

# FIFTYFORWARD FRIENDS ADULT DAY SERVICES

Locations in Nashville and Brentwood  
Available Monday - Friday, 8am to 4:30pm

Looking for a nurturing program for an older family member or friend? **FiftyForward Friends** offers engaging activities, nutritious meals, exercise, day trips, and more in a safe and supportive environment.

**FiftyForward Friends** is a licensed adult day program where adults 50 and older—who may have cognitive, memory, health or physical needs—can continue to thrive and enjoy an active life.

## PROVIDING TRUSTED CARE FOR 50+ YEARS

Over 96% of **FiftyForward Friends Adult Day Services** participants and caregivers say the program helps participants maintain or improve cognitive function, and 100% would recommend the program to other individuals or caregivers.

FiftyForward Friends offers safe, high-quality care in a nurturing environment. Our trained staff tailor their approach to individual needs, providing peace of mind for you and comfort, fun and engagement for your loved one.



“We are loving the program. The staff have been warm and welcoming, exactly what we needed.” (Caregiver testimonial)

## YOU CAN EXPECT

- ✓ A warm welcome from friendly staff and tasty and nutritious meals and snacks
- ✓ A full day of high-quality programming
- ✓ Exercise (stretches, seated dance, games)
- ✓ Music, arts, crafts, and armchair travel to enrich the soul



## SCHEDULE A TOUR OR ENROLL

Connect with us to learn more about FiftyForward Friends. We can answer your questions about the program, explain fees, and set up a tour. Email [dhirth@fiftyforward.org](mailto:dhirth@fiftyforward.org) or call (615) 742-4693. We also invite you to visit [www.fiftyforward.org/supportive-care/adult-day-services](http://www.fiftyforward.org/supportive-care/adult-day-services).

*Fifty  
Forward*  
Love life at 50+

*\*FiftyForward Friends Nashville receives funding from the State of Tennessee (SSBG and CACFP funds), United Way of Greater Nashville, Alzheimer's Foundation of America 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.