

February 2026 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>2</p> <p>7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 10:20a Trip- Family-Style Lunch at Monell's* 10:30a AOA Cardio 10:30a Frist Acrylic Painting Series* 11a Chess Group 11:30a AOA Yoga 12p Bridge 1p Ping Pong</p> | <p>3</p> <p>7:30a AOA Dance 8:35a Les Mills Thrive 9a Hand & Foot 9:30a AOA Circuit 9:30a Mahjong & Games 10:30a AOA Yoga 10:30a Bunco- Valentine's Day Theme* 1p Line Dancing-Beginners 1p Rummikub 1:30p Creating Memoirs 1:30p Book Club</p> | <p>4</p> <p>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 12:45p Kroger Health Nutrition Presentation* 1p Line Dancing</p> | <p>5</p> <p>7:30a AOA Dance 8:35a Les Mills Thrive 9:30a AOA Circuit 9:50a Trip- Donuts & Dance: Nashville Ballet Rehearsal Viewing* 10:30a AOA Yoga 10:30a Mahjong 12:30p Calligraphy & Zentangle w/ Maryann- Valentine's Day Theme* 1p Rummikub 5p Night Bridge</p> | <p>6</p> <p>7:30a AOA Yoga 8:30a AOA Strength 9a Sit & Knit & Crochet 9:30a AOA Cardio 10:30a AOA Strength 11:30a AOA Dance 11:30a Find Your Calm w/ Keith* 12p Bridge 1p Ping Pong</p> | <p>7</p> <p>9:30a AOA Cardio 10:30a AOA Strength</p> |
| <p>9</p> <p>7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 10a Senior Planet Tech Lecture* 10:30a AOA Cardio 10:30a Frist Acrylic Painting Series* 11a Chess Group 11:30a AOA Yoga 12p Bridge 1p Ping Pong</p> | <p>10</p> <p>7:30a AOA Dance 8:35a YMCA Thrive 9a Hand & Foot 9:30a AOA Circuit 9:30a Mahjong & Games 10:30a AOA Yoga 11:30a Valentine's Day Party Potluck* 1p Line Dancing-Beginners 1p Rummikub</p> | <p>11</p> <p>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 12:30p Navigating Aging Lunch & Learn w/ AgeWell* 1p Line Dancing</p> | <p>12</p> <p>7:30a AOA Dance 8:35a YMCA Thrive 9a Advisory Council 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 11:30a Bingo w/ Jordan* 1p Rummikub 5p Night Bridge</p> | <p>13</p> <p>7:30a AOA Yoga 8:30a AOA Strength 9a Sit & Knit & Crochet 9:30a AOA Cardio 10:30a AOA Strength 11:30a AOA Dance 12p Bridge 1p Ping Pong</p> | <p>14</p> <p>9:30a AOA Cardio 10:30a AOA Strength</p> |
| <p>16</p> <p>7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 10:30a AOA Cardio 10:30a Frist Acrylic Painting Series* 11a Chess Group 11:30a AOA Yoga 12p Bridge 12:30p Spiritual Aging: Reflections for Embracing Life* 1p Ping Pong</p> | <p>17</p> <p>7:30a AOA Dance 8:35a YMCA Thrive 9a Hand & Foot 9:30a AOA Circuit 9:30a Mahjong & Games 10:30a AOA Yoga 1p Line Dancing-Beginners 1:30p Creating Memoirs*</p> | <p>18</p> <p>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</p> | <p>19</p> <p>7:30a AOA Dance 8:35a YMCA Thrive 9a NPT Aging Matters Coffee & Conversations* 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 11:30a Lunch & Learn w/ Caris Healthcare* 1p Rummikub 5p Night Bridge</p> | <p>20</p> <p>7:30a AOA Yoga 8:30a AOA Strength 9a Sit & Knit & Crochet 9:30a AOA Cardio 10:30a AOA Strength 11:30 AOA Dance 11:50a Trip- Miss Polly's Tea Room* 12p Bridge 1p Ping Pong</p> | <p>21</p> <p>9:30a AOA Cardio 10:30a AOA Strength</p> |
| <p>23</p> <p>7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 10:30a AOA Cardio 10:15a Trip- PopStroke for Mini Golf + Lunch* 10:30a Frist Acrylic Painting Series* 11a Chess Group 11:30a AOA Yoga 12p Bridge 12:30p Spiritual Aging: Reflections for Embracing Life* 1p Ping Pong</p> | <p>24</p> <p>7:30a AOA Dance 8:35a YMCA Thrive 9a Hand & Foot 9:30a AOA Circuit 9:30a Mahjong & Games 10:30a AOA Yoga 1p Line Dancing-Beginners</p> | <p>25</p> <p>7:30a AOA Yoga 8:05a Trip- NewsChannel 5 Tour + Lunch at PennePazze* 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</p> | <p>26</p> <p>7:30a AOA Dance 8:35a YMCA Thrive 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 1p Rummikub 1p Tech Help w/ Bellevue Library* 5p Night Bridge</p> | <p>27</p> <p>7:30a AOA Yoga 8:30a AOA Strength 9a Sit & Knit & Crochet 9:30a AOA Cardio 10:30a AOA Strength 11:30a AOA Dance 12p Bridge 1p Ping Pong</p> | <p>28</p> <p>9:30a AOA Cardio 10:30a AOA Strength</p> |
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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, February 3 at 1:30 p.m. Join our Turner Book Club for a fun, monthly gathering and discussion! This month's book will be *First: Sandra Day O'Connor* by Evan Thomas. For those wanting to get ahead, next month (March), the group will be reading/discussing *Zo* by Xander Miller.

