

FiftyForward Madison Station

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

301 Madison Street
Madison, TN 37115
615-860-7180
www.FiftyForward.org

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FIFTYFORWARD AGENCY EVENTS

Friday, Oct. 4

FiftyForward J. L. Turner Center hosts "An Evening at the Disco," 6-9 p.m., at FiftyForward Martin Center. For info, contact Connie Rigsby at 615-622-3040.

Thursday, Oct. 24

Food Truck Fun at Martin Center

Enjoy lunch and fellowship with FiftyForward staff and members, while learning about our seven centers and what makes them unique! If you wish to purchase lunch, The Kabob Bus Food Truck will be on-site. We will depart Madison Station at 10:45 a.m. Transportation is free. Sign-up at the front desk.

Fifty Forward 1st!

Fifty Forward
Love life at 50+

FiftyForward Knowles member Joe Murray "jumps" for joy, fulfilling one of many FiftyForward Firsts

Joe Murray decided that retirement was not really for him in a traditional sense. Rather than sit at home and relax, he planned his "bucket list" — what we here at FiftyForward call "FiftyForward Firsts" — a list of things that still need "doing." Two issues ago, we told you about Murray fulfilling a lifelong dream of getting a pilot's license. He began flying gliders and was thrilled about being in the sky. He mentioned to his interviewer, Susan Sizemore, FiftyForward communications director, that his next bucket list item was to skydive. Was anyone willing to do it with him?

Murray's dream came true this past month as he was joined by two friends to make it happen. As part of a retired men's group at FiftyForward Knowles led by Dan Surface (see story on page 3), Joe was joined by Dan Surface and Skip Dillon to share this exhilarating *FiftyForward First*.

Many thanks to Skydive Tennessee for its part in making this dream come true. To view Joe Murray's jump, visit:
<https://www.youtube.com/watch?v=gHK5HIK4Nng&feature=share>



What is a FiftyForward First?

A *FiftyForward First* is an opportunity — be it simple or elaborate — to try something you've never done before.



FiftyForward centers and offices will be closed on Friday, October 25 due to a staff retreat.

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615-860-7180

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Center Hours

Monday-Friday, 8 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

Accredited by 
National Institute of
Senior Centers

Letter from the Center Director

Happy Fall, I just love this time of the year! I am happy to announce the arrival of new furniture on Monday, October 7. The center will be open that day; however, several rooms will be unavailable while the new furniture is installed. The rooms and areas receiving new furniture include: the lobby seating area, the conference room, and both of the retreat rooms. Heather has scheduled groups and events in different rooms that day so that our regular programming will still be happening. Once again, we are so grateful to receive this wonderful gift from the Memorial Foundation, it will truly enhance our space.

We also now have iPads available for your use in the center each day. The iPads were donated by Cigna-HealthSpring and are available for check out at the front desk. We also look forward to using them for technology workshops and other programs down the road.

As we enter into "Artober" I am thrilled to announce that we are Community Partners with the Frist Art Museum again this year. Through this partnership we will be doing both Fall and Spring Art Trunk projects, guided tours of the museum, and other fun things. We hope you can join us!

Cheers, Brandy Lamb, Center Director

Letter from the Assistant Center Director

Happy October! It's going to be a busy month and we're very excited about all the fun happenings at Madison Station and across FiftyForward. Some things to note: we'll officially welcome the Fall season with a fun Fall Festival on 10/3; make sure to get your Tasty Tuesday ticket and see Loose Caboose on 10/15; The Food Truck Fun event at Martin Center on 10/24 will be a great way to mingle with members across FiftyForward. Our Foodie Favorites trip series continues, and we're tackling Mexican food next! Our BBQ winners included Edley's for Best Meats and a tie between Edley's and Martin's for Best Sides.

*Happy Pumpkin-Flavored-Everything Season,
Heather McNeese, Asst. Center Director*

Many thanks to our partners:



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!



Thank You to our sponsors this month:

Walgreens, Wood Financial Group, LLC, Beck & Beck, UnitedHealthcare, and Maybelle Carter.

Cigna brings a wealth of educational programming to FiftyForward



This fall, Cigna will present a series of health and wellness educational seminars called *Healthier Together*. This innovative programming provides valuable information to help you better make decisions about your personal health and wellness.

Healthier Together features several topics including flu and pneumonia, practical nutrition, fall prevention, high blood pressure, and arthritis. Various topics will be presented at all seven FiftyForward active aging centers as part of the ongoing partnership between Cigna and FiftyForward.

