



FiftyForward Friends Adult Day Services is coming to Brentwood!

Looking for a nurturing daytime program for your older family member or friend? FiftyForward Friends will offer art, activities, meals, music, exercise, fun, friendship, and so much more.

We know that cognitive, memory or physical challenges can be part of life's journey. Our team embraces the needs of all adults 50 and over who would benefit from a safe, supportive environment in order to thrive.



A day in the life of FiftyForward Friends will include:

- ▶ 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 FiftyForward 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/>