

# November 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 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. AOA Strength 12 p.m. Bridge 1 p.m. Ping Pong	2 8:30 a.m. AOA line dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
3	4 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. See America Tours* 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong	5 8:35 a.m. AOA Strength 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 10:30 Bunco-Theme-Hippie 11:30 a.m. Centering Practice 1 p.m. Line Dancing-Beginners 1 p.m. Rummikub 1:30 p.m. Book Club	6 7:30 a.m. AOA Yoga 8:45 a.m. 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. Food Labels Presentation by CenterWell* 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing	7 8:35 a.m. AOA Strength 9 a.m. AARP Smart Driver Tek Class* 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 11:30 a.m. AOA Centering Practice 12 p.m. Trip-Veterans Concert at Madison* 1 p.m. Rummikub 5 p.m. Night Bridge	8 7:30 a.m. AOA Yoga 8:30 a.m. AOA Strength 9 a.m. Sit & Knit & Crochet* 9 a.m. AARP Smart Driver Tek Class* 9 a.m. Vanderbilt Nursing Students w/ Robbie 9:30 a.m. AOA Cardio 9:30 a.m. Trip-Amish Country in Ethridge* 10:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Ping Pong	9 8:30 a.m. AOA line dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
10	11 7:30 a.m. Veteran Breakfast* 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. iPhone Photography w/Mercy* 12 p.m. Bridge 1 p.m. Ping Pong	12 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. Centering Practice 1 p.m. Line Dancing-Beginners 1:30 p.m. Creating Memoirs*	13 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. Fifty Forward & YMCA Thanksgiving Potluck with Chamber Alias Group* 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing*	14 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/ Jordan at Bellevue Clarendale Place* 1 p.m. Rummikub 5 p.m. Night Bridge	15 7:30 a.m. AOA Yoga 8:30 a.m. AOA Strength 9 a.m. Sit & Knit & Crochet* 9 a.m. Vanderbilt Nursing Students w/ Robbie 9:30 a.m. AOA Cardio 10:15 a.m. Trip-Riverview Restaurant & Country View Market* 10:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Ping Pong	16 8:30 a.m. AOA line dancing 9 a.m. Trip-Christmas Village* 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
17	18 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* 11:30 a.m. AOA Yoga 11:30 a.m. Metro Police Department Holiday Scams Presentation* 12 p.m. Bridge 1 p.m. Ping Pong	19 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. Physical Therapy & Arthritis* 12:30 p.m. Watercolor for Beginners w/Lee* 1 p.m. Line Dancing-Beginners	20 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 11:15 p.m. Trip-The Shaun Murphy Band at Plaza Mariachi* 1 p.m. Line Dancing	21 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 11 a.m. Meet There-Uncle Lennys Restaurant* 11:30 a.m. AOA Centering Practice 1 p.m. Rummikub 1 p.m. Calligraphy w/ MaryAnn* 1 p.m. Bellevue Library Tech 5 p.m. Night Bridge	22 7:30 a.m. AOA Yoga 8:30 a.m. AOA Strength 9 a.m. Sit & Knit & Crochet* 9 a.m. Trip-Hike at Radnor Lake & Lunch at Uncle Julio's* 9 a.m. Vanderbilt Nursing Students w/ Robbie 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Ping Pong	23 8:30 a.m. AOA line dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
24	25 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* 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong	26 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. Centering Practice 1 p.m. Line Dancing-Beginners 1:30 p.m. Creating Memoirs*	27 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 1 p.m. Line Dancing	28 <b>FiftyForward Centers &amp; Offices Closed for Thanksgiving Holiday</b>	29 <b>Fifty Forward Centers &amp; Offices Closed for Thanksgiving Holiday</b>	30 8:30 a.m. AOA line dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength

**ML** Denotes member-led program

## Recurring Classes & Activities & Groups:

**ML Book Club** Tuesday, November 5 at 1:30 p.m. Come join the November FiftyForward Book Club with Bonnie Gay. The November book is “**The Promise of the Pelican by Roy Hoffman**”. **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, November 5 at 10:30 a.m. Come mix and mingle while playing Bunco! This month's theme is “Hippie” - 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, November 12 & 26 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 November 5. 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.**

