There are always great opportunities to learn, serve, and play at Turner. February saw Bunco Bonanza players dressed in their Valentine’s best...

Students from Ensworth High School came by for Tech Day, giving a talk and offering one-on-one tips and trouble-shooting for phones and computers...

Kathy Cleveland facilitated a Valentine Card making class. Hand made cards were then donated to FiftyForward Meals on Wheels Clients...

And we met new friends at “A Seat at the Table,” a part of the “Our Muslim Neighbor” Initiative of the Nashville Faith & Cultural Center.
GET EXCITED!
Special Events & Trips

Day Trips:

- **Frothy Monkey Roasting Company**: Friday, March 3rd  
  - Coffee Tasting (1:00pm—$6 Van)
- **Bongo Java Roasting Company**: Wednesday, March 8th  
  - Tour & Coffee Tasting (10:15am—$6 Van, Plus Stop for Lunch)
- **Foodie Night**: Friday, March 10th  
  - Dinner at Mère Bulles (4:15pm—$6 Van, Plus Dinner)
- **First District Coffee Company**: Monday, March 13th  
  - Coffee Tasting (9:00am—$6 Van, Plus Breakfast)
- **Music for Seniors**: Wednesday, March 15th  
  - Nashville’s Opera Mary Ragland (9:15am—$6 Van, Plus Stop for Lunch)
- **Breakfast Club**: Thursday, March 16th  
  - Breakfast at IHOP (8:30am—Meet there)
- **Supper Club**: Monday, March 20th  
  - Red Robin (5:00pm—Meet there)
- **Lunchin’ Around**: Thursday, March 23rd  
  - Lunch at Vietnamese Pho & Deli (11:00am—$6 Van, Plus Lunch)
- **Foodie Night**: Friday, March 24th  
  - Sopapillas (4:30pm—$6 Van, Plus Dinner)
- **Service Project**: Monday, March 27th  
  - Nashville Rescue Mission (9:30am—$2 Van, Plus Stop for Lunch)
- **Southern Women’s Show**: Friday, March 31st  
  - Music City Center (9:30am—$16 Van & Ticket, Plus Lunch on site)

### Lifelong Learning Classes at the Center:

- **Art Classes**: Session 1: Wednesday March 1st & 8th  
  - Session 2: Wednesday March 15th & 22nd  
  - Create your own Memory Collage with Kim Lane (1:00pm—Zelle/West)  
  - Registration Required, 2 part project—Free (Metro Art Grant)
- **Cooking Class**: Monday, March 20th  
  - Vietnamese Spring Rolls with Brandy (1:00pm—Activity Room)  
  - Registration Required—$5
- **AARP Driver Safety Classes**: Wednesday & Thursday March 29-30th  
  - Taught by John Neely Davis (10:00am-2:00pm—Zelle/West)  
  - Registration Required, 2 day class—$15 for AARP members & $20 for non
GET EXCITED!
Special Events & Trips

Events at the Center:

- **Bunco Bonanza St. Patrick’s Day Potluck: Thursday, March 2nd**
  - Bring a dish to share, play Bunco & win prizes! (Noon—Activity Room)
- **Victory Over Crime Presentation: Monday, March 6th**
  - Tax Scam Awareness (10:00am—Brown/Davis)
- **Eat Well Workshop: Tuesday, March 7th**
  - Part 2 of 3 with the Wellness Center of Franklin (10:00am—Activity Room)
- **Belle Health & Beauty Project: Thursday, March 9th**
  - Free manicures by appointment (Noon to 3:00pm—Conference Room)
- **President Abe Lincoln Portrayal: Friday, March 10th**
  - Whit McMahan tells Lincoln’s life story (9:00am—Activity Room)
- **Pi π Day (3.14...) Pie Contest: Tuesday, March 14th**
  - Bring in your best pie and compete for the win! (1:00pm—Brown/Davis)
- **St. Patrick’s Day Luncheon: Friday, March 17th**
  - Festive Lunch & Entertainment (11:30am, $10 —Activity Room)
- **Fun Friday: Friday, March 17th**
  - Family Feud (12:30pm to 2:30pm—Activity Room)
- **Friday Flicks: Friday, March 24th**
  - Movie & Popcorn, *Mona Lisa Smile* (1:00pm—Zelle/West)
- **Bingo: Tuesday, March 28th**
  - Prizes and Fun! Bring a snack to share (1:00pm—Zelle/West)
- **Health Fair: Tuesday, March 21st 2017**
  - Visit a wide range of health & wellness booths (9:00am-1:00pm—Turner)

On the Horizon...