Desi Smith, new business development representative for Cigna, was instrumental in bringing these programs to FiftyForward. “We are excited to bring Healthier Together to you. Cigna strives to improve the health, well-being, and peace of mind of those we serve, and we know these important programs will make a difference to the lives of those in our community.”

Cigna is a recognized health services company committed to helping people find solutions so they can maintain healthy, active lives through personalized and affordable healthcare services. This year, Cigna was honored with the FiftyForward Corporate Crowning Achievement Award for continued support to the nonprofit community.

“Corporate support is crucial to the mission of FiftyForward, especially when it consists of informative, educational

programming that helps our members make decisions about their health and wellness,” said FiftyForward Executive Director Sallie Hussey. “Cigna’s support and genuine dedication to our members makes them not only one of the best partners for our agency, but also one of our favorites!”

Please see the chart below to see the programs offered at each center. Members can attend any session that is convenient for them.



	Practical Nutrition	Arthritis	Mental Health	High Blood Pressure
FiftyForward Bordeaux	Sept. 6, 10 a.m.	Sept. 27, 10 a.m.	Oct. 25, 9:30 a.m.	Nov. 18, 10 a.m.
	High Blood Pressure	Getting Active	Diabetes	Flu and Pneumonia
FiftyForward College Grove	Oct. 24, noon	Nov. 14, noon	Dec. 12, noon	Sept. 5, 11:30 a.m.
	Incontinence	Practical Nutrition	Arthritis	Mental Health
FiftyForward Donelson Station	Sept. 11, 10 a.m.	Sept. 30, 10 a.m.	Oct. 28, 10 a.m.	Nov. 19, 10 a.m.
	Fall Prevention	Diabetes	Getting Active	Flu and Pneumonia
FiftyForward Knowles	Sept. 26, noon	Oct. 7, 10:30 a.m.	Oct. 29, 12:30 p.m.	Nov. 12, 10:30 a.m.
	High Blood Pressure	Incontinence	Practical Nutrition	Arthritis
FiftyForward Madison Station	Sept. 16, 10:30 a.m.	Oct. 10, 10 a.m.	Nov. 6, 11:30 a.m.	Dec. 2, 10:30 a.m.
	Mental Health	Fall Prevention	Diabetes	Getting Active
FiftyForward Martin Center	Sept. 19, 1 p.m.	Oct. 14, 1 p.m.	Nov. 4, 1 p.m.	Dec. 4, 1 p.m.
	Flu and Pneumonia	Diabetes	Fall Prevention	Getting Active
FiftyForward J. L. Turner Center	Oct. 21, 10:30 a.m.	Nov. 4, 10:30 a.m.	Nov. 11, 10:30 a.m.	Dec. 9, 10:30 a.m.

AARP Driving Course - Wednesday, Oct. 30 and Thursday, Oct. 31 from 9 a.m.-1 p.m.

Cars have changed - so have traffic rules, driving conditions and the roads you travel every day. The AARP Smart Driver™ course, offered by AARP Driver Safety, is the nation’s first and largest refresher course designed specifically for drivers age 50 and older. We will hold the course at FiftyForward Madison Station over two days, **October 30 and 31 from 9 a.m. – 1 p.m. each day**. Cost is \$15.00 for AARP Members; \$20 for non-AARP members. Checks ONLY will be accepted and must be made out to AARP. Registration is first-come; first-served and a maximum of 25 students can be accepted. **We must have at least 15 people sign-up for the course in order for it to happen.** Sign up at the front desk. Feel free to bring lunch or a snack to eat during the class. After completing the course, you may be eligible to receive an insurance discount. Check with your agent to confirm.

Nashville Public Television Screening on Dental Health, Monday, Oct. 28 at 1 p.m.

Older adults are often susceptible to gum disease and tooth decay, which can affect their general health and quality of life. What treatment options are there for seniors and how will they access and pay for dental care, particularly if they lack insurance? *NPT Reports Aging Matters: Dental Health* considers what can be done to ensure older adults live a full life with a healthy smile. A Q&A will follow the screening at Madison Station. Please sign-up in the free event binder.

Fifty Forward

TRAVEL

Gain insight and details on all of these trips at <https://fiftyforward.org/travel/>

Oct. 5-13: Cape Cod

Cost: \$1,149 pp/dbl or \$1,448 single.

Oct. 7-17: Panama Canal

Cost: Inside cabin \$2,734 pp/dbl, outside cabin \$2,984, and balcony cabin \$3,334.

Oct. 29-31: Mystery Tour

Cost: \$539 pp/dbl., \$702 single, \$493 pp/triple, \$471 pp/quad.

Dec. 10-12: Pigeon Forge

Cost: \$499 pp/dbl., \$584 single, \$480 pp/triple, \$470 pp/quad.



