

FiftyForward J. L. Turner

Our mission is to support, champion and enhance the lives of those 50 and older.

8101 Highway 100,
Nashville, Tn 37221
www.FiftyForward.org

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MERRY CHRISTMAS AND HAPPY HOLIDAYS!

FROM THE FIFTYFORWARD J. L. TURNER CENTER STAFF!

There's something for everyone at FiftyForward

As the hustle and bustle of the holidays begins, it is important that we reach out to friends who might need some positivity and fellowship in their lives.

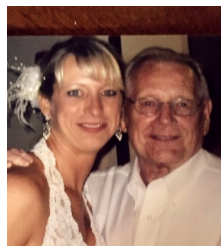
At our centers we see many groups led by women who are doing fun, creative projects. Social trends demonstrate women are very social creatures, and often create long, lasting bonds. The same can be said of men. Many centers are recognizing the need to create those opportunities for men to gather to form friendships and to support one another.

Dan Surface, a Friends Learning in Pairs (FLIP) volunteer, was featured in our September *Forward Focus*. When he retired, he wondered about his next chapter and then organized a group to gather men together to support one another in retirement and beyond. The Retired Men's Group: Refiring your Life at **FiftyForward Knowles** was born. One of their first goals was to support FiftyForward member Joe Murray in his lifelong goal to skydive. (Read about it here: <https://fiftyforward.org/newsroom/forward-focus/>)

What the general population in Nashville may not know is that there are several groups for men at our centers that offer men a chance to convene and enjoy fellowship.

At **FiftyForward Martin Center**, men meet for breakfast every other month to develop friendships and support one another. Center

Director Jodi Theobald says she started the group to honor her grandpa. She recounts, "He would go down to a small restaurant in our little town every morning. They had a table there where all the men sat, had breakfast, and talked about anything and everything." The group is a way "to keep the spirit and energy of those times alive." Usually 15 men attend but welcome



**Fifty
Forward**
Love life at 50+

more to join them. The next gathering is Thursday, Dec. 12, 8:30-9:30 a.m. Call the center, 615-376-0102 for more information.

In support of other men's groups and activities, **FiftyForward Madison Station** recently held a pool tournament and invited FiftyForward Donelson Station members to



compete. They had 32 participants, 16 from each center. It was a chance for the men's pool groups to have some friendly competition (there are a few women who play pool, too). The final match was between Jerry Farley (FiftyForward Madison Station) and Ray Warrick (FiftyForward Donelson Station). Ray won! One of the members had the fun trophy created, which was awarded to Ray, but will be awarded to the winner of the next tournament. Coincidentally, Jerry and Ray have known each other since grade school – so they have a long history together. If you are interested in playing pool with these fun-loving guys, call the centers or show up!



Jerry (L) awards Ray the prized trophy — all in good fun!

These three groups welcome other men to join them to create a safe, welcoming place – for lively discussion, games, fellowship and support. We hope that more men will join FiftyForward and realize it's a place for everyone, men and women alike.

FiftyForward J. L. Turner
8101 Highway 100
Nashville, TN 37221
615-622-3040
www.FiftyForward.org
Center Hours
Monday-Friday, 9 a.m.-3:30 p.m.

Staff

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Connect with us!



A profile of FiftyForward may be found at www.givingmatters.com. With your generous contributions, FiftyForward continues to support older adults in the community through our comprehensive programming. To support our mission, please visit www.FiftyForward.org/donate

Note from the Center Director

Please note the following policies and special announcements.

Holiday Closings: Fifty Forward will be **closed December 23-27** for the Christmas holidays! We will also be **closed January 1** for New Years Day. There will be NO PROGRAMS during our closing times!

Special Announcements: We will be cleaning out all cabinets and shelves to better organize our center. If you have any personal items in the cabinets located in Brown/Davis, Zelle/West, conference room, or the lobby, please make sure to get those items! They will be donated or reused after **December 23**. Thank you so much for your cooperation.

Weather Policy: The Inclement weather policy for members and the public, **FiftyForward Centers will align with the county schools for inclement weather closings.** If Davidson County schools are closed or delayed, Davidson County centers will be closed or delayed for members and the general public. If Williamson county schools are closed or delayed, Williamson County centers will be closed or delayed for members and the general public. **For FiftyForward J. L. Turner** and FiftyForward College Grove: If FiftyForward decides to close to members but your building is open, **we are still closed to members.** We make that decision as an agency in the interest of safety for all. FiftyForward will post a message on Facebook by **7 a.m.** This information will be shared on the FiftyForward J. L. Turner Facebook page and will be shared with the YMCA front desk staff. Closings, delayed start times and early closures due to inclement weather will be announced using this same format.

