

March 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.

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
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 7:30 a.m. AOA Dance 8:35 a.m. YMCA Thrive 9 a.m. Hand & Foot 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:15 a.m. Trip-Music for Seniors Mardi Gras Concert & Lunch* 10:30 a.m. AOA Yoga 10:30 a.m. Bunco-Mardi Gras Theme* 11:30 a.m. Internet Safety Pt. 1* 11:30 a.m. AOA Centering Practice 1 p.m. Line Dancing-Beginners 1 p.m. Rummikub 1:30 p.m. Book Club* 1:30 p.m. Creating Memoirs	5 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	6 7:30 a.m. AOA Dance 8:35 a.m. YMCA Thrive 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 Strength 8:30 a.m. AOA Circuit 9 a.m. Sjt & 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. YMCA Line Dancing 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
10 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. Turners in TN History Program* 11 a.m. Chess Group 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong	11 7:30 a.m. AOA Dance 8:35 a.m. YMCA Thrive 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 1 p.m. Line Dancing-Beginners*	12 7:30 a.m. AOA Yoga 8:45 a.m. Functional Balance 8:45 a.m. Trip-Oaklands Mansion & Lunch* 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	13 7:30 a.m. AOA Dance 8:35 a.m. YMCA Thrive 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 10:30 a.m. Bingo* 11:30 a.m. AOA Centering Practice 12:15 p.m. Frist Digital Artmaking Series* 1 p.m. Rummikub 5 p.m. Night Bridge	14 7:30 a.m. AOA Strength 8:30 a.m. AOA Circuit 9 a.m. Sjt & Knit & Crochet* 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 11:30 a.m. YMCA Line Dancing 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
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. Quarterly Birthday Celebration* 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong	18 7:30 a.m. AOA Dance 8:35 a.m. YMCA Thrive 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. Internet Safety Pt. 2* 11:30 a.m. AOA Centering Practice 12:30 p.m. Calligraphy Meet-Up 1 p.m. Line Dancing-Beginners* 1:30 p.m. Creating Memoirs	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 11:30 a.m. See America Travel Presentation* 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing	20 7:30 a.m. AOA Dance 8:35 a.m. YMCA Thrive 9:30 a.m. AOA Circuit 10:15 a.m. Trip- Lunch & Durci Chocolate 101* 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	21 7:30 a.m. AOA Strength 8:30 a.m. AOA Circuit 9 a.m. Sjt & 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. YMCA Line Dancing 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
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 11 a.m. Chess Group 11:30 a.m. AOA Yoga 11:30 a.m. Audiology Lunch & Learn* 12 p.m. Bridge 1 p.m. Ping Pong	25 7:30 a.m. AOA Dance 8:35 a.m. YMCA Thrive 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. iPhone Photography* 11:30 a.m. AOA Centering Practice 12:30 p.m. Watercolor for Beginners w/Lee* 1 p.m. Line Dancing-Beginners*	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. CenterWell, Battling the Aging Brain Snack & Learn* 10:45 a.m. AOA Strength 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing 4:30 p.m. Trip-Dinner at Beacon Light Tea Room*	27 7:30 a.m. AOA Dance 8:35 a.m. YMCA Thrive 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 6:15 p.m. Meet There—Trivia at O'Charleys	28 7:30 a.m. AOA Strength 8:30 a.m. AOA Circuit 9 a.m. Sjt & Knit & Crochet* 9 a.m. Trip-Hike at Bowie Park & Lunch* 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 10:30 a.m. Vanderbilt Health Presentation* 11:30 a.m. YMCA Line Dancing 12 p.m. Bridge 1 p.m. Ping Pong	29
31 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					

ML Denotes member-led program

Recurring Classes & Activities & Groups:

ML Book Club Tuesday, March 4 at 1:30 p.m. Join our Turner Book Club for a fun, monthly gathering and discussion! This month's book is *All The Sinners Bleed* by S A Cosby.

