

# FiftyForward Friends Adult Day Services

FiftyForward supports, champions, and enhances life for those 50 and older.



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.

## 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!

*Our program is available Monday - Friday, 8am to 4:30pm.*

*Locations in Nashville and Brentwood.*

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 set up a tour so you can see the program in action.

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



**FiftyForward**  
Love life at 50+

Email [dhirth@fiftyforward.org](mailto:dhirth@fiftyforward.org) or call (615) 742-4693 to enroll in a bright new future for yourself and your loved one.

For more information, visit:

[www.fiftyforward.org/supportive-care/adult-day-services](http://www.fiftyforward.org/supportive-care/adult-day-services)

\*FiftyForward Friends Nashville receives funding from the State of Tennessee (SSBG and CACFP funds), United Way of Greater Nashville, and additional grants. Both programs are funded by FiftyForward, private contributions, and program fees.

*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.*