

April 2025 FiftyForward J. L. Turner Program Calendar

Please read the program description page to learn more about each offering and to see which programs require registration. Events with an asterisk* require advanced registration. To register for programs & trips, go to <https://fiftyforward.org/member/>

Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>7:30 a.m. AOA Dance 8:35 a.m. YMCA Thrive 9 a.m. Hand & Foot 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 10:30 a.m. Bunco-Easter Theme* 11:30 a.m. AOA Centering Practice 1 p.m. Line Dancing-Beginners 1 p.m. Rummikub 1 p.m. Beginners Bridge* 1:30 p.m. Book Club* 1:30 p.m. Creating Memoirs</p>	<p>2</p> <p>7:30 a.m. AOA Yoga 8:45 a.m. Functional Balance 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:45 a.m. AOA Strength 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing</p>	<p>3</p> <p>7:30 a.m. AOA Dance 8:35 a.m. YMCA Thrive 9 a.m. Advisory Council 9:30 a.m. AOA Circuit 10:30 a.m. Bingo* 10:30 a.m. AOA Yoga 11:30 a.m. AOA Centering Practice 1 p.m. Rummikub 5 p.m. Night Bridge</p>	<p>4</p> <p>7:30 a.m. AOA Strength 8:30 a.m. AOA Circuit 9 a.m. Sit & Knit & Crochet* 9:30 a.m. AOA Cardio 10 a.m. Trip-Frist Art Museum* 10:30 a.m. AOA Strength 11:30 a.m. YMCA Line Dancing 12 p.m. Bridge 1 p.m. Ping Pong</p>	<p>5</p> <p>8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength</p>
<p>7</p> <p>7:30 a.m. AOA Yoga 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 9:30 a.m. Frist Art Trunk Project Part 1* 10:30 a.m. AOA Cardio 11 a.m. Chess Group 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong</p>	<p>8</p> <p>7:30 a.m. AOA Dance 8:35 a.m. YMCA Thrive 9 a.m. Hand & Foot* 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 11:30 a.m. AOA Centering Practice 1 p.m. Line Dancing-Beginners* 1 p.m. Beginners Bridge*</p>	<p>9</p> <p>7:30 a.m. AOA Yoga 8:45 a.m. Functional Balance 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. Artificial Intelligence Small Group* 10:45 a.m. AOA Strength 11:40 a.m. AOA Yoga 12 p.m. Bridge 12:30 p.m. YMCA Lunch & Learn* 1 p.m. Line Dancing</p>	<p>10</p> <p>7:30 a.m. AOA Dance 8:35 a.m. YMCA Thrive 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 10:30 a.m. CenterWell Snack & Learn—Scams* 11:30 a.m. AOA Centering Practice 11:30 a.m. New Member Orientation* 1 p.m. Rummikub 5 p.m. Night Bridge</p>	<p>11</p> <p>7:30 a.m. AOA Strength 8:30 a.m. AOA Circuit 9 a.m. Sit & Knit & Crochet* 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 11 a.m. Trip-Music for Seniors & Lunch* 11:30 a.m. YMCA Line Dancing 12 p.m. Bridge 1 p.m. Ping Pong</p>	<p>12</p> <p>8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength</p>