Roos Room

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, February 3 & February 17 at 1:30 p.m. Meet with other members and share memories and stories of your past. This is a great way to connect with others while reminiscing on the good ol' days! **Zelle/West Feb 3 & Roos Room Feb 17**

ML Mahjong & Games 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**

Mahjong Thursdays, 10:30 a.m.-1 p.m. Join others during this designated time to play mahjong, the popular tile-based game. Participants must bring their own supplies. **Zelle/West**

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, February 3 and Thursdays, 1- 3 p.m. Zelle/West

ML Sit-N-Knit-and-Crochet Fridays, 9 a.m. Whether you knit, crochet, or just love fiber arts, bring your current project(s) and stitch along with other members. If you would like to learn to knit or crochet, members of the group are happy to help. **Roos Room**

Special Programs & Events:

[Frist Art Museum Acrylic Painting Series](#)

CLASS IS FULL AND ON WAITLIST

Mondays, February 2-March 30, 10:30a-12p. Cost: FREE. Registration is required and limited to 15 spots.

Explore your creativity in this free acrylic painting workshop at the J.L. Turner Center, presented in partnership with Frist Art Museum, and supported by E.A. Michelson Philanthropy. In this painting course, participants will explore a range of painting techniques and styles while developing their own creative voice. Weekly courses will focus on building technical skills— such as color mixing, layering, brushwork, and composition— while encouraging experimentation and personal expression. The workshop consists of seven 90-minute art-making sessions, a tour of current Frist exhibition, and a culminating reception and celebration. Participants also receive a complimentary one-year membership to Frist Art Museum. All materials will be provided, and all skill levels welcome. **Brown/Davis**

ML Bunco Tuesday, February 3 at 10:30a. Registration is encouraged. Come mix and mingle while playing bunco, and bring a covered dish to share! This month's theme is Valentine's Day so wear pinks, reds, or purples! Please arrive around 10:15a as we will start promptly at 10:30a. **Activity Room**

ML Artificial Intelligence Drop-Ins Wednesdays in February (4th, 11th, 18th, & 25th) at 10:30 a.m. If you have questions about artificial intelligence or how to use platforms like ChatGPT, stop by this workshop to ask our member Jon Ulett. He's happy to help answer any questions you may have. If you are unable to attend a Wednesday drop-in session, John is available for one-on-one appointments as well. **Roos Room**

Kroger Health Nutrition Presentation Wednesday, February 4 at 12:45p. Registration is encouraged. Kara Miller, Registered Dietician with Kroger Health, will highlight the essential nutrients that support healthy aging and share simple, realistic ways to incorporate them into everyday snacks and meals. Participants will also walk away with practical shopping tips to make healthy choices easier, budget-friendly, and more enjoyable. **Brown/Davis**

Calligraphy & Zentangle w/ Maryann: Valentine's Day Theme Thursday, February 5 at 12:30-2p. Cost: \$5, registration required. Join member Maryann as she leads a calligraphy and Zentangle mash up class. Zentangle is a meditative art form using repetitive, structured patterns (tangles) made of simple strokes to create beautiful, abstract images. This can help to promote relaxation, focus, and creativity. In this class, you will use the Zentangle method to tangle a tile, and then use calligraphy to create a valentine. All supplies will be provided for the class but not to keep. **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.

