

# December 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	2 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 11 a.m. Chess Group 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong	3 8:35 a.m. AOA Strength 9 a.m. <b>TSU Snap Education Program Graduation*</b> 9 a.m. Hand & Foot 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 10:30 a.m. <b>Bunco-Holiday*</b> 11:30 a.m. AOA Centering Practice 1 p.m. Line Dancing-Beginners 1 p.m. Rummikub	4 7:30 a.m. AOA Yoga 8:45 a.m. Functional Balance 9 a.m. <b>Trip to Opryland Hotel &amp; Mall*</b> 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:45 a.m. AOA Strength 11:30 a.m. <b>Arthritis Presentation by Centerwell*</b> 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing 5 p.m. <b>Meet There—Christmas Tree Lighting at Clarendare at Bellevue Place*</b>	5 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. <b>Bingo</b> 1 p.m. Rummikub 5 p.m. Night Bridge	6 7:30 a.m. AOA Yoga 8:30 a.m. AOA Circuit 9 a.m. Sit & Knit & Crochet 9:30 a.m. AOA Cardio 9:45 a.m. <b>Trip to Old Glory Distillery Tour &amp; Lunch*</b> 10:30 a.m. AOA Strength 12 p.m. Bridge 1 p.m. Ping Pong	7 8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
8	9 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 9:30 a.m. <b>Turner Support Group*</b> 10:30 a.m. AOA Cardio 11 a.m. Chess Group 11:30 a.m. <b>See America Tours*</b> 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong	10 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. <b>Artificial Intelligence All Around w/Steve*</b> 11:30 a.m. AOA Centering Practice 1 p.m. Line Dancing-Beginners 1:30 p.m. Creating Memoirs	11 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. <b>Home Care Presentation by Senior Helpers*</b> 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing	12 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. <b>YMCA Nutritional Education Class*</b> 1 p.m. Rummikub 4 p.m. <b>Trip-Zoolumination*</b> 5 p.m. Night Bridge	13 7:30 a.m. AOA Yoga 8:30 a.m. AOA Circuit 9 a.m. Sit & Knit & Crochet 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 10:45 a.m. <b>Trip-Holiday Lunch at The Rawlings Mansion*</b> 12 p.m. Bridge 1 p.m. Ping Pong	14 8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
15	16 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 11 a.m. Chess Group 11:30 a.m. AOA Yoga 11:30 a.m. <b>Membership Portal Training w/Heather*</b> 12 p.m. Bridge 1 p.m. Ping Pong	17 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. AOA Centering Practice 12:30 p.m. <b>Watercolor for Beginners w/Lee*</b> 1 p.m. Line Dancing-Beginners	18 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. <b>FiftyForward &amp; YMCA Holiday Party*</b> 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing	19 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. <b>Calligraphy Mix &amp; Meet Up w/ MaryAnn*</b> 1 p.m. Rummikub 1 p.m. <b>Bellevue Library Tech Help*</b> 5 p.m. Night Bridge	20 7:30 a.m. AOA Yoga 8:30 a.m. AOA Circuit 9 a.m. Sit & Knit & Crochet 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 11:30 a.m. <b>Birthday Celebration*</b> 12 p.m. Bridge 1 p.m. Ping Pong	21 8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
22	23 <b>FiftyForward Centers &amp; Offices Closed for Holidays</b>	24 <b>FiftyForward Centers &amp; Offices Closed for Holidays</b>	25 <b>FiftyForward Centers &amp; Offices Closed for Holidays</b>	26 <b>FiftyForward Centers &amp; Offices Closed for Holidays</b>	27 <b>FiftyForward Centers &amp; Offices Closed for Holidays</b>	28 8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
29	30 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 11 a.m. Chess Group 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong	31 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. AOA Centering Practice				

**ML** Denotes member-led program

### ***FiftyForward Holiday Schedule:***

*Please note FiftyForward will be closed the entire week of December 23. We will be open on December 30 & 31 and CLOSED on Wednesday, January 1. Please check YMCA schedules for AOA classes. We hope everyone has a great holiday season and Happy New Year!*

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

**ML Book Club** The book club will be meeting at a member's house in December to discuss books for the upcoming year. See Heather for more details.