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**

Now Meeting 1st & 3rd Tuesdays! ML Creating Memoirs Tuesday, March 4 & March 18 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, March 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 Mardi Gras so break out those beads, wear green, purple, and/or gold, and don a mask if you want! **Registration is encouraged so we have enough food. Activity Room**

Internet Safety with Jaqui Tuesdays, March 4 & March 18, 11:30 a.m. Jaqui Lynch returns to offer a two-part series on internet safety. Part one will cover staying safe in real life (personal safety, travel, online dating, medicare scams and more) while part two will cover staying safe online and how to use the internet safely. She has over 47 years experiences working in tech and vendor platforms. **Register in advance. Roos Room**

Frist Art Museum Advanced Digital Artmaking Series Series continues Thursdays at 1 p.m. Class is full! 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 March at 10:30 a.m. *No presentation on March 14. Brown/Davis. Students from Vanderbilt University School of Nursing, directed by Robbie Panepinto DNP,RN, and Assistant Professor will be presenting lectures on a variety of topics surrounding healthy living:
March 7: Sleep
March 21: Mental Health
March 28: Wrap-Up Party & Refreshments

History Presentation: Turners in Tennessee: Germans' Departures to the Global South during the Nineteenth Century Monday, March 10 at 10:30 a.m. Sign up in advance. Join us for a presentation from Dr. Christopher D. Mapes, an independent scholar residing in Nashville. He received his PhD from Vanderbilt University and completed a book project titled Germany's Slavery Problem. His article, “Under the Yoke of Ottoman Domination: Slavery and Central European Philhellenism during the Greek War of Independence” recently appeared in the Journal of Modern European History. His work has been sponsored by the German-American Fulbright Kommission, the Fritz-Thyssen Foundation, the Carnegie Mellon foundation, as well as Vanderbilt University. **Brown/Davis**

Bingo Thursday, March 13 at 10:30 a.m. Join us for a special wellness Bingo hosted by therapist Kim Corts. Her Well-BelNGO encourages healthy ideas for improving or maintaining well-being. And of course there will be prizes! **Register in advance. Brown/Davis**

LGBTQ+ Peer Group Meet-Up Sunday, March 16, 2-5 p.m. at Homegrown Taproom in Donelson. Address: 2720 Old Lebanon Pike. Please join us for St Patrick's Day Festivities at this month's LGBTQ+ peer group event. Enjoy the delicious food and brews of this locally-owned restaurant and we look forward to seeing you there. Questions? Email Kelly at kdonovan@fiftyforward.org.

ML Denotes member-led program

Quarterly Birthday Party Monday, March 17 at 11:30 a.m. If your birthday is in January, February, or March, stop by for a sweet treat, punch, and maybe an off-key performance of “Happy Birthday”! **Registration required. Roos**

ML Calligraphy Meet-Up with Maryann Tuesday, March 18 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! **Brown/Davis**

See America Travel Presentation Wednesday, March 19 at 11:30 a.m. Join Adam Wagner from See America Tours and hear about larger trips that are planned for 2025. Travel booklets located in the FiftyForward lobby. **Roos**

Audiology Lunch & Learn with Nashville's Hearing & Communication Center Monday, March 24 at 11:30 a.m. **Register by March 21 to guarantee a lunch.** Join Dr. Gina Angley from Nashville's Hearing & Communication Center for a presentation about all things hearing and hearing loss. **She would love to answer any questions you might have, so please submit these ahead of time to Heather so Dr. Angley can format her presentation appropriately!** **Brown/Davis**

ML iPhone Photography with Mercy Tuesday, March 25 at 11:30 a.m. Join us for the third session of our iPhone Photography class led by our member Mercy! In this class, we will review key concepts from our last session, including adjusting brightness, avoiding dark or overexposed images and using focus to improve clarity. We will also introduce a new technique—taking photos at an angle—to add depth and interest to your pictures. Whether you're capturing family moments or scenic views, these tips will help you take better photos with confidence! Bring your iPhone and get ready to practice. **Register in advance. Brown/Davis**

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

CenterWell Senior Primary Care Presents “Battling the Aging Brain” Snack & Learn Wednesday, March 26 at 10:30 a.m. The brain is one of the most complex organs in the human body. Learn how the brain works and ways to keep it healthy as you get older. **Registration required. Light refreshments provided. Roos Room**

Bellevue Library Tech Help Thursday, March 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**

MEET THERE: Trivia at O'Charleys in Bellevue Thursday, March 27 at 6:15 p.m. Address: 110 Coley Davis Rd. Sign up so we know how many are planning to attend. O'Charleys in Bellevue hosts trivia every Thursday night. Let's see if together we can take home one of the top 3 prizes!