- **Music Lessons: March 2017—Stay Tuned!!!**
  - Look for guitar & piano lesson sign-up sheets in March
  - $25 per half hour with 30 and 60 minute sessions offered
- **Beginner Line Dance Classes: April 2017**
  - With all the interest to join member Jeannie Horde for the beginner class, we are set to start the 8 week course on Wednesday April, 12th at 1:00pm
- **Frist, Secrets of Buddhist Art Projects & Exhibit: April & May 2017**
  - Docent-guided gallery tour of the *Secrets of Buddhist Art* showcase
  - Art projects and discussions that highlight the *Secrets of Buddhist* exhibit
## Fun & Games

<table>
<thead>
<tr>
<th>Game</th>
<th>Details</th>
</tr>
</thead>
</table>
| **Bridge** | Monday, Wednesdays & Fridays 11:45am-3:00pm  
Thursday Evenings 6:15pm-9:00pm  
Bring a dish to share  
Experienced Players Only |
| **Canasta**| Tuesdays 9:00am-12:00pm  
All Experience Levels Welcome |
| **Mah-Jongg**| Tuesdays 9:00am-12:00pm  
All Experience Levels Welcome |
| **Rummikub**| Tuesdays 1:00pm-3:00pm  
All Experience Levels Welcome |
| **Ping Pong**| Wednesdays 1:00pm-3:00pm  
All Experience Levels Welcome |
| **Puzzles**| Daily 9:00pm-3:00pm  
Community Puzzle Turner Lobby |

## Community Events

**Weight Watchers Meeting:** Mondays from 12:00pm—2:00pm (Zelle/West)  
Meetings held every week. Joining fee waived for members.

**Glory Bible Study:** Mondays at 2:00pm (Zelle/West)  
This is a member-facilitated non-denominational Bible study group. New members welcome.
GET CONNECTED
Ongoing Classes & Groups

Brain Brawlers
Tuesdays 12:00pm-1:00pm
Exercise your brain with Trivia Questions
All Experience Levels Welcome

Creating Memoirs
2nd & 4th Tuesdays monthly
1:00pm to 3:00pm
Write your own personal memoir
New Members Welcome

Sit, Knit & Crochet
Fridays 9:00am-11:30am
Learn to knit and crochet
All Experience Levels Welcome

Line Dancing
Fridays 10:30am-11:30am
Boot-scoot and boogie your cares away!
Intermediate & Advanced Only

Rhythm Band
1st & 3rd Fridays monthly
11:30am-12:30pm
Play along with music favorites
All Experience Levels Welcome
No musical experience needed

BOOK CLUB
Thursday, March 23rd from 1:00pm-3:00pm
Turner Computer Room
Lila
By Marilynne Robinson
GET INVOLVED
Volunteer Opportunities

Note from the Volunteer Manager:

Firstly, I would just like to thank everyone for the warm welcome to the J.L. Turner Center and FiftyForward family. My first few months here have been wonderful, and I’ve loved having the opportunity to meet so many of you.

In the February newsletter, we listed some wonderful volunteer opportunities at the Center. We are still currently searching for greeters, ambassadors, and drivers; if you are interested in getting involved, please feel free to stop by my office at any time. I’d be happy to help you find an opportunity that best fits your schedule.

In addition to volunteer opportunities at the Turner Center, we are excited to announce that we will be doing a monthly service project. Service is a wonderful way to share our talents, give back to the community, and spread FiftyForward’s mission and values.

For the month of March, we will be heading to the Nashville Rescue Mission to help serve a meal at the Women’s and Children’s Campus. The Nashville Rescue Mission works to provide hope for the hungry, homeless, and hurting in the community. If you’re interested in volunteering, please see an ambassador or FiftyForward Staff to sign up.

Sincerely,

Hannah Lee
Office & Volunteer Manager, FiftyForward J.L. Turner Center

GET INVOLVED
Volunteer Opportunities

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Sincerely,

Hannah Lee
Office & Volunteer Manager, FiftyForward J.L. Turner Center

Connection Café: Enjoy the Turner Center Lobby at your leisure. Open daily from 9:00am to 3:00pm. Free coffee and tea.

Alternate AARP Tax Aide Sites

Unfortunately, we are unable to offer AARP tax aide at the Turner Center this year; however, there are two alternate sites you can visit for help. The information for these sites is listed below.

