

# April 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/](http://fiftyforward.org/member/).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10:30a <b>Future Tech Series: The Last Generation w/ Jobs?*</b> 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 1p Line Dancing</p>	<p>2</p> <p>7:30a AOA Dance 8:35a Les Mills Thrive 9a <b>Trip- Lucky Ladd Farms + Lunch*</b> 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 10:30a <b>Frist Art Trunk Project*</b> 1p Rummikub 5p Night Bridge</p>	<p>3</p> <p>7:30a AOA Yoga 8:30a AOA Strength 9a Sit &amp; Knit &amp; Crochet 9:30a AOA Cardio 10:30a AOA Strength 11:30a AOA Dance 12p Bridge 1p Ping Pong</p>	<p>4</p>
<p>6</p> <p>7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 10:30a AOA Cardio 10:30a <b>Frist Acrylic Painting Reception</b> 11a Chess Group 12p Bridge 1p Ping Pong 1p <b>Senior Planet Tech Lecture*</b></p>	<p>7</p> <p>7:30a AOA Dance 8:35a Les Mills Thrive 8:50a <b>Trip- Durci Chocolate Tasting + Lunch*</b> 9a Hand &amp; Foot 9:30a AOA Circuit 9:30a Mahjong &amp; Games 10:30a AOA Yoga 10:30a <b>Bunco- Easter Theme*</b> 12:30p <b>Open Art Studio</b> 1p Line Dancing-Beginners 1p Rummikub 1:30p <b>Creating Memoirs</b> 1:30p <b>Book Club</b></p>	<p>8</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 <b>YMCA Lunch &amp; Learn w/ Thrivent*</b> 1p Line Dancing</p>	<p>9</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 1p Rummikub 5p Night Bridge</p>	<p>10</p> <p>7:30a AOA Yoga 8:30a AOA Strength 9a Sit &amp; Knit &amp; Crochet 9a <b>Trip- Maury County Mule Day Festival*</b> 9:30a AOA Cardio 10:30a AOA Strength 11:30a AOA Dance 11:30a <b>Find Your Calm w/ Keith*</b> 12p Bridge 1p Ping Pong</p>	<p>11</p> <p>9a-12p CenterWell Classic Car Cruise-In</p>
<p>13</p> <p>7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 10:30a AOA Cardio 10:30a <b>See America Tours Travel Presentation*</b> 11a Chess Group 11:30a AOA Yoga 12p Bridge 12:30p <b>Spiritual Aging: Reflections for Embracing Life*</b> 12:30p <b>Restoration Dermatology Presentation*</b> 1p Ping Pong</p>	<p>14</p> <p>7:30a AOA Dance 8:35a Les Mills Thrive 9a Hand &amp; Foot 9:30a AOA Circuit 9:30a Mahjong &amp; Games 10:30a AOA Yoga 12:30p <b>Open Art Studio</b> 1p Line Dancing- Beginners</p>	<p>15</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 12p <b>Trip- Music for Seniors Concert + Lunch*</b> 1p Line Dancing</p>	<p>16</p> <p>7:30a AOA Dance 8:35a Les Mills Thrive 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 1p Rummikub 5p Night Bridge</p>	<p>17</p> <p>7:30a AOA Yoga 8:30a AOA Strength 9a Sit &amp; Knit &amp; Crochet 9:30a AOA Cardio 10:30a AOA Strength 11:30a AOA Dance 12p Bridge 1p Ping Pong</p>	<p>18</p>
<p>20</p> <p>7:30a AOA Yoga 8:30a AOA Circuit 9:15a <b>Trip- Frist Art Museum + Lunch*</b> 9:30a AOA Strength 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p Bridge 12:30p <b>Spiritual Aging: Reflections for Embracing Life*</b> 1p Ping Pong</p>	<p>21</p> <p>7:30a AOA Dance 7:30a-9:30a <b>Skin Checks w/ Restoration Dermatology</b> 8:35a Les Mills Thrive 9a Hand &amp; Foot 9:30a AOA Circuit 9:30a Mahjong &amp; Games 10:30a AOA Yoga 12:30p <b>Open Art Studio</b> 1p Line Dancing- Beginners 1:30p <b>Creating Memoirs</b></p>	<p>22</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 <b>Getting Your Garden Ready for Spring*</b> 1p Line Dancing</p>	<p>23</p> <p>7:30a AOA Dance 8:35a Les Mills Thrive 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 10:30a <b>Bingo w/ The Lodge*</b> 1p Rummikub 1p <b>Tech Help w/ Bellevue Library*</b> 5p Night Bridge</p>	<p>24</p> <p>7:30a AOA Yoga 8:30a AOA Strength 9a Sit &amp; Knit &amp; Crochet 9:30a AOA Cardio 10:30a AOA Strength 10:30a <b>Trip- General Jackson Showboat Cruise*</b> 11:30a AOA Dance 12p Bridge 1p Ping Pong</p>	<p>25</p>
<p>27</p> <p>7:30a AOA Yoga 8:30a AOA Circuit 8:50a <b>Trip- Hike at Shelby Bottoms Greenway + Lunch*</b> 9:30a AOA Strength 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p Bridge 12:30p <b>Spiritual Aging: Reflections for Embracing Life*</b> 1p Ping Pong</p>	<p>28</p> <p>7:30a AOA Dance 8:35a Les Mills Thrive 9a Hand &amp; Foot 9:30a AOA Circuit 9:30a Mahjong &amp; Games 10:30a AOA Yoga 12:30p <b>Watercolor Class w/ Lee*</b> 1p Line Dancing- Beginners</p>	<p>29</p> <p>7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 9:45a <b>Trip- Health &amp; Wellness Fair*</b> 10a Ping Pong 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 1p Line Dancing</p>	<p>30</p> <p>7:30a AOA Dance 8:35a Les Mills Thrive 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 1p Rummikub 5p Night Bridge</p>	<p><b>We are hosting a Cultural Appreciation Week April 27- May 1. Please see page 3 of the calendar for more information.</b></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, April 7 at 1:30p.** Join our Turner Book Club for a fun, monthly gathering and discussion! This month's book will be *The House of Doors* by Tan Twan Eng. For those wanting to get ahead, next month (May), the group will be reading/discussing *Sipsworth* by Simon Van Booy. **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, April 7 & 21 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 Apr 7 & Roos Room Apr 21**

