

# November 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                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                           | 1<br>8:30a AOA Line Dancing<br>9:30a AOA Cardio<br>10:30a AOA Strength  |
| 3<br>7:30a AOA Yoga<br>8:30a AOA Circuit<br>9:30a AOA Strength<br>10:30a AOA Cardio<br>10:30a <b>Ascension Volunteer Presentation*</b><br>11a Chess Group<br>11:30a AOA Yoga<br>12p Bridge<br>12:30p <b>Lunch &amp; Learn w/ CenterWell*</b><br>1p Ping Pong | 4<br>7:30a AOA Dance<br>8:35a YMCA Thrive<br>9a Hand & Foot<br>9:30a AOA Circuit<br>9:30a Fun & Games<br>10:30a AOA Yoga<br>1p Line Dancing-Beginners<br>1p Rummikub<br>1:30p <b>Book Club</b><br>1:30p <b>Reflect &amp; Reminisce</b>          | 5<br>7:30a AOA Yoga<br>8:45a Functional Balance<br>9:30a AOA Cardio<br>10a Ping Pong<br>10:15a <b>Trip- Music for Seniors Concert &amp; Lunch*</b><br>10:30a <b>Artificial Intelligence Drop-In</b><br>10:45a AOA Strength<br>11:40a AOA Yoga<br>12p Bridge<br>1p Line Dancing | 6<br>7:30a AOA Dance<br>8:35a YMCA Thrive<br>9a Advisory Council<br>9:30a AOA Circuit<br>10:15a <b>Trip- FlyNash Aerial Arts Class &amp; Lunch*</b><br>10:30a AOA Yoga<br>1p Rummikub<br>5p Night Bridge                | 7<br>9a Sit & Knit & Crochet<br>9:30a <b>Trip- Soda Pop Junction &amp; Lynnville Railroad Museum*</b><br>9:30a AOA Cardio<br>10:30a AOA Strength<br>10:30a <b>Frist Art Trunk Project*</b><br>11:30a YMCA Line Dancing<br>12p Bridge<br>1p Ping Pong      | 8<br>8:30a AOA Line Dancing<br>9:30a AOA Cardio<br>10:30a AOA Strength  |
| 10<br>7:30a AOA Yoga<br>8:30a AOA Circuit<br>9:30a AOA Strength<br>10:25a <b>Trip- Brunch &amp; Tour at The Lodge*</b><br>10:30a AOA Cardio<br>11a Chess Group<br>11:30a AOA Yoga<br>12p Bridge<br>1p Ping Pong                                              | 11<br>7:30a AOA Dance<br>8a <b>Veterans Day Breakfast*</b><br>8:35a YMCA Thrive<br>9a Hand & Foot<br>9:30a AOA Circuit<br>9:30a Fun & Games<br>10a <b>Arthritis Presentation w/ Results PT*</b><br>10:30a AOA Yoga<br>1p Line Dancing-Beginners | 12<br>7:30a AOA Yoga<br>8:45a Functional Balance<br>9:30a AOA Cardio<br>10a Ping Pong<br>10:30a <b>Artificial Intelligence Drop-In</b><br>10:45a AOA Strength<br>11:40a AOA Yoga<br>12p Bridge<br>1p Line Dancing                                                              | 13<br>7:30a AOA Dance<br>8:35a YMCA Thrive<br>8:50a <b>Trip- Nashville Symphony Dress Rehearsal &amp; Lunch*</b><br>9:30a AOA Circuit<br>10:30a AOA Yoga<br>1p Rummikub<br>5p Night Bridge                              | 14<br>9a Sit & Knit & Crochet<br>9:30a AOA Cardio<br>10:30a AOA Strength<br>11:30a YMCA Line Dancing<br>12p Bridge<br>1p Ping Pong                                                                                                                        | 15<br>8:30a AOA Line Dancing<br>9:30a AOA Cardio<br>10:30a AOA Strength |