<table>
<thead>
<tr>
<th>Richland Park Branch</th>
<th>FiftyForward Martin Senior Center</th>
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<tbody>
<tr>
<td><strong>Nashville Public Library</strong></td>
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<tr>
<td>February 1- April 18, 2017</td>
<td></td>
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<tr>
<td>Saturdays 10:00AM-2:00PM</td>
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<tr>
<td>No appointments. First come, first served</td>
<td></td>
</tr>
<tr>
<td>Phone: 615-862-5870</td>
<td></td>
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<tr>
<td>Address: 4711 Charlotte Pike</td>
<td></td>
</tr>
<tr>
<td>Nashville, TN 37209-3404</td>
<td></td>
</tr>
<tr>
<td><strong>February 1- April 18, 2017</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Tuesdays and Thursdays 9:00AM-1:00PM</strong></td>
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<tr>
<td><strong>Appointment Required</strong></td>
<td></td>
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<tr>
<td><strong>Phone</strong>: 615-376-0102</td>
<td></td>
</tr>
<tr>
<td><strong>Address</strong>: 960 Heritage Way</td>
<td></td>
</tr>
<tr>
<td><strong>Brentwood, TN 37027-6745</strong></td>
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</tbody>
</table>
Letter from the Director...

It's hard to believe that spring begins this month, especially since the winter has been so mild (knock on wood).

I’m feeling very positive about all the energy I’ve seen around the center, and I hope you are enjoying some of the new programs we are offering.

We also appreciate those of you who have been seeing Hannah about issues signing in with MySeniorCenter. We’ve been making a lot of progress in tracking all of our activities, programs, and events. If you have never signed in before or your card doesn’t work at our kiosk, please see Hannah and she will get you all set up! Signing in is and easy way to support our center.

We also have the AARP Driver’s Safety course back this month, which lots of folks have been asking about. This informative, two day course could possibly give you a discount on your car insurance, so we hope you take advantage!

All the best,

Derek Stogner
Director, FiftyForward J.L. Turner Center

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Letter from the Program Director...

I am so lucky to be here at the J.L. Turner Center and to be a part of a such an incredible community, so let’s celebrate with great food, entertainment, friendship, and fun! I hope you can join us for a St. Patrick’s Day Luncheon and Celebration on March 17th.

I am jazzed that we will be exploring local coffee roasters through tours and tastings. We will visit Frothy Monkey, Bongo Java, and First District Coffee companies.

We have some fun food spots to visit with Foodie Night trips to Mère Bulles and Sopapillas, as well as, Lunchin’ Around at Vietnamese Pho & Deli. Join me the Monday prior at the center to learn how to make authentic Vietnamese Spring Rolls.

We are hosting a Health Fair this month with many local health and wellness groups and vendors for you to visit throughout the day on Tuesday, March 21st. In addition, Dr. Allison from the Wellness Center of Franklin is back presenting the second part of his health series, Eat Well.

Get Spring Break ready with free manicures from Belle Project. Belle is a local company that provides in-home beauty and health services, including nails, hair, makeup, massages, fitness, and more.

March is Women’s History month so we will be showing Mona Lisa Smile for Friday Flicks. To round out the month and just for fun, we will take a trip to the Southern Women’s Show at the Music City Center. This is sure to be a day full of entertainment, shopping, and fun as we explore the different vendors and activities

“A good laugh and a long sleep are the two best cures.” (Irish Saying)

Cheers,

Brandy Lamb
Program Director, FiftyForward J.L. Turner Center
BELLEVUE HISTORY & GENEALOGY GROUP

$3 charge per class for non-YMCA/FF members.

For more information, contact Bob Allen at 615-218-4580 or bob@bellevuebob.com.

Friday, February 24, 2017 at 9:00 am – “The Perfect 36” – Yoshi Lewis, Director and Producer, will preview her new film titled, “The Perfect 36,” which will air on public television beginning in March. The film illustrates the events that led up to the Women’s Right to Vote, where Tennessee was the thirty-sixth and deciding vote for approval of the 19th amendment to our constitution. For more information, go to www.tn.gov/tsla/exhibits/suffrage/index.htm.

Friday, March 3, 2017 at 9:00 am – Speaker to be confirmed

Friday, March 10, 2017 at 9:00 am – “Abe Lincoln” – Whit McMahan, Lincoln Reenactor, in period dress portraying Abe Lincoln will tell the life story of our 16th president Abraham Lincoln.

Friday, March 17, 2017 at 9:00 am – “An American Story: The History of Pearl Culturing in Tennessee” – Gina Latendresse, American Pearl Museum, will discuss the amazing story of pearl culturing in our own backyard.

Friday, March 24, 2017 at 9:00 am – “Passenger Railroads” – Robert Stewart, Chairman of the National Association of Passenger Railroads, will discuss the history and importance of passenger railroads across our country.

Friday, March 31, 2017 at 9:00 am – “Desegregation of Nashville/Davidson County Public Schools” – Dr. Carole Bucy, History Professor at Vol State College and Davidson County Historian, will discuss how Nashville’s public schools dealt with desegregation in the late 1940s, 1950s, and 1960s.

