

January 2025 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 FiftyForward Centers & Offices CLOSED for New Year's Day	2 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	3 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 12 p.m. Bridge 1 p.m. Ping Pong	4 8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
5	6 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 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong	7 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 10:30 a.m. Bunco-Happy Birthday Theme 11:30 a.m. AOA Centering Practice 1 p.m. Line Dancing-Beginners 1 p.m. Rummikub 1:30 p.m. Book Club*	8 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. Habits of Healthy People Presentation by CenterWell* 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing	9 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 p.m. Marshall-Donnelly-Combs Funeral Home Lunch & Banquet* 1 p.m. Rummikub 5 p.m. Night Bridge	10 7:30 a.m. AOA Yoga 8:30 a.m. AOA Functional Balance 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	11 8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
12	13 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 11:30 a.m. AOA Yoga 11:30 a.m. Deloitte Tech Help* 12 p.m. Bridge 1 p.m. Ping Pong 1 p.m. Frist Art Trunk*	14 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. Line Dancing-Beginners* 1:30 p.m. Creating Memoirs	15 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	16 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 10 a.m. Nashville PBS Screening* 10:30 a.m. AOA Yoga 11 a.m. Trip-Frist Art Museum & Lunch* 11:30 a.m. AOA Centering Practice 1 p.m. Rummikub 5 p.m. Night Bridge	17 FiftyForward Centers & Offices CLOSED for Staff Retreat	18 8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 3:30 p.m.
19	20 FiftyForward Centers & Offices CLOSED for MLK JR. DAY	21 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 12:30 p.m. Watercolor for Beginners w/Lee* 1 p.m. Line Dancing-Beginners*	22 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	23 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 1 p.m. Tech Help with Bellevue Library* 5 p.m. Night Bridge	24 7:30 a.m. AOA Yoga 8:30 a.m. AOA Functional Balance 8:50 a.m. Trip-Nashville Symphony Rehearsal* 9 a.m. Sit & Knit & Crochet* 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 10:30 a.m. Vanderbilt Health Presentation* 12 p.m. Bridge 1 p.m. Ping Pong	25 8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength
26	27 7:30 a.m. AOA Yoga 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 10:30 a.m. Cocoa & Candlemaking with CenterWell* 11 a.m. Chess Group 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong	28 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. Vegan Recipe Demo with Sharmila* 1 p.m. Line Dancing-Beginners* 1:30 p.m. Creating Memoirs	29 7:30 a.m. AOA Yoga 8:45 a.m. Functional Balance 9:30 a.m. AOA Cardio 9:30 a.m. Trip-Oak Grove Casino* 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	30 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. iPhone Photography with Mercy* 1 p.m. Rummikub 5 p.m. Night Bridge	31 7:30 a.m. AOA Yoga 8:30 a.m. AOA Functional Balance 9 a.m. Sit & Knit & Crochet* 9:15 a.m. Trip-Frothy Monkey Coffee Tasting & Lunch* 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 10:30 a.m. Vanderbilt Health Presentation* 12 p.m. Bridge 1 p.m. Ping Pong	

ML Denotes member-led program

FiftyForward January Schedule:

Please note FiftyForward will be CLOSED on Wednesday, January 1 for New Year's Day; Friday, January 17 for a FiftyForward Staff Retreat; and Monday, January 20 for MLK Jr. Day.

Recurring Classes & Activities & Groups:

ML Book Club Tuesday, January 7 at 1:30 p.m. Join our Turner Book Club for a fun, monthly gathering and discussion! This month's book is *Shy Creatures* by Clare Chambers.

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, January 14 and 28 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. 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. in *Brown/Davis*

Rummikub Tuesday, January 7 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:

ML Bunco Tuesday, January 7 at 10:30 a.m. Come mix and mingle while playing Bunco! This month's theme is “Happy Birthday” to celebrate the year ahead - bring a covered dish to share and wear your favorite party hat! **Registration is encouraged so we have enough food.** *Brown/Davis*

“Habits of Healthy People” Presented by CenterWell Senior Primary Care Wednesday, January 8 at 11:30 a.m. Join Jon Maves for a fun presentation covering “Habits of Healthy People.” As we jump into a new year, let's start it off on the right foot! **Check schedule day of for room assignment.**

Marshall-Donnelly-Combs “Benefits of Pre-planning a Funeral or Cremation” Lunch & Learn Thursday, January 9 at 11:30 a.m. End of life decisions and arrangements can be difficult to talk about, but the benefits of planning ahead are appreciated and valued by those who remain after we are physically gone. Join staff from the Marshall-Donnelly-Combs Funeral Home to discuss the benefits of pre-planning. **Registration required by January 6 to guarantee you receive a lunch.** *Brown/Davis*

FiftyForward J. L. Turner Support Group Monday, January 13 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*

Deloitte Tech Help Monday, January 13 at 11:30 a.m. Join staff from Deloitte who are well-versed in all things “tech” to get assistance with your tech needs. Did you receive a new gadget for Christmas that you need help setting up? Are you wondering who “Alexa” is? Are you wanting to set up an email address? These are the types of things they can help you with. **Please register in advance so we know how many to plan for.** *Roos Room*

Frist Art Trunk Project Monday, January 13 at 1 p.m. Community art teachers with Frist Art Museum will lead a hands-on artmaking session centered around their current exhibit, *Journey through Japan: Myths to Manga*. **This is a great program to sign up for that ties into the trip to the Frist Art Museum on January 16! Registration required by January 10.**

Nashville PBS Screening of “When The Gig Is Up” Coffee & Conversations Thursday, January 16 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 January 13.** *Brown/Davis*

