

OCTOBER 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 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 10:30 a.m. Bunco-Theme-Tea Party* 11:30 a.m. Centering Practice 1 p.m. Line Dancing-Beginners 1 p.m. Rummikub 1:30 p.m. Book Club*	2 7:30 a.m. AOA Yoga 8:45 a.m. AOA Functional Balance 9:15 a.m. Trip-Fifty Forward Health Fair at Donelson Center* 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:45 a.m. AOA Strength 11:30 a.m. Meet the Chaplain 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing	3 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 w/ Greta from Brookdale Senior Center* 1 p.m. Rummikub 5 p.m. Night Bridge	4 8 a.m. AOA Yoga 8:50 a.m. AOA Functional Balance 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	5 8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
6	7 7:30 a.m. AOA Yoga 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 11:30 a.m. See America Tours* 12 p.m. Bridge 1 p.m. Ping Pong	8 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. Centering Practice 11:30 a.m. Transit Proposal Presentation* 1 p.m. Line Dancing-Beginners 1:30 p.m. Creating Memoirs	9 7:30 a.m. AOA Yoga 8:45 a.m. AOA Functional Balance 9 a.m. Morning Brew 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:45 a.m. AOA Strength 11:30 a.m. Virtual African Tour w/Dr. Joe Part 2* 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing	10 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	11 8 a.m. AOA Yoga 8:50 a.m. AOA Functional Balance 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	12 8:30a.m. AOA line dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
13	14 7:30 a.m. AOA Yoga 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 9:30 a.m. Turner Support Group* 10:30 a.m. AOA Cardio 11 a.m. Chess Group w/ Dr. Joe 11:30 a.m. AOA Yoga 11:30 a.m. Exercise Presentation w/ CenterWell* 12 p.m. Bridge 1 p.m. Ping Pong	15 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 11:30 a.m. Centering Practice 11:30 a.m. Deloitte Tech* 1 p.m. Line Dancing-Beginners	16 7:30 a.m. AOA Yoga 8:45 a.m. AOA Functional Balance 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:45 a.m. AOA Strength 11:30 a.m. FiftyForward & YMCA Halloween Potluck w/ The Band Mariah* 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing	17 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 Meet Up w/MaryAnn* 1 p.m. Rummikub 4 p.m. Meet There-Coco Restaurant in Bellevue* 5 p.m. Night Bridge	18 8 a.m. AOA Yoga 8:50 a.m. AOA Functional Balance 9 a.m. Sit & Knit & Crochet* 9:30 a.m. AOA Cardio 9:30 a.m. Trip-TN Dept. of Disability & Aging Enabling Technology Model Home Tour* 10:30 a.m. AOA Strength 11:30 a.m. AOA Line Dancing 12 p.m. Bridge 1 p.m. Ping Pong	19 8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
20	21 7:30 a.m. AOA Yoga 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-Asihi Asian Cuisine (Buffet)* 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong	22 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 11 a.m. YMCA Nutritional Education Class* 11:30 a.m. Centering Practice 1 p.m. Line Dancing-Beginners* 12:30 p.m. Watercolor for Beginners w/Lee* 1:30 p.m. Creating Memoirs	23 7:30 a.m. AOA Yoga 8:45 a.m. AOA Functional Balance 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:45 a.m. AOA Strength 11:30 a.m. Meet the Chaplain 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing	24 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. Aging in Place/ How to Help Pay for Care* 1 p.m. Rummikub 1 p.m. Bellevue Library Tech 5 p.m. Night Bridge	25 8 a.m. AOA Yoga 8:50 a.m. AOA Functional Balance 9 a.m. Sit & Knit & Crochet* 9:30 a.m. AOA Cardio 9:45 a.m. Trip-5 Chef Restaurant & Summer Crest Winery* 10:30 a.m. AOA Strength 11:30 a.m. AOA Line Dancing 12 p.m. Bridge 1 p.m. Ping Pong	26 8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
27	28 7:30 a.m. AOA Yoga 8:30 a.m. AOA Circuit 9 a.m. TN Ship Medicare Presentation* 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	29 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 11:30 a.m. Centering Practice 1 p.m. Line Dancing-Beginners*	30 7:30 a.m. AOA Yoga 8:45 a.m. AOA Functional Balance 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:45 a.m. AOA Strength 11:30 a.m. Intro to AI w/Steve* 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing	31- Halloween 8:35 a.m. AOA Strength 9 a.m. Trip-Hike at Long Hunter State Park & Lunch at Burger Republic* 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		

Recurring Classes & Activities & Groups:

ML Book Club Tuesday, October 1 at 1:30 p.m. Come join the October FiftyForward Book Club with Bonnie Gay. The October book is *A Beautiful Mystery* by Louise Penny. **Roos Room.**

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

ML Bunco Tuesday, October 1 at 10:30 a.m. Come mix and mingle while playing Bunco! This month's theme is "Tea Party" - bring a covered dish to share. **Registration is encouraged so we have enough food. Activity Room.**

