



FiftyForward Friends Adult Day Services

Find fun and connection for your loved one at FiftyForward Friends Adult Day Services

We know that cognitive, memory or physical challenges can be part of life's journey. Your loved one will receive safe, high-quality care in our bright, nurturing setting. You will find peace of mind knowing that caring, professionally-trained staff create an environment that is engaging, accepting, and geared to individual needs and preferences.



Our program is available Monday-Friday, 8 a.m. to 4:30 p.m.

Connect with us to learn more about how your loved one can qualify to participate in FiftyForward Friends. We can answer all of your questions about the program, explain fees and options for financial assistance, and set up a tour (we are conveniently located across from the Nashville Fairgrounds) so you can see the program in action.



A day in the life of FiftyForward Friends includes:

- ▶ A welcome from friendly staff followed by a nutritious and delicious breakfast, lunch, and snack;
- ▶ Lively conversation with laughter and sharing;
- ▶ Top-notch programming throughout the day;
- ▶ Exercise for the body (stretching, seated dance, games);
- ▶ Enrichment for the soul (music, arts & crafts, armchair travel); and
- ▶ Fun, connection, and socialization!

All activities are conducted with safety first and in accordance with CDC guidelines.

Contact us! Email Labernathy@fiftyforward.org or call 615-742-4693 to enroll in a bright new future for yourself and your loved one.

For more information, visit:

<https://fiftyforward.org/supportive-care/adult-day-services/>

FiftyForward supports, champions, and enhances life for those 50 and older. At FiftyForward, we see and celebrate the differences in every person. Together we are creating a responsive community that is open, engaged and accepting of all.

The program receives funding from the State of Tennessee (SSBG and CACFP funds), United Way of Greater Nashville, FiftyForward, private contributions, program fees, and additional grants.