ML Denotes member-led program

ML [Watercolor for Beginners w/Lee](#) Tuesday, January 21 at 12:30 p.m. Cost \$15.00. Learn the basic characteristics of watercolors. Supplies will be provided. **Registration required by January 16. Zelle/West**

ML [Calligraphy Class w/Maryann](#) Thursday, January 23 at 12:30 p.m. Cost: \$15 (includes supplies). 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 member Maryann Mize and learn the basics of flourishing your letters. **No experience needed. Register by January 17; limited to 15 members. Brown/Davis**

[Bellevue Library Tech Help](#) Thursday, January 23 at 1 p.m. - 3 p.m. If you need assistance with technology, library staff members from the Bellevue Branch will answer your tech questions and help you with your device. Please bring your cell phone, iPad, tablet, Kindle or laptop with you to the tech help. **FiftyForward Lobby**

[Vanderbilt Nurses Health Presentations](#) Fridays, January 24 and January 31 at 10:30 a.m. We are excited to welcome back students from Vanderbilt University School of Nursing, directed by Robbie Panepinto DNP,RN, and Assistant Professor. This winter/spring they will be presenting lectures on a variety of topics surrounding healthy living. More information on exact topics for January 24 and 31st coming soon! **Brown/Davis**

[Cocoa and Candlemaking with CenterWell Senior Primary Care](#) Monday, January 27 at 10:30 a.m. Join Michelle from CenterWell Senior Primary Care in crafting your own candle to take home, while sipping and enjoying a cozy cup of cocoa. The perfect winter activity! **Registration is required by January 24. Brown/Davis**

ML [Vegan Recipe Demo with Sharmila](#) Tuesday, January 28 at 11:30 a.m., Cost: \$10 cash, due at class. Join our member, Sharmila, as she shares some vegan recipes. You'll get to sample and taste what she prepares, while learning more about what a vegan diet consists of. **Registration is required by January 24 and limited to 12 spots. Roos Room.**

ML [Capturing Stunning Photos with Your iPhone](#) Thursday, January 30 at 11:30 a.m. In this class, led by our member Mercy Evans, we'll explore how to take your iPhone photography to the next level by focusing on composition, lighting, and creative techniques. Building on what we've already learned about using different lenses, the grid, and other camera settings, this session will dive into practical tips for capturing eye-catching photos. We'll discuss how to frame your shots effectively, work with natural and artificial light, and use angles to create depth and interest. Whether you're photographing people, landscapes, or everyday moments, you'll leave this class with a better understanding of how to make your photos stand out and tell a story. Bring your iPhone fully charged and be ready to put your skills into practice! **Registration is required by January 28. Brown/Davis**

Trip List:

[Trip- Frist Art Museum "Journey Through Japan, Myths to Manga" and Lunch on site at Café Cheeserie](#) Thursday, January 16, Departing at 11 a.m.

Cost: \$15 + lunch

Join us at Frist Art Museum for a docent-guided tour of the exhibit "Journey Through Japan, Myths to Manga." This exhibition goes on a colorful, atmospheric exploration through Japan to show how popular stories have shaped the country's art, design, and technology across the centuries. Divided into four thematic sections—Sky, Sea, Forest, and City—it presents over 150 historic and contemporary objects, ranging from animated movies, origami, and ukiyo-e woodblock prints to dolls, robots, and youth fashion. Before our tour, we'll grab lunch on-site at Café Cheeserie at the Frist Art Museum. This creative new concept from The Grilled Cheeserie features a bistro-inspired menu including popular scratch-made sandwiches, seasonal soups and salads, charcuterie boards, and grab-and-go items. **Registration is required by January 13.**

[Trip-Nashville Symphony Dress Rehearsal "Flower Power and Beethoven's Seventh" & Lunch at HoneyFire BBQ](#) Friday, January 24, Departing at 8:50 a.m.

Cost: \$15 + lunch

Please note this dress rehearsal is about 2-2.5 hours with a short break in the middle. One of the hallmarks of conductor Giancarlo Guerrero's tenure has been the relationships he has developed with composers, inviting them to Nashville to make definitive recordings of their work. Julia Wolfe is one such composer: she describes her Flower Power, inspired by the 1960s counterculture movement, as "about optimism, idealism, psychedelia, breaking with convention, and a little bit of love and peace." Beethoven self-proclaimed his Seventh Symphony as one of his best works—they Symphony couldn't agree more! After the dress rehearsal we'll make a stop at HoneyFire BBQ for lunch on the way back. **Registration is required by January 20.**

Trip List Continued:

Trip-Oak Grove Casino

Wednesday, January 29, Departing at 9:30 a.m.

Cost \$20 + lunch and any purchases

We're taking a casino trip across the TN/KY line. Oak Grove Casino boasts over 1,200 state-of-the-art gaming machines. Check out the EATS Food Court or Garrison Oak Steakhouse for lunch options. Learn more at: oakgrovegaming.com.

Registration is required by January 24.

Trip-Frothy Monkey Coffee Cupping Experience & Lunch at The Lost Paddy

Friday, January 31, Departing at 9:15 a.m.

Cost: \$45 (includes private tasting & bag of coffee) + lunch

Coffee lovers, unite! We're headed to Frothy Monkey's roasting facility (where they roast all the coffee for their cafes!) for a fun, private coffee education and tasting. First, we'll receive a brief tour of the facility and then jump into a one-hour experience where you'll get to taste through their current coffee offerings, learn about the growing/purchasing/roasting of coffee, and learn how to taste coffee like a professional. And guess what—**each person will receive a 12 oz. retail bag of their signature house blend, 12South!** After our tasting we will make a stop for lunch at The Lost Paddy, an authentic Irish pub and restaurant. **Registration is required by January 24.**

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.**