

February 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 8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength |
| 2 | 3 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 | 4 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-Valentine's Theme* 11:30 a.m. AOA Centering Practice 1 p.m. Line Dancing-Beginners 1 p.m. Rummikub 1:30 p.m. Book Club* | 5 7:30 a.m. AOA Yoga 8:45 a.m. Functional Balance 9:30 a.m. AOA Cardio 9:45 a.m. Trip-NMAAM & Lunch* 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 | 6 8:35 a.m. AOA Strength 9 a.m. Advisory Council 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 11:30 a.m. AOA Centering Practice 1 p.m. Frist Digital Artmaking Series* 1 p.m. Rummikub 5 p.m. Night Bridge | 7 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 10:30 a.m. Vanderbilt Health Presentation* 11:30 a.m. Super Bowl Tailgate Potluck* 12 p.m. Bridge 1 p.m. Ping Pong | 8 8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength |
| 9 | 10 7:30 a.m. AOA Yoga 8:30 a.m. AOA Circuit 9 a.m. Trip- Bluebird Café Senior Show* 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 12 p.m. Bridge 1 p.m. Ping Pong | 11 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. Calligraphy w/MaryAnn* 1 p.m. Line Dancing-Beginners* 1:30 p.m. Creating Memoirs | 12 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. CenterWell Valentine's & Heart Health Event* 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing | 13 8:35 a.m. AOA Strength 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 10:30 a.m. Bingo* 11:30 a.m. AOA Centering Practice 1 p.m. Frist Digital Artmaking Series* 1 p.m. Rummikub 5 p.m. Night Bridge | 14 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 10:30 a.m. Trip-Lunch & Pottery Painting* 10:30 a.m. Vanderbilt Health Presentation* 12 p.m. Bridge 1 p.m. Ping Pong | 15 8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 3:30 p.m. |
| 16 | 17 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 | 18 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* | 19 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 | 20 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 1 p.m. Frist Digital Artmaking Series* 5 p.m. Night Bridge 5:50 p.m. Trip-Carol King Musical at Larry Keeton Theatre* | 21 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 10:30 a.m. Vanderbilt Health Presentation* 12 p.m. Bridge 1 p.m. Ping Pong | 22 8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength |
| 23 | 24 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. AI Open Discussion* 11 a.m. Chess Group 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong | 25 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* 1:30 p.m. Creating Memoirs | 26 7:30 a.m. AOA Yoga 8:45 a.m. Functional Balance 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. Winter Preview* 10:45 a.m. AOA Strength 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing | 27 8:05 a.m. Trip-NewsChannel 5 Tour & Lunch* 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. Frist Digital Artmaking Series* 1 p.m. Rummikub 1 p.m. Tech Help with Bellevue Library* 5 p.m. Night Bridge | 28 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 10:30 a.m. Vanderbilt Health Presentation* 12 p.m. Bridge 1 p.m. Ping Pong | |

ML Denotes member-led program

Recurring Classes & Activities & Groups:

ML Book Club Tuesday, February 4 at 1:30 p.m. Join our Turner Book Club for a fun, monthly gathering and discussion! This month's book is *Wide Wide Sea* by Hampton Sides.

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, February 11 & February 25 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, February 4 at 10:30 a.m. Come mix and mingle while playing Bunco, and bring a covered dish to share! This month's theme is “Valentines” so wear red, white, pink, or anything festive! **Registration is encouraged so we have enough food.** ***Brown/Davis***

Frist Art Museum Advanced Digital Artmaking Series 9-week series on Thursdays at 1 p.m. beginning Thursday, February 6. Registration required and you are signing up for the entire series. To register, please contact Heather McNeese at 615-622-4154 or stop by her office, located in the Admin office area. Led by instructor Graeme Morris, this course is presented by the Frist Art Museum and designed for individuals with some experience using an iPad for digital art-making using ProCreate or a similar program. ***Brown/Davis***

Vanderbilt Nurses Health Presentations Fridays in February at 10:30 a.m. *Brown/Davis*. 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:
Feb. 7: Exercise, Balance, and Coordination
Feb. 14: Heart Health
Feb. 21: Women's Health
Feb. 28: Bone and Joint Health

Super Bowl Tailgate Potluck Friday, February 7 at 11:30 a.m. Cost: Free if you bring a covered dish; \$5 otherwise. If bringing a dish, please see FiftyForward staff or Ambassadors for food sign-up sheet. Are you ready for some football?!! We'll gear up for the big game by hosting our own tailgate potluck and we're excited to welcome the FiftyForward Donelson POMS cheer and dance squad to perform for us! Make sure to wear your team's colors so we know who you'll be rooting for! **Registration is required by February 4.** ***Brown/Davis***

FiftyForward J. L. Turner Support Group Monday, February 10 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***

