

May 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
			1 7:30a AOA Dance 8:35a YMCA Thrive 9a Advisory Council 9:30a AOA Circuit 10:30a Bingo* 10:30a AOA Yoga 11:30a AOA Centering Practice 1p Rummikub 5p Night Bridge	2 7:30a AOA Strength 8:30a AOA Circuit 9a Sit & Knit & Crochet* 9:30a AOA Cardio 10:30a Trip-General Jackson Cruise* 10:30a AOA Strength 11:30a YMCA Line Dancing 12p Bridge 1p Ping Pong	3 8:30a AOA Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
5 7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 9-11a Hearing Screenings* 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p Bridge 1p Ping Pong	6 7:30a AOA Dance 8:35a YMCA Thrive 9a Hand & Foot 9:30a AOA Circuit 9:30a Fun & Games 10:30a AOA Yoga 10:30a Bunco-Western Theme* 11:30a AOA Centering Practice 1p Line Dancing-Beginners 1p Rummikub 1:30p Book Club* 1:30p Creating Memoirs	7 7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10:30a Artificial Intelligence Drop-In 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 1p Line Dancing	8 7:30a AOA Dance 8:35a YMCA Thrive 9:30a AOA Circuit 10:30a AOA Yoga 11:30a AOA Centering Practice 12p Kun Fu Tea-Making Demo* 1p Rummikub 4:30p Trip-Dining with Directors at Pastaria* 5p Night Bridge	9 7:30a AOA Strength 8:30a AOA Circuit 9a Sit & Knit & Crochet* 9:30a AOA Cardio 10:30a AOA Strength 11:30a YMCA Line Dancing 12p Bridge 1p Ping Pong	10 8:30a AOA Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
12 7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 9:30a FiftyForward Turner Support Group* 10:30a AOA Cardio 10:30a Mother's Day Tea Party* 11a Chess Group 11:30a AOA Yoga 12p Bridge 1p Ping Pong	13 7:30a AOA Dance 8:35a YMCA Thrive 9a Hand & Foot* 9:30a AOA Circuit 9:30a Fun & Games 10:30a AOA Yoga 11:30a AOA Centering Practice 1p Line Dancing-Beginners*	14 7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 11:30a Spring Potluck* 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 1p Line Dancing	15 7:30a AOA Dance 8:35a YMCA Thrive 9:30a AOA Circuit 10:30a AOA Yoga 11:30a AOA Centering Practice 1p Rummikub 1:30p Trip-Music for Seniors Concert* 5p Night Bridge	16 7:30a AOA Strength 8:30a AOA Circuit 9a Sit & Knit & Crochet* 9a Trip-Iris City Gardens & Lunch* 9:30a AOA Cardio 10:30a AOA Strength 11:30a YMCA Line Dancing 12p Bridge 1p Ping Pong	17 8:30a AOA Line Dancing 9:30a AOA Cardio 10a Bellevue Community Picnic 10:30a AOA Strength
19 7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 9:30a Native Bee Program* 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p Bridge 1p Ping Pong	20 7:30a AOA Dance 8:35a YMCA Thrive 9a Hand & Foot* 9:30a AOA Circuit 9:30a Fun & Games 10:30a AOA Yoga 11:30a AOA Centering Practice 11:30a Ascension Women's Heart Health Program* 1p Line Dancing-Beginners* 1:30p Creating Memoirs	21 7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10:30a Artificial Intelligence Drop-In 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 1p Line Dancing	22 7:30a AOA Dance 8:35a YMCA Thrive 9:30a AOA Circuit 10a-12p Hearing Screenings* 10:30a AOA Yoga 11:30a AOA Centering Practice 11:30a Thrivent/Aging Loved Ones Program* 1p Rummikub 1p Tech Help w/Bellevue Library* 5p Night Bridge	23 7:30a AOA Strength 8:30a AOA Circuit 9a Sit & Knit & Crochet* 9:30a AOA Cardio 10:30a AOA Strength 11:30a YMCA Line Dancing 12p Bridge 1p Ping Pong	24 8:30a AOA Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
26 FiftyForward Centers & Offices CLOSED for Memorial Day	27 7:30a AOA Dance 8:35a YMCA Thrive 9a Hand & Foot* 9:30a AOA Circuit 9:30a Fun & Games 10:30a AOA Yoga 11:30a AOA Centering Practice 12:30p Watercolor for Beginners w/Lee* 1p Line Dancing-Beginners*	28 7:30a AOA Yoga 8:45a Functional Balance 9a Trip-Nashville Zoo* 9:30a AOA Cardio 10a Ping Pong 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 1p Line Dancing	29 7:30a AOA Dance 8:35a YMCA Thrive 9:30a AOA Circuit 9:40a Trip—Owl's Hill Nature Sanctuary* 10:30a AOA Yoga 11:30a AOA Centering Practice 12:30p Calligraphy Meet-Up* 1p Rummikub 5p Night Bridge	30 7:30a AOA Strength 8:30a AOA Circuit 9a Sit & Knit & Crochet* 9:30a AOA Cardio 10:30a AOA Strength 11:30a YMCA Line Dancing 12p Bridge 1p Ping Pong	31 8:30a AOA Line Dancing 9:30a AOA Cardio 10:30a AOA Strength

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.

