



# May 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
				1 7:30a AOA Yoga 8:30a AOA Strength 9a Sit & Knit & Crochet 9:30a AOA Cardio 10:30a AOA Strength 10:30a National Museum of African American Music Harmonica Class* 11:30a AOA Dance 12p Bridge 12p Shukuhachi Lecture Concert w/ Shawn* 1p Ping Pong	2
4 7:30a AOA Yoga 8:15a Trip- Ethridge Amish Town + Lunch* 8:30a AOA Circuit 9:30a AOA Strength 10:30a AOA Cardio 11a Chess Group 12p Bridge 12:30p Spiritual Aging: Reflections for Embracing Life* 1p Ping Pong 1:30p Senior Planet Tech Lecture*	5 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 1p Rummikub 1:30p Creating Memoirs 1:30p Book Club	6 7:30a AOA Yoga 8:45a Functional Balance 8:45a Trip- Iris City Gardens + Lunch* 9:30a AOA Cardio 10a Ping Pong 10:30a Future Tech Series: Safety in the Age of Artificial Intelligence 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 1p Line Dancing	7 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	8 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	9
11 7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 9:30a Mother's Day Tea Party* 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p Bridge 12:30p Spiritual Aging: Reflections for Embracing Life* 1p Ping Pong	12 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- Cinco de Mayo Theme* 12:30p Open Art Studio 1p Line Dancing- Beginners	13 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	14 7:30a AOA Dance 8:35a Les Mills Thrive 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 1p Rummikub 1p FiftyForward Spring Sock Hop Fundraiser* 5p Night Bridge	15 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	16 11a-6p Bellevue Community Picnic
18 7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 10:15a Trip- Old Glory Distilling + Lunch* 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p Bridge 12:30p Spiritual Aging: Reflections for Embracing Life* 1p Ping Pong	19 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 Stroke Awareness Presentation* 12:30p Open Art Studio 1p Line Dancing- Beginners 1:30p Creating Memoirs	20 7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10a Trip- Mystery Lunch* 10:30a Intro to Artificial Intelligence* 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 1p Line Dancing	21 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* 12:30p Calligraphy Class w/ Maryann: Lower Case* 1p Rummikub 5p Night Bridge	22 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	23
25 FiftyForward Centers and Offices will be closed for Memorial Day	26 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 Trip- General Jackson Showboat Cruise* 1p Line Dancing- Beginners	27 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 Elder Law of Nashville Presentation: Scams* 1p Line Dancing	28 7:30a AOA Dance 8:35a Les Mills Thrive 9a Trip- Hike at Long Hunter State Park + Lunch* 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 12:30p Calligraphy Class w/ Maryann: Upper Case* 1p Rummikub 1p Tech Help w/ Bellevue Library* 5p Night Bridge	29 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	30

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## Recurring Classes, Activities, & Groups:

**ML Book Club Tuesday, May 5 at 1:30p.** Join our Turner Book Club for a fun, monthly gathering and discussion! This month's book will be *Sipsworth* by Simon Van Booy. For those wanting to get ahead, next month (June), the group will be reading/discussing *The Road from Raqqa* by Jordan Conn. **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, May 5 & 19 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 May 5 & Roos Room May 19**

**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, May 5, 12 & 19 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, May 5 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:

**National Museum of African American Music Harmonica Class Friday, May 1 at 10:30a. Registration is required.**

The National Museum of African American Music will provide an interactive harmonica class from their program called "From Nothing to Something." You will learn the history of the harmonica, and each participant will receive an instrument to be able to play alongside the instructor. **Brown/Davis**

**Shakuhachi Lecture Concert w/ Shawn Friday, May 1 at 12p. Cost: \$5 CASH ONLY. Registration is required.**

Shawn Tairyu Head is a Shakuhachi Honored Grand Master, Composer, and Lecturer and he is headed to the center for a lecture concert. He will provide an overview of the instrument, discuss playing techniques, and play some pieces! A shakuhachi is a Japanese end-blown bamboo flute. **Brown/Davis**

**Spiritual Aging: Reflections for Embracing Life Mondays in May (4, 11, 18) 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**

**Senior Planet Tech Lecture: Using Google Calendar**

**Monday, May 4 at 1:30p. Registration is encouraged.** Still using an appointment book? Come learn about the benefits of using an online calendar. Google Calendar is a free, web-based calendar. In this session, you will learn how to create an event, share events with others, set reminders, import events from across the web, and more! **Roos Room**



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**[ML Future Tech Series: Safety in the Age of Artificial Intelligence](#) Wednesday, May 6 at 10:30a. Registration is encouraged.** Join member John Ulett as he leads a monthly artificial intelligence discussion. This month's discussion will focus on scams. Artificial intelligence is making scams more convincing and defenses more powerful. Join us for a practical look at how to protect yourself from these scams. **Roos Room**

**[Mother's Day Tea Party](#) Monday, May 11 at 9:30a. Registration is required 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 presented by CenterWell Senior Primary Care and FiftyForward. Enjoy seasonal teas, freshly baked goods, and more. We encourage you to wear your favorite tea party attire! **Activity Room**

**[ML Bunco](#) Tuesday, May 12 at 10:30a. Registration is encouraged so we have enough food.** Come mix and mingle and bring a covered dish to share while playing Bunco. This month's theme is Cinco de Mayo. Please arrive around 10:15a as we will start promptly at 10:30a. **Activity Room**