ML Calligraphy Class w/Maryann Tuesday, February 11 at 12:30 p.m. Cost: \$15 (includes supplies). This month the theme will be St. Patrick's Day with a Celtic emphasis! 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 February 7; limited to 15 members.** ***Brown/Davis***

ML Denotes member-led program

Valentine's & Heart Health Event with CenterWell Senior Primary Care Wednesday, February 12 at 11:30 a.m., Cost: FREE, sign up in advance. Let's give it up for love and healthy hearts! Join Michelle from CenterWell Senior Primary Care for a fun Valentine's event sprinkled in with ways to keep our hearts healthy. There will be snacks, trivia, and a paint-and-sip activity! **Registration is required by February 7.** *Brown/Davis*

Bingo Thursday, February 13 at 10:30 a.m. Join us for BINGO hosted by Morgan with Caris Healthcare. **Registration required.** *Brown/Davis*

ML Artificial Intelligence Open Discussion Monday, February 24 at 10:30 a.m. We've hosted a couple lectures recently introducing broad information around artificial intelligence. We know there are still a lot of questions surrounding AI, so this time we are hosting an open discussion to answer any range of questions. John Ulett, a FiftyForward member who is experienced with AI, and Steve Bianchi, FiftyForward member specialist, will help lead the discussion. **Registration required.** *Brown/Davis*

ML Watercolor for Beginners w/Lee Tuesday, February 25 at 12:30 p.m. Cost \$15.00. Learn the basic characteristics of watercolors. Supplies will be provided. **Registration required by February 21.** *Zelle/West*

Winter Preview Wednesday, February 26 at 10:30 a.m.—12 p.m. New to FiftyForward? Longtime member who still might not know all the fun we have around here?! Stop by our Winter Preview to meet with instructors and leaders from all the wonderful member-led groups and programs we currently offer here at FiftyForward J. L. Turner Center. Ask questions, bring a friend, and hopefully you'll be influenced to try a new activity! **Tables will be set up in FiftyForward areas.**

Bellevue Library Tech Help Thursday, February 27 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*

Trip List:

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

Trip – National Museum of African American Music & Lunch at Assembly Food Hall

Wednesday, February 5, Departing at 9:45 a.m. Cost: \$15 + lunch

Enjoy a day trip to the National Museum of African American Music (NMAAM) in Nashville, the only museum dedicated to preserving and celebrating the many music genres created,

influenced, and inspired by African Americans. Afterward, you'll have your choice of lunch right next door at Assembly Food Hall, which houses over 20 eateries cafeteria-style and some of the best restaurants that Nashville offers.

Registration is required.

Trip – Bluebird Café Senior Show

Monday, February 10, Departing at 9 a.m.

Cost: \$10

We're returning to the Bluebird Café for their monthly Senior Show. Join a singer/songwriter as they perform on the iconic and intimate Bluebird stage. Coffee and donuts will be provided. **Registration is required.**

Trip – Lunch at PennePazze & Pottery Painting at Brushfire Pottery Studio

Friday, February 14, Departing at 10:30 a.m.

Cost \$15 + lunch + pottery

Our trip begins with lunch at PennePazze, located in L&L Market, where we'll treat ourselves to authentic Italian cuisine (menu here: <https://pennepazze.net/wp-content/uploads/2024/07/pennepazzemenu.pdf>). When we're done carb-loading, we'll head to Brushfire Pottery Studio to exert that energy into painting pottery. They offer a wide selection of unfinished pottery, colors and loads of ideas with which to decorate. Pottery pieces range from \$10-\$100, but most are under \$30 (think mugs, bowls, etc.). Pick your piece, get creative, and maybe gift someone special (or yourself!) a homemade piece for Valentine's Day! **Registration is required.**

Trip – "Beautiful: The Carole King Musical" at The Larry Keeton Theatre

Thursday, February 20, Departing at 5:50 p.m.

Cost: \$45

Please note this performance does *not* include dinner, so please eat before the trip. Before she was hit-maker Carole King — she was Carole Klein, a spunky, young songwriter from Brooklyn with a unique voice. From the chart-topping hits she wrote for the biggest acts in music to her own life-changing, trailblazing success with Tapestry, "Beautiful: The Carole King Musical" takes you back to where it all began — and takes you on the ride of a lifetime. **Registration required by February 3 to secure tickets and there will be no refunds after that date.**

Trip List Continued:

Trip – NewsChannel 5 Tour & Brunch at The Cookery

Thursday, February 27, Departing at 8:05 a.m.

Cost: \$15 + food at The Cookery

Join us for a behind-the-scenes newsroom tour of our local WTVF/NewsChannel 5. Fingers crossed that we'll run into Lelan Statom and he can provide some insider weather forecasting! After our tour, we will head to The Cookery in 12 South for food. The Cookery is a café with an Australian flair and, as a division of Lambscroft Ministries, provides a training opportunity to formerly homeless or incarcerated men in the Culinary Arts; preparing them for employment in the local food industry. **Registration is required.**

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.**