

July 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>8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10 a.m. Men's Social Club* 10:30 a.m. AOA Cardio 11 a.m. Chess Group w/Dr. Joe* 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong</p>	<p>2</p> <p>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 Red ,White & Blue Cookout* 1:30 p.m. Book Club* 1 p.m. Line Dancing-Beginners* 1 p.m. Rummikub</p>	<p>3</p> <p>9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:45 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Line Dancing</p>	<p>4</p> <p>Fifty Forward Centers & Offices Closed for the Holiday</p>	<p>5</p> <p>7:30 a.m. AOA Yoga 8:30 a.m. AOA Strength 9 a.m. Sit & Knit & Crochet* 9:30 a.m. AOA Cardio 11:30 a.m. AOA Line Dancing 12 p.m. Bridge 1 p.m. Ping Pong</p>	<p>6</p> <p>8:45 a.m. AOA line dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength</p>
7	<p>8</p> <p>8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 11 a.m. Chess Group w/Dr. Joe* 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong</p>	<p>9</p> <p>8:35 a.m. AOA Strength 8:45 a.m. Trip-Nissan Tour & Lunch* 9 a.m. Hand & Foot 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 1 p.m. Line Dancing-Beginners* 1:30 p.m. Creating Memoirs*</p>	<p>10</p> <p>8 a.m. Meet There-Early Bird Breakfast at Loveless Café 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10 a.m. Meet There-Walk w/the Doc at Knowles* 10:45 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Line Dancing</p>	<p>11</p> <p>8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 10 a.m. Mexican Train Dominos* 10:30 a.m. AOA Yoga 11:30 a.m. AOA Centering Practice 11:30 a.m. Bingo w/Roux from Comfort Keepers* 1 p.m. Rummikub 5 p.m. Night Bridge</p>	<p>12</p> <p>7:30 a.m. AOA Yoga 8:30 a.m. AOA Strength 9 a.m. Sit & Knit & Crochet* 9:30 a.m. AOA Cardio 10:30 a.m. Trip-Blue Moon Waterfront Grille* 11:30 a.m. AOA Line Dancing 12 p.m. Bridge 1 p.m. Ping Pong</p>	<p>13</p> <p>8:45 a.m. AOA line dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength</p>
14	<p>15</p> <p>8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 11 a.m. Chess Group w/Dr. Joe* 11:30 a.m. AOA Yoga 11:30 a.m. Hospice 101 w/Laura Clark* 12 p.m. Bridge 1 p.m. Ping Pong</p>	<p>16</p> <p>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 1 p.m. Watercolor for Beginners* 1 p.m. Line Dancing-Beginners*</p>	<p>17</p> <p>9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:45 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Line Dancing 4 p.m. Trip-Foodie Night—Rafferty's Restaurant*</p>	<p>18</p> <p>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</p>	<p>19</p> <p>Fifty Forward Centers & Offices Closed for Staff Retreat!</p>	<p>20</p> <p>8:45 a.m. AOA line dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength</p>
21	<p>22</p> <p>8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 11 a.m. Chess Group w/Dr. Joe* 11 a.m. Meet There Tequila Mexican Restaurant* 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong</p>	<p>23</p> <p>8:35 a.m. AOA Strength 9 a.m. Hand & Foot 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 1 p.m. Line Dancing-Beginners* 1:30 p.m. Creating Memoirs*</p>	<p>24</p> <p>9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:45 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Line Dancing</p>	<p>25</p> <p>8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 10 a.m. Mexican Train Dominos* 11:00 a.m. Bellevue Library Tech Libby Class* 10:30 a.m. AOA Yoga 11:30 a.m. AOA Centering Practice 12:30 p.m. Procreate Get -Together* 1 p.m. Rummikub 5 p.m. Night Bridge</p>	<p>26</p> <p>7:30 a.m. AOA Yoga 8:30 a.m. AOA Strength 9 a.m. Sit & Knit & Crochet* 9:15 a.m. Trip-Lane Car Museum Tour* 9:30 a.m. AOA Cardio 11:30 a.m. AOA Line Dancing 12 p.m. Bridge 1 p.m. Ping Pong 6 p.m. Trip-Binkley's Garage (Line dancing)*</p>	<p>27</p> <p>8:45 a.m. AOA line dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength</p>
28	<p>29</p> <p>8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 11 a.m. Chess Group w/Dr. Joe* 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong</p>	<p>30</p> <p>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-Bar Louie* 1 p.m. Line Dancing-Beginners*</p>	<p>31</p> <p>9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:45 a.m. AOA Strength 12 p.m. Bridge 12 p.m. Tax Relief/Tax Freeze with the Metropolitan Trustee Office* 1 p.m. Line Dancing</p>			