On The Road With Joan

Mar. 4 — Harrah’s Casino in Metropolis, IL
Mar. 18 — Irish Day Parade and Arts & Crafts Festival in Erin, TN
April 27 — Fall Creek falls State Park in Spencer, TN
May — Strawberry Festival in Portland, TN

Janice Judd with FiftyForward Travel is ready and waiting to help you book your next adventure. See the list below for upcoming trips in 2017:

Feb. 26-March 4—Orlando
Feb. 15-March 1—Cape Horne
March 6-10—Biloxi
March 28-April 7—Panama Canal
April 26-May 3—London & Paris
May 15-19—Chicago
May 29-June 1—Atlanta
June 8-19—Grand Canyon
June 25-July 1—Niagara Falls
July 15-23—Mt. Rushmore
July 23-31—American Queen
Aug. 22-25—Creation Museum & Ark Encounter
Sept. 14-20—Washington
Oct. 7-14—Virginia Beach
Oct. 25-Nov. 1—Ireland
Harrah’s Casino—March, May, July, September & November
Tropicana Casino—April & August

For more info call or email Janice at (615) 231-1235 or jjudd@fiftyforward.org.
ST. PATRICK’S DAY LUNCHEON
Friday, March 17th  at 11:30am in the Activity Room
Lunch - $10
Join us for a day of celebration, Irish food, music, and fun!
Enjoy a lunch of Sheppard’s pie, garden salad, soda bread & dessert, accompanied with live music brought to you through Music for Seniors.
Stay and play Family Feud for Fun Friday at 12:30pm.

“May your pockets be heavy and your heart be light, may good luck pursue you each morning and night.”

Free Blood Pressure Checks: Mondays from 9:00 AM—11:00 AM.
Have your blood pressure checked by a retired registered nurse.

Reiki Appointments: Tuesdays at 11:00 AM $15 for 20 min $22 for 30 min.
Reiki is a healing technique based on the principle that the therapist can channel energy into the patient by means of touch to activate the natural healing processes of the patient’s body.

The J.L. Turner Center is offering two great items for purchase. ALL proceeds go toward supporting our center.

FiftyForward
T-SHIRT $15
COOKBOOK $10
BOTH FOR $20

ON SITE EMISSIONS TESTING

Did you know...you can get your annual car emissions testing done right here at the Bellevue Family YMCA and FiftyForward J.L. Turner Center?

A mobile emissions site is available every Tuesday-Thursday from 11am to 4pm in the north parking lot.

“May your pockets be heavy and your heart be light, may good luck pursue you each morning and night.”
HEALTH FAIR
Tuesday, March 21st 2017
9:00am-1:00pm

The FiftyForward J.L. Turner Center & the Bellevue YMCA Active Older Adult program have partnered together to bring in local health & wellness groups & vendors. The fair will feature 10-15 booths, including FiftyForward’s Care Team, Wellness Center of Franklin, Senior Helpers, Franklin Juice Company, Songs for Sounds, Acupuncture, Massage Therapy & much more!

Sign-Up & Sign-In

It is of utmost importance to sign up at least 24 hours in advance for any trip or event you wish to attend. If we don’t have sufficient numbers the day before, we then, unfortunately, have to cancel.

All events, trips, programs, etc. will be listed in the MySeniorCenter kiosk. Please make sure you are signing in every time you come to the FiftyForward J.L. Turner Center. This system allows us to track the success of programs, know who’s in the building, and provide anonymous statistical data to our funders. It’s an easy way to support the center!

FRIDAY FLICKS
Friday, March 24th at 1:00pm
Free Popcorn and Drinks

“Mona Lisa Smile”

Katherine Watson (Julia Roberts) is a recent UCLA graduate hired to teach art history at the prestigious all-female Wellesley College, in 1953. Determined to confront the outdated mores of society and the institution that embraces them, Katherine inspires her traditional students including Betty (Kirsten Dunst) and Joan (Julia Stiles) to challenge the lives they are expected to lead.

Pi Day - Pie Contest
Tuesday, March 14th
(1:00pm—Brown/Davis)

To compete, sign up & bring in your best sweet or savory pie, cobbler, or crisp.

1st Place Prize Awarded
To taste, bring a pie or ice cream to share.

Pi Day is celebrated yearly on March 14th (3/14) around the world. Pi (Greek letter π) is the symbol used in mathematics to represent a constant, the ratio of the circumference of a circle to its diameter, which is approximately 3.14159. Pi has been calculated to over one trillion digits beyond its decimal point.