

August 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.

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 7:30 a.m. AOA Yoga 8:30 a.m. AOA Strength 9 a.m. Sit & Knit & Crochet* 9:30 a.m. AOA Cardio 12 p.m. Bridge 1 p.m. Ping Pong	3 8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
4	5 8 a.m. Meet There-Breakfast at PDK's Southern Kitchen on Charlotte Pike* 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	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-Beach Luau* 1 p.m. Line Dancing-Beginners* 1 p.m. Rummikub 1:30 p.m. Book Club*	7 7:30 a.m. AOA Yoga 8:45 a.m. Functional Balance 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10 a.m. Aging Matters Movie hosted by NPT* 10:45 a.m. AOA Strength 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing	8 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/ Jordan 1 p.m. Rummikub 5 p.m. Night Bridge	9 7:30 a.m. AOA Yoga 8:30 a.m. AOA Strength 9 a.m. Sit & Knit & Crochet* 9:30 a.m. AOA Cardio 12 p.m. Bridge 1 p.m. Ping Pong	10 8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
11	12 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. See America Tours* 12 p.m. Bridge 1 p.m. Ping Pong	13 8:35 a.m. AOA Strength 9 a.m. TSU Snap Education Program* 9 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. Loveless Cooking Class w/ Wendy* 1 p.m. Line Dancing-Beginners* 1:30 p.m. Creating Memoirs	14 7:30 a.m. AOA Yoga 8:45 a.m. Functional Balance 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 11:30 a.m. Virtual African Tour w/Dr. Joe* 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing	15 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. Calligraphy w/ MaryAnn* 1 p.m. Rummikub 5 p.m. Night Bridge	16 7:30 a.m. AOA Yoga 8:30 a.m. AOA Strength 9 a.m. Sit & Knit & Crochet* 9:30 a.m. AOA Cardio 12 p.m. Bridge 1 p.m. Ping Pong	17 8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 3:30 p.m. Trip-Titan Game w/ Seahawks
18	19 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	20 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 11:30 a.m. Deloitte Tech* 1 p.m. Line Dancing-Beginners* 1 p.m. Watercolor for Beginners w/Lee*	21 7:30 a.m. AOA Yoga 8:45 a.m. Functional Balance 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:45 a.m. AOA Strength 11:30 a.m. Pelvic Health Presentation w/ Isabella* 11:40 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 a.m. Mexican Train Dominos 10:30 a.m. AOA Yoga 11:30 a.m. AOA Centering Practice 1 p.m. Rummikub 5 p.m. Night Bridge	23 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 a.m. Trip-Amber Falls Winery Lunch & Shopping at Opryland* 12 p.m. Bridge 1 p.m. Ping Pong	24 8:30 a.m. AOA Line Dancing 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 a.m. Chess Group w/ Dr. Joe* 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong	27 8:35 a.m. AOA Strength 9 a.m. TSU Snap Education Program* 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-Clarendale Bellevue Place Tour & Lunch w/ Jordan* 1 p.m. Line Dancing-Beginners* 1:30 p.m. Creating Memoirs	28 7:30 a.m. AOA Yoga 8:45 a.m. Functional Balance 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:45 a.m. AOA Strength 11:40 a.m. AOA Yoga 12 p.m. Bridge 12:30 p.m. YMCA Lunch & Learn-Painting w/Dana* 1 p.m. Line Dancing	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 1 p.m. Rummikub 5 p.m. Night Bridge	30 7:30 a.m. AOA Yoga 8:30 a.m. AOA Strength 9 a.m. Sit & Knit & Crochet* 9 a.m. Trip -Oak Grove Casino* 9:30 a.m. AOA Cardio 12 p.m. Bridge 1 p.m. Ping Pong	31 8:30a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength













Program also offered virtually



Denotes member-led program

Recurring Classes & Activities & Groups

-  **Bunco** Tuesday, August 6 at 10:30 a.m. Come dressed in your Beach Luau attire to mix and mingle while playing Bunco. Bring a dish. **Registration is encouraged so we have enough food. Brown/Davis.**
-  **Book Club** Tuesday, August 6 at 1:30 p.m. Come join the August FiftyForward Book Club with Bonnie Gay. The August book is The Frozen River by Ariel Lawhon. **Roos Room.**
-  **Bridge** Mondays, Wednesdays and Fridays 12 p.m.- 3 p.m. Thursdays, Evening Bridge 5p.m. Zelle/West.
-  **Chess Group** Mondays at 11:00 a.m. Chess is a two-player strategy board game played on a checkered board. Enjoy playing 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, August 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 08/06/24) 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** 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, August 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** Thursday, August 8 & 22 at 10 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.**
- Ping Pong** Mondays & Fridays, 1 p.m.- 3 p.m. in Community Room. Wednesdays, 10 a.m.- 12 p.m. Brown/Davis.
- Rummikub** Tuesday, August 6 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 August.**



