

# August 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
				<b>1</b> 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	<b>2</b> 8:30a AOA Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
<b>4</b> 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 12:30p Lunch & Learn w/ Wang Vision* 1p Ping Pong	<b>5</b> 7:30a AOA Dance 8:35a YMCA Thrive 9a Hand & Foot 9:15a Trip- The Mint Gaming Hall & Lunch* 9:30a AOA Circuit 9:30a Fun & Games 10:30a AOA Yoga 1p Line Dancing-Beginners 1p Rummikub 1:30p Book Club 1:30p Reflect & Reminisce	<b>6</b> 7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10:30a Artificial Intelligence Drop-In 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 12:30p Lunch & Learn w/ Dr. Tara Allen from Female Urology of Nashville* 1p Line Dancing	<b>7</b> 7:30a AOA Dance 8:35a YMCA Thrive 9a Advisory Council 9:30a AOA Circuit 10:30a AOA Yoga 10:45a Trip- Nelson's Green Brier Distillery & Lunch* 1p Rummikub 4p Meet There- Wine Tasting at The Lodge* 5p Night Bridge	<b>8</b> 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 12:30p Collage Memory Boxes w/ Gretchen & Lee* 1p Ping Pong	<b>9</b> 8:30a AOA Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
<b>11</b> 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 12:30p Fall Vegetable Gardening Presentation* 1p Ping Pong	<b>12</b> 7:30a AOA Dance 8:35a YMCA Thrive 9a Hand & Foot 9:30a AOA Circuit 9:30a Fun & Games 10:30a See America Tours Travel Presentation* 10:30a AOA Yoga 1p Line Dancing-Beginners	<b>13</b> 7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10:15a Trip- Music for Seniors Concert* 10:30a Artificial Intelligence Drop-In 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 12:30p YMCA Lunch & Learn: Identity Theft* 1p Line Dancing	<b>14</b> 7:30a AOA Dance 8:35a YMCA Thrive 9:30a AOA Circuit 10:30a AOA Yoga 12:30p Fraud Prevention Presentation w/ FBI* 1p Rummikub 5p Night Bridge	<b>15</b> 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	<b>16</b> 8:30a AOA Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
<b>18</b> 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 12:30p New Member Orientation* 1p Ping Pong	<b>19</b> 7:30a AOA Dance 8:35a YMCA Thrive 9a Hand & Foot 9:30a AOA Circuit 9:30a Fun & Games 10a Tech Help w/ Deloitte* 10:30a AOA Yoga 1p Line Dancing-Beginners 1:30p Reflect & Reminisce	<b>20</b> 7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10:30a Artificial Intelligence Drop-In 10:45a AOA Strength 11a Meet There- Tailgate Brewery* 11:40a AOA Yoga 12p Bridge 1p Line Dancing	<b>21</b> 7:30a AOA Dance 8:35a YMCA Thrive 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Trip- Lunch & Line Dancing at Category 10: Luke Comb's Bar* 1p Rummikub 5p Night Bridge	<b>22</b> 7:30a AOA Strength 8:30a AOA Circuit 9a Sit & Knit & Crochet 9:30a AOA Cardio 10:30a Golden Games w/ CenterWell* 10:30a AOA Strength 11:30a YMCA Line Dancing 12p Bridge 1p Ping Pong	<b>23</b> 8:30a AOA Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
<b>25</b> 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 Lymphedema Presentation w/ Results PT* 1p Ping Pong	<b>26</b> 7:30a AOA Dance 8:35a YMCA Thrive 9a Hand & Foot 9:30a AOA Circuit 9:30a Fun & Games 10:30a AOA Yoga 1p Line Dancing-Beginners 1p Cooking Demo w/ Loveless Cafe*	<b>27</b> 7:30a AOA Yoga 8:30a Dutch Maid Bakery & Sam Werner Military Museum* 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10:30a Artificial Intelligence Drop-In 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 1p Line Dancing	<b>28</b> 7:30a AOA Dance 8:35a YMCA Thrive 9:30a AOA Circuit 10:30a AOA Yoga 11:30a Be SMART Presentation* 1p Rummikub 1p Tech Help w/ Bellevue Library* 5p Night Bridge 5:50p Trip- Ragtime at Keeton Theatre*	<b>29</b> 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 4p Meet There- Happy Hour at Harmony at Bellevue*	<b>30</b> 8:30a AOA Line Dancing 9:30a AOA Cardio 10:30a AOA Strength



## 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, August 5 at 1:30 p.m. Join our Turner Book Club for a fun, monthly gathering and discussion! **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/Creating Memoirs** Tuesdays, August 5 & August 19 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, August 5 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:

**Lunch & Learn w/ Wang Vision** Monday, August 4 at 12:30p. **Register by July 31 to be included in the lunch order.** August is National Eye Exam Month, and what better way to celebrate than with a lunch & learn w/ Wang Vision! Join Dr. Kyle Jones as he talks about cataracts, dry eyes, macular degeneration, glaucoma, and more. Donelson Café and Catering will be providing the food. **Brown/Davis**