COMING UP IN APRIL:

Beginners Bridge Tuesdays in April beginning April 1 at 1 p.m. Sign up by March 26. You may have noticed that we have a very active bridge group that meets at our center. If you have been interested in learning how to play the popular card game, now is your chance! This five-week series will teach you everything you need to know so that you can join the other members who play here! **Brown/Davis**

Bingo with Clarendale Thursday, April 3 at 10:30 a.m. Join us for Bingo with Jordan from Clarendale at Bellevue Place! **Register in advance.**

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 – Brunch at Puffy Muffin & Music for Seniors Fat Tuesday Concert with Marty Crum's MartyGras Tuesday, March 4, Departing at 10:15 a.m.

Cost: \$15 + lunch

Music for Seniors' 2025 daytime concert series is here! Before we head to this Mardi Gras-themed concert, we'll stop in Brentwood for brunch at Puffy Muffin, a local restaurant and bakery filled with freshly baked pastries, hearty sandwiches, and mouthwatering dishes prepared with love and creativity. After we chow down, we'll head down the road to the Music for Seniors concert. Marty Crums' 'MartyGras' concert will set the stage for an exciting celebration with lively, toe-tapping tunes. Known for their spirited performances, this talented group will bring the soulful sounds of Dixieland to life with upbeat rhythms, rich brass harmonies, and a joyful energy that captures the heart of New Orleans. **Registration is required.**

Trip – Oaklands Mansion and Lunch at Miller's Ale House Wednesday, March 12, Departing at 8:45 a.m.

Cost: \$35 + lunch

Step back in time with a guided tour of Oaklands Mansion, a beautifully preserved historic home in Murfreesboro that tells the story of Tennessee's rich history. After the tour, we'll dine at Miller's Ale House—they have wings, pasta, sandwiches, salads, burgers, steaks, and more! **Registration is required.**

Trip List Continued:

Trip – Durci Chocolate Tasting 101 & Lunch at M.L. Rose

Thursday, March 20, Departing at 10:15 a.m.

Cost: \$35 + lunch.

Registration is required by March 18 and there are no refunds after that date. Merging their unique talents, passions, and experience, Durci Chocolates have grown to be one of the leading artisan chocolatiers & chocolate educators in the nation. They've also won awards internationally for their chocolate. We'll participate in a chocolate tasting and walk through five artisan chocolates, while learning the basics of chocolate's history & how it's made with expert Chocolatier, Dr. Eric Durtschi. Before our chocolate experience, we'll make a lunch stop at M.L. Rose Craft Burgers & Beer in Mt. Juliet.

Trip – Dinner at The Beacon Light Tea Room

Wednesday, March 26, Departing at 4:30 p.m.

Cost: \$15 + dinner

Join us for an early dinner at The Beacon Light Tea Room, a family owned and operated restaurant specializing in good old fashioned country cooking since 1936! **Registration is required.**

Trip – Hike at Bowie Park & Brunch at Uncle Lenny's Country Café

Friday, March 28, Departing at 9 a.m.

Cost: \$15 + brunch

Bowie Nature Park, located in Fairview, contains a glorious 700+ acres of forest, lakes & trails. Join us for a hike followed by a tasty meal at Uncle Lenny's Country Café. Find their menu here: <https://www.unclelennyscountrycafe.com/menu>.

Registration 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., Wednesdays 10:45 a.m., Fridays, 7:30a & 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 & 11:30a, 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.**

YMCA Thrive Tuesdays & Thursdays at 8:35a. 45-minute low-impact strength workout that focuses on lower body and core strength, flexibility, and balance. **Community Room.**

AOA Dance Tuesdays & Thursdays at 7:30a. A great cardio workout while dancing to fun music. **Community Room.**