| 17<br>7:30a AOA Yoga<br>8:30a AOA Circuit<br>9:30a AOA Strength<br>10:30a AOA Cardio<br>10:30a <b>See America Tours Travel Presentation*</b><br>11a Chess Group<br>11:30a AOA Yoga<br>12p Bridge<br>1p Ping Pong                                             | 18<br>7:30a AOA Dance<br>8:35a YMCA Thrive<br>9a Hand & Foot<br>9:30a AOA Circuit<br>9:30a Fun & Games<br>10:30a AOA Yoga<br>12:30p <b>Christmas Calligraphy*</b><br>1p Line Dancing-Beginners<br>1:30p <b>Reflect &amp; Reminisce</b>          | 19<br>7:30a AOA Yoga<br>8:45a Functional Balance<br>9:30a AOA Cardio<br>10a Ping Pong<br>10:30a <b>Artificial Intelligence Drop-In</b><br>10:45a AOA Strength<br>11:30a <b>Thanksgiving Party Potluck*</b><br>11:40a AOA Yoga<br>12p Bridge<br>1p Line Dancing                 | 20<br>7:30a AOA Dance<br>8:35a YMCA Thrive<br>9:30a AOA Circuit<br>10:30a AOA Yoga<br>11:30a <b>Lunch &amp; Learn w/ Complete Health*</b><br>1p Rummikub<br>1p <b>Tech Help w/ Bellevue Library*</b><br>5p Night Bridge | 21<br>9a Sit & Knit & Crochet<br>9:30a AOA Cardio<br>10:30a AOA Strength<br>10:30a <b>Trip- Lunch at Puffy Muffin &amp; Tour of Dyer Observatory*</b><br>10:30a <b>Frist Art Trunk Project*</b><br>11:30a YMCA Line Dancing<br>12p Bridge<br>1p Ping Pong | 22<br>8:30a AOA Line Dancing<br>9:30a AOA Cardio<br>10:30a AOA Strength |
| 24<br>7:30a AOA Yoga<br>8:30a AOA Circuit<br>9:30a AOA Strength<br>10:30a AOA Cardio<br>11a Chess Group<br>11:30a AOA Yoga<br>12p Bridge<br>1p Ping Pong                                                                                                     | 25<br>7:30a AOA Dance<br>8:35a YMCA Thrive<br>9a Hand & Foot<br>9:30a AOA Circuit<br>9:30a Fun & Games<br>10:30a AOA Yoga<br>12:30p <b>Watercolor for Beginners w/ Lee*</b><br>1p Line Dancing-Beginners                                        | 26<br>7:30a AOA Yoga<br>8:45a Functional Balance<br>9:30a AOA Cardio<br>10a Ping Pong<br>10:30a <b>Artificial Intelligence Drop-In</b><br>10:45a AOA Strength<br>11:40a AOA Yoga<br>12p Bridge<br>1p Line Dancing                                                              | 27<br><b>FiftyForward Centers &amp; Offices CLOSED for Thanksgiving</b>                                                                                                                                                 | 28<br><b>FiftyForward Centers &amp; Offices CLOSED for Thanksgiving</b>                                                                                                                                                                                   | 29<br>8:30a AOA Line Dancing<br>9:30a AOA Cardio<br>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, November 4 at 1:30 p.m. Join our Turner Book Club for a fun, monthly gathering and discussion! This month's book will be *The Lost Apothecary* by Sarah Penner. **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, November 4 & November 18 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! **Zelle/West Nov 4 & Roos Room Nov 18**