—Connie Rigsby
Director

Many thanks to our sponsors



Edward Jones
MAKING SENSE OF INVESTING



FiftyForward membership

When you join FiftyForward, you can participate in the hundreds of programming activities across seven centers. Membership is \$12/ month or \$144/year and scholarships are available. To learn more, talk with your center staff and fill out an application. You will be eligible for program discounts on trips, special programs and classes.

We look forward to meeting you!





Cigna offers a wealth of educational programming across the agency. These programs are free and members from any center can attend.

Center	Date/Time	Subject
FiftyForward College Grove	Dec. 12, noon	Diabetes
FiftyForward Madison Station	Dec. 2, 10:30 a.m.	Arthritis
FiftyForward Martin Center	Dec. 4, 1 p.m.	Getting active
FiftyForward J. L. Turner Center	Dec. 9, 10:30 a.m.	Getting active



All of Us RESEARCH PROGRAM

Have you heard about the new *All of Us* Research Program from the National Institutes of Health? This new exciting program seeks to enroll 1,000,000 participants from diverse backgrounds to improve the health of future generations. If you are interested in joining but have more questions or would like some assistance in enrolling, please make an appointment with us! FiftyForward *All of Us* team members will be offering monthly one-on-one appointments here. Sign up at the Center and become “One in a Million” with the *All of Us* Research Program!

Monthly—2nd Wednesday 10 a.m.–Noon; Check in at kiosk

Day Trips

The Bluebird Café:

Monday, Dec. 9, 9:15 a.m.-Noon

Start off your day with us at the Bluebird Café for a morning of coffee, donuts, and live music.

Cost: \$6 for van

The Frist Presents: Music for Seniors

Monday, Dec. 16, 9:30 a.m.-2:30 p.m.

Join us for a holiday sing-a-long with Sarah Martin McConnel of Music for Seniors. The students of Crestwell Middle Prep School of the Arts will be accompanying her for this festive annual event. We will stop for lunch at Taco Mamacita.

Cost: \$6 for van, lunch on your own

ShinnDig:

Thursday, Dec. 19, 10 a.m.-2:30 p.m.

On Thursday, December 19 from 11 a.m. - 2 p.m. let the George Shinn Foundation treat you to lunch, entertainment and door prizes at their annual senior holiday party, The ShinnDig, at Lipscomb University's Allen Arena.

Cost: \$6 for van.

YMCA Trips



*The Dancing Lights of Christmas:

Monday, Dec. 9, 4:30 p.m.

Come celebrate the season with us as we encounter The Dancing Lights of Christmas. With a 2.5 mile route and over two million lights dancing to music on the radio, each visit will be a new experience. Dinner will be at Demo's.

Cost: \$25, Dinner on your own

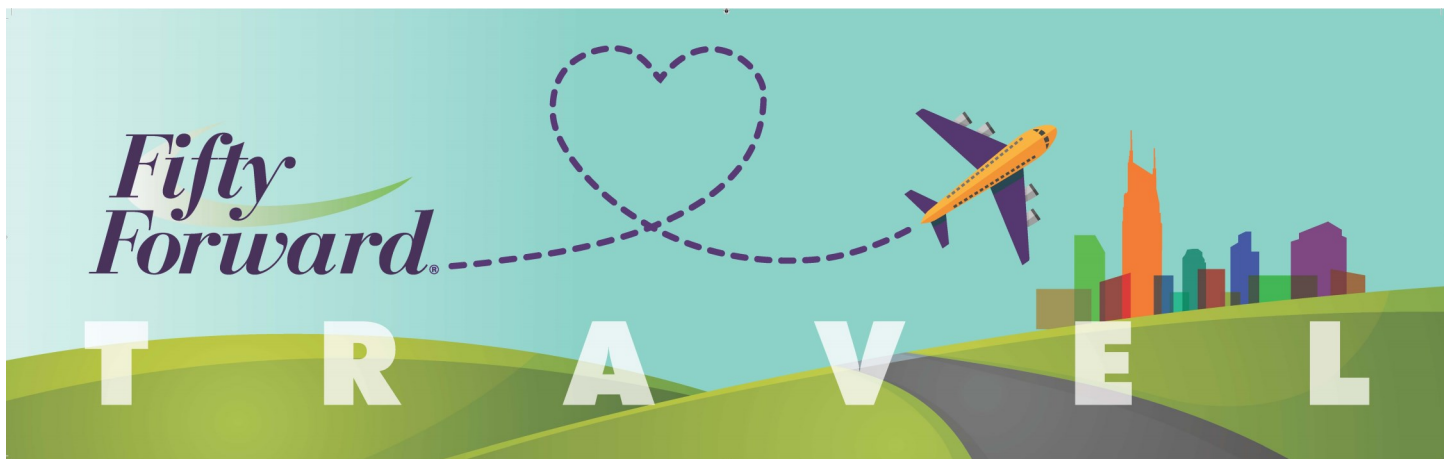
*Chaffin Barn Theatre:

