



June 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	Saturday
<p>1</p> <p>7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 10a Frist Art Activity* 10:30a AOA Cardio 11a Chess Group 12p Bridge 1p Ping Pong 1:30p Senior Planet Tech Lecture*</p>	<p>2</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- Beach Theme* 12:30p Open Art Studio 1p Line Dancing-Beginners 1p Rummikub 1:30p Creating Memoirs 1:30p Book Club</p>	<p>3</p> <p>7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10:30a Future Tech Series: AI, Surveillance, and Your Privacy* 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 1p Line Dancing</p>	<p>4</p> <p>7:30a AOA Dance 8:35a Les Mills Thrive 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 10:45a Trip- Music for Seniors Concert + Lunch* 1p Rummikub 5p Night Bridge</p>	<p>5</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 Trivia w/ Seniors Helping Seniors* 12p Bridge 1p Ping Pong</p>	6
<p>8</p> <p>7:30a AOA Yoga 8:30a AOA Circuit 9a Trip- Hike at Hidden Lake + Lunch* 9:30a AOA Strength 10:30a AOA Cardio 11a Chess Group 12p Bridge 1p Ping Pong</p>	<p>9</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>10</p> <p>7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10:30a Trip- Amazon Fulfillment Center Tour + Lunch* 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 12:30p YMCA Lunch & Learn* 1p Line Dancing</p>	<p>11</p> <p>7:30a AOA Dance 8:35a Les Mills Thrive 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 11a TennGreen Presentation* 12:30p Shared Care Alliance* 1p Rummikub 5p Night Bridge</p>	<p>12</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>	13
<p>15</p> <p>7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p Bridge 1p Ping Pong</p>	<p>16</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 1p Musical Memories: Guitar Workshop* 1:30p Creating Memoirs</p>	<p>17</p> <p>7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10:30a Intro to Artificial Intelligence* 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 12p Ice Cream Social* 1p Line Dancing</p>	<p>18</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 Trip- TPAC presents HAMILTON* 1p Rummikub 5p Night Bridge</p>	<p>19</p> <p>FiftyForward Centers & Offices CLOSED in observance of Juneteenth</p>	20
<p>22</p> <p>7:30a AOA Yoga 8:30a AOA Circuit 9a Father's Day Breakfast* 9:30a AOA Strength 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p Bridge 1p Ping Pong</p>	<p>23</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 12:30p Results PT Presentation* 1p Line Dancing- Beginners</p>	<p>24</p> <p>7:30a AOA Yoga 8:45a Functional Balance 9a Trip- String City Puppet Show + Lunch* 9:30a AOA Cardio 10a Ping Pong 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 12:30p YMCA Lunch & Learn* 1p Line Dancing</p>	<p>25</p> <p>7:30a AOA Dance 8:35a Les Mills Thrive 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 12:30p Zentangle w/ Maryann* 1p Rummikub 1p Tech Help w/Bellevue Library* 5p Night Bridge</p>	<p>26</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 Name That Tune w/ Laurie* 12p Bridge 1p Ping Pong</p>	27
<p>29</p> <p>7:30a AOA Yoga 8:30a AOA Circuit 9:30a Trip- Amber Falls Winery + Lunch* 9:30a AOA Strength 10:30a AOA Cardio 11a Chess Group 12p Bridge 1p Ping Pong</p>	<p>30</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>				



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.

Recurring Classes, Activities, & Groups:

ML Book Club Tuesday, June 2 at 1:30p. Join our Turner Book Club for a fun, monthly gathering and discussion! This month's book will be *The Road from Raqqa* by Jordan Conn. For those wanting to get ahead, next month (July), the group will be reading/discussing *My Friends* by Fredrik Backman. **Roos Room**

ML Bridge Mondays, Wednesdays, Fridays, 12p-3p. Night Bridge on Thursdays at 5p. If you're interested in learning, stop by the Monday or Wednesday gathering at 12p. **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, June 2 & 16 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 June 2 & Roos Room June 16

ML Hand & Foot Game Tuesdays at 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

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

Open Art Studio Tuesdays 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, June 2 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:

Frist Art Activity: Automatic Drawing Monday, June 1 from 10-11:30a. Registration is required; limited to 20 spots. Community art teachers from Frist Art Museum are headed to the center to host a 1.5-hour hands-on artmaking workshop exploring themes of surrealism, dreams, and using intuition to make art. This art project will be based off of the *International Surrealism from Tate: Fifty Years of Dreams* exhibit. **Brown/Davis**

Senior Planet Tech Lecture: Using the Contacts App Monday, June 1 at 1:30p. Registration is encouraged. Join Danny Oliver from the Bellevue Library as he teaches everyone how to navigate and use the Contacts app. **Roos Room**

ML Bunco Tuesday, June 2 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 beach so break out your beach attire, flip flops, and sunglasses! Please arrive around 10:15a as we will start promptly at 10:30a.
Brown/Davis

ML Future Tech Series: Who's Watching? AI, Surveillance, and Your Privacy Wednesday, June 3 at 10:30a. Registration is encouraged. From doorbell cameras to facial recognition, AI has made surveillance faster, cheaper, and more widespread than ever. We'll explore who's watching, what they're collecting, and what you can do about it. **Roos Room**

Trivia w/ Seniors Helping Seniors Friday, June 5 at 11:30a. Registration is encouraged. Join Nick from Seniors Helping Seniors as he leads a fun trivia game! Prizes and lunch will be provided. **Brown/Davis**

