

June 2025 FiftyForward J. L. Turner Program Calendar

Please 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 for programs & trips, go to <https://fiftyforward.org/member/>

Mon	Tue	Wed	Thu	Fri	Sat
2 7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p Bridge 1p Ping Pong	3 7:30a AOA Dance 8:35a YMCA Thrive 9a Hand & Foot 9:30a AOA Circuit 9:30a Fun & Games 10:30a AOA Yoga 10:30a Bunco-Beach Theme* 11:30a AOA Centering Practice 1p Line Dancing-Beginners 1p Rummikub 1:30p Book Club* 1:30p Reflect & Reminisce*	4 7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10:45a AOA Strength 11:40a AOA Yoga 11:45a Premier Travel Presentation* 12p Bridge 1p Line Dancing	5 7:30a AOA Dance 8:35a YMCA Thrive 9:30a AOA Circuit 10:30a Beginners Artificial Intelligence 10:30a AOA Yoga 11:30a AOA Centering Practice 1p Rummikub 5p Night Bridge	6 7:30a AOA Strength 8:30a AOA Circuit 9a Sit & Knit & Crochet 9:30a AOA Cardio 10:30a AOA Strength 11:30a YMCA Line Dancing 12p Bridge 1p Ping Pong	7 8:30a AOA Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
9 7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 9:30a FiftyForward Turner Support Group* 10:30a AOA Cardio 10:30a TN DDA Dementia Education* 11a Chess Group 11:30a AOA Yoga 12p Bridge 1p Ping Pong	10 7:30a AOA Dance 8:35a YMCA Thrive 9a Hand & Foot 9:30a AOA Circuit 9:30a Fun & Games 10:30a AOA Yoga 11a See America Tours Travel Presentation* 11:30a AOA Centering Practice 1p Line Dancing-Beginners	11 7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10:30a Intermediate Artificial Intelligence 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 12:15p Trip- Music for Seniors Concert* 12:30p YMCA Lunch & Learn* 1p Line Dancing	12 7:30a AOA Dance 8:35a YMCA Thrive 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Bingo* 10:30a Beginners Artificial Intelligence 11:30a AOA Centering Practice 1p Rummikub 5p Night Bridge	13 7:30a AOA Strength 8:30a AOA Circuit 9a Sit & Knit & Crochet 9:30a AOA Cardio 10:30a AOA Strength 11:30a YMCA Line Dancing 12p Bridge 1p Ping Pong	14 8:30a AOA Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
16 7:30a AOA Yoga 8a Father's Day Breakfast w/ CenterWell* 8:30a AOA Circuit 9:30a AOA Strength 10:30a AOA Cardio 11a Chess Group 11a-1p Tech Help w/ Deloitte* 11:30a AOA Yoga 12p Bridge 1p Ping Pong	17 7:30a AOA Dance 8:35a YMCA Thrive 9a Hand & Foot 9:30a AOA Circuit 9:30a Fun & Games 9:30a Trip- Lotz House & Lunch* 10:30a AOA Yoga 11:30a AOA Centering Practice 12:30p Watercolor for Beginners w/ Lee* 1p Line Dancing-Beginners 1:30p Reflect & Reminisce*	18 7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10:30a Intermediate Artificial Intelligence 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 12:30p Ice Cream Social* 1p Line Dancing	19 FiftyForward Centers & Offices CLOSED for Juneteenth	20 7:30a AOA Strength 8:30a AOA Circuit 9a Sit & Knit & Crochet 9:30a AOA Cardio 10:30a AOA Strength 11:30a YMCA Line Dancing 12p Bridge 1p Ping Pong	21 8:30a AOA Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
23 7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p Bridge 1p Ping Pong	24 7:30a AOA Dance 8:35a YMCA Thrive 9a Hand & Foot 9:30a AOA Circuit 9:30a Fun & Games 10a Zentangle Workshop* 10:30a AOA Yoga 11:30a AOA Centering Practice 1p Line Dancing-Beginners	25 7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10a Trip- Miss Lucille's Marketplace & Lunch* 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 1p Line Dancing	26 7:30a AOA Dance 8:35a YMCA Thrive 9a Trip- String City Puppet Show* 9:30a AOA Circuit 10:30a AOA Yoga 11:30a AOA Centering Practice 1p Rummikub 1p Tech Help w/Bellevue Library* 5p Night Bridge	27 7:30a AOA Strength 8:30a AOA Circuit 9a Sit & Knit & Crochet 9:30a AOA Cardio 10:30a AOA Strength 11:30a YMCA Line Dancing 12p Bridge 1p Ping Pong	28 8:30a AOA Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
30 7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p Bridge 1p Ping Pong					

FiftyForward JL Turner PROGRAM INFORMATION

ML Denotes member-led program

Only activities that require registration are visible on the member portal. Please refer to this calendar to see ALL activities each month.