Thursday, Dec. 19, Noon

Meet us at the Chaffin's Barn for a spectacular showing of *Sanders Family Christmas*. Doors open at 11 a.m. and the show begins at Noon. Lunch and transportation are not provided.

Cost: \$20 (Ticket cost only)

***To sign up for the YMCA trips or for more information, please contact Regena Hooker, 615-646-9622 or by email: rhooker@ymcamidtn.org**



Gain insight and details on all of these trips at

<https://fiftyforward.org/travel/>

Apr. 3-9, 2020: Cherry Blossom Festival, Washington D.C.

Cost: \$2,789 pp/dbl

Apr. 28-May 6, 2020: Tulip River Cruise, featuring Dutch and Belgian Waterways .

Cost: Cabins range from \$4,199-\$7,099



May 14-16, 2020: Billy Graham Museum

Cost: \$475pp/dbl

June 8-11, 2020: Creation Museum and Ark Encounter

July 15-21, 2020: Mt. Rushmore (details TBD)

Sept. 14-17, 2020: Everything Elvis (details TBD)



Call Janice at 615-883-8375 to make your reservation for trips. Nonmembers pay an additional 10 percent.

On the Road with *FiftyForward*

On the Road takes a winter hiatus in January and February due to unpredictable, inclement weather, but be sure to check the January newsletter for our March trip.



Food Trips & Gatherings

Foodie Night: Friday, Dec. 6, 5 p.m.

Meet for dinner at Coco's Italian Restaurant and Market.

Breakfast Club: Monday, Dec. 9, 8:30 a.m.

Meet at 37 Degrees Sth for breakfast.

Foodie Night: Friday, Dec. 13, 4:15 p.m.

Dinner at Tupelo Honey

Cost: \$6 van; dinner on your own

Supper Club: Tuesday, Dec 3, 5 p.m.

Supper at BoomBozz. Meet there, please sit in small groups. Signup will be limited.

November Foodie Trip Highlights



Center-based wellness resources

Grip Testing Information

Monday, Dec. 2, 10:30-11am

Come Join Gabrielle Perez as she introduces you to the benefits of grip testing. In Brown/Davis room.

Cigna present *Healthier Together: Fall Prevention*

Monday, Dec. 9, 10:30 a.m.

Learn about getting active and fall prevention.

All of Us Research Program Cookie Caravan

Wednesday, Dec. 11, 10 a.m.–noon

We provide cookies and cocoa, along with a short presentation on the *All of Us* Research program. In Zelle/West room.

Counseling Day

Wednesday, Dec. 11, 8-11 a.m.

FiftyForward Living At Home Care Manager Ron Henson will be available in the **Conference Room** every **2nd Wednesday** of the month from **8-11 a.m.** to answer your questions about Medicaid and FiftyForward Supportive Care Services.

Vanderbilt Gerontology Health and Wellness

Thursday, Dec 12, 10:30am– 11:30am

Join Nurse Practitioner Janelle Delle for a special presentation. In Brown/Davis room.

Weight Watchers Meeting

Mondays: 12:30 p.m.; Weigh-in 1 p.m.

Meetings held every week in Activity Room. Joining fee waived for members.

Friday, December 6, 9-10:30 a.m. *Nashville Pikes Volume Six: 150 Years Along the Gallatin and Vaughn Pikes* **Ridley Wills II.** Among the interesting homes Ridley will discuss are those of the Martin family (where Sam Houston and his bride spent the night 2 nights after their wedding), John Early (Pontotoc); Grantland Rice (Vaughn Pike), Dr. Lucius Burch (Riverwood), Rock City, a small black community in South Inglewood, where Ridley collected insurance for National Life in 1960; and Fortland Farms, Dr. Rufus Fort's home on Riverside Drive.



Friday, December 13, 9-10:30 a.m. Season Ending Potluck Brunch

"How Nashville Became Music City USA" **Dr. Don Cusic**, Author, Musical Playwright, and Historian, Belmont Professor, will trace the music and musicians in Nashville and feature major developments that led Nashville to be "Music City USA" and musical excerpts from the play he wrote about "Minnie Pearl" that was shown at Chaffin's Barn.