<p>14</p> <p>7:30 a.m. AOA Yoga 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 9:30-11 a.m. Meet & Greet New Program Coordinator* 10:30 a.m. AOA Cardio 11 a.m. Chess Group 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong</p>	<p>15</p> <p>7-10 a.m. Egg Hunt* 7:30 a.m. AOA Dance 8:35 a.m. YMCA Thrive 9 a.m. Hand & Foot* 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 11:30 a.m. AOA Centering Practice 1 p.m. Line Dancing-Beginners* 1 p.m. Beginners Bridge* 1:30 p.m. Creating Memoirs</p>	<p>16</p> <p>7:30 a.m. AOA Yoga 8:45 a.m. Functional Balance 9:30 a.m. AOA Cardio 9:45 a.m. Trip—FiftyForward Health & Wellness Fair* 10 a.m. Ping Pong 10:45 a.m. AOA Strength 11:30 a.m. See America Travel Presentation* 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing</p>	<p>17</p> <p>7:30 a.m. AOA Dance 8:35 a.m. YMCA Thrive 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 10:30 a.m. Results PT Exercise Presentation* 11:30 a.m. AOA Centering Practice 1 p.m. Rummikub 1 p.m. Tech Help with Bellevue Library* 5 p.m. Night Bridge 5:50 p.m. Trip—Barefoot in the Park at Keeton Theatre*</p>	<p>18</p> <p>7:30 a.m. AOA Strength 8:30 a.m. AOA Circuit 9 a.m. Sit & Knit & Crochet* 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 11:30 a.m. YMCA Line Dancing 12 p.m. Bridge 1 p.m. Ping Pong</p>	<p>19</p> <p>8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength</p>
<p>21</p> <p>7:30 a.m. AOA Yoga 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 9:30 a.m. Frist Art Trunk Project Part 2* 10:30 a.m. AOA Cardio 11 a.m. Chess Group 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong</p>	<p>22</p> <p>7:30 a.m. AOA Dance 8-11 a.m. Flower & Plant Swap* 8:35 a.m. YMCA Thrive 9 a.m. Hand & Foot* 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 11:30 a.m. AOA Centering Practice 12:30 p.m. Watercolor for Beginners w/Lee* 1 p.m. Line Dancing-Beginners* 1 p.m. Beginners Bridge*</p>	<p>23</p> <p>7:30 a.m. AOA Yoga 8:45 a.m. Functional Balance 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. Artificial Intelligence Small Group* 10:45 a.m. AOA Strength 11:30 a.m. Master Gardeners Spring Vegetable Gardening* 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing</p>	<p>24</p> <p>7:30 a.m. AOA Dance 8:35 a.m. YMCA Thrive 8:50 a.m. Trip—Nashville Symphony Rehearsal & Lunch 9:30 a.m. AOA Circuit 10:30 a.m. AOA Yoga 11:30 a.m. AOA Centering Practice 1 p.m. Rummikub 5 p.m. Night Bridge</p>	<p>25</p> <p>7:30 a.m. AOA Strength 8:30 a.m. AOA Circuit 9 a.m. Sit & Knit & Crochet* 9:15 a.m. Trip—Hike at Hidden Lake & Brunch 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength 11:30 a.m. YMCA Line Dancing 12 p.m. Bridge 1 p.m. Ping Pong</p>	<p>26</p> <p>8:30 a.m. AOA Line Dancing 9:30 a.m. AOA Cardio 10:30 a.m. AOA Strength</p>
<p>28</p> <p>7:30 a.m. AOA Yoga 8:30 a.m. AOA Circuit 9:30 a.m. AOA Strength 10:30 a.m. AOA Cardio 11 a.m. Chess Group 11:30 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Ping Pong</p>	<p>29</p> <p>7:30 a.m. AOA Dance 8:35 a.m. YMCA Thrive 9 a.m. Hand & Foot* 9:30 a.m. AOA Circuit 9:30 a.m. Fun & Games 10:30 a.m. AOA Yoga 11:30 a.m. AOA Centering Practice 12:30 p.m. Calligraphy with Maryann* 1 p.m. Line Dancing-Beginners* 1 p.m. Beginners Bridge*</p>	<p>30</p> <p>7:30 a.m. AOA Yoga 8:45 a.m. Functional Balance 9:30 a.m. AOA Cardio 10 a.m. Ping Pong 10:30 a.m. Music for Seniors Songwriting Workshop* 10:45 a.m. AOA Strength 11:40 a.m. AOA Yoga 12 p.m. Bridge 1 p.m. Line Dancing</p>			

