



## FiftyForward Profile

*For 53 years, FiftyForward (formerly Senior Citizens, Inc.), has been Middle Tennessee's premier agency serving persons 50 and older. Through our life enrichment programs we help older adults live fuller, more productive lives with a sense of dignity and self worth. At our centers, members participate in hundreds of educational and wellness programs. We also provide needed assistance to those wanting to keep living independently in their homes, and we offer exceptional volunteer opportunities for those interested in giving back to the community. Our main programs and services are described below.*

## FiftyForward Centers

(\*\* = accredited by the National Institute of Senior Centers)

### Davidson County Centers

Donelson Station ** 108 Donelson Pike Nashville, TN 37214 883-8375	Bordeaux 3315 John Mallette Drive Nashville, TN, 37218 248-2272	Knowles ** 174 Rains Avenue Nashville, TN 37203 743-3400	Madison Station** 301 Madison Street Madison, TN 37115 860-7180
---	--	---	--

### Williamson County Centers

J. L. Turner Center (Bellevue YMCA partnership) 8101 Highway 100, Nashville, TN 37221 646-9622	College Grove ** 8607 Horton Highway College Grove, TN 37046 368-7278	Martin Center ** 960 Heritage Way Brentwood, TN 37027 376-0102
---	--	---

## ENRICHMENT OPPORTUNITIES FOR ACTIVE INDIVIDUALS

Throughout the year members participate in activities geared for personal growth, health, wellness and community involvement. Our centers offer more than 100 instructional day and evening classes including computer training, pottery, stained glass, doll making, crafts, oil painting and water colors, picture framing, creative writing, card games, foreign languages, and performing choral, drama, band and dance groups. Members participate in a variety of exercise classes, including Tai Chi and yoga. Popular dance classes are line dancing, tap, square and ballroom dancing. Other health and fitness opportunities include weekly classes in walking, swimming, and fitness plus periodic health screenings and lectures. Special interest groups cater to singles, couples, men only and women only.

The **Senior Center for the Arts**, located at FiftyForward Donelson Station, presents plays and musicals year-round for the community, frequently as the Nashville Dinner Theatre. Call 883-8375 or go to [www.seniorarts.org](http://www.seniorarts.org) for a performance schedule, ticket prices or other information.

Volunteer service opportunities are available at our centers and through specific programs. Annually nearly 3,000 older adults invest approximately 250,000 volunteer hours in programs that include:

▪ **RSVP** – matching individuals' interests and skills with community based programs. Information: 743-3424.

One RSVP volunteer opportunity is with Friends Learning in Pairs (FLIP), placing older adults in grades K-4 to mentor/tutor academically at risk students. RSVP/FLIP Information: 743-3422.

▪ **Foster Grandparents** – providing one-on-one loving relationships and support of older adults for approximately 1,200 special-needs children annually. Information: 743-3420.

Our **FiftyForward Travel** is a popular travel service. From daytime trips to destinations as far away as Australia and Italy, each adventure is expertly supervised and planned with the interests and physical abilities of the participants in mind. The FiftyForward Travel program welcomes participation of non-FiftyForward member friends. For more information, please call tour coordinator Janice Judd at 231-1235.

**Forward Focus** is the premier newspaper in Middle Tennessee directed to the 50+ market. A mailed, one-year subscription is among the benefits of being a member or major donor of FiftyForward. The monthly edition contains news articles on topics of interest to older adults, calendars of events for the centers, other features and advertisements of specialized products and services. Complimentary copies are available at public libraries and selected retail outlets. A one-year subscription is \$15. Information: 743-3430 or visit the Publications page at [www.fiftyforward.org](http://www.fiftyforward.org).

## INDEPENDENT-LIVING SUPPORT SERVICES

**Living at Home Services** offer a comprehensive program offering a full range of services to nearly 600 frail elderly persons each year. Specific services re:

- **Adult Day Services\*** – offering a caring, safe environment for older adults who participate in social, exercise, and other engaging activities. Nutritional meals (more than 4,000 annually) are provided, along with transportation and social services as needed. For information, please call 463-2266.
- **Meals on Wheels\*** – delivering more than 20,000 meals annually by approximately 300 volunteers, including special deliveries on weekends, Thanksgiving and Christmas Day. Meals are prepared by FiftyForward’s food service staff. For information or to volunteer, please call 463-2264.
- **Respite Caregivers** – providing a trained volunteer to relieve a family member caring for a frail, elderly loved one to spend several hours away from the home to conduct business or to merely rest.
- **Senior Companions** – supplying support and companionship to individuals who live alone to help them maintain or regain their independence. (Companions are low-income seniors who are paid a stipend for their service.) For information or to volunteer, please call 743-3421.
- **Care Management Support** – making in-home assessments of needs followed by linking with services to meet such needs as food, housing, transportation, health care, counseling, and in-home assistance. For information, please call 743-3415 or 743-3418 (Davidson County) or 376-4334 (Williamson County).
- **Victory Over Crime** – offering care management and in-home support services to elderly persons who have been victims of crime. For more information about services, call 743-3417; or to volunteer, please call 743-3415.
- **Contracted Services** – providing private-pay care management and legal appointment as conservator of property or person. For more information, please call 743-3414.

\* These programs are housed at Second Presbyterian Church, 3511 Belmont Blvd., Nashville. All others operate out of FiftyForward’s corporate offices in the Patricia Hart Building at the intersection of Wedgewood and Rains avenues in Nashville.

*For additional information about FiftyForward, please visit our Web site: [www.fiftyforward.org](http://www.fiftyforward.org).*

## FINANCIAL SUPPORT

As a not-for-profit 501(c)(3) organization, FiftyForward relies on a variety of funding sources, events, and projects to support our programs, activities and services. Included in our support base are private and corporate donors, the State of Tennessee, U.S. government, foundations, the Area Agency on Aging, the United Way of Metropolitan Nashville and the United Way of Williamson County. Information: 743-3434.

**The FiftyForward Endowment** manages the agency’s permanent endowment funds, annually returning a portion of the accrued interest to FiftyForward programs and supporting endowment growth through education and planned giving opportunities/programs. For more information, including planned giving opportunities, please call 743-3434.