YMCA Lunch & Learn: Stay Steady & Independent Wednesday, June 10 at 12:30p. Registration is required so there is enough food. Falls affect us all, so it's important to be prepared! Falls are the leading cause of injury among older adults. HCA will be here to discuss skills for preventing, managing, and recovering from falls. **Brown/Davis**



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TennGreen Presentation Thursday, June 11 at 11a. Registration is encouraged. Geoffrey Parker and Chad Green will present on protecting Tennessee's natural spaces with TennGreen Land Conservancy, including a certified arboretum right here in Bellevue: the Belle Forest Cave property. **Brown/Davis**

Shared Care Alliance: Effective Communication Between Families & Paid Caregivers Thursday, June 11 at 12:30p. Registration is encouraged. This gathering is designed to build on the foundation of our previous aging and caregiving workshops, and will focus on connection, shared experience, and collaboration. We will be joined by 2 caregivers who have worked at various care facilities and can share some of the challenges that happen "behind the scenes" at Assisted Living and Memory Care facilities. The goal of this open conversation is for families and paid caregivers to gain a better understanding of best communication strategies when working with each other. We hope you can join us! **Roos Room**

Musical Memories: Guitar Workshop Tuesday, June 16 at 1p. Registration is required; limited spots available. Learn more about country music history and how to play guitar! Explore shared histories and stories through Country Music Hall of Fame and Museum artifacts while also learning guitar fundamentals. Musical Memories encourages participants to discover personal connections between music and lived histories and aims to foster social connectedness and well-being. **Brown/Davis**

ML Intro to Artificial Intelligence Wednesday, June 17 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 AI platforms. He is also happy to answer any AI-related questions that you might have. **Roos Room**

Ice Cream Social Wednesday, June 17 at 12p. Registration is required so we know how many to plan for. Kick off the start of summer and join us for an ice cream social! Turning Leaf Transitions will be back again to sponsor this event, and we will enjoy different flavors of ice cream as well as a topping bar. **Brown/Davis**

ML Card Making Class w/ Pam Thursday, June 18 at 10:30a. Registration is required; limited spots available. Cost: \$5, cash preferred. 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**

Father's Day Breakfast Monday, June 22 at 9a. Registration is required so we know how many to plan for. Calling all fathers! We hope you'll join us for breakfast to celebrate and honor fathers. This breakfast celebration is presented by CenterWell Senior Primary Care, FiftyForward, and the YMCA. Enjoy a lovely breakfast spread to get your day started. **Brown/Davis**

Results PT Presentation: Vertigo Tuesday, June 23 at 12:30p. Registration is encouraged. This presentation will cover common causes of dizziness in the geriatric population and treatments provided by physical therapists to improve symptoms. **Brown/Davis**

YMCA Lunch & Learn: Diabetes & Weight Loss Wednesday, June 24 at 12:30p. Registration is required so there is enough food. The YMCA will host a presentation on diabetes and weight loss. More information coming soon. **Brown/Davis**

ML Zentangle w/ Maryann Thursday, June 25 at 12:30p. Registration is required & limited to 15 people. Cost: \$5. Join our member, Maryann, as she teaches us all about the fun of Zentangle. This is a fun and easy method of using hand drawn dots, lines, curves, and spirals to create beautiful art. Zentangle uses repetitive patterns created with pen and pencil on paper squares to create amazing designs- all while calming your mind and improving concentration. Come and learn to Zentangle with us! **Brown/Davis**

Tech Help w/ Bellevue Library Thursday, June 25 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**

ML Name That Tune w/ Laurie Friday, June 26 at 11:30a. Registration is encouraged. Join our member Laurie for a fun game of "Name That Tune!" She will play songs on the violin while everyone will try and guess the name of the song. She will feature Spring songs as well as dance music. Participants are encouraged to sing along, hum along, sit in the back and enjoy the music, or even dance along! Do you know the waltz or the tango? Come join the fun! **Brown/Davis**

Health Presentation Feedback w/ Vanderbilt Nursing Students Thursdays, June 11 & June 25 from 9-12p.

The Vanderbilt Nursing Students are back and are gathering feedback from YOU about what health topics you would like to see covered at their future health presentations. Please stop by to say hello and share ideas that might influence their semester project. There is a short survey in the FiftyForward lobby you can complete and return to FiftyForward staff. **Roos Room**

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- Music for Seniors Concert: Janelle Means + Lunch at Noble's Central

This trip is full and on a waitlist

Thursday, June 4, Departing at 10:45a

Cost: \$15 + lunch

Get ready to groove and reminisce as we honor the iconic women of soul music! June's Music for Seniors Concert led by Janelle Means will feature beloved classics from Aretha Franklin, Gladys Knight, and more. Before the afternoon concert, we will enjoy lunch across the street at Noble's Central. **Registration required.**

Trip- Ranger- Guided Hike at Hidden Lake Trail + Lunch at Loveless Café

Monday, June 8, Departing at 9a

Cost: \$10 + lunch

Join us for a ranger-guided hike on The Hidden Lake Trail with the optional Ridge Loop Extension located in Harpeth River State Park. This is an easy to moderate trail that is just shy of 2 miles (around 2.5 miles if you do the Ridge extension.) The trail begins through a flat, open field before branching into a wooded area. You can take the connecting Ridge Loop Trail, which climbs a steep bluff for a panoramic view of Hidden Lake below. Please wear closed-toe shoes for this and note the trail is not paved. After our hike, we will enjoy lunch at The Loveless Café. Check out the menu here: <https://lovelesscafe.com/eat/menus/>. **Registration required.**

Trip- Tour of Amazon Fulfillment Center + Lunch at Cheddar's Scratch Kitchen