ML Denotes member-led program

Only activities that require registration are visible on the member portal. Please refer to this calendar to see **ALL** activities each month.

Recurring Classes & Activities & Groups:

ML Book Club Tuesday, April 1 at 1:30 p.m. Join our Turner Book Club for a fun, monthly gathering and discussion! This month's book is *The Firebrand and the First Lady* by Patricia Bell-Scott.

ML Bridge Mondays, Wednesdays and Fridays 12 p.m.- 3 p.m. Evening Bridge on Thursdays at 5 p.m. Zelle/West

ML Chess Group Mondays at 11 a.m. Enjoy learning or playing a friendly and competitive game of chess. We have several chess boards, including a beautiful wooden set donated by Judy & Bob Allen. **Brown/Davis**

ML Creating Memoirs Tuesdays, April 1 & April 15 at 1:30 p.m. Work on writing & sharing your personal memoir. No writing experience necessary—this is about sharing memories and connecting with others! **Roos Room**

ML Fun & Games –Mahjong Tuesdays, 9:30 a.m.- 12 p.m. Join fellow members for games including mahjong, canasta, and backgammon! **Zelle/West**

ML Hand & Foot Game Tuesdays, 9 a.m. Come learn and have fun playing a game called Hand and Foot. The Hand and Foot card game is a variation of Canasta. It originated in North America and is played with two piles of cards called a “hand” and a “foot,” hence the name. **Need a minimum of four members to play. Brown/Davis**

ML Line Dancing Tuesday & Wednesdays, 1 p.m. Learn how to boot, scoot, and boogie with Bonnie Wood. Please note Tuesdays classes are geared towards beginners. All are welcome at both 90 minutes classes. **Community Room**

Ping Pong Mondays & Fridays, 1 p.m.- 3 p.m. in Community Room. Wednesdays, 10 a.m.- 12 p.m. in Brown/Davis

Rummikub Tuesday, April 1 and Thursdays, 1- 3 p.m. Zelle/West

ML Sit-N-Knit-and-Crochet Fridays, 9 a.m. Learn to knit and crochet. **Roos Room**

Special Programs & Events:

ML Bunco Tuesday, April 1 at 10:30 a.m. Come mix and mingle while playing Bunco, and bring a covered dish to share! This month's theme is Easter! **Registration is encouraged so we have enough food. Activity Room**

ML Beginners Bridge Tuesdays in April beginning April 1 at 1 p.m. Sign up by March 26. You may have noticed that we have a very active bridge group that meets at our center. If

you have been interested in learning how to play the popular card game, now is your chance! This five-week series will teach you everything you need to know so that you can join the other members who play here! **See room assignment day of.**

Bingo with Clarendale Thursday, April 3 at 10:30 a.m. Join us for Bingo with Jordan from Clarendale at Bellevue Place! **Register in advance.**

Frist Art Trunk Project (Two Parts) Monday, April 7 & 21 at 9:30 a.m. Separate registration required for both projects. Community art teachers with Frist Art Museum will lead hands-on projects that tie into their current exhibit, *Farm to Table: Art, Food, and Identity in the Age of Impressionism.*

Part 1 on April 7: Monet's Haystack—Participants will explore light, shadow, and color and create a 3D model of Monet's *The Haystack*. They will then practice observation and painting from life in their own landscape.

Part 2 on April 21: Wooden figure movement drawing—drawing the figure and the surrounding environment using soft pastels.

These Art Trunk projects tie into the trip to the Frist Art Museum on April 4! Only 12 spots available for each project. Brown/Davis

ML Artificial Intelligence Small Group Tutorial Wednesday, April 9 & 23 at 10:30 a.m. Sign up required, limited to 8 participants for each session. Bring your smartphone, tablet, or laptop as this is a “hands-on” workshop. Join member John Ulett for a hands-on overview of some of the different types of artificial intelligence platforms that exist. He'll show you how to use them and help answer any questions you may have. **Roos Room**

YMCA Lunch & Learn “Happiness and the Five Senses” Wednesday, April 9 at 12:30 p.m. Ready to have some fun, deepen friendship, share stories, and smiles? Join us for a lively workshop led by Barb Abramson, Founder of Making Meaningful Connections. Lunch will be provided. **Register in advance with YMCA or FiftyForward staff. Activity Room**

CenterWell Senior Primary Care Presents “Protect Yourself Against Scams” Snack & Learn Thursday, April 10 at 10:30 a.m. The price of scams against seniors is much more than financial. Find out why seniors are targeted, the toll it can take on your health, and how to protect yourself. **Registration required. Light refreshments provided. Roos Room**

New Member Orientation Thursday, April 10 at 11:30 a.m. If you joined FiftyForward since the fall, or simply want to attend to meet other members and hear about all of the benefits of FiftyForward, come on out! We'll review everything that happens at the J. L. Turner Center, touch on different parts of FiftyForward as a whole, and review how to use the FiftyForward membership portal to sign up for trips and programs. **Registration is encouraged. Brown/Davis**

FiftyForward JL Turner PROGRAM INFORMATION

ML Denotes member-led program

Only activities that require registration are visible on the member portal. Please refer to this calendar to see ALL activities each month.