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

**ML Chess Group Mondays at 11 a.m.** Enjoy learning or playing a friendly and competitive game of chess. We have several chess boards, including a beautiful wooden set donated by Judy & Bob Allen. **Brown/Davis**

**ML Creating Memoirs Tuesday, December 10 at 1:30 p.m.** Work on writing & sharing your personal memoir. No writing experience necessary—this is about sharing memories and connecting with others! **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.** 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. Brown/Davis**

**ML Line Dancing Tuesday & Wednesdays, 1 p.m. No class on December 31.** Learn how to boot, scoot, and boogie with Bonnie Wood. Please note Tuesdays classes are geared towards beginners. 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, December 3 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:**

**TSU Snap Nutrition Education Graduation Tuesday, December 3 at 9 a.m.** Graduation Day for members who have participated in the five-week TSU nutrition course. **Roos Room**

**ML Bunco Tuesday, December 3 at 10:30 a.m.** Come mix and mingle while playing Bunco! This month's theme is “Holiday”- bring a covered dish to share and dress accordingly if you'd like! **Registration is encouraged so we have enough food. Activity Room**

**Arthritis Program Presented by CenterWell Senior Primary Care Wednesday, December 4 at 11:30 a.m.** Join Michele from CenterWell Senior Primary Care for an informative presentation about arthritis including: how diet affects joint health, foods to fight inflammation, supplements, and tips for dealing with arthritis. Light refreshments will be provided. **Check schedule day of for room assignment.**

**MEET THERE: Christmas Tree Lighting at Clarendale at Bellevue Place Wednesday, December 4 at 5 p.m.** Our friends at Clarendale at Bellevue Place invite you to attend their Christmas Tree lighting! They'll have live music, appetizers, a hot cocoa bar, and chocolate martinis! **Address: 7632 Hwy 70 S.**

**Bingo Sponsored by Harmony at Bellevue Thursday, December 5 at 11:30 a.m.** Come mix and mingle and enjoy Bingo hosted by Haven from Harmony at Bellevue Place. Light refreshments served. **Registration is required. Brown/Davis**

**FiftyForward J. L. Turner Support Group Monday, December 9 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**

**See America Tours Travel Presentation Monday, December 9 at 11:30 a.m.** Join Adam Wagner to hear about group trips that they have planned for 2025. Flyers available in the FiftyForward lobby. **Roos Room**

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**[AI \(Artificial Intelligence\) All Around w/ Steve](#) Tuesday, December 10 at 11:30 a.m.** If it seems like AI is showing up everywhere, it's not just you! From searching the web to attending a Zoom meeting, AI tools are now available to help with most online tasks. In this lecture, led by FiftyForward Member Specialist Steve Bianchi, we'll explore many of the digital platforms and websites where generative AI is now available. We'll discuss how the tools try to make tasks easier and go over privacy considerations to keep in mind when using them. **Registration is required. Brown/Davis**

**[Home Care Presentation from Senior Helpers](#) Wednesday, December 11 at 11:30 a.m.** Join Mary Fox from Senior Helpers to discuss "What Is Home Care." This is geared towards individuals (or their caregivers) wishing to age in place successfully in their own home or a community setting and needing additional care in order to do so. Topics covered include: Overview of Home Care, Services Provided, Who Qualifies for Home Care, Payor Sources for Care and How to Start Get Started. **Registration is required. Zelle/West**

**[YMCA Nutritional Education Event](#) Thursday, December 12 at 12:30 p.m.** Join Molly Drew, the YMCA's registered dietician, as she discusses vital nutrients that are important as we age to assist with immune support, injury prevention, and weight maintenance. **Activity Room**

**[Membership Portal Training with Heather](#) Monday, December 16 at 11:30 a.m.** Did you know we have a membership portal where you can sign up for FiftyForward trips, programs, and events from the comfort of your home? Center Director Heather McNeese will show you how to sign in and use the portal, whether you've never used it before or just need a refresher. **Registration is required. Roos Room**

**[ML Watercolor for Beginners w/Lee](#) Tuesday, December 17 at 12:30 p.m. Cost \$15.00.** Learn the basic characteristics of watercolors. Supplies will be provided. **Registration required by December 13. Zelle/West**