Program also offered virtually



Denotes member-led program

Recurring Classes & Activities & Groups

Men's Social Club Monday, July 1 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. Zelle/West.**

Bunco Tuesday, July 2 at 10:30 a.m. Theme– Red, White & Blue Cookout. Let's mix and mingle while playing Bunco in our Red, White & Blue outfits. Bring a dish. **Registration is encouraged so we have enough food. Brown/Davis.**

Book Club Tuesday, July 2 at 1:30 p.m. Come join the July FiftyForward Book Club with Bonnie Gay. The July Book is *A Long Petal Of The Sea* by Isabel Allende. **Roos Room.**

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

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, July 9 & 23 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 07/02/24). 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 Thursday, July 11 & July 25 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.**

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

Rummikub Tuesday, July 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.**

No Bible Study in July, August.

No Calligraphy in July.



Program also offered virtually



Denotes member-led program

SPECIAL PROGRAMS & EVENTS:

[TSU Snap Snap Education Program](#) Tuesdays July 9 & 23 at

9 a.m. Topic: Eat Well, Feel Well™ consists of 5 lessons which focus on older adults round the ages of 65 and older. The lessons to be learned focuses on nutrition, physical activity, food safety and food preparation techniques. As adults reach the age of 65, he/she may forget or look over the basic things our bodies need. Within the lessons, the takeaway is to encourage healthy nutrition habits and physical activity behaviors. Participants that join me will have an introduction of the curriculum which will be day 1, then the next 5 weeks will be lessons, and after lessons taught. Then there will be a graduation celebration. Hopefully participants will enjoy the 7 weeks with me. **Roos Room.**

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

Wednesday, July 10 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 so we can all eat together.**

[Meet There-Walk with a Doc at Knowles Center](#)

Wednesday, July 10, 10 a.m.

NEW Meeting Location: FiftyForward Knowles, 174 Rains Ave. Join FiftyForward's *All of Us* Research Program for a walk at FiftyForward Knowles. With an aim to make hope and health accessible to all, their doctor-led walking groups are a safe and fun place to get some steps, learn about health, and meet new friends. **Registration is required. Cost Free.**

[Bingo w/ Roux from Comfort Keepers](#) Thursday, July 11 at

11:30 a.m. Come mix and mingle and enjoy a couple of rounds of Bingo & prizes hosted by Roux from Comfort Keepers. **Registration is required by July 8. Brown/Davis.**

[Hospice 101 Presentation w/Laura](#) Monday, July 15 at 11:30

a.m. Join Laura & the team from Alive Hospice for an informative presentation that will provide an overview of Hospice Care. Participants learn the difference between hospice and palliative care, basic eligibility requirements for hospice, and clarify common misconceptions about hospice. Additionally, they will be introduced to the truly unique

services offered to patients and families at Alive. **Registration is required. Roos Room.**

[Watercolor for Beginners w/ Lee](#) Tuesday, July 16 at 1 p.m.