Nov. 3-9: National Parks & Canyons of the Southwest
Cost: \$2,095 pp/dbl

Dec. 30-Jan. 4: Rose Parade New Year
Cost: \$2,950 pp/dbl includes all tours, roundtrip airfare,

five nights' lodging, nine meals, and motor coach transportation.

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)

Upcoming Casino Trips

Oct. 21, 2019: Tropicana

Cost: \$15 members; \$20 nonmembers

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

On the Road with FiftyForward

We have an exciting trip planned for the fall. Call and reserve your place since spots will fill quickly!

“Unclaimed Baggage”

Tuesday, Dec. 3, 2019

Visit Scottsboro, Alabama’s Unclaimed Baggage” — the only store in America that buys and sells unclaimed baggage from airlines. It is one of the busiest tourist attractions in Alabama, boasting more than a million visitors each year. Cost: \$30/per person.

Bring money for shopping and lunch. For more information or to reserve your spot, contact Brittany Campagna at bcampagna@fiftyforward.org or call 615-376-4331.



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. They will be on site every 4th Thursday from 10 a.m.-Noon to answer questions and offer technology assistance with online enrollment. Sign up at the Center and become “One in a Million” with the All of Us Research Program!

Monthly—4th Thursday 10 a.m.–Noon.

October Programs & Events

Geology Rocks! The Fall Earth History Series:

Wednesdays in October: Oct. 2, 9, 16 and 23 all at 11 a.m.
Led by member Jim Cunliffe, this four-part series explores the history of life, fossils, plate tectonics, and more. Sign up in free event binder.

Fall Festival: *Thurs., Oct. 3 at 1 p.m.*

Let's jump into fall together with a fun afternoon filled with fall treats, games, and fall crafts. Sign up in free event binder.

OZ Arts Nashville Community Workshops: *Fridays Oct. 4, Oct. 11 and Oct. 18 from 12:30-2 p.m.* We're partnering with OZ Arts Nashville for *The Burdens We Carry*, workshops that use sound, movement, story-telling and soft sculptures to explore the relationship between weight and empathy. Only 12 spots available. Sign up at the front desk.

AMP Commit to Aging Healthily: *Mondays Oct. 7, Oct. 14, Oct. 21, Oct. 28 at 10 a.m.* Commit to Aging Healthily is the sequel to Aging Mastery Program® where you can put the tools you learned into practice. Open to those who have already participated in AMP, this four-week class will incorporate group discussion, individual contributions and a buddy system to enhance your continued learning in maintaining good health. Sign up at the front desk.

UnitedHealthcare Medicare Workshop: *Tues., Oct. 8 at 10 a.m.* Steven Wells from UHC will discuss the Medicare changes for 2020 and be happy to answer any questions you have about plans. Sign up in free event binder.

Cigna Healthier Together Series:

Cigna provides educational programs to help you make better decisions about your health and well being. *Thurs., Oct 10 at 10 a.m.* covers Incontinence; *Wed., Nov. 6 at 11:30 a.m.* covers Nutrition; *Mon., Dec. 2 at 10:30 a.m.* covers Arthritis. Sign up in free event binder.

Tasty Tuesday: *Tues., Oct. 15 at 11:30 a.m.* Featuring a Halloween performance from Loose Caboose. Lunch includes

chili and crackers, garlic bread, pudding. Purchase \$7 ticket at the front desk by Oct. 11.

Legal Aid: *Wed., Oct. 16 at 9 a.m.* Meet with an attorney from Beck & Beck in 15-minute sessions. Appointment required.

Cigna-HealthSpring Medicare Workshop: *Thurs., Oct. 17 at 10 a.m.* - Susan Highfill from Cigna-HealthSpring will discuss the Medicare changes for 2020 and be happy to answer any questions you have about plans. Sign up in free event binder.

Coloring with Sara Jo: *Thurs., Oct. 17 at 10 a.m.* Relax and do some adult coloring with Sara Jo. Supplies provided or bring Halloween coloring sheets to share! Sign up in free event binder.

Property Fraud Presentation: *Mon., Oct. 21 at 11 a.m.* Davidson County Register of Deeds Karen Johnson will talk about their Fraud Alert program, the kinds of activity that it will detect, and how you can sign-up.

SuperBingo: *Tues., Oct. 22 at 1 p.m.* In SuperBingo you get to pick out THREE prizes if you win, plus there will be at least four coverall prizes.

Walgreens Health Talk: *Thurs., Oct. 24 at 10 a.m.*

Lunch & Learn: *Thurs., Oct. 24 at 11:30 a.m.* Sponsored by Wood Financial Group, LLC. Only 90 tickets available - this event is free. Pick up free ticket at front desk. If you get a ticket and cannot use it, please return it.