**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, April 7, 14, & 21 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, April 7 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:

**ML Future Tech Series: The Last Generation with Jobs? Wednesday, April 1 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 how jobs have changed because of artificial intelligence. **Roos Room**

**Frist Art Trunk Project Thursday, April 2 at 10:30a. Registration is required and limited to 15 spots.** Join Frist Art Museum for the second project relating to the exhibit "In Her Place." This project will focus on personal collage representing a memory, event, or someone special. **Brown/Davis**

**Senior Planet Tech Lecture: Using Voice Assistants Monday, April 6 at 1p. Registration is encouraged.** Come to this workshop and learn basic ways you can use voice assistant on your smartphone. We will explore the settings to make the most of Google Assistant or Siri and practice using it on your smartphone. We will also review some of the ways you can use voice assistants beyond your smartphone. If you attend this session, you will be entered into a raffle for a \$25 gift card awarded at the end of the presentation! **Roos Room**

**ML Bunco Tuesday, April 7 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 Easter. Please arrive around 10:15a as we will start promptly at 10:30a. **Activity Room**

**YMCA Lunch & Learn w/ Thrivent Wednesday, April 8 at 12:30p. Registration is encouraged.** Learn about how today's headlines may impact your financial strategy so you can feel confident knowing you are still on the right path. **Brown/Davis**



## FiftyForward J.L. Turner PROGRAM INFORMATION

**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, April 10 at 11:30a.** **Registration is encouraged.** Join Keith for a guided meditation session where he will teach you breathing techniques designed to help decompress and recharge. Whether you're looking to lower stress or find a moment of peace, this session is open to all experience levels. **Brown/Davis**

**[CenterWell Classic Car Cruise-In](#) Saturday, April 11 from 9a-12p.** **Address: James Lawson High School (8001 Hwy 70 S)** **Cost: FREE entry**

CenterWell Senior Primary Care is hosting a Classic Car Cruise-In filled with good vibes and cool rides. There will be cars, oldies music, food trucks, raffles, and more. FiftyForward will have a table, so make sure to stop by!

**[See America Tours Travel Presentation](#) Monday, April 13 at 10:30a.** **Registration is encouraged.** Join Adam from See America Tour as he comes to the center to talk about all of the upcoming trips they have planned. **Brown/Davis**

**[Spiritual Aging: Reflections for Embracing Life](#) Mondays in April (13, 20, 27) 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**

**[Restoration Dermatology Presentation](#) Monday, April 13 at 12:30p.** **Registration is encouraged.** Restoration Dermatology is headed to the center to discuss skin cancer basics, sun protection for outdoor activity, and common skin changes after 50. There will be time at the end to ask any general questions that you may have. Restoration Dermatology will be opening across the street in Bellevue on April 1. **Brown/Davis**

**[Skin Checks w/ Restoration Dermatology](#) Tuesday, April 21 from 7:30a-9:30a.** Staff from Restoration Dermatology will be at the center in the lobby to provide skin checks. **Lobby**

**[Getting Your Garden Ready for Spring](#) Wednesday, April 22 at 12:30p.** **Registration is encouraged.** Come celebrate Earth Day with us! Pharmed Phil is headed to the center to discuss "Getting Your Garden Ready for Spring." Topics that he will cover include preparing garden beds and soil for the season, easy vegetables and herbs to plant in spring, low-maintenance flowers that do well in the area, and tips for growing food at home. There will be time at the end of the presentation for questions about your own garden. **Brown/Davis**

**[Bingo w/ The Lodge](#) Thursday, April 23 at 10:30a.** **Registration is encouraged.** Join Haven from The Lodge as she leads a fun bingo event here at the center. There will be prizes! **Brown/Davis**

**[Tech Help w/ Bellevue Library](#) Thursday, April 23 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**

**[Cultural Appreciation Week](#) The last week of April (April 27-May 1).** The last week of April, we will be celebrating different cultures during our Cultural Appreciation Week. Each day this week, we will have a program planned to learn about a different culture. We are looking for members to help lead programs during this week. If you have a part of your culture that you would like to share, please see Savannah. Keep an eye out for a separate schedule with information about each of the programs.