Find Your Calm w/ Keith Friday, February 6 at 11:30a.

Registration is encouraged. Join Keith, a certified meditation teacher and practitioner, for a guided meditation session designed to help you decompress and recharge. Whether you're looking to lower stress, improve your focus, or simply find a moment of peace after your morning workout, this session is open to all experience levels. No special equipment is required, just bring an open mind! **Brown/Davis**

Senior Planet Tech Lecture: Everyday Uses of AI Monday,

February 9 at 10a. Registration is encouraged. Are you curious about AI? Do you already use AI? You may already be using AI and not realize it. This lecture discusses some of the things AI has been doing for some time, as well as how it is used today in our daily lives. Come and learn how AI is currently being used in different industries and how AI can help us daily. **Roos Room**

Valentine's Day Party Potluck Tuesday, February 10 at 11:30a. Registration is required so we have enough food.

Cost: free if you bring a dish; \$10 otherwise. See FiftyForward staff or Ambassadors to sign up for a dish.

Break out your pink, red, and purple clothes because it's time for a Valentine's Day party! Join us for good food, sweet treats, and great company. Bring a dish to share and come celebrate love, friendship, and all things festive! CenterWell Senior Primary Care will be sponsoring pasta as our entrée and Humana will be sponsoring entertainment. **Activity Room**

Navigating Aging Lunch & Learn w/ AgeWell Wednesday,

February 11 at 12:30p. Registration is encouraged. Join AgeWell and the YMCA as they host a lunch & learn on eldercare. If you are in the beginning, middle, or later stages of helping a parent, relative, or friend navigate the aging process (or have those individuals helping you!), we encourage you to attend this presentation. There are many logistical & emotional aspects that come up as we, and those we love, age. Our hope is to create a support network here to feel more connected with each other through our shared aging experiences. **Activity Room**

Bingo w/ Jordan Thursday, February 12 at 11:30a.

Registration is encouraged. Jordan Usselton, who formerly worked at Clarendale, is back for some bingo fun! Prizes will be provided and lots of fun will be had. **Brown/Davis**

Spiritual Aging: Reflections for Embracing Life Mondays,

February 16 & February 23 at 12:30p. Registration is encouraged. As many of us age, we realize that we are becoming experts in a world that no longer exists. It is difficult to keep up with the changes that are happening in our society and world. By attending these reflection sessions, led by Rob Pilling, you will experience the power of joining together for study, support, and laughter. The sessions will use *Spiritual Aging: Weekly Reflections for Embracing Life* by Carol Orsborn to help guide discussion. **Brown/Davis**

NPT Aging Matters: Coffee & Conversations Thursday, February 19 at 9a. Registration is encouraged. Join our Nashville Public Television partners as they head to the center to show their newest Aging Matters documentary, *Outpriced & Overlooked*. This documentary will touch on rising rent prices, the affordable housing options shrinking, and the failing safety net meant to protect aging Americans. Light refreshments will be provided. **Brown/Davis**

Lunch & Learn w/ Caris Healthcare Thursday, February 19 at 11:30a. Registration is required by February 16 if you wish to be included in the lunch order.