Program also offered virtually



Denotes member-led program

Special Programs & Events:

Meet There-Early Morning Breakfast at PDK's Southern Kitchen & Pantry on Charlotte Pike. Monday, August 5 at 8 a.m. PDK Kitchen & Pantry: Your Premier Southern Kitchen on Charlotte Pike. The southern kitchen brings the rich tradition of the South to every plate. From our signature dishes that encapsulate the very essence of southern food to the fresh and vibrant salads, there's something to satiate every palate. You can immerse yourself in the ambiance of our southern grill, ensuring you get more than just a meal but an experience steeped in southern tradition. **Registration by August 1st.**

Aging Matters Movie hosted by NPT Wednesday, August 7 at 10 a.m. Come have coffee & conversation with Nashville Public Television while enjoying a movie called Aging Matters. **Registration Required. Roos Room.**

Bingo w/ Jordan Thursday, August 8 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 August 5. Brown/Davis.**

See America Tours Monday, August 12 at 11:30 a.m. Come learn about trips in 2024 to Yellowstone & California. Trips in 2025 include St. Augustine, FL., the Grand Canyon, and New England featuring Niagara Falls with Adam Wagner. **Roos Room.**

TSU Snap Snap Education Program Tuesdays August 13 & 27 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.**

Loveless Café Cooking Class w/ Wendy Tuesday, August 13 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 August 9. Cost \$15.00. Brown/Davis.**

Meet There-Walk with a Doc at Knowles Center Wednesday, August 14 at 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.**

Virtual African Tour w/Dr. Joe Wednesday, August 14 at 11:30 a.m. Dr. Joe grew up in Ghana, West Africa, and moved to the USA in 1982. He realized very quickly that many people knew only very little about Africa. He has been on a life mission to provide the needed balance of education about Africa. Dr. Joe will take us on a virtual tour of Africa from his book, "The Other Image of Africa." He will share basic information and show photographs from each of the 55 countries in Africa. You're encouraged to bring the whole family. **Registration is required. Roos Room.**

Calligraphy w/MaryAnn Thursday, August 15 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 August 12. Limit to 15 members. Brown/Davis.**

Deloitte Tech Tuesday, August 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. **Registration required. Roos Room.**



Program also offered virtually



Denotes member-led program

Special Programs & Events cont....

Watercolor for Beginners w/ Lee Tuesday, August 20 at 1 p.m. Learn the basic characteristics of watercolors. Supplies will be provided. **Cost \$15.00. Registration required by July 12. Zelle/West.**

Pelvic health Presentation w/ Isabella Wednesday August 21 at 11:30 a.m. The discussion will be on physical therapy and the pelvic floor. The presentation will include what the pelvic floor is, common complaints and how physical therapy can help. Registration is required. **Roos Room.**

Meet There-Clarendale Bellevue Place Tour & Lunch w/ Jordan Tuesday, August 27 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. **Cost free. Limit 15. Registration required by August 21.**

YMCA Medicare Lunch & Learn-Painting w/Dana Wednesday, August 28 at 12:30 a.m. **Cost \$20.00** There is no specific ability required. Even if you have never painted, it is guaranteed that you will leave with something you are proud of. Dana has been providing painting classes for the YMCA of Middle TN for many years and we are excited to have her at your center. Cost Includes: All painting supplies, food and drinks. We will provide Charcuterie Boards with meats, cheeses, fruit, etc. **Registration Required. Activity Room.**

Trip List:

Titan's Game w/Seahawks Saturday August 17
Departing at 3:30 p.m.
Cost \$60.00
 Joint trip w/ Knowles Center to the Titan's Game.
 Limit to 8 members. **Registration before July 31st.**

Trip-Amber Falls Winery + Lunch + Shopping at Opry Mills Mall
Friday, August 23;
Departing at 10 a.m.
Cost \$15.00 plus lunch plus \$10.93 per wine tasting-can share as small group.

Amber Falls Winery has a charming satellite wine tasting room in the Opry Mills Mall, where individuals can taste their award winning wine and select their favorite bottle to take home. After you have selected your favorite wine members will have the opportunity to shop at their favorite stores and

have a variety of lunch options before departing back for the center by 2:30 p.m. This is a joint trip with FiftyForward Turner Center. **Registration is required by August 19.**

Trip-Oak Grove Casino

Friday, August 30

Departing at 9 a.m.

Cost: \$20.00

We're headed to Oak Grove Casino, 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! 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. **Space limited to 12 people. Sign up by August 23. 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.

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 Centering Practice Thursdays at 11:30 a.m. Strength training for the mind and spirit. **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, Wednesdays and Fridays at 7:30 a.m. Tuesdays & Thursdays at 10:30 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 Saturdays at 8:30 a.m. Come learn how to boot, scoot, and boogie with Sue. **Community Room.**