**[ML Watercolor Class w/ Lee](#) Tuesday, April 28 at 12:30p.** **Registration is required & limited to 15 people.** **Cost: \$20.** Learn the basic characteristics of watercolor. All supplies will be provided. **Brown/Davis**



## FiftyForward J.L. Turner PROGRAM 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- Lucky Ladd Farms for the Tennessee Tulip Festival + Lunch

**Thursday, April 2, Departing at 9a**

**Cost: \$35 + additional fee if you want to purchase tulips + lunch**

Join us for a little dose of springtime beauty as we visit Lucky Ladd Farms for the Tennessee Tulip Festival. This vibrant, springtime celebration is located in the heart of Middle Tennessee and is the largest pick-your-own tulip farm festival in the Southeastern United States. Here, you will get access to the tulip fields as well as Lucky Ladd Farms Park and Zoo. Tulips are not included in the price of admission but can be purchased separately on site. Afterwards, we will enjoy lunch at a local restaurant. **Registration required.**

#### Trip- Durci Chocolate Tasting + Lunch

**Tuesday, April 7, Departing at 8:50a**

**Cost: \$35 + lunch**

Learn where chocolate comes from, how it's made, and how to taste it like a pro at Durci Chocolate. Here we will enjoy a guided tasting of four artisan chocolates and then we will enjoy lunch on site afterwards. **Registration required.**

#### Trip- Maury County Mule Day Festival

**Friday, April 10, Departing at 9a**

**Cost: \$30 + any purchases on site**

We are headed south to Columbia to experience the excitement of the Maury County Mule Day Festival. Mule Day is an annual celebration of all things related to mules and is held in Columbia, TN, which is the "Mule Capital" of the world. Here we will experience traditional Appalachian food, music, dancing, crafts, etc. Please note that this trip will involve a lot of standing and walking. **Registration required.**

#### Trip- Music for Seniors Concert + Lunch at Le Peep

**Wednesday, April 15, Departing at 12p**

**Cost: \$15 + lunch**

Come celebrate Jazz Appreciation Month with us as we head to see Triple Dare Jazz Band in concert. This bold and thrilling quintet blends a modern feel with storied lineage and will be joined by vocalist Giselle Felice. They will perform the music of Ella Fitzgerald, Billie Holiday, and countless jazz greats. Before the afternoon concert, we will enjoy lunch next door at Le Peep. Check out the menu here: <https://lepeep.com/wp-content/uploads/2025/09/Le-Peep-Nashville-Menu-09-2025.pdf>. **Registration required.**

#### Trip- Frist Art Museum + Lunch at Café Cheeserie

**Monday, April 20, Departing at 9:15a**

**Cost: \$15 + lunch**

Join us for a trip to Frist Art Museum to experience the *In Her Place* exhibit, which has been the focus of the art trunks led at our center. After our docent-guided tour, we will enjoy lunch on-site at Café Cheeserie. **Registration required.**

#### Trip- General Jackson Showboat Cruise

**Friday, April 24, Departing at 10:30a**

**Cost: \$80 (includes ticket + lunch)**

Enjoy a relaxing boat ride along the Cumberland River for an exciting musical journey featuring authentic country picking and grand country harmonies. This production spans 75 years of country music history, featuring iconic songs from legends like Johnny Cash and Patsy Cline to modern stars like Chris Stapleton and Lainey Wilson. While on our cruise, we will also experience a mouth-watering Southern meal. **Registration required.**

#### Trip- Hike at Shelby Bottoms Greenway + Lunch at Nectar: Urban Cantina

**Monday, April 27, Departing at 8:50a**

**Cost: \$15 + lunch**

Join us for a walk along part of the Shelby Bottoms Greenway near Two Rivers Park. This approximately 2.5-mile hike will be on a paved greenway and will take around 75 minutes to complete. We'll walk over the Cumberland Pedestrian Bridge and there will be one hill upon our return. Please wear sneakers and comfortable clothing! After our hike, we will enjoy lunch at Nectar: Urban Cantina. Check out the menu here: <https://www.nectarcantina.com/menu>. **Registration required.**

#### Trip- FiftyForward Health & Wellness Fair

**Wednesday, April 29, Departing at 9:45a**

**Cost: FREE**

We are headed to the FiftyForward Martin Center in Brentwood for the annual Health & Wellness Fair. Here, you will be able to find fitness, nutrition, and mental health resources, get medical screenings, as well as chat with local experts on patient and caregiver needs. There will be a taco food truck as well as a pizza/wings/pasta food truck for lunch. **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.