**Men's Social Club** Monday, November 4 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. **Registration is encouraged. Roos Room.**

**Ping Pong** Mondays & Fridays, 1 p.m.- 3 p.m. in **Community Room.** Wednesdays, 10 a.m.- 12 p.m. (11/6 **Activity Room**)

**Rummikub** Tuesday, November 5 and 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:

**See America Tours** Monday, November 4 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. **Registration is encouraged. Roos Room.**

**TSU Snap Snap Education Program** Tuesdays November 5 & 19 at 9 a.m. **Topic: Choose Health: 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. Then there will be a graduation celebration. **Roos Room.**

**Morning Brew** Wednesday, November 6 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.**

**Food Labels Presentation by CenterWell Senior Primary Care** Wednesday, November 6 at 11:30 a.m. Join a representative from CenterWell Senior Primary Care for a discussion about why food labels matter, upcoming changes to food labels, how to use a food label to make healthier choices, which nutrients to look for, etc. **Registration is required. Brown/Davis.**

**AARP Smart Driver Tek Class** Two-Day Class on Thursday, November 7 & Friday, November 8, 9 a.m. to 1 p.m. **both days. Cost: \$20 for AARP members, \$25 for non-AARP members, due in check or cash to AARP instructor on the first day of class.** The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned. **Activity Room.**

**Vanderbilt Nursing Students w/Robbie** Fridays, November 8, 15 & 22 at 9 a.m. Stop in and mix and mingle with the Vanderbilt Medical students directed by Robbie Panepinto DNP,RN, an Assistant Professor of Nursing at Vanderbilt University School of Nursing. Weekly presentations include topics you are interested in. **Brown/Davis.**

**iPhone Camera Basics for Seniors** Monday, November 11 at 11:30 a.m. Learn how to take beautiful photos with your iPhone! This class is designed for beginners who want to understand how to use their phone's camera. We'll cover the basics, such as how to open the camera app, take photos, zoom in, and access your photo gallery. By the end of the class, you'll feel confident capturing and saving special moments with ease. Please make sure your iPhone is fully charged. **Registration is required by November 11. Roos Room.**

## FiftyForward J.L. Turner PROGRAM INFORMATION

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### SPECIAL PROGRAMS & EVENTS CONTINUED:

**FiftyForward J. L. Turner Support Group Monday, November 11 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.**

**FiftyForward & YMCA Thanksgiving Potluck Wednesday, November 13 at 11:30 a.m.** Come bring a dish and socialize and celebrate with members for the Thanksgiving Holiday. Entrée sponsored by Jordan Uselton from Clarendale Bellevue Place. **Free with dish. \$5.00 without a dish. Registration is required by November 8. Activity Room.**

**Bingo w/ Jordan from Clarendale Bellevue Place Thursday, November 14 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 November 11. Activity Room.**

**Metro Police Department Safety Presentation Monday November 18 at 11:30 a.m. Roos Room.** Join officers from the West Nashville Precinct for a discussion about scams that are targeting and affecting older adults, and what scams become popular around the holiday season. **Registration required. Roos Room.**

**Physical Therapy & Arthritis Tuesday, November 19 at 11:30 a.m.** Our neighbors at Results Physiotherapy will explain how physical therapy can: help people with arthritis maintain their quality of life, improve strength and flexibility, decrease pain, and so much more. **Registration Required. Roos Room.**

**ML Watercolor for Beginners w/ Lee Tuesday, November 19 at 12:30 p.m.** Learn the basic characteristics of watercolors. Supplies will be provided. **Cost \$15.00. Registration is required by November 15. Zelle/West.**

**ML Calligraphy Class w/MaryAnn Thursday, November 21 at 1 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 November 18. Limit to 15 members. Brown/Davis.**