[New Program Coordinator Meet & Greet Monday, April 14, stop by between 9:30-11 a.m.](#) We are excited to welcome Savannah Meiss as our new program coordinator at the FiftyForward J. L. Turner Center! Please stop by to meet Savannah, introduce yourself, and share what you love about our center. Savannah is excited to get to know everyone as she starts to plan fun and enriching programs for our members. ***Brown/Davis***

[Egg Hunt Tuesday, April 15, 7-10 a.m.](#) You're never too old to participate in an egg hunt! We'll have eggs hidden around the YMCA and FiftyForward areas, and we'll restock them every hour. If you're lucky enough to find an egg with a gold coin, you'll win some special prizes! Happy Easter!

[See America Travel Presentation Wednesday, April 16 at 11:30 a.m.](#) Join Adam Wagner from See America Tours and hear about larger trips that are planned for 2025. Travel booklets located in the FiftyForward lobby. ***Roos***

[Results PT "Exercise and the Aging Population" Presentation Thursday, April 17 at 10:30 a.m.](#) Join Results Physiotherapy and three of their Doctors of Physical Therapy for a discussion on exercise. They'll cover why it's important to exercise, how much and how often it's needed as you get older, which exercises are best, as well as intensity and frequency levels. They'll also briefly discuss the VO2 Max, a known predictor of longevity and excellent view into your cardiovascular health. **Register in advance. *Roos***

[Bellevue Library Tech Help Thursday, April 17 at 1 p.m. - 3 p.m.](#) If you need assistance with technology, library staff members from the Bellevue Branch will answer your tech questions and help you with your device. Please bring your cell phone, iPad, tablet, Kindle or laptop with you to the tech help. ***FiftyForward Lobby***

[Flower & Plant Swap Tuesday, April 22, 8-11 a.m.](#) **Outside under white tent to the right of YMCA building.** In celebration of Earth Day, join us for a flower and plant swap. Share your flowers and plants with others and grab some seeds to plant this spring!

[ML Watercolor for Beginners w/Lee Tuesday, April 22 at 12:30 p.m. Cost \\$15.00.](#) Learn the basic characteristics of watercolors. Supplies will be provided. **Registration required by April 18. *Zelle/West***

[Master Gardeners of Davidson County Present "Spring Vegetable Gardening" Wednesday, April 23 at 11:30 a.m.](#) Join Joan Clayton Davis from the Master Gardeners of Davidson County for a presentation on how to grow a bountiful spring vegetable gardening. Discover which plants to include in your garden along with suggestions for successful planting, growing and harvesting. **Register in advance. *Brown/Davis***

[Music for Seniors Songwriting Workshop Wednesday, April 30 at 10:30 a.m.](#) In this interactive two-hour songwriting workshop presented by Music for Seniors, participants come together to explore the joy of group creativity through lyrics and melody. This is more than just a class—it's a shared experience where ideas flow, laughter fills the room, and meaningful connections are formed. Led by one of Music for Seniors' songwriters (with acoustic guitar accompanying), the group will engage in fun, collaborative songwriting activities, working as a team to craft lyrics and melodies that reflect shared stories and emotions. Through brainstorming, wordplay, and musical exploration, participants will see how individual voices blend into a collective masterpiece. Come be part of an uplifting experience where music brings people together, stories come to life, and every voice is valued. **Register in advance; limited spots available. *Brown/Davis***

[ML Calligraphy Class w/Maryann Tuesday, April 29 at 12:30 p.m. Cost: \\$15 \(includes supplies\). Register by April 25; limited to 15 members.](#) Are you interested in improving your handwriting? Making the envelopes you mail out beautiful? Want your grandchildren to be impressed with mail from you as a grandparent? Then our monthly classes are for you! Our calligraphy classes are designed for beginners to the experienced. This month join instructor Maryann Mize for Watercolors and Calligraphy: Learn how you can use a straight nib holder and dip nib with watercolor to create a beautiful script. This is a beautiful, colorful way to create beautiful words, embellishments and flourishes. All skill levels are welcome! ***Brown/Davis***

[Trip List:](#)

***Please note, members are not allowed to drive and meet at day trip locations when the trip involves taking our FiftyForward bus.**

[Trip – Frist Art Museum Tour "Farm to Table" Exhibit Tour with lunch at Café Cheeserie](#)

**Friday, April 4, Departing at 10 a.m.
Cost: \$15 + lunch**

Join us for a docent-guided tour of the current "Farm to Table: Art, Food, and Identity in the Age of Impressionism" exhibit at the Frist Art Museum. This exhibit explores the intersections of art, gastronomy, and national identity in late 19th-century France. Before our tour, we'll grab a bite to eat on site at Café Cheeserie. **Registration is required by April 2.**

Trips Continued:

TRIP FULL, ON WAITLIST [Trip – Music for Seniors Concert: The Songs and Life of Cole Porter featuring Chris Watson with the Lori Mechem Trio and Lunch at Slim & Husky's Pizza Beeria](#)

Friday, April 11, Departing at 11 a.m.

