



Established in 1956, FiftyForward supports, champions and enhances life for those 50 and older. As Middle Tennessee's premiere agency offering direct services through our supportive care and volunteer programs, we help older adults live fuller, more productive lives. At our lifelong learning centers, members participate in hundreds of educational, health and wellness programs. We also provide needed assistance to those wanting to remain living independently in their homes.

FiftyForward Center Locations

(* accredited by the National Institute of Senior Centers; only 1% of the senior centers in the U.S. have this accreditation.)

Davidson County

FiftyForward Bordeaux

3315 John Mallette Dr., Nashville 37218
615-248-2272

FiftyForward Donelson Station*

108 Donelson Pike, Nashville 37214
615-883-8375

FiftyForward Knowles*

174 Rains Ave., Nashville 37203
615-743-3400

FiftyForward J. L. Turner Center

(located in the Bellevue Family YMCA)
8101 Highway 100, Nashville 37221
615-622-3040

FiftyForward Madison Station*

301 Madison St., Madison 37115
615-860-7180

Williamson County

FiftyForward College Grove*

8607 Horton Highway, College Grove 37046
615-368-7093

FiftyForward Martin Center*

960 Heritage Way, Brentwood 37027
615-376-0102

Connect with us!



For additional information about FiftyForward, please visit our website: FiftyForward.org.

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Agency Profile



FiftyForward lifelong learning programs

Members participate in activities geared for personal growth, health, wellness, and community involvement. Our lifelong learning centers offer a wide variety of instructional programs including the Aging Mastery Program®; creative writing, games, performing arts such as choral, drama, rhythm and dance; technology training; arts classes including painting (oil and/or water), jewelry, lapidary and silver and metalsmithing, card making. Exercise classes across the agency include tai chi, yoga, Zumba and strength training as well as specialty programs for Parkinson's. Popular dance classes include line dancing, tap, square and ballroom. Other health and fitness opportunities include classes in walking, fitness plus periodic health screenings and lectures. Special interest groups cater to singles, couples, and men's groups.



Volunteer Opportunities

The Retired Senior Volunteer Program (RSVP) engages adults 55+ as elementary school tutors through the popular **Friends Learning In Pairs (FLIP)** program and as prep and delivery volunteers at FiftyForward Meals on Wheels. For more information about FLIP, contact Sandra Thomas, stthomas@fiftyforward.org. For information about Meals on Wheels contact Georgina Dench, gdench@fiftyforward.org

FiftyForward Foster Grandparent Program provides one-on-one nurturing relationships between older adults to approximately 1,800 children annually. For information, call 615-743-3420.

Opportunities for individuals and groups of all ages: FiftyForward centers and programs engage volunteers on a daily basis to assist with programming and operational support. From setting up tables for events, to teaching classes, to offering high level management advice – FiftyForward runs on the power of volunteers. If you are interested in learning about individual and group opportunities contact Robin Johnson, rjohnson@fiftyforward.org.

All of Us Research Program, funded by the National Institutes of Health (NIH), engages volunteers to enroll older adults, rural Tennesseans and other individuals from groups historically underrepresented in biomedical research so their information can be used to further precision medicine efforts.



Special Interests and the Arts

FiftyForward Travel offers excursions ranging from local and regional locales to destinations across the globe. Each group trip is supervised and planned with the interests of the participants in mind. For more information, call Janice Judd call 615-231-1235.

The Larry Keeton Theatre, located at FiftyForward Donelson Station, presents plays, musicals and special concerts year-round for the community. Call 615-883-8375 or visit thelarrykeetontheatre.org for a performance schedule, ticket prices and other information.



Forward Focus, our FiftyForward quarterly newspaper, is distributed to FiftyForward members, at our centers, public libraries, in select Kroger and Whole Foods stores and medical facilities in the community. Each issue contains news and features on the community, in addition to center events. For more information regarding content or advertising, call 615-743-3430.



Financial Support

As a nonprofit 501(c)(3) organization, FiftyForward relies on varied funding sources, events, and projects to support its programs, activities and services. Included in our support base are private and corporate donors, the State of Tennessee, U.S. government, Corporation for National and Community Service, foundations, the Area Agency on Aging, the United Way of Metropolitan Nashville and the United Way of Williamson County. For more information call, 615-743-3434.

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 and programs. For more information, including planned giving opportunities, please call 615-743-3434.



FiftyForward Supportive Care Services

FiftyForward offers a full range of services to help those 50 and older, which include:

FiftyForward Adult Day Services* offers a caring, safe environment for older adults who participate in social, exercise, and other engaging activities. Nutritious meals are provided, along with transportation and social services as needed. For information, please call 615-463-2266.

FiftyForward Fresh/Meals on Wheels* ensures meal recipients receive meals and a safety check. Last year, more than 25,000 meals were delivered by approximately 300 volunteers. This includes special deliveries on weekends, Thanksgiving and Christmas Day. For information or to volunteer, call 615-463-2264.

FiftyForward Care Management offers in-home assessments of older adult needs to connect them with services such as food, housing, transportation, health care, counseling, and in-home assistance. For information, please call 615-743-3415 or 615-743-3418 (Davidson County) or 615-376-4334 (Williamson County).

FiftyForward Care Team assists mature adults and their caregivers in navigating and accessing resources from the community. Support includes guidance in selecting and purchasing services, monitoring care, furnishing accompaniment for appointments, making home visits, etc. Call 615-743-3436 for information and rates. Sliding fee scale and payment plans are available. (Funds raised through this program support our services for low-income older adults.)

FiftyForward Conservatorship helps with decision-making when FiftyForward is appointed by a court as conservator of property and/or person. For additional details, call 615-743-3414.

FiftyForward Victory Over Crime offers care management and in-home support services to adults 50 and older who have been victims of crime, fraud or abuse. For more information about services, call 615-743-3417; or to volunteer, call 615-743-3481.

** These programs are housed at Second Presbyterian Church, 3511 Belmont Blvd., Nashville.*