**[FiftyForward Spring Sock Hop Fundraiser](#) Thursday, May 14 from 1-3p. Cost: \$25. Registration is required.** In celebration of May being Older Americans Month, step back in time and join us for a Spring Sock Hop concert! Slip on your saddle shoes, grab your poodle skirts, and get ready to twist the afternoon away. Gritz & Glory, the wonderful band that performed at our Halloween Party Potluck, will be returning to play all of the hits. Drinks and appetizers are included, along with a special ice cream float bar provided by CenterWell Senior Primary Care. **Community Room**

**[Bellevue Community Picnic](#) Saturday, May 16 from 11a-6p. Located behind the Bellevue Middle School at 655 Colice Jean Rd.** Now in its 47<sup>th</sup> year, the Annual Bellevue Community Picnic has established itself as the largest and most anticipated 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!

**[Stroke Awareness Presentation](#) Tuesday, May 19 at 12:30p. Registration is encouraged.** May is American Stroke Awareness Month, and TriStar Centennial Medical Center will discuss healthy habits and risk factors for stroke. **Brown/Davis**

**[ML Intro to Artificial Intelligence](#) Wednesday, May 20 at 10:30a. Registration is encouraged.** Join member John Ulett for an introduction to artificial intelligence. He will cover the basics and teach you how to use different artificial intelligence platforms. He is also happy to answer any artificial intelligence related questions that you might have! **Roos Room**

**[ML Card Making Class w/ Pam](#) Thursday, May 21 at 10:30a. Registration is required; limited spots available.** Join our member, Pam, as she leads a fun card-making class. She will teach you simple paper folding techniques to make beautiful cards that spread joy when shared with others. **Brown/Davis**

**[ML Calligraphy Class w/ Maryann](#) Thursdays, May 21 & May 28 at 12:30p. Registration is required & limited to 15 people. You may participate in one or both of the classes. Cost: \$10 per class.** Join our member, Maryann, as she teaches you the fundamentals of beautiful lettering. Please note that the May 21 class will cover lower case letters and the May 28 class will cover upper case letters. **Brown/Davis**

**[Elder Law of Nashville Presentation: Scams](#) Wednesday, May 27 at 12:30p. Registration is encouraged.** Barbara Moss, the founder of Elder Law of Nashville, will provide an overview of all of the services she offers and touch on things you should keep in mind when it comes to planning for the future. She will also discuss the prevalence of scams, or as the AARP is calling it, "The Scamdemic." **Brown/Davis**

**[Tech Help w/ Bellevue Library](#) Thursday, May 28 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**



## 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- Ethridge Amish Town + Lunch at Shaffer Farms Texas BBQ

**Monday, May 4, Departing at 8:15a**

**Cost: \$30 + lunch**

Ethridge here we come! Here, a personable guide who knows the community well will join us on our bus and share about the Amish community as we view different farms and businesses. **Please note that all farms and businesses accept CASH ONLY.** After shopping around, we are headed down the road for lunch at Shaffer Farms Texas BBQ, serving up brisket, ribs, and other Texas BBQ favorites. **Registration required.**

#### Trip- Iris City Gardens + Lunch at Fox & Locke

**Wednesday, May 6, Departing at 8:45a**

**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 will head to Fox & Locke in downtown Leiper's Fork for lunch. **Registration required.**

**Unfortunately, Music for Seniors is not accepting group ticket requests for the May 8 concert.**

**Because of this, we are unable to offer this as a trip this month. If you are interested in making a ticket reservation (2 per person), here is the link:**

<https://musicforseniors.org/event/the-sissel-reid-band-nashville-from-2pm-3pm/>

#### Trip- Old Glory Distilling Tour/Tasting + Lunch

**Monday, May 18, Departing at 10:15a**

**Cost: \$35 + lunch**

Join us for a trip up to Clarksville to visit Old Glory Distilling for a tour/tasting as well as lunch. You'll hear the story behind Old Glory, get an up-close look at the production floor, and finish with a tasting of handcrafted spirits. Closed-toe shoes are required for the distillery tour. Before our tour and tasting, we will enjoy lunch at the Old Glory Distilling restaurant. Check out the menu here: <https://oldglorydistilling.com/menus/>. **Registration required.**

#### Trip- Mystery Lunch

**Wednesday, May 20, Departing at 10a**

**Cost: \$15 + lunch**

Feeling spontaneous? Get ready for a fun and delicious surprise because a mystery lunch destination awaits our arrival. This spot is an American style restaurant with an eclectic and cozy style dining experience. Come ready for good food and even better company! **Registration required.**

#### Trip- General Jackson Showboat Cruise

**We had a lengthy waitlist for our April trip, so we will be reaching out to the current waitlist first. See Heather or Savannah to add your name to the waitlist.**

**Tuesday, May 26, 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 Long Hunter State Park & Lunch at Burger Republic

**Thursday, May 28, Departing at 9a**

**Cost: \$15 + lunch**

Long Hunter State Park is situated along the shore of Percy Priest Lake. We'll take a hike on their popular lake trail, a little over two miles, around Couchville Lake. The Lake Trail is paved and flat but wear good walking shoes. After our walk, we'll head to Burger Republic in Mt. Juliet 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.