Recurring Classes & Activities & Groups:

ML Book Club Tuesday, June 3 at 1:30 p.m. Join our Turner Book Club for a fun, monthly gathering and discussion! This month's book is Here One Moment by Liane Moriarty. **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 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 Reflect & Reminisce (Formerly Memoirs) Tuesdays, June 3 & June 17 at 1:30 p.m. Meet with other members and share memories and stories of your past. This is a great way to connect with others while reminiscing on the good ol' days! **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, June 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:

ML Bunco Tuesday, June 3 at 10:30 a.m. Registration is encouraged so we have enough food. Come mix and mingle while playing Bunco, and bring a covered dish to share! This month's theme is Beach so break out your bikinis, beach attire, flip flops, and sunglasses! **Brown/Davis**

Premier Travel Presentation Wednesday, June 4 at 11:45 a.m. **Registration is encouraged.** Presented by Jennifer Powers, we hope you join us for an insightful presentation regarding world traveling! Destinations range from Albuquerque to Spain to the Canadian Rockies! To learn more about their trips, check out their travel flyers in the back FiftyForward lobby area. **Roos Room**

ML Artificial Intelligence Beginner and Intermediate Wednesdays, June 11 & June 18 and Thursdays, June 5 & June 12 at 10:30 a.m. If you have questions about artificial intelligence or how to use platforms like ChatGPT, stop by this workshop to ask our member Jon Ulett. He's happy to help answer any questions you may have. Thursday sessions are geared towards beginners and Wednesday sessions are geared towards intermediate users. **Roos Room**

FiftyForward Turner Support Group Monday, June 9 at 9:30 a.m. **Registration encouraged.** 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. **Roos Room**

TN DDA Dementia Education Monday, June 9 at 10:30a.m. **Registration required.** Led by Jackie Moment with the TN Department of Disability and Aging, learn more about dementia and receive tips on how to keep your brain active and healthy! Topics will include early symptoms of dementia and how to detect, types and causes of dementia, as well as stages and risk factors associated with dementia. **Brown/Davis**

See America Presentation Tuesday, June 10 at 11 a.m. **Registration encouraged.** Join Adam Wagner from See America Tours and hear about upcoming trips and ask any questions. To learn more about their trips, check out their travel booklet in the back FiftyForward lobby area. **Roos Room**

YMCA Lunch & Learn: Build A Better Smoothie Wednesday, June 11 at 12:30 p.m. Join Molly Drew, the YMCA's Registered Dietician, as she teaches us how to build a better smoothie. In this taste-testing class, we will review smoothie recipes using different protein options, nutrient-rich carbohydrates, heart-healthy fats, and spices that are known for their anti-inflammatory properties! **Register in advance with FiftyForward or YMCA staff.**

Bingo with SMILE ON 65+ Thursday, June 12 at 10:30 a.m. **Registration is encouraged.** Join SMILE ON 65+ for a special dental-themed Bingo! There will be prizes and each participant will receive an oral health kit. **Zelle/West**



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Father's Day Breakfast w/ CenterWell Monday, June 16 at 8 a.m. Register in advance. Calling all fathers! We hope you'll join us for breakfast to celebrate and honor fathers. This breakfast celebration is presented by CenterWell Senior Primary Care, FiftyForward, and the YMCA. Enjoy a lovely breakfast spread to get your day started. **Check room assignment day of.**

Tech Help w/ Deloitte Monday, June 16 at 11 a.m. Registration is encouraged. Join staff from Deloitte who are well-versed in all things "tech" to get assistance with your tech needs. Topics can include how to use your phone or tablet, how to use social media, taking and sending pictures, etc. Come and join us if you have any tech questions! **Roos Room**