**ML Artificial Intelligence Drop-Ins** Every Wednesday in August (6, 13, 20, 27) 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. **Roos Room**

**Lunch & Learn w/ Dr. Tara Allen from Female Urology of Nashville** Wednesday, August 6 at 12:30p. **Register by August 4 to be included in the lunch order.** Dr. Tara Allen will be hosting a lunch & learn as she discuss the importance of female urology. Her scope of practice includes general urology and she specializes in leaky bladders, hormonal balance, and sexual health. **Brown/Davis**

**ML Collage Memory Boxes w/ Gretchen & Lee** Friday, August 8 at 12:30p. **Cost: \$10 and includes all supplies.** **Registration required; limited to 13 spots.** Join members Gretchen & Lee as they host a collage memory box class. In this class, you will be creating memory boxes using pictures, mod podge, and craft chests. Collage and mixed media can be very fun and relaxing, so come make some memories and create a memory box! **Brown/Davis**

**Fall Vegetable Gardening Presentation** Monday, August 11 at 12:30p. **Registration is encouraged.** Presented by the Master Gardeners of Davidson County, learn to grow a bountiful fall vegetable garden! Discover which plants to include in your garden along with suggestions for successful planting, growing, and harvesting. **Brown/Davis**

**See America Tours Travel Presentation** Tuesday, August 12 at 10:30a. **Registration is 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: Identity Theft** Wednesday, August 13 at 12:30p. **Registration is encouraged.** Join Adam Fuller as he discusses identity theft and what you need to know to protect yourself. Being proactive in protecting your identity can pay off down the road. Get tips and tools to help you avoid identity theft and minimize the impact, if you should become a victim. **Activity Room**

**Fraud Prevention Presentation w/ FBI** Thursday, August 14 at 12:30p. **Registration is encouraged.** An FBI special agent warns that seniors are increasingly being targeted by internet scams including tech support, phishing messages, and romance schemes. Protecting your identity and finances is crucial as these scams become more sophisticated. At the end of the presentation, there will be time for stories and questions. **Brown/Davis**



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**New Member Orientation Monday, August 18 at 12:30p.**

**Registration is encouraged.** If you joined FiftyForward recently, or simply want to attend to meet other members and hear about all of the benefits of FiftyForward, come on out! We'll review everything that happens at the J.L. Turner Center, touch on different parts of FiftyForward as a whole, and review how to use the FiftyForward membership portal to sign up for trips and programs. **Brown/Davis**

**Tech Help w/ Deloitte Tuesday, August 19 from 10a-12p.**

**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! **Brown/Davis**

**Golden Games w/ CenterWell Friday, August 22 at 10:30a.**

**Registration required by August 18.** Let the games begin! Get ready for a fun-filled afternoon with lots of laughter and friendly competition. Participants will take part in some light-hearted, minute-to-win-it style games (think opening a package while wearing oven mitts; scooping cotton balls into a bowl while blindfolded) and the top places will be awarded with prizes. **Activity Room**

**Lymphedema Presentation w/ Results PT Monday, August 25 at 1p. Registration is encouraged.**

Join Katie Wiley, a certified lymphedema therapist, as she discusses an overview of lymphedema. The presentation will include what lymphedema is, common risk factors, early warning signs, practical strategies for daily management, and treatment options. **Brown/Davis**

**Cooking Demo w/ Loveless Café Tuesday, August 26 at 1p.**

**Cost: \$5, registration required.** Wendy Felts from Loveless Café is headed to the center to do a cooking demo for us! She will demo how to make Calico Corn Dip, Sweet Potato Butter Bliss, and Blue Lightning Summer Drink. After the demo, you will be able to taste everything and grab a recipe card. **Brown/Davis**

**Be SMART Presentation Thursday, August 28 at 11:30a.**

**Registration is encouraged.** Presented by Alanna Truss, a licensed clinical psychologist, join us for an insightful presentation on firearm safety in the Bellevue community. The Be SMART campaign was launched to promote responsible gun ownership in order to reduce deaths, injuries, and trauma. This non-partisan approach to protect citizens is all about awareness of simple, common sense principles. **Brown/Davis**

**Tech Help with Bellevue Library Thursday, August 28 from 1p-3p. Registration is encouraged.** 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**

## COMING IN SEPTEMBER:

**Beginners Bridge, Learn How to Play Every Tuesday in September at 1p. Registration required by August 27.** 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! **Zelle/West except on Sept. 2, which will be in Brown/Davis**

**FiftyForward JL Turner SPELLING BEE Competition Monday, September 22 at 12:30p. Please see Savannah by September 15 if you are interested in participating in the competition.** Join us for an afternoon of fun, friendly competition, and brainpower at our first-ever SPELLING BEE! Have a chance to showcase your spelling skills, challenge your memory, and connect with other members in a supportive atmosphere. Whether you're a lifelong word lover or simply looking for a new way to stay sharp, this is a FUN opportunity to test your vocabulary and enjoy some light-hearted entertainment. Prizes will be awarded for top spellers and we'll have light refreshments. Come cheer on friends and/or take the stage yourself! **Brown/Davis**