Cost: \$15 + lunch

April's Music for Seniors daytime concert will be held at Nashville Jazz Workshop and features Chris Watson with the Lori Mechem Trio sharing a special program, *The Life and Music of Cole Porter*. Before the concert we'll grab pizza across the street at local spot Slim & Husky's, a fast-casual artisan pizza shop. **Registration is required.**

[Trip – FiftyForward Spring Health & Wellness Fair at FiftyForward Martin Center](#)

Wednesday, April 16, departing at 9:45 a.m.

Cost: FREE

Registration is required. Join us for the FiftyForward Spring Health and Wellness Fair at the Martin Center! Explore a variety of health and wellness vendors, receive free health screenings, enjoy snacks, learn to satisfy your sweet tooth with healthy desserts and experience Elmer's Tunes as he plays classic hits on the piano. Mallie's Food Truck, a non-profit supporting at-risk youth, will be offering delicious food from 10:00 a.m. to 1:30 p.m. for you to purchase. Bring a friend and discover valuable resources to help us all stay healthy!

TRIP FULL, ON WAITLIST [Trip – "Barefoot in the Park" at Larry Keeton Theatre](#)

Thursday, April 17, Departing at 5:50 p.m.

Cost: \$45

Please note this performance does *not* include dinner, so please eat before the trip. In this classic comedy (the film version starred Jane Fonda and Robert Redford), Paul and Corie Bratter are newlyweds in every sense of the word. He's a straight-as-an-arrow lawyer and she's a free spirit always looking for the latest kick. Their new apartment is her most recent find – too expensive with bad plumbing and in need of a paint job. After a six-day honeymoon, they get a surprise visit from Corie's loopy mother and decide to play matchmaker during a dinner with their neighbor-in-the-attic, Velasco, where everything that can go wrong does. **Registration required by April 4 to secure tickets and there will be no refunds after that date unless your spot can be filled.**

TRIP FULL, ON WAITLIST [Trip – Nashville Symphony Rehearsal & Lunch at Jonathan's Grille](#)

Thursday, April 24, Departing at 8:50 a.m.

Cost: \$15 + lunch

Please note this dress rehearsal is about 2-2.5 hours with a short break in the middle. Conductor Giancarlo Guerrero leads an all-Tchaikovsky program that also highlights two perennial orchestral favorites: the *Romeo & Juliet Fantasy Overture*, and *Capriccio italien*, in addition to *Variations on a Rococo Theme* for cello and orchestra, and *Concerto No. 1* for piano and orchestra. After the rehearsal, we'll have lunch at Jonathan's Grille in Bellevue. **Registration required.**

[Trip – Hike at Harpeth River State Park/Hidden Lake & Brunch at The Yorkshire Deli](#)

Friday, April 25, Departing at 9:15 a.m.

Cost: \$15 + lunch

Join us for a hike on the Hidden Lake Trail at Harpeth River State Park. Afterwards, we'll head down the road to The Yorkshire Deli, a cozy cafe with a patio specializing in homemade British fare, plus coffee, tea, and dessert.

Registration required.

TRIP GUIDELINES

Minimum number— Trips not meeting the minimum number of 6 attendees (unless otherwise noted) will be cancelled at least 24 hours in advance. Refunds will be issued.

Departure Time - Trips will leave at the stated departure time, so it is best if you arrive at least 10 minutes prior to departure.

Cancellations and No Shows - A refund will be issued if a cancellation is given within 24 hours of a trip's scheduled departure. For trips involving pre-ordered tickets or reservations, a refund will be given only if your seat can be filled.

Attendance: Cancelling or not showing up for three or more trips within a month will result in being placed on a waiting list the following month.

Exceptions: Exceptions may be considered by center staff in extreme situations.