ML 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.**

ML Creating Memoirs Tuesdays, October 8 & 22 at 1:30 p.m. Work on writing & sharing your personal memoir. **Roos Room.**

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

ML Hand & Foot Game Tuesdays, 9 a.m. **Please note no Hand & Foot on October 1.** 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.**

ML 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.**

Meet the Chaplain Wednesday, October 2 & 23 at 11:30 a.m. Come meet Chaplain Ray Henson and discuss what you might want from a future Bible Study group. **Registration is encouraged. Roos Room.**

ML Men's Social Club Monday, October 7 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

ML Denotes member-led program

welcome. Meetings once a month. **Registration is encouraged. Roos Room.**

ML Ping Pong Mondays & Fridays, 1 p.m.- 3 p.m. in **Community Room.** Wednesdays, 10 a.m.- 12 p.m. in **Activity Room.**(10/23/24)

Rummikub Tuesday, October 1 in **Roos Room,** Thursdays, 1 - 3 p.m. **Zelle/West.**

ML Sit-N-Knit-and-Crochet Fridays, 9 a.m. Learn to knit and crochet. **Roos Room.**

Special Programs & Events:

Bingo w/ Greta from Brookdale Senior Center Thursday, October 3 at 11:30 a.m. Come mix and mingle and enjoy a couple of rounds of Bingo hosted by Greta from Brookdale Senior Center. Light refreshments provided! **Registration is required by October 1. Activity Room.**

See America Tours Monday, October 7 at 11:30 a.m. Adam Wagner from See America Tours will be on site to share information about upcoming trips planned for 2025, including St. Augustine, FL., the Grand Canyon, and New England featuring Niagara Falls. **Roos Room.**

TSU Snap Education Program Tuesdays, October 8,15,22,29 at 9 a.m. **Series Curriculum: Food, Fun, and Fitness.** This curriculum was created for youth ages in mind, but adults can benefit from the lessons as well. Each lesson is set up to target behaviors with the hope of reducing unhealthy weight gain and promoting positive change behaviors. **Registration is encouraged. Roos Room.**

Mayor's Office Transit Presentation "Choose How You Move" Tuesday, October 8 at 11:30 a.m. The Mayor's Office will present his transportation and mobility project called *Choose How You Move: An All-Access Pass to Sidewalks, Signals, Service, and Safety in Nashville*. This plan will be included on the upcoming ballot, so we encourage you to join and learn more. More information can be found here: <https://transit.nashville.gov/> **Registration is required. Roos Room.**

Morning Brew Wednesday, October 9 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.**



FiftyForward J.L. Turner PROGRAM INFORMATION

ML Denotes member-led program

ML [Virtual African Tour w/Dr. Joe Part 2](#) Wednesday, October 9 at 11:30 a.m. Our member 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.**

ML [Calligraphy Class w/MaryAnn](#) Thursday, October 10 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 October 8. Limit to 15 members. Brown/Davis.**

[FiftyForward J. L. Turner Support Group](#) Monday, October 14 at 9:30 a.m. Led by Winifred Cottrell from Family & Children's Services, we hope you'll join us for this new group meant to support YOU! What topics are affecting you? Coping with grief/loss, managing anxiety, safety issue, developing positive relationships, money management or something else? Winifred is an experienced leader with older adults and is looking forward to starting a support group here for our members. **Registration required. Roos Room.**

[CenterWell Exercise 101 Presentation](#) Monday, October 14 at 11:30 a.m. Join CenterWell Senior Primary Care for a program about exercise recommendations, benefits of exercise, exercise demonstrations, and more! **Registration required. Roos Room.**

[Deloitte Tech Help](#) Tuesday, October 15 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 your phone or tablet, using social media, taking and sending photos, etc. Please join us if you have any technology needs. **Registration required. Brown/Davis**

[FiftyForward & YMCA Halloween Potluck w/ Rob & The Mariah Band](#) Wednesday, October 16 at 11:30 a.m. Come mix and mingle and enjoy tricks or treats in your Halloween costume! We'll vote and award a prize to the best costume and enjoy live music from Rob and the Band Mariah, a Franklin-based band that mixes fun, danceable country, with classic pop from the 60's and 70's. They will keep you clapping, dancing, and singing along. Our potluck entrée is sponsored by Jordan Uselton from Clarendale Bellevue Place. **Sign up to bring side dishes—if you bring food, there is no**

cost; \$5 otherwise. Registration is required by October 11. Activity Room.

