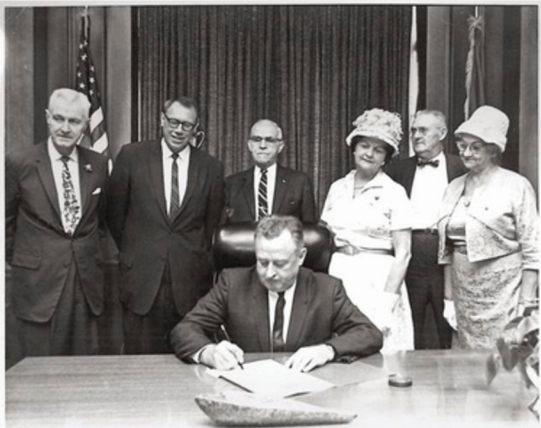


Our Golden Years

FiftyForward Celebrates 70 years



For 70 years, FiftyForward has supported older adults across Middle Tennessee with programs, services, and a strong sense of community. Since its founding in 1956, the mission has been to support, champion, and enhance the lives of adults 50 and over. While the ways we do that have evolved, our commitment to the people we serve has never changed.



What began as a three-day-a-week program for older adults in downtown Nashville has grown to seven lifelong learning centers across three counties. FiftyForward's supportive care services continue to grow, expanding each year to meet changing needs through programs like the award-winning Friends Adult Day Services. Since 1967, when FiftyForward became one of the first sites for the national Foster Grandparent program, volunteerism has grown in both reach and impact. Now, the agency serves thousands of older adults each year through community-based outreach, outcome-driven programs, and experiences that appeal to older adults in ways not imagined years ago.



Looking back on the agency's history, strong board leadership and a community-centered mindset have paved the way for the impactful programs we offer today and continue to shape services for future generations. Older adults are the backbone of society, and FiftyForward's longevity is a testament to their strength, vitality, and resilience.

Archival photos of FiftyForward

GRAND OPENING

Forward Creative Commons at Bordeaux

Forward Creative Commons at Bordeaux officially opened on March 20 with a celebratory ribbon-cutting. The shared space, home to FiftyForward Bordeaux Senior Center and Creative Girls Rock, will serve as an intergenerational hub for connection, creativity, and lifelong learning among youth and older adults.

The event brought together community leaders, partners, and the foundation and individual donors who made it possible. We are grateful to you!



New Pickleball Court Coming to *Donelson Station*



Pickleball is coming to FiftyForward Donelson Station! Thanks to a generous grant from the Tennessee Department of Disability and Aging, construction on our new pickleball court is well underway, with an anticipated opening in April 2026.

Significant progress has already been made, including the completion of the concrete foundation. Work will continue with the installation of the court surface and surrounding features, along with an additional gathering space featuring picnic tables, perfect for relaxing, connecting, or enjoying a break between games.

As the fastest-growing sport in the United States, pickleball offers a fun, social, and accessible way for older adults and the entire community to stay active. Whether you're new to the game or already a fan, we're excited to welcome you onto the court.

More details on schedules, reservations, and play opportunities will be shared soon. The court opens in early May—an exciting step in keeping our members active, engaged, and connected.

Donor Spotlight: *Ralph Bristol*

I discovered FiftyForward in early 2018, just after retiring and searching for a place to rekindle my favorite pastime from my youth: playing pool. What I found was far more than a pool table and skilled players; I found some of the best friends I've ever had.



With retirement, I faced the prospect of a giant void in my life, the lack of regular activity, purpose, and fellowship. FiftyForward filled all those voids. Not only do I enjoy playing pool every day, but I also joined the Donelson Station Advisory Council in 2019, served as president for two years, and started a cornhole club that now calls Donelson Station home.

One of the greatest health hazards for older Americans is social isolation, which can lead to lethargy, substance abuse, and other issues that diminish health, shorten lives, and sap happiness in retirement. For thousands of older adults in Middle Tennessee, FiftyForward is not just an answer to the pursuit of happiness—it is the answer to living well and staying healthy.

I am one of those older Americans, and that's why I have included FiftyForward in my estate plans. While the majority of my estate will go to my children, I am leaving about ten percent to FiftyForward—as a thank you for providing the lion's share of my happiness in my golden years, and as an investment in an organization uniquely qualified to do the same for others.

To learn more about including FiftyForward in your estate plans, please contact Joanna Gupta at (615) 743-3412 or jgupta@fiftyforward.org.

CEO Corner!

Dear Friends,

Happy 70th anniversary, FiftyForward! It is a joy to commemorate this platinum anniversary, and we'll be celebrating all year. All across our centers and programs, we will pause to reflect on how we came to be, honor those whose foresight created and shaped the agency, and celebrate with all those who make us FiftyForward. I invite you to celebrate with us throughout the year.

I thank you, our friends, members, and donors, for your commitment, kindness, and support that has allowed us to reach this milestone. Happy anniversary to each of you!

I hope to see you soon!

Warmly,
Sallie





174 Rains Avenue
Nashville, TN 37203

Celebrate 70 Years!

Annual Older Americans Month and 70th Anniversary Celebration

Thursday, May 14, 2026
City Winery Nashville

Scan to get your ticket!



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Our Mission:

*FiftyForward supports,
champions, and
enhances life for those
50 and older.*