**[FiftyForward and YMCA Holiday Party](#) Wednesday, December 18 at 11:30 a.m.** Let's get merry! Join us for our end-of-the-year holiday party and let us (and our community friends) provide lunch for you. Clarendale at Bellevue Place will provide the ham, and we'll have sides and dessert, too! Musician Dan Schafer will perform for us and help us get into the holiday spirit. **Registration is required. Activity Room**

**[ML Calligraphy Mix & Meet Up w/MaryAnn](#) Thursday, December 19 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! **Registration is required. Brown/Davis**

**[Bellevue Library Tech Help](#) Thursday, December 19 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**

**[Quarterly Birthday Party](#) Friday, December 20 at 11:30 a.m.** Calling all October, November & December birthdays to come celebrate together! We'll have cupcakes and punch (and of course sing Happy Birthday to you!). **Registration is required by December 16. Roos Room**

**[Nashville PBS Screening of "When The Gig Is Up" Coffee & Conversations](#) Thursday, January 2 at 10 a.m.** Join Nashville PBS for an information screening of "When the Gig is Up," an Aging Matters documentary. After the screening, stay for conversation and light refreshments. If you play an instrument or sing, there might be time for you to share a song with the group. **Registration is required by December 31. Brown/Davis**

### **December Trip List:**

**[Trip- Holiday Sightseeing at Opryland Hotel + Shopping/ Eating at Opry Mills Mall](#)**

**Wednesday, December 4, Departing at 9 a.m.**

**Cost: \$15 + lunch and purchases**

Let's jump into the holiday season by visiting the beautifully decorated Opryland Hotel followed by lunch/shopping at Opry Mills Mall. We'll start at Opryland Hotel where you'll have time to explore all the decorations, trees, holiday lights and more. Then, we'll head next door to Opry Mills Mall, where you'll have two hours to eat and holiday shop at your leisure. **Wear comfortable shoes as there will be lots of walking.**

**Registration is required by December 2.**

## December Trip List Continued:

### Trip—Lunch at Old Glory Restaurant & Silo Park & Tour at Old Glory Distilling Co.

**Friday, December 6, Departing at 9:45 a.m.**

**Cost: \$35 (includes distillery tour ticket) + lunch cost.** We're heading up to Clarksville to visit Old Glory Distilling Co. First we'll have lunch at Old Glory Restaurant & Silo Park, which offers authentic American cuisine with a focus on craftsmanship. Their menu features a variety of made-from-scratch dishes, including premium smoked meats like a 16-hour smoked brisket, traditional southern favorites like fried chicken, and their signature pulled pork tacos. After lunch we'll tour their distillery, which includes a tasting of five spirits. **Registration is required by December 2.**

### Trip—Zoolumination at the Nashville Zoo

**Thursday, December 12, Departing at 4 p.m.**

**Cost \$40 (includes entry ticket)**

Zoolumination is a must-see in Nashville! The country's largest Chinese lantern festival returns to the Nashville Zoo. Zoolumination will feature 1,000+ brand-new, custom-made lanterns with larger-than-life scenes full of colorful, stunning imagery and fantastical beasts! Including nightly awe-inspiring performances from Chinese acrobats and entertainers. Food and beverage options on site. **Registration is required by December 6—this event is rain or shine and there will be no refunds after December 6.**

### Holiday Lunch at The Rawlings

**Friday, December 13, Departing at 10:45 a.m.**

**Cost: \$40 (includes buffet lunch) + bring cash for gratuity for servers.** Join us for a festive holiday banquet lunch at The Rawlings. **Please note the pre-fixed lunch menu will include:** green salad with raspberry vinaigrette, roasted chicken w. rosemary, cornbread dressing and gravy, green beans, baked cinnamon apples, rolls, coffee, iced tea, and chess pie with ice cream. For almost 90 years, The Rawlings has provided a scenic and historic atmosphere for Nashville weddings, gatherings, parties, and more. Set on a private, two-hundred acre estate running along picturesque Marrowbone Creek, The Rawlings boasts more than 12,000 square feet of dining and party facilities. There will be a few other FiftyForward centers in attendance, for one big festive gathering! **Registration is required by December 6 and there will be no refunds after that date.**

## 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 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 at 7:30a & 10:30a, Tuesdays at 10:30a, Wednesdays at 7:30a & 11:40a, Thursdays at 10:30a** 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 11:30a & Saturdays at 8:30a.** Come learn how to boot, scoot, and boogie with Sue. **Community Room.**