Recurring Classes & Activities & Groups:

ML Book Club Tuesday, May 6 at 1:30 p.m. Join our Turner Book Club for a fun, monthly gathering and discussion! This month's book is *The Gift of Rain* by Tan Twan Eng .

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, May 6 & May 20 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, May 6 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:

Bingo with Clarendale Thursday, May 1 at 10:30 a.m. **Register in advance.** Join us for Bingo with Jordan from Clarendale at Bellevue Place! *Brown/Davis*

Hearing Screenings Monday, May 5 from 9a-11a and Thursday, May 22 from 10a-12p. To sign-up for a 15 minute hearing screening, please see FiftyForward staff or ambassadors to register. Dr. Gina Angley from Nashville's Hearing & Communication Center will be here to offer

complimentary hearing screenings for our members. Each appointment will last about 15 minutes and you must pre-register for a time with FiftyForward.

ML Bunco Tuesday, May 6 at 10:30 a.m. Registration is encouraged so we have enough food. Come mix and mingle while playing Bunco, and bring a covered dish to share! This month's theme is Western so break out your cowboy boots, denim, and hats! *Activity Room*

ML Artificial Intelligence Drop-In Wednesday, May 7 & May 21 at 10:30 a.m. If you have specific questions about artificial intelligence or how to use platforms like ChatGPT, stop by this informal drop-in to ask our member Jon Ulett. He's happy to help answer any questions you may have. *Roos Room*

Kung Fu Tea-making Demo with Chinese Arts Alliance Thursday, May 8 at 12 p.m. Limited to 15 members, must register in advance. Kung Fu Tea Making is about the art of the traditional tea brewing process. It's a ritual way of enjoying the fragrant and profound taste of fine tea. Members of the Chinese Arts Alliance in Nashville will lead this fun and educational demo! *Brown/Davis*

FiftyForward Turner Support Group Monday, May 12 at 9:30 a.m. Registration encouraged. Led by Winifred Cottrell from Family & Children's Services, we hope you'll join us for this new group meant to support YOU! What topics are affecting you? Coping with grief/loss, managing anxiety, safety issue, developing positive relationships, money management or something else? Winifred is an experienced leader with older adults and is looking forward to starting a support group here for our members. *Roos Room*

Mother's Day Tea Party Monday, May 12 at 10:30 a.m. Please sign up in advance so we know how many to plan for. Calling all mothers! We hope you'll join us for a lovely tea party celebration in honor of mothers and presented by CenterWell Senior Primary Care, FiftyForward, and the YMCA. Enjoy seasonal teas, freshly baked goods, and more. We encourage you to wear your favorite tea party attire! *Activity Room*

Spring Potluck Wednesday, May 14 at 11:30 a.m. Cost: Free if you bring a food to share; \$10 if not. Please see FiftyForward staff or ambassadors for food sign-up sheet. We're excited to welcome spring the best way we know how—a potluck! Gather with other FiftyForward & YMCA members to share in delicious food and fellowship, and enjoy a special comedic performance from FiftyForward Donelson Station's improv group, Laugh Lines! Clarendale at Bellevue Place will provide an entrée for the potluck. *Activity Room*



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Bellevue Community Picnic Saturday, May 17, 10 a.m.-7 p.m. behind the Bellevue Middle School, 655 Colice Jeanne Road. Now in its 46th year, the Annual Bellevue Community Picnic has established itself as the largest and most anticipated annual event in the Bellevue area. Stop by our FiftyForward tent to say hello and visit with members of our Advisory Council who are helping to share about everything we do at FiftyForward!

Native Bee Farming Monday, May 19, 10:30 a.m. Register in advance. Learn how to become a Native Bee Farmer with gentle and easy to raise hive-less bees, how bees can boost pollination in the garden, and how gardeners can create an environment that helps sustain native bee populations in the area. **Brown/Davis**

Women's Heart Health Tuesday, May 20 at 11:30 a.m. Register in advance. The new Ascension Saint Thomas Heart Women's Program provides specialized care for heart disease, heart attacks, and chronic chest pain—delivered by experts in women's health. Through regular screenings and a multidisciplinary approach, their team helps prevent and manage heart concerns at every stage of life, including pregnancy, menopause, and beyond. Join Dr. Nishtha Sareen, Medical Director of the Women's Heart Program at Ascension Saint Thomas, as she discusses the unique heart health needs of women and the impact of heart disease across all ages. This program is one of the most comprehensive in the nation, offering exceptional care tailored to women's heart health. **Zelle/West**

