

March 2026 FiftyForward J.L. Turner Program Calendar

Events with an asterisk * require advance registration. To register for programs and trips, go to fiftyforward.org/member/.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 10a Senior Planet Tech Lecture* 10:30a Frist Acrylic Painting Series* 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p Bridge 12:30p Spiritual Aging: Reflections for Embracing Life* 12:30p Lunch & Learn w/ Complete Health* 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- St Patrick'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 Future Tech Series: AI and Automobiles* 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 9a Advisory Council 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 11:30a Pelvic Floor Presentation w/ Results PT* 1p Rummikub 5p Night Bridge 5:45p Trip- Williamson County Performing Arts Center*</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 12p Bridge 1p Ping Pong</p>
<p>9</p> <p>7:30a AOA Yoga 8:30a AOA Circuit 9a Trip- Bluebird Café* 9:30a AOA Strength 10:30a AOA Cardio 10:30a Frist Acrylic Painting Series* 11a Chess Group 12p Bridge 12:30p Spiritual Aging: Reflections for Embracing Life* 1p Ping Pong</p>	<p>10</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 12:30p Open Art Studio 1p Line Dancing- Beginners</p>	<p>11</p> <p>7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 12:30p Navigating Aging Lunch & Learn* 1p Line Dancing</p>	<p>12</p> <p>7:30a AOA Dance 8:35a Les Mills Thrive 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Frist Art Trunk Project* 10:30a Mahjong 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 10:15a Trip- McNamara's Irish Pub* 10:30a AOA Strength 11:30a AOA Dance 12p Bridge 1p Ping Pong</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 Les Mills Thrive 9a Hand & Foot 9:30a AOA Circuit 9:30a Mahjong & Games 10:30a AOA Yoga 10:45a Trip- Music for Seniors Concert + Lunch* 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 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 1p Line Dancing</p>	<p>19</p> <p>7:30a AOA Dance 8:35a Les Mills Thrive 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 11:30a Styled with Intention* 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 11:30a AOA Dance 12p Bridge 1p Ping Pong</p>
<p>23</p> <p>7:30a AOA Yoga 8:30a AOA Circuit 9a Trip- Mansker's Station Tour + Lunch* 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>24</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 12:30p Tennessee State University Financial Presentation* 1p Line Dancing- Beginners</p>	<p>25</p> <p>7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 12:30p iPhone Photography Class w/ Mercy* 1p Line Dancing</p>	<p>26</p> <p>7:30a AOA Dance 8:35a Les Mills Thrive 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 10:30a Card Making Class w/ Pam* 12p Nashville Market Update w/ Jordan Uselton* 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 10:30a New Member Orientation* 11:30a AOA Dance 12p Bridge 1p Ping Pong</p>
<p>30</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>31</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 12:30p Open Art Studio 1p Line Dancing- Beginners</p>			

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, March 3 at 1:30p. Join our Turner Book Club for a fun, monthly gathering and discussion! This month's book will be *Zo* by Xander Miller. For those wanting to get ahead, next month (April), the group will be reading/discussing *The House of Doors* by Tan Twan Eng. **Roos Room**

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

ML Chess Group Mondays at 11a. 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, March 3 & 17 at 1:30p. 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 Mar 3 & Roos Room Mar 17

ML Hand & Foot Game Tuesdays, 9a. Come learn and have fun playing a game called Hand & Foot. The Hand & 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 Tuesdays & Wednesdays at 1p. Learn how to boot, scoot, and boogie with Bonnie Wood. Please note Tuesday classes are geared towards beginners. All are welcome to both 90 minute classes.
Community Room

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

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

NEW! Open Art Studio Tuesdays, March 10 & 31 at 12:30p. Bring your own supplies and art projects and work alongside other members. A great time to share with others what you're working on and get to know each other. **Zelle/West**

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

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

ML Sit & Knit & Crochet Fridays at 9a. 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:

Senior Planet Tech Lecture: Finding Information Online Monday, March 2 at 10a. Registration is encouraged. Come to this workshop and learn how to define and refine your internet searches. The internet is an incredible resource but finding what you're looking for can sometimes be daunting or time consuming. This hands-on workshop will review helpful tips for using effective search terms, evaluating your search results, and searching within a reliable site for accurate information. **Roos Room**

Lunch & Learn w/ Complete Health Partners Monday, March 2 at 12:30p. Registration is required if you wish to be included in the lunch order. David Neblett, MD will share expert insight on common orthopedic concerns in older adults- what's normal, what's not, and when to seek care. It will be a helpful discussion focused on keeping you active, mobile, and doing what you love longer. **Activity Room**

Spiritual Aging: Reflections for Embracing Life Mondays in March (2,9,16,23,30) 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**

ML Bunco Tuesday, March 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 St. Patrick's Day so break out all of your green clothing and accessories. Please arrive around 10:15a as we will start promptly at 10:30a. **Activity Room**

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[ML Future Tech Series: AI and Automobiles](#) Wednesday, March 4 at 10:30a. Registration is encouraged. Join member John Ulett as he leads a new “Future Tech Series.” These will be monthly artificial intelligence-related lectures and discussions, and this month’s topic will focus on automobiles, self-driving cars, and more!
Roos Room

[Kroger Health Nutrition Presentation](#) Wednesday, March 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**

[Pelvic Floor Presentation w/ Results PT](#) Thursday, March 5 at 11:30a. Registration is encouraged. Do you have issues with incontinence? One in five men and women experience pelvic floor dysfunction at some point in their life. Pelvic floor dysfunction occurs when the muscles of the pelvic floor do not work properly. Join us for a special presentation by Jo Helen Smith from Results Physiotherapy in Bellevue South. Jo Helen is a physical therapist specially trained to treat pelvic floor dysfunction. **Brown/Davis**