ML [Calligraphy Mix & Meet Up w/MaryAnn](#) Thursday, October 17 at 12:30 p.m. This calligraphy meet-up is meant for members to bring their own supplies and work alongside each other—no class format. Bring your own paper & ink supplies! *If you're looking for a class setting where supplies are provided, please sign up for the October 10 class.* **Brown/Davis. Registration is required.**

[Meet There-Coco Italian Restaurant \(Bellevue\)-](#) Thursday, October 17 at 4 p.m. Coco Italian Restaurant located at 5406 Harding Place offers fresh, authentic products that ensures you the real Italian culinary experience. www.cocositalianmarket.com. **Registration is encouraged by October 14 to have a head count so we can all sit together.**

[Meet There—Asihi Hibachi Grill & Buffett](#) Monday, October 21 at 11 a.m. Meet us for a delicious lunch buffet at Asihi Hibachi Grill & Buffett. Address is: 7648 Highway 70 S Ste 1. **Registration is encouraged to have a head count so we can all sit together.**

[YMCA Nutritional Education Class](#) Tuesday, October 22 at 11 a.m. Molly Drew is the YMCA's Registered Dietitian. Her role is to filter through the noise and guide you along a path to improve your health while also making sure the recommendations are science-based and realistic for you and your family. **Registration is required. Activity Room.**

ML [Watercolor for Beginners w/Lee](#) Tuesday, October 22 at 12:30 p.m. Learn the basic characteristics of watercolors. Supplies will be provided. **Cost \$15.00. Registration required by October 16. Brown/Davis.**

[Senior Helpers Presents: Aging in Place/ Ways to Help You Pay for Care](#) Thursday, October 24 at 11:30 a.m. Join a representative from Senior Helpers to learn more about ways that can help you pay for future care that may be needed. This includes long-term care insurance, veterans benefits, Medicaid/Choices, home loans, and the new Medicare GUIDE program for those with dementia and more. **Registration required. Brown/Davis.**

[Bellevue Library Tech Help](#) Thursday, October 24 at 1 p.m. - 3 p.m. Bring your tablet, phone or laptop for Tech help from the Outreach team at the Bellevue Branch Library. **FiftyForward Lobby.**

FiftyForward J.L. Turner PROGRAM INFORMATION

TN SHIP Medicare One-On-One Counseling Appointments

Monday, October 28, appointments between 9 a.m.—12 p.m., sign up in advance as there are limited spots available. See staff member to schedule an appointment.

Medicare counselors from TN SHIP (State Health Insurance Assistance Program) will be on site to assist with Medicare-related questions during this open enrollment period. SHIP provides unbiased help to Medicare beneficiaries, their families, and caregivers. Whether you are new to Medicare, reviewing Medicare plan options, or have questions on how to use your Medicare, TN SHIP can help. Advance appointments are required and you can sign up at our center. **LIMITED SPOTS AVAILABLE! . Activity Room.**

Intro to AI (Artificial Intelligence) w/Steve Wednesday,

October 30 at 11:30 a.m. Curious about AI? Want to know more about Chat GPT? This lecture will introduce some of the basic ideas around artificial intelligence. We'll talk about how AI is being used today, what its current limitations are, and how it will shape the future! **Registration is Required. Roos Room.**

Trips:

***Please note, members are not allowed to drive and meet at trip locations when the trip involves taking our FiftyForward bus.**

FiftyForward Health Fair at Donelson Center

Wednesday October 2

Departing at 9:15 a.m.

Cost: Free

Join us for an educational day focusing on health and wellness at the fall FiftyForward Health & Wellness Fair hosted at Donelson Station. This wellness expo will be hosting over 30 vendors, exhibits and demonstrations. Afterwards, we will eat lunch at their in-house restaurant called Donelson Café! **Registration is required by September 30.**

TN Dept. of Disability & Aging Enabling Technology Model Home Tour & Lunch at Edley's BBQ

Friday, October 18, 9 a.m.

Cost: \$15 + lunch

Learn how Tennessee's Department of Disability & Aging is utilizing technology solutions to help individuals maintain independence at home. We'll take a trip to the Enabling Technology Model Home and also participate in a technology training session and learn more about newer technologies that can be used all over your home. Participants will tour the mobile home to see technology demonstrations and gain hands-on experience with DDA Enabling Technology Champions. Afterwards we'll go to Edley's BBQ for lunch! **Registration is required.**

Trip-Lunch at 5 Chefs and Sumner Crest Winery

Friday, October 25

Departing at 10 a.m.

Cost: \$15 + lunch + \$10 paid at Sumner Crest Winery for optional wine flight

Located in a restored Victorian home, 5 Chefs is a quaint café serving meat and three, classic sandwiches, soups, salads, and desserts. After we enjoy a delicious lunch, we'll head down the road to Sumner Crest Winery. If you choose, you can pay \$10 on site for a wine flight (4 samples of wines) and/or explore their winery gift shop and grab items to bring home. **Registration is required by October 21.**

Hike at Long Hunter State Park & Lunch at Burger Republic

Thursday, October 31, 9 a.m.

Cost: \$15 + lunch

Registration is required. Long Hunter State Park is situated along the shore of Percy Priest Lake. We'll take a hike on their popular lake trail, a little over two miles, around Couchville Lake. The Lake Trail is paved and flat, but wear good walking shoes. After our walk, we'll head to Burger Republic in Mt. Juliet for lunch.

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

Check the YMCA Schedule. Times subject to change.

AOA Cardio Mondays at 10:30 a.m. Wednesdays, Fridays, & Saturdays at 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 Tuesdays & 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, 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 and Fridays at 8 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 Fridays at 11:30 a.m. Saturdays at 8:30 a.m. Come learn how to boot, scoot, and boogie with Sue. **Community Room.**