Friday, December 20, 9-10:30 a.m.: Christmas musical program

Entertainment provided by Steve Baker, guitarist, singer, and entertainer from Centerville and occasional guest on the Grinders Switch Radio Hour.



All of Us Cookie Caravan!

By now you may have heard about the *All of Us* Research Program from the National Institutes of Health. This exciting program seeks to enroll one million diverse people living in the U.S. in order to improve the health for future generations. Find out more about the program by visiting us at the ***All of Us* Cookie Caravan** this month! Trained staff will be here to talk about the program, answer questions, provide iPads and laptops for enrollment, and of course, hand out free **Christie Cookies** & cocoa! Visit the "Cookie Caravan" at the center on Dec. 11, 10 a.m.-noon. RSVP is limited to the first 30 signups. Free cookies and cocoa provided by FiftyForward!

Creative Pursuits

Brain Brawlers Trivia

Tuesdays, Noon-1 p.m. (Zelle/West) Team play of general knowledge trivia

Creating Memoirs

2nd & 4th Tuesdays, 1-3 p.m.
(Conference Room)
Write your personal memoir.



Sit, Knit & Crochet

Fridays, 9 a.m.-Noon (Conference Room).
Learn to knit and crochet.

Line Dancing

Wednesdays. 1-2 p.m.
Fri. 10:30-11:30 a.m.
(Activity Room)
Intermediate & Advanced

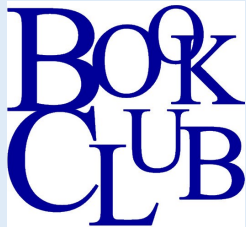


Open Music Jam

4th Thursdays, noon-1 p.m. (Conference Room)
Sing or play an instrument or sit back & listen

Writer's Club

Thursdays, 11:30 a.m. (Conference Room)
No experience necessary



Book Club

Thursday, December 5, 1-3:00 p.m.
(Conference Room) *Educated a Memoir* by Tara Westover

Fun & Games

Bridge

Mondays, Wednesdays & Fridays, 11:45 a.m.-3 p.m.
Thursday evenings, 5:45-9 p.m. (Brown/Davis)

Canasta

Tuesdays, 9:30 a.m.-2:30 p.m. (Zelle/West)



Mahjong

Tuesdays, 9 a.m.-noon.
(Zelle/West)

Rummikub

Tuesdays, 12:30-3 p.m. (Brown/Davis)

Ping Pong

Wednesdays, 1-3 p.m. (Activity Room or TBA)

Puzzles

Daily, 9 a.m.-3 p.m. (Turner Lobby)

January Sneak Peak!!

With a New Year comes new opportunities! We will be hosting a Program Preview to give our members the chance to get a glimpse of what to expect in the New year!

We have also rescheduled The Giant Sequoia program with The Senior Learning Center. They were forced to cancel when the rampant fires caused many blackouts over the State of California, but they are coming back for January! We are excited to discover nature alongside them with a virtual tour sure to leave you breathless.

We will be introducing many newer movies to our Friday Flicks so be sure to keep an eye out for what's in store!

Center Events

Victory Over Crime Holiday Safety

Monday, Dec 2, 9:30-10:30 a.m.

Learn about how to stay safe during the holidays.
(Zelle/West)

Scan-A-Thon

Wednesday, Dec 3, 10:30a.m.-12:30p.m.

Learn how to save all of your personal documents on to a flash drive and enjoy Rodney's new app for preserving precious memories. Free flash drive provided. (Activity Room).

JoyCo Appraisals

Thursday, Dec. 5, 10:30-11:30 a.m.

Meet Teresa Joy (Alexandra's mother) as she teaches you everything you need to know about appraising and preserving your jewelry. Lunch is provided.
(Zelle/West)

Tech Day with Ensworth Academy

Friday, Dec. 6, 10-11:30 a.m.

Do you know what your devices are capable of? Come join the Ensworth students as they take you through the basics of setting up your phones or emails to best suit your needs! (Brown/Davis)

Lunch and Learn

Estate Planning

Monday, Dec. 9, Noon-2 p.m.

Matt Creekmore and Jad Duncan present a class on estate planning. Meet these Edward Jones gurus and grab a bite to eat! (Zelle/West)

Holiday Luncheon

Tuesday, Dec. 10, Noon

Come celebrate the holidays with us! Lunch provided by The Lodge. Come dressed in your Holiday best! Ugly Christmas sweaters encouraged! (Gym)

Kim Lane Art Class

Series #3

Wednesday, Dec. 18, 2 p.m.

