscale Nashville twist to the best of traditional barbeque. This flagship restaurant is located in One Bellevue Place. **Registration is encouraged so we can all sit together**

[Loveless Café Cooking Class w/ Wendy](#) Tuesday, May 28 at 11:30 a.m. Come join Wendy Felts from the Loveless Cafe as she demonstrates Calico Corn Dip, Creamy Strawberry Dip and Blue Lightning Punch. Everyone will be able to get a taste as well. **Registration is required by May 17. Cost \$20.00. Brown/Davis.**

[Procreate App Get Together](#) Thursday, May 30 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. Roos Room.**

## Trips:

[Iris City Gardens & Lunch](#) Thursday, May 2, Departing at 9:00 a.m. **Cost \$15.00** We're taking a trip to Iris City Gardens. They grow Louisiana iris and a number of virginica, pseudacorus, versicolor, laevigata, other iris species and species crosses. They also have antique and newer bearded iris. They sell potted iris, daylilies, peonies, and other perennial plants here at the nursery. This year they will only ship Louisiana irises, all other plants are only available potted at the nursery. Upon leaving Irish City Gardens lunch will follow at The Thompson Kitchen in Fairview. **Registration is required.**

[Foodie Night—J.Alexander's Restaurant](#) Thursday, May 16 Departing at 4:30 p.m. **Cost \$15.00 plus meal.** Come and experience an unforgettable, immersive culinary experience. From the moment you walk in our doors, our friendly staff will be attentive to your every need. At the same time, our chefs are hard at work every day to deliver consistent, quality food that is sure to delight even the most refined palate. **Registration is required by May 13.**

[Music for Seniors at Donelson Center](#) Friday, May 17. Departing at 1 p.m. **Cost \$15.00.** Music for Seniors is coming to Donelson Station for a free concert on Friday, May 17 at 2pm. "The Dream Catchers" will be performing. Let's welcome The Dream Catchers for an hour of lively hits of great American music, from the past century. This talented group performs the greatest songs of various genres including swing, pop, rock, country, Broadway, and jazz for your ultimate listening and dancing entertainment. Hear classics from a wide selection of artists including Glenn Miller, Duke Ellington, Cole Porter, Frank Sinatra, Frank Loesser, Patti Page, Burt Bacharach, Alison Krauss, Jimmy Buffet, Carole King, Carly Simon, Dan Fogelberg, Ray Charles, and many more. **Registration is required by May 10.**





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## Trips continued

**General Jackson Showboat** **Wednesday, May 22. Departing at 9:45 a.m. Cost \$75.00.** Boarding the Boat at 11:15 a.m. Return 2:45 p.m. Join the General Jackson showboat for a meal and entertainment while riding down the Cumberland river. We will be joined by the Madison Center. **Need minimum 6 members maximum 12 members. Registration is required by May 3.**

**Musicians Hall Of Fame Museum** **Wednesday, May 29 Departing at 9 a.m. Cost \$30.00.** Each exhibit tells the story of a musician that you may have heard but may have never seen. The Musicians Hall of Fame is a premiere Nashville attraction and the one and only museum in the world that honors the talented musicians who actually played on the greatest recordings of all time. **Registration is required by May 20.**

## 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.**

**Check the YMCA Schedule. Times subject to change**