[Navigating Aging Lunch & Learn w/ AgeWell](#) Wednesday, March 11 at 12:30p. Registration is encouraged. Join AgeWell, the YMCA, and FiftyForward as we 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**

[Frist Art Trunk Project](#) Thursday, March 12 & Thursday, April 2 at 10:30a. Registration is required and limited to 15 spots. You may participate in one or both workshops. Join Frist Art Museum for 2 fun art projects relating to the exhibit “In Her Place.” This exhibit highlights the prominent position of women artists here in Music City. For the first project on March 12, participants will use a variety of fabrics & materials to create an expressive sculpture that represents a meaningful emotion or memory. The second project will be on April 2 and will focus on personal collage representing a memory, event, or someone special.
Brown/Davis

[Styled with Intention](#) Thursday, March 19 at 11:30a. Registration is encouraged. Join stylist Amanda Sears as she teaches us to dress our energy and feel more confident in our wardrobe. She’ll also focus on core pieces that are great to have in your closet. Amanda has been creating personal style strategies for clients for over 16 years. She is known for her thoughtful, intuitive approach to building wardrobes that are effortless, stylish, functional, and fully YOU. **Brown/Davis**

[Tennessee State University Financial Presentation](#) Tuesday, March 24 at 12:30p. Registration is encouraged. Join Dr. Selma Izadi as she discusses how the stock market works, how stocks are priced, and how to think about risk and return in a clear and accessible way. She is an Assistant Professor of Finance at Tennessee State University and an experienced financial markets researcher and educator. **Brown/Davis**

[ML iPhone Photography Class w/ Mercy](#) Wednesday, March 25 at 12:30p. Registration is encouraged. Learn how to take clearer, brighter photos with your iPhone! This beginner-friendly class will walk you step-by-step through the essential camera features, including focusing, adjusting brightness, using Portrait mode, and avoiding common mistakes. Bring your iPhone fully charged and ready to practice. Come gain confidence and start taking photos you’ll be proud to share! **Brown/Davis**

[ML Card Making Class w/ Pam](#) Thursday, March 26 at 10:30a. Registration required and limited to 8 spots. Join our member, Pam, for a fun-filled card making class. She’ll show you how to use simple paper folding techniques to create beautiful cards that can spread joy when shared with others. This month, we will be making bunny-themed cards! **Zelle/West**

[Nashville Market Update w/ Jordan Uselton](#) Thursday, March 26 at 12p. Registration is encouraged. Join our friend Jordan Uselton from Realty ONE Group (formerly with Clendale) for current updates and trends within the Nashville real estate market. **Brown/Davis**



FiftyForward J.L. Turner PROGRAM INFORMATION

Tech Help w/ Bellevue Library Thursday, March 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. **Roos Room**

New Member Orientation Friday, March 27 at 10:30a. Registration is encouraged. New to FiftyForward or need a refresher? Come learn about all of the engaging programs, trips, and events we offer! We will touch on different parts of FiftyForward as a whole and review how to use the membership portal to sign up for trips and programs. **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- Williamson County Performing Arts Center to see The Drowsy Chaperone Presented by Franklin Classical High School

**Thursday, March 5, Departing at 5:45p
Cost: \$30 (includes ticket)**

Join us for an evening of fun as we head to the Williamson County Performing Arts Center to see Franklin Classical high school students perform The Drowsy Chaperone. This is a joyful, slapstick celebration of musical theatre, bursting with silly romance, tap-dancing groomsmen, and gloriously dramatic misunderstandings. The show gently reminds us that music and storytelling can lift the heart when life feels a little blue! Please note that there is not a dinner planned with this trip, so make sure to eat before. **Registration required.**

Trip- Bluebird Café Senior Show

**Monday, March 9, Departing at 9a
Cost: \$10**

We're returning to the Bluebird Café for their monthly senior show. Join a singer/songwriter as they perform on the iconic and intimate Bluebird stage. Coffee and donuts will be provided. **Registration required.**

Trip- Lunch at McNamara's Irish Pub

**Friday, March 13, Departing at 10:15a
Cost: \$15 + lunch**

Get ready for a shamrockin' good time and celebrate St. Patrick's Day a little early with a festive lunch at McNamara's Irish Pub. This restaurant is serving up authentic Irish food including fish & chips, shepherd's pie, bangers & mash, & more. If you're up for it, you can even enjoy a Guinness or two! **Registration required.**

Trip- Music for Seniors Concert: The Ukedelics + Lunch at McAlister's Deli

**Tuesday, March 17, Departing at 10:45a
Cost: \$15 + lunch**

It's time for a St. Patrick's Day celebration with The Ukedelics. This fun Nashville favorite swings jazz, pop, rock, and Irish-inspired tunes- ukelele style. Before the concert, we will enjoy lunch at McAlister's Deli. This restaurant has handcrafted sandwiches, fresh salads, giant spuds, and more. Make sure to wear green unless you want to get pinched! **Registration required.**

Trip- Mansker's Station Tour + Lunch at Chef's Market Cafe

**Monday, March 23, Departing at 9a
Cost: \$25 + lunch**

We are headed up to Goodlettsville for a tour of Mansker's Station as well as The Bowen House. These historical sites consist of a reproduction 1779 log station as well as the longest standing brick structure in Middle Tennessee. During the tour, you will be able to experience both life on the frontier and life on a plantation. After our tour, we will enjoy lunch at Chef's Market Café. This restaurant is serving up a variety of entrees and desserts cafeteria-style. **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.