For those who signed up, don't forget that series 3 is coming up! Mark your calendars! (Zelle/West)

Special events

Crafting with Amy from The Lodge

Wednesday, Dec. 18, 9-11 a.m.

For our crafting time this month, we are designing "ugly" pins to go with those over-the-top Christmas sweaters. Don't miss out on all the crafting fun! (Activity Room)

Birthday Celebrations!

Wednesday, Dec. 18, noon

If you have a birthday this month (or just want some free cake) come join us in the lobby for a small celebration to honor those who have birthdays this month!

Friday Flicks

Friday, Dec. 20, 12:30-2:30 p.m.

To honor the wonderful Christmas season upon us, we've decided to play the holiday classic and family favorite *National Lampoons Christmas Vacation*. Meet the Griswold family in this hilarious comedy starring Chevy Chase. Popcorn and drinks provided! In Zelle/West.



Veteran's Center Christmas Party!

We are honored to serve alongside the community's Veteran's Center on Thursday, Dec. 5 for their annual Christmas Party. We are excited to bring along our volunteers to help them serve lunch and prepare drinks. Our volunteer list is FULL, however, those who signed up, make sure to mark your calendars! We will be leaving our center at 9:45 a.m. Volunteers are asked to wear neat, comfortable clothing with closed toe shoes that are easy to walk in. Volunteers who have signed up will be provided with an apron. If you would like to wear holiday sweaters, accessories, or any holiday styled attire, it is greatly encouraged! We love all our members' holiday spirit. Thank you to all who signed up with us.

FiftyForward Supportive Care Services

Whether you are a caregiver looking for respite or need guidance on accessing services in the community, **FiftyForward Supportive Care Services** staff are here to help!

FiftyForward Care Team

Providing older adults and caregivers access to services and peace of mind by caring professionals who are available 24/7. The Care Team can provide a professional assessment of your loved one's needs, help in selecting and purchasing services such as in-home or residential care, on-going monitoring of care, accompanying customers to appointments, and other individualized tasks. **615-743-3436**

FiftyForward Living at Home Care Management

This no-cost program for low income older adults offers in-home assessments to connect them with services that meet their specific needs (food, housing, transportation, health care, counseling, etc.). **Davidson County: 615-743-3416**
Williamson County: 615-376-4334

FiftyForward Adult Day Services Located in Green Hills, this social model licensed day program assists those with health

and/or memory issues to participate in structured activities in a supportive and enriching environment. **615-463-2266**

FiftyForward Conservatorship

Called the "gold standard" by a local attorney, this program makes decisions when an older adult can no longer do so and has no one to help. Through court appointment, FiftyForward can serve as conservator of person and/or finances. **615-743-3436**

FiftyForward Fresh/Meals on Wheels

This program provides individuals in need with nutrient dense home-delivered meals and daily visits from caring volunteers in specific areas in Davidson County. Meals may be provided at no cost to individuals with qualifying low incomes or can be purchased (\$5 per meal). Can make referrals to other areas. **615-463-2264**

FiftyForward Victory Over Crime

This service helps victims become survivors by offering support (resources, safety plans, assistance in the courts, advocacy) to victims of crime 50+ in Davidson County. Can make referrals to other resources. **615-743-3417**

About FiftyForward

Established in 1956, FiftyForward supports, champions and enhances life for those 50 and older. As a nonprofit operating seven life-long learning centers — two in Williamson and five in Davidson County — FiftyForward offers educational, health and wellness, arts and volunteer programs to engage older adults. FiftyForward also provides comprehensive supportive services and access to resources including FiftyForward Adult Day Services, FiftyForward Fresh/Meals on Wheels as well as the FiftyForward Care Team offering care assessment and services for older adults. FiftyForward Travel offers adventures (regional and international) and the Senior Center for the Arts and The Larry Keeton Theatre, a subsidiary of FiftyForward, feature performing arts for all ages. Get social with us - friend us on Facebook, follow us on Twitter and Instagram. Learn more about FiftyForward resources and volunteer opportunities by visiting: www.fiftyforward.org.

Halloween Chili Cook-off was Spooktacular Fun! Congratulations to our winners!

Chilli Cook Off Winners:

1st Place: Brenda Sharppe

2nd Place: Chauncy Yano

Costume Contest Winners:

1st Place: Judy VanDeweghe

2nd Place: Bobby McKinney



Special Thanks to our sponsor Morningside of Belmont .