## 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 – The Mint Gaming Hall at Kentucky Downs & Lunch**

**Tuesday, August 5, Departing at 9:15a**

**Cost: \$20 + food/purchases on site**

We're headed to the TN/KY border for some gaming fun! The Mint Gaming Hall features more than 1,000 exciting, gaming machines with lots of ways to win. Check out the Corner Café for lunch options. You can find the menu here: <https://themintkentuckydowns.com/wp-content/uploads/sites/3/2025/02/Full-Menu-All-Day-Breakfast-Lunch-Dinner-updated-2-19-25.pdf>

We will head back to the center around 1:15p. **Registration required.**



## Trip List Continued:

### Trip – Tour, Tasting, & Lunch at Nelson's Green Brier Distillery & Shopping at Marathon Village

**Thursday, August 7, Departing at 10:45a**

**Cost: \$45 + lunch**

Join us for a trip downtown to Nelson's Green Brier Distillery. Here we will take a journey through the distillery's history, followed by a walk-through of the production floor, and finished with a premium tasting of four seasonal offerings. After the tour, we will eat lunch at the distillery's restaurant which offers an elevated yet comfortable approach to gastro distillery with a southern flair. Check out the menu here: <https://greenbrierdistillery.com/pages/restaurant>. After lunch, we will have time to shop around Marathon Village, and then head back to the center around 2:30p. **Registration required by July 28 and there are no refunds after that date.**

### MEET THERE– Wine Tasting at The Lodge at Natchez Trace

**Thursday, August 7 from 4-5p**

**Address: 8207 TN-100**

Join our neighbors at The Lodge at Natchez Trace for a fun wine tasting event! Enjoy some different samples of wine while also learning about the community at The Lodge. **Registration required so we can let The Lodge know how many people to expect.**

### Trip – Music for Seniors Concert at TN State Museum: Craig Duncan's TN Bluegrass Revue & Lunch at the Farmers' Market

**Wednesday, August 13, Departing at 10:15a**

**Cost: \$15 + lunch**

August's Music for Seniors concert has us headed up to the Tennessee State Museum! We will hear tunes from Craig Duncan's Tennessee Bluegrass Revue, who is featured in the American Fiddler's Hall of Fame. After the concert, you will be able to walk next door to the Nashville Farmers' Market for lunch. **Registration required.**

### MEET THERE– Tailgate Brewery for Lunch

**Wednesday, August 20, at 11a**

**Address: 7300 Charlotte Pike**

Who's ready for some half off pizza?! Join other members at Tailgate Brewery for lunch and enjoy some delicious food, great conversations, and maybe even a drink! All pizzas will be half off and all sandwiches will be discounted. Check out the menu here: <https://www.tailgatebeer.com/food> **Registration required.**

### Trip – Lunch & Line Dancing at Category 10

**Thursday, August 21, Departing at 10:30a**

**Cost: \$15 + lunch**

Time to line dance the day away at Category 10: Luke Combs' Bar! This bar is located off of Broadway and features live music, line dancing, and Southern eats and drinks. Before line dancing begins at 12p, we will eat lunch at the Category 10 restaurant. Check out the menu here: <https://www.category10.com/menus/the-honky-tonk-menu/> We will head back to the center around 1:30p. **Registration required.**

### Trip – Tour & Lunch at Dutch Maid Bakery & Tour of Sam H. Werner Military Museum

**Wednesday, August 27, Departing at 8:30a**

**Cost: \$35 + lunch**

Join us for a trip to Dutch Maid Bakery, Tennessee's oldest family-owned bakery, for lunch. From bread to pastries to cakes, everything is hand-made from scratch! Before we sit down to eat, we will get a tour of the bakery and learn all about the family history. After lunch, we are headed down the road for a guided-tour of the Sam H. Werner Military Museum. This museum showcases Mr. Werner's extensive collection of military vehicles and artifacts ranging from WWI to the present. **Registration required.**

### Trip – “Ragtime” at the Larry Keeton Theatre

**Thursday, August 28, Departing at 5:50p**

**Cost: \$45**

**\*Please note this trip does NOT include dinner, so please eat before the trip.** The Keeton Theatre in Donelson presents “Ragtime” - At the dawn of a new century, everything is changing... and anything is possible. Set in the volatile melting pot of turn-of-the-century New York, three distinctly American tales are woven together – that of a stifled upper-class wife, a determined Jewish immigrant and a daring young Harlem musician – united by their courage, compassion and belief in the promise of the future. Together, they confront history's timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair, and what it means to live in America. **Registration required by August 15 to secure tickets and there will be no refunds after that date.**

### MEET THERE– Happy Hour at Harmony at Bellevue

**Friday, August 29 at 4p**

**Address: 8234 TN-100**

Harmony at Bellevue has invited us to join them for their weekly happy hour! Enjoy some beverages as well as live music from a local performer. **Registration required so we can let them know how many people to expect.**

## 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.