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

Ice Cream Social Wednesday, June 18 at 12:30 p.m. Kick off the start of summer and join us for an ice cream social! Hosted by Turning Leaf Transitions LLC, we will enjoy different flavors of ice cream as well as a topping bar. **Brown/Davis**

Zentangle Workshop Tuesday, June 24 at 10 a.m. Registration required by June 20. Join Sharon from the YMCA as she teaches us all about the fun of Zentangle. Zentangle is a fun and easy method of using hand drawn dots, lines, curves, and spirals to create beautiful art. Zentangle uses repetitive patterns created with pen and pencil on 3.5" paper squares to create amazing designs—all while calming your mind and improving concentration. Come and learn to Zentangle with us! **Roos Room**

Tech Help with Bellevue Library Thursday, June 26 at 1 p.m. - 3 p.m. Register in advance. If you need assistance with technology, library staff members from the Bellevue Branch will be at our center to 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. **Roos Room**

***Please note: Vanderbilt Nursing students will be on site Thursday, June 12 and Thursday, June 26 from 9-11a researching & working on plans for their health presentations/screenings at our center this fall. We encourage you to stop by and say hello, and let them know about what topics and/or screenings you would be interested in seeing from them this fall!**

Trip List:

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

We have two additional trips this month that are rescheduled trips from previous months: the General Jackson lunch cruise and a hiking trip from April. Both of these trips are FULL and are currently on waiting lists. If you are interested in being added to the waiting list, please see FiftyForward staff for more information.

Trip – Music for Seniors Concert: Janelle Means' Soul Vibes

Wednesday, June 11, Departing at 12:15 p.m. Cost: \$15

June's Music for Seniors daytime concert is set for Looby Theater and will feature Janelle Means' Soul Vibes. Get ready to move, groove, and let loose as Soul Vibes brings electrifying R&B and 'soulful vibes' to the stage! **Registration required.**

Trip – Lotz House Museum & Lunch/Shopping in Downtown Franklin

Tuesday, June 17, Departing at 9:30 a.m. Cost: \$30 (includes museum ticket) + lunch

Join us for a guided tour through the historic Lotz House escorted by an expert guide. The house is located in the heart of Franklin at "ground zero" of the Battle of Franklin which was a pivotal battle in the American Civil War. After our visit, we'll head over to downtown Franklin, where you can shop & eat at your leisure. We'll depart around 1:30/1:45p to head back to the center. **Registration required.**

Trip – Miss Lucille's Marketplace in Clarksville & Lunch at Dock 17

Wednesday, June 25, Departing at 10 a.m. Cost: \$20 + lunch.

We're headed north to Clarksville to check out Miss Lucille's Marketplace. With over 52,000 sq. feet and over 200 vendors, merchandising ranges from vintage finds, handmade goods, rare antiques, gift items, and new upholstered furniture. Before shopping, we'll first grab lunch around the corner at Dock 17. Check out their menu here: <https://dock17tn.com/lunch-menu/> **Registration required.**

Trip List Continued:

Trip – String City Puppet Show at Country Music Hall of Fame + Self Tour of Museum & Lunch Downtown

Thursday, June 26, Departing at 9 a.m.

Cost: \$15 + lunch

String City: Nashville's Tradition of Music and Puppetry is a co-production by the Nashville Public Library and the Country Music Hall of Fame and Museum. Marionettes, rod puppetry, shadow animation, and an ever-changing set tell the story of country music as it relates to Nashville's transformation into Music City. Experience this exciting true story through nearly one hundred puppets, ranging from the Staple Singers to Johnny Cash to Taylor Swift. After the puppet show, you'll have time to self-tour the museum and grab lunch nearby—we recommend Barlines, Kitchen Notes, BajoTaco or Martins BBQ. **Registration 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.

FiftyForward Black T-Shirts Available for \$25 donation

Sizes Small-4XL

See FiftyForward Center Director Heather McNeese



We are always looking for volunteer instructors and/or group leaders! Do you have a hobby, passion, or topic that your knowledgeable about and that you'd be interested in sharing with other FiftyForward members? Please see FiftyForward staff if so, or fill out an interest card located in the FiftyForward lobby area.