LUNCH & LEARN: Aging Loved Ones: How to Have the "Heart-to-Heart" Presented by Thrivent Financial Thursday, May 22 at 11:30 a.m. Register by May 19 so we can plan for lunch. This session addresses the financial and relational impacts of aging and the increased need for caregiving. It emphasizes the importance of planning for these changes and offers strategies for initiating constructive discussions with family members. Attendees will receive a Vital Records Workbook to help assess their circumstances and facilitate conversations with financial advisors. **Brown/Davis**

Tech Help with Bellevue Library Thursday, May 22 at 1 p.m. - 3 p.m. Register in advance. If you need assistance with technology, library staff members from the Bellevue Branch will be at our center to 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. **Roos Room**

ML Watercolor for Beginners w/Lee Tuesday, May 27 at 12:30 p.m. Cost \$15.00. Learn the basic characteristics of watercolors. Supplies will be provided. **Registration required by May 23. Zelle/West**

ML Calligraphy Meet-Up with Maryann Thursday, May 29 at 12:30 p.m. This calligraphy meet-up is meant for members to **bring their own supplies** and work alongside each other—no class format. Bring your own paper & ink supplies! **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 – General Jackson Showboat Cruise

Friday, May 2, Departing at 10:30 a.m.

Cost: \$75 (includes lunch buffet)

Please note this is a joint trip with the FiftyForward Martin Center on our bigger bus and they will pick us up on the way. Join us for a midday lunch cruise on the General Jackson Showboat. A versatile and virtuoso showband are your Tennessee tour guides and take you on this exciting musical journey featuring authentic country picking and grand country harmonies, all supported by glamorous costumes, lights and multimedia. You'll be treated to a lunch buffet that includes bourbon chicken, smoked pork, mac & cheese, vegetables, salads, dessert and more. **Registration required by April 28 and there are no refunds after that date.**

Trip – Dining with the Directors at Pastaria

Thursday, May 8, Departing at 4:30 p.m.

Cost: \$15 + dinner

Join our Center Director, Heather, and our new Program Coordinator, Savannah, for dinner at Pastaria. This fun Italian restaurant features fresh pastas and wood-fired pizzas in a casual, family-friendly environment. You can check out the menu and prices here: <https://eatpastaria.com/nashville/>. **Registration required.**

Trip – Music for Seniors Concert: The SisselReid Band

Thursday, May 15, Departing at 1:30 p.m.

Cost: \$10

May's Music for Seniors daytime concert will be held at The Temple and features The Sissel/Reid Band. They'll bring their signature blend of Americana, blues, and folk to the stage! Led by award-winning songwriter Jill Sissel, this powerhouse trio delivers raw energy, heartfelt storytelling, and top-tier musicianship. **Registration is required.**

Trips Continued:

Trip – Iris City Gardens & Lunch at Fox & Locke

Friday, May 16, Departing at 9 a.m.

Cost: \$15 + lunch

Iris City Gardens is located in Primm Springs and they grow many different plants including iris, daylilies, peonies, ferns, hydrangeas and many other perennials. They offer garden sales of potted varieties of iris, daylilies, peonies and other perennials for Spring planting. We'll visit their open gardens and farm area and then you'll have time to shop for flowers and plants. After our visit we'll head to Fox & Locke in downtown Leiper's Fork for lunch. View their menu here: <https://www.foxandlocke.com/food>. **Registration is required.**

Trip – Nashville Zoo

Wednesday, May 28, Departing at 9 a.m.

Cost: \$35 (includes ticket)

May is Older Americans Month, and what better way to celebrate than with a fun-filled day trip to the Nashville Zoo with other FiftyForward centers! Walk among kangaroos, marvel at playful primates, and take in stunning exhibits from around the world. Stroll at your own pace and when you're ready for a break, grab a bite to eat at one of the zoo's cafés. This is the perfect way to embrace adventure, stay active, and celebrate the joy of lifelong learning and exploration! **Registration required by May 22 and there are no refunds after that date.**

Trip – Owl's Hill Nature Sanctuary & Lunch at Loveless Cafe

Thursday, May 29, Departing at 9:40 a.m.

Cost: \$25 (includes tour ticket) + lunch

Owl's Hill provides a protected home for the more than 2,000 species of local flora and fauna that thrive in the hills, forests, creek, ponds and meadows of their 300-acre nature sanctuary. We'll have a private tour, which includes a brief Sanctuary history, introductions to owls on exhibit, and a short guided nature hike. After our tour, we'll head to Loveless Café for lunch. View their menu here: <https://lovelesscafe.com/eat/menus/>. **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.

We are always looking for volunteer instructors and/or group leaders! Do you have a hobby, passion, or topic that your knowledgeable about and that you'd be interested in sharing with other FiftyForward members? Please see FiftyForward Center Director Heather McNeese if so, or fill out an interest card located in the FiftyForward lobby area.