**Meet There - Uncle Lenny's Restaurant Thursday November 21 at 11 a.m. Address: 1710 Fairview Blvd., Fairview, TN.** Come meet there and eat some southern comfort food or a northern specialty. No matter what you order, we know that after eating at Uncle Lenny's, you will be happy. **Registration is encouraged by November 18 so we can all sit together.**

**Bellevue Library Tech Help Thursday, November 21 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.**

### Trips

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

**Trip-Veterans Concert at FiftyForward Madison Station Thursday, November 7, Departing at Noon**  
**Cost: FREE if you're a Veteran; \$15 otherwise**  
Join Music for Seniors and AARP for a Veterans Celebration concert hosted at FiftyForward Madison Station. **Registration is required.**

**Trip-Amish Country in Ethridge, TN Friday, November 8, Departing at 9:30 a.m.**  
**Cost \$25 + lunch and any purchases**  
Hop on the bus as we drive to the Amish Community in Ethridge, TN. Shop Amish produce, wood work, canned and baked goodies and much more! We will stop for lunch at Shaffer Farms Texas BBQ and Meat Market for lunch on our way home! **Bring CASH ONLY for buying Amish products please!**

**Trip-Lunch at Riverview Restaurant & Visit to Country View Market Friday, November 15, Departing at 10:15 a.m.**  
**Cost \$15.00 plus lunch**  
Riverview Restaurant and Marina is located in Ashland City on the beautiful Cumberland River. You'll enjoy great food with a great view - watch the barges and boats float by while eating their famous catfish. After lunch we'll head to Charlotte, TN and make a stop at Country View Market. Country View Market offers bulk item foods, baked goods, gift items, Amish/Mennonite made furniture, natural skin products, Amish jellies, jams, canned goods and more! **Sign up by November 11.**

**Trip-Christmas Village at Nashville Fairgrounds Saturday, November 16, Departing at 9 a.m.**  
**Cost \$25.00 (includes entry ticket)**  
Christmas Village is one of the oldest charitable events in Nashville, supported and run entirely by volunteers from the Nashville Pi Beta Phi Alumnae Club. Approximately 250 merchants and 30,000 shoppers from all over the United States participate in this prestigious consumer show. A variety of unique seasonal and gift items are offered, including- toys for all ages, clothing for children and adults, jewelry, home decor, food items, pottery, collectibles, and unusual pieces for the "person who has everything." **Registration is required by November 11 and there are no refunds after that date.**



## FiftyForward J.L. Turner PROGRAM INFORMATION

### Trip— Lunch at Plaza Mariachi and Music for Seniors Concert with The Shaun Murphy Band Wednesday, November 20, Departing at 11:15 a.m.

#### **Cost \$15.00 plus lunch**

Come enjoy lunch and a concert at Plaza Mariachi. You'll have your choice of grabbing lunch from one of the various restaurants at Plaza Mariachi before the concert begins at 1 p.m. The Shaun Murphy Band is comprised of a team of music professionals who have been playing for decades. Shaun Murphy is an American blues and R&B singer songwriter, best known for her powerhouse singing style. Sometimes credited as Stoney, her recording career started in 1971 with Motown Records. **Need a minimum of 6 members.**

### Trip-Hike at Radnor Lake & Lunch at Uncle Julio's

Friday, November 22, Departing at 9 a.m.

#### **Cost: \$15 + lunch.**

For our next walk we are headed to Radnor Lake State Park, a 1,368-acre park protected as a Class II Natural Area. We'll do the lake trail, which is a little over three miles and is mostly mulch and gravel so remember to wear appropriate and comfortable walking shoes. After our hike, we'll head to Uncle Julio's in Brentwood for made-from-scratch authentic Mexican food for lunch. View menu here: <https://unclejulios.com/menu/no-pricing-menu/>. **Registration is required.**

#### **TRIP GUIDELINES:**

**Minimum number**— Trips not meeting the minimum number of 6 attendees (unless otherwise noted) will be cancelled at least 24 hours in advance. Refunds will be issued.

**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 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 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 AOA Classes**—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 Centering Practice** Tuesdays 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.**