Learn the basic characteristics of watercolors. Supplies will be provided. **Cost \$15.00. Registration required by July 12. Zelle/West.**

[Meet There-Tequila Mexican Restaurant](#) Monday, July 22

at 11 a.m. Welcome to Tequilas Mexican Restaurant, where the vibrant flavors of Mexico come to life. Our family - owned establishment has been serving the Bellevue community for so many years. **Registration required by July 17.**

[Bellevue Library Tech Libby Class](#) Thursday, July 25 at

11:00 a.m. Thousands of public libraries offer ebooks and audiobooks (for free!) in Libby App. The Bellevue Library will discuss what the Libby app is and what it offers. Class participants are encouraged to bring their smart phones, tablets, and Kindles to the class, along with their library cards and Amazon log in information (email address and password, if they have a Kindle device). There will be a walk through how to download the app, how to log in, etc.... along with and handouts. Participants will be helped individually with troubleshooting & any issues they are having with the app and with their devices. **Registration required. Brown/Davis.**

[Procreate App Get Together](#) Thursday, July 25 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.**



Program also offered virtually



Denotes member-led program

SPECIAL PROGRAMS & EVENTS cont...

Meet There at Bar Louie Bellevue Tuesday, July 30 at 11 a.m. The tenets of the Original Gastrobar offers great drinks, chef-inspired food, and awesome service in a comfortable atmosphere where you are encouraged to relax and hang out. Tuesdays are \$8.00 Burger day & lunch specials at \$9.95. **Registration is required so we can all eat together.**

Tax Relief/Tax Freeze with the Metropolitan Trustee Office Wednesday, July 31 at 12 p.m. The program will cover the office of the Metropolitan Trustee Tax Relief and Tax Freeze property tax assistance programs. By detailing the necessary qualifications and documents needed to apply, whilst allowing prepared applicants to sign up on the spot. **Registration is required. Brown/Davis.**

Trips

Trip-Nissan Plant Tour & Lunch

Tuesday, July 9. Departing at 8:45 a.m.

Cost: \$20.00.

We are taking a tour of Nissan's Smyrna Vehicle Assemble Plant. The tour runs 60-90 minutes. Please note: you must wear shirts with at least a 4-inch sleeve and closed-toe shoes; flip-flops or sandals are not permitted on the tour: weapons of any kind, cell phones, cameras, and all other recording devices are strictly prohibited on the plant tour and will need to be kept on the bus. **Need a minimum 6 members max of 11 members to sign up. Registration is Required by July 3.**

Trip-Blue Moon Waterfront Grille

Friday, July 12.

Departs at 10:30 a.m.

Cost \$15.00 + Lunch.

Join us for a trip to the Blue Moon Waterfront Grille located on the Cumberland River at Rock Harbor Marina where you can dine on the covered patio or indoor and enjoy the relaxing view. **Need a minimum of 6 members. Registration deadline is July 8.**

Trip-Foodie Night—Rafferty Restaurant in 100 Oaks

Wednesday, July 17. Departing at 4:00 p.m.

Cost \$15.00 plus meal.

Come join dinner at the original made from scratch restaurant with recipes prepared in our kitchen everyday.

Registration is required by July 12.

Trip-Lane Car Museum Tour & Lunch

Friday, July 26. Departing at 9:15 a.m.

Cost \$25.00 plus lunch.

Lane Motor Museum features 150 unique cars and motorcycles and is home to the largest European automotive collection in the U.S. The vehicles date from the early 1900s all the way up to modern day and feature a varied collection of microcars, amphibious vehicles, military vehicles, alternative fuel vehicles, prototypes, one-of-a-kind vehicles and motorcycles. **Need a minimum of 6 members.**

Registration deadline is July 19.

Trip-Dan Binkley Garage (line dancing)

Friday, July 26. 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.



Program also offered virtually



Denotes member-led program

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.

Check the YMCA Schedule. Times subject to change.

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, 8:30 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 7:30 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. Come learn how to boot, scoot, and boogie with Sue. **Community Room.**