Fall Birthday Party/Halloween Party Costume Contest: *Fri., Oct. 31 at 1 p.m.* - Join us for free cupcakes, ice cream and punch. Dress up in your most creative costume and our crowd will judge the best-dressed! Sign up in event binder by Oct. 28.

Weekly Groups & Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Noon: Quilting	1 p.m: Music Jam	10 a.m: Ping-Pong 11:30 a.m: Mexican Train Dominoes Noon: Crochet 1 p.m: Silver Notes Band	8 a.m: Ping-Pong Noon: Knitting 1 p.m: Loose Caboose	
9 a.m: Yoga, \$5 12:30 p.m: SilverSneakers Circuit 1:45 p.m: SilverSneakers Stress Reduction & Breathing	9 a.m: Tai Chi, \$5 10 a.m: SilverSneakers Classic	9 a.m: Yoga, \$5 10 a.m: SilverSneakers Yoga Stretch 12:30 p.m: SilverSneakers Classic	12:30 p.m: SilverSneakers Classic 1:45 p.m: Gentle Yoga, \$2	9 a.m: Yoga, \$5 11 a.m: Qigong 12:30 p.m: SilverSneakers Classic

For a description of classes, please see the front desk for more information!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10 a.m: Bunco 10:30 a.m: Blood Pressure 1 p.m: Reminisce	2 11 a.m: Geology Series	3 10 a.m: Dementia Support Group 1 p.m: Fall Festival 1 p.m: Loose Caboose	4 10 a.m: Wisdom Writers 12:30 p.m: OZ Arts Workshop	5 9:30 a.m: Trip to Banana Pudding Festival
6	7 10 a.m: Grief Support 10 a.m: AMP 1 p.m: Bingo	8 9 a.m: Pool Tournament 10 a.m: UnitedHealthcare Medicare Session 10:45 a.m: Trip to Superica	9 9:30 a.m: Advisory Council 11 a.m: Geology Series	10 10 a.m: Cigna Healthier Together: Incontinence 12:30 p.m: Karaoke 1 p.m: Loose Caboose	11 1 p.m: Music Jam 12:30 p.m: OZ Arts Workshop Deadline for Tasty Tuesday Tickets	12
13	14 8:45 a.m: Trip to Bluebird Café 9 a.m: Second Sight 10 a.m: AMP 10:30 a.m: Red Hats	15 11:30 a.m: TASTY TUESDAY 1 p.m: Travelous Trippers Planning	16 9 a.m: Legal Aid 11 a.m: Geology Series	17 Trippin' Third Thursday! 10 a.m: Cigna Medicare Session 10 a.m: Coloring with Sara Jo 1 p.m: Loose Caboose	18 10 a.m: Wisdom Writers 12:30 p.m: OZ Arts Workshop	19
20	21 10 a.m: Grief Support 10 a.m: AMP 11 a.m: Victory Over Crime/Property Fraud Presentation	22 10:30 a.m: Blood Pressure/Glucose 1 p.m: SuperBingo	23 10 a.m: Trippers to Portland 11 a.m: Geology Series	24 10 a.m: All of Us Enrollment 10 a.m: Walgreens Health Talk 10:45 a.m: Member Mixer at Martin Center 11:30 a.m: Lunch & Learn with Wood Financial Group, LLC 1 p.m: Loose Caboose 5:15 p.m: Trip to Rocky Horror Show	25 CENTER CLOSED STAFF RETREAT	26
27	28 9 a.m: Second Sight 10 a.m: AMP 1 p.m: NPT Aging Matters & Dental Health	29 9:30 a.m: Hiking to Centennial Park	30 9 a.m: AARP Driving Course 10:30 a.m: Trip to Wildhorse	31 9 a.m: AARP Driving Course 1 p.m: Fall Birthday & Halloween Party		

Center-based wellness resources

Grief Support Group: Meets on the **1st & 3rd Mondays of the month, 10 a.m.** A support group for those dealing with the stages of grief. Meet with others who are journeying through the same processes in a safe and confidential environment. Facilitated by Adam Waltenbaugh, Masters in Counseling, Vanderbilt.

Medicare Counseling: For help with your Medicare questions, call 1-877-801-0044, email tn.ship@tn.gov, or visit tnmedicarehelp.com.

Metro Nutrition Program: Lunch for seniors over 60. Must apply with Metro first. Stop by Mon-Thurs. between 10:30-11:30 a.m. and ask for Metro Meals for more information. 48-hour reservation required. Donations requested.