**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, November 4 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:

**Ascension Volunteer Presentation** Monday, November 3 at 10:30a. Looking for ways to volunteer in the community? Join Michele Ryan as she comes out to the center to talk about all of the volunteer opportunities Ascension has to offer! **Brown/Davis**

**Lunch & Learn w/ CenterWell Senior Primary Care** Monday, November 3 at 12:30p. Registration required by October 30 if you wish to be included in the lunch order. Join CenterWell's nurse practitioner, Dr. May Melyn Galbreath, as she discusses prediabetes and how to keep your blood sugar in check. Lunch will be provided! **Brown/Davis**

**ML Artificial Intelligence Drop-Ins** Wednesdays in November (5, 12, 19, 26) 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. If you are unable to attend a Wednesday drop-in session, John is available for one-on-one appointments as well. **Roos Room**

**Frist Art Trunk Projects** Friday, November 7 & Friday, November 21 from 10:30a-12p. Registration is required and limited to 15 people per project. Separate registration required for both projects. Community art teachers with Frist Art Museum will lead hands-on projects that tie into their current exhibit, *New African Masquerades: Artistic Innovations and Collaborations*.

**Project 1 on November 7: Resist Dye Symbols**– Participants will consider the meaning of various Nsibidi characters and create their own symbolic fabric pieces using wax resist-dye methods. **Brown/Davis**

**Project 2 on November 21: Compromise Kimi Foil Relief**– Participants will explore symbolism, metaphor, and composition to create a foil relief plate based on the Compromise Kimi masquerade genre. You will practice reflecting on your community and its function in your lives. **Brown/Davis**

**Veterans Day Breakfast** Tuesday, November 11 from 8-9:30a. Registration is encouraged so we have enough food. Hosted by the Exchange Club of Bellevue, the Bellevue Family YMCA, and FiftyForward Turner, join us for a special tribute to veterans, including music, veteran interviews, and more.

**YMCA-Hosted Arthritis Presentation w/ Results PT** Tuesday, November 11 at 10a. Registration is encouraged. Learn how physical therapy can help arthritis patients maintain their quality of life by addressing each patient's personal needs by creating a custom exercise program! **Brown/Davis**

**See America Tours Travel Presentation** Monday, November 17 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. **Brown/Davis**



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**Christmas Calligraphy** Tuesday, November 18 from 12:30-2:30p. **Cost: \$15. All supplies will be provided. Registration required.** Are you interested in improving your handwriting? Making the envelopes you mail out beautiful? Want your grandchildren to be impressed with mail from you as a grandparent? Then this class is for you! Our calligraphy classes are designed for beginners to the experienced. This month, join instructor Maryann Mize for Christmas Calligraphy. All skill levels are welcome! **Brown/Davis**

**Thanksgiving Party Potluck** Wednesday, November 19 at 11:30a. **Registration is encouraged so we have enough food. Cost: free if you bring a dish; \$10 otherwise. See FiftyForward staff or Ambassadors to sign up for a dish.** Let's make this a feast to remember! Bring your favorite shareable dish— whether it's a homemade family recipe or a store bought pie (we won't judge!). We will have turkey for our entrée as well as live entertainment. **Activity Room**

**Lunch & Learn w/ Complete Health** Thursday, November 20 at 11:30a. **Registration is required by November 17. Free lunch for the first 30 people to register.** Complete Health Partners at Nashville West are headed to the center to introduce their new physician, Dr. Nguyen. She will provide valuable education on topics such as Medicare Annual Wellness Visits and other preventative health strategies that directly benefit older adults. **Brown/Davis**

**Tech Help with Bellevue Library** Thursday, November 20 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**

**ML Watercolor for Beginners w/ Lee** Tuesday, November 25 at 12:30p. **Cost: \$15. Registration required by November 21.** Learn the basic characteristics of watercolors. Supplies will be provided. **Zelle/West**

### 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 – Music for Seniors: The WannaBeatles Concert & Lunch**

**Wednesday, November 5, Departing at 10:15a**

**Cost: \$15 + lunch**

Franklin Theatre here we come! We're headed to Franklin for Music for Seniors November concert featuring The WannaBeatles. Get ready for a different kind of Beatles experience that combines Beatles classics with hilarious on-stage antics, audience involvement, and award-winning entertainment. This tribute act uses their multi-instrumental skills to recreate all eras of The Beatles song catalogue. After the concert, everyone can enjoy lunch at a spot of their choosing in downtown Franklin. **Registration required.**