Caris Healthcare is headed to the center to provide an insightful presentation regarding hospice care. You will learn what hospice care is, when it is helpful, and how it supports not only patients but families and caregivers as well. This will be a conversational presentation and the perfect time to ask any hospice care related questions. **Brown/Davis**

Tech Help w/ Bellevue Library Thursday, February 26 from

1-3p. Registration is encouraged. 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**

***We are looking to schedule our next Beginners Mahjong classes in April. Stay tuned for more information!**

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 – Family-Style Lunch at Monell's

Monday, February 2, Departing at 10:20a

Cost: \$15 + lunch

Meat and three? That's just the start! We are headed to Monell's in Germantown, located in a historic building built in 1905. Here you will feast on plates of Southern classics and comfort foods, piled high on serving plates and shared family-style with your neighbors. The fixed price of \$16.95/person includes a variety of meats, southern vegetables, salad, bread, desserts, and a drink. The menu changes every day, but on Mondays, Monell's is serving up chicken and dumplings, meatloaf, and fried chicken. Make sure to bring your appetite! **Registration required.**

Trip List Continued:

Trip – Donuts & Dance: Rehearsal Viewing of Nashville Ballet’s Swan Lake

Thursday, February 5, Departing at 9:50a
Cost: \$15

Start your morning with fresh donuts and a behind-the-scenes peek into Nashville Ballet’s upcoming performance of Swan Lake! This special event is designed to enjoy a relaxed, informative, and inspiring look into the rehearsal process. Learn about the production, meet members of the artistic team, and see the dancers in action as they prepare for the stage. **Registration required.**

Trip– Miss Polly’s Tea Room

Friday, February 20, Departing at 11:50a
Cost: \$55 (includes tea + treats)

Join us for an afternoon of tea, treats, and good company because it’s time for a tea party! We are headed to Smyrna to visit Miss Polly’s Tea Room, located in the beautiful Victorian Sanders House. As part of the traditional afternoon tea, each person will experience hot tea and a tiered tray featuring 4-5 savory items, 2 scones, and 2-3 sweet treats. You are encouraged to wear your favorite tea party attire! **Registration required.**

Trip – PopStroke for Mini Golf + Lunch

Monday, February 23, Departing at 10:15a
Cost: \$15 + optional \$20 mini golf day pass paid on site + lunch

We are headed to Antioch to check out Nashville’s new mini-golf oasis. PopStroke features 2 indoor mini golf courses, a full service restaurant, a rooftop bar, an ice cream parlor, and more! Each 18-hole putting course is meticulously designed to mirror the challenge and excitement of a traditional golf set up including synthetic fairways, tricky bunkers, and unpredictable rough patches. **If you are interested in playing mini golf, you will pay the discounted rate of \$20 for a day pass on site, which gives you access to both indoor mini golf courses.** If you are not interested in playing mini golf, you will get access to the restaurant, bar, ice cream parlor, and yard games such as cornhole. Please keep in mind that this trip will involve quite a bit of walking and there will be uneven surfaces on the mini golf courses. **Registration required.**

Trip – Tour of NewsChannel 5 + Lunch at PennePazze

TRIP IS FULL AND ON WAITLIST

Wednesday, February 25, Departing at 8:05a
Cost: \$15 + lunch

Join us for a behind-the-scenes newsroom tour of our local WTVF/NewsChannel 5. Fingers crossed that we’ll run into Lelan Statom and he can provide some insider weather forecasting! After our tour, we will head to PennePazze for lunch. This is a farm-to-table restaurant serving up amazing Italian food in the heart of Nashville. Check out the menu here: <https://pennepazze.net/wp-content/uploads/2024/07/pennepazzemenu.pdf>. **Registration required.**

EARLY TRIP RELEASE FOR JUNE 2026 TPAC SHOW:

Trip– Tennessee Performing Arts Center presents HAMILTON **TRIP IS FULL AND ON WAITLIST**

Thursday, June 18, Departing at 12p (Show is at 1p)
Cost: \$185

Next June, we have scored tickets to attend TPAC’s rendition of HAMILTON. This Tony Award winning-show is the epic saga that follows the rise of Founding Father Alexander Hamilton as he fights for honor, love, and a legacy that would shape the course of a nation. This show is a mix of hip-hop, jazz, R&B, and Broadway and has had a profound impact on culture, politics, and education. **Our seats are located in Row T in the Orchestra section. Please note the deadline to register for this is February 20, 2026 and there will be no refunds after that date unless your seat can be filled. Registration required.**

FiftyForward Black T-Shirts Available for \$25 donation

Sizes Small-4XL

See FiftyForward Center Director Heather McNeese



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.