Reiki Sessions: Reiki Master Cyndi Clark offers Reiki sessions (Japanese hands -on healing) Fridays beginning at 12 p.m. for \$15/15 min; \$25/30 min. Appointments can be made at the front desk.

Bulletin Board: On the three bulletin boards in the front hallway, you can read and make suggestions; see get well and sympathy messages, and read and post events and classifieds. Items posted may only remain for one month.

Blood Pressure: 1st Tuesday of the month by Shirley Brown; 4th Tuesday by Creekside Center for Rehabilitation and Healing, also includes glucose check. Both from 10:30-11:30 a.m.

Dementia Support: 1st Thursday of the month at 10 a.m. Kathy Johnson-Warner of Senior Helpers helps you get the support you need when caring for your loved ones with dementia.

OCTOBER TRIPS

Banana Pudding Festival

Saturday, October 5 at 9:30 a.m.

Cost: \$13.00 + bring \$5.00 (optional) if you want a pudding sampler box + money for other vendor purchases

We're heading to Centerville for the National Banana Pudding Festival, where we'll experience some of the best handcrafts and demonstrations in the nation, along with some quality southern comfort food. If you choose to purchase the \$5.00 pudding path box, you'll be able to taste 10 different puddings made by local nonprofits!

Foodie Favorites Tour: Mexican at Superica

Tuesday, October 8 at 10:45 a.m.

Cost: \$7.00 + lunch

Join us on our next Foodie Favorites tour as we tackle Mexican food! Our first stop will be the new Tex-Mex restaurant, Superica, which recently opened this past summer and is located in the Gulch. Menu items \$10.00-\$30.00. *Limited to 12 people*

FULL TRIP Bluebird Café

Monday, October 14 at 8:45 a.m.

Cost: \$7.00 + lunch

Ride out to the famous Bluebird Café in Green Hills for their monthly Senior Show. Enjoy free coffee and donuts as you are entertained by some wonderful artists. After the music we'll head down Hillsboro Road for lunch at Hopdoddy Burger Bar. Hopdoddy has an array of burgers, but also salads and other types of sandwiches. Menu items \$7.50-\$13.00

Please note we only have 15 spots available for this trip.

Travelous Trippers to Portland, TN - Stops Include Country and Primitives, 5 Chefs for Lunch, Sumner Crest Winery

Wednesday, October 23 at 10 a.m.

Cost: \$7.00 + lunch + any purchases

Our Travelous Trippers are headed to Portland, TN for a day of fun! First up, we'll stop at Country and Primitives, a local furniture, gifts, and home décor store with tons of handmade treasures. After shopping we'll stop at 5 Chefs for lunch.

Their quaint café features classic sandwiches, soups & salads, plus desserts & gifts in a colorful space. Menu items \$8.00-\$13.00. After we eat and before we head back to Madison, we'll make one last stop - Sumner Crest Winery.

FULL TRIP Circle Players Production Present The Rocky Horror Show

Thursday, October 24 at 5:15 p.m. Cost: \$15.00

Hiking Club to Centennial Park + Parthenon (optional)

Tuesday, October 29 at 9:30 a.m.

Cost: \$6.00 + \$4.00 Admission (optional) + lunch

We'll walk the Centennial Park Path and then participants have the option of touring the Parthenon if they wish. Please bring \$4.00 for senior admission if you would like to visit the Parthenon. If you do not wish to visit the Parthenon, make another lap around the lake or relax on one of the many park benches or swings. After our walk, we'll head to nearby Cori's DogHouse for lunch. Menu items \$4.00-\$8.00.

Branson On The Road - Branson Meets Nashville at the Wildhorse Saloon

Wednesday, October 30 at 10:30 a.m.

Cost: \$51.00

The Wildhorse presents Branson On The Road™: Branson Meets Nashville. A first-of-its-kind event in Music City, this family-friendly experience includes a delicious Southern style buffet lunch followed by a lively 60-minute, comedy infused musical performance guaranteed to keep audience members toe-tapping and laughing from opening note to closing curtain. After the show, there will be a 30-minute line dance lesson. The buffet will feature fried chicken, hickory smoked pulled pork, garden salad, baked beans, mashed potatoes, biscuits, and banana pudding.

You must sign up by Monday, October 21 and there will be no refunds after that date.

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! Some of our services include:

FiftyForward Care Team 615-743-3436 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.

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 615-463-2266 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.

FiftyForward Conservatorship 615-743-3436 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.

About FiftyForward

Established in 1956, FiftyForward supports, champions and enhances life for those 50 and older. As a nonprofit operating seven lifelong 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.

FiftyForward Madison Station

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