#### **Trip – FlyNash Aerial Arts Class & Lunch at 51st Deli**

**Thursday, November 6, Departing at 10:15a**

**Cost: \$40 + lunch**

Stay active and have some fun in this aerial arts class designed for older adults! Here, we will use aerial hammocks to support the body in gentle flexion and extension while experiencing a sense of weightlessness. All movements can be modified or optional based on individual comfort levels. Participants can expect to transition between seated and standing positions with minimal support. If you have certain medical conditions, this class may not be for you. See FiftyForward staff with any questions regarding restrictions and limitations. After the class, we will enjoy lunch at 51st Deli. **Registration required.**

#### **Trip – Lunch at Soda Pop Junction, Tour of Lynnville Railroad Museum, & Shopping in Downtown Lynnville**

**Friday, November 7, Departing at 9:30a**

**Cost: \$25 + lunch**

Great food and great company guaranteed! We're headed south to Lynnville, TN. Here, we will first eat lunch at Soda Pop Junction, home of the #1 burger and #2 milkshake in the state of TN. After lunch, there are a couple of options to choose from. Across the street is the Lynnville Railroad Museum where you can experience a self-guided museum tour featuring railroad history displays as well as a locomotive out front that you can explore. Lynnville also has a leather store, a boutique, as well as a fried pie store if you're up for some shopping! **Registration required.**

## Trip List Continued:

### Trip– Brunch & Tour at The Lodge

**Monday, November 10, Departing at 10:25a**

**Cost: FREE**

Our neighbors over at The Lodge have invited us over for brunch and a tour! This will be a great opportunity to see their assisted living and memory care community and ask any questions that you may have. Brunch food will be provided as well as a mimosa bar and Bloody Mary's. **Registration required.**

### Trip – Nashville Symphony Dress Rehearsal featuring the U.S. Naval Academy Glee Club & Lunch at Jonathan's Grille

**Thursday, November 13, Departing at 8:50a**

**Cost: \$15 + lunch**

**Please note this dress rehearsal is 2-2.5 hours long with a short break in the middle.** Celebrate America with the 80 stirring voices of the U.S. Naval Academy Glee Club as they rehearse for their upcoming concert. A tribute to America's heroes with all your favorite red, white, and blue melodies. Patriotic anthems, Broadway hits, choir classics, and more will be performed! After the rehearsal, we will eat lunch at Jonathan's Grille in Bellevue. **Registration required.**

### Trip– Lunch at Puffy Muffin & Tour of Dyer Observatory

**Friday, November 21, Departing at 10:30a**

**Cost: \$25 + lunch**

Join us for a fun-filled afternoon where we will first enjoy lunch at Puffy Muffin, a restaurant serving up freshly baked pastries, hearty sandwiches, and mouthwatering dishes. Check out the menu here: <https://puffymuffin.com/lunch>. After lunch, we are headed down the road for a tour of Dyer Observatory. The tour will last about an hour and a half and you will be able to look through some telescopes while learning all things astronomy! **Please note that this trip involves a lot of standing (no seating available while on the tour) and the observatory has about 20 steps inside.** **Registration required.**

### **EARLY TRIP RELEASE FOR JUNE 2026 TPAC SHOW:**

### Trip– Tennessee Performing Arts Center presents HAMILTON

**Thursday, June 18, Departing at 12p (Show is at 1p)**

**Cost: \$185**

Next June, we have scored tickets to attend TPAC's rendition of HAMILTON. This Tony Award winning-show is the epic saga that follows the rise of Founding Father Alexander Hamilton as he fights for honor, love, and a legacy that would shape the course of a nation. This show is a mix of hip-hop, jazz, R&B, and Broadway and has had a profound impact on culture, politics, and education. **Our seats are located in Row T in the Orchestra section. Please note the deadline to register for this is February 20, 2026 and there will be no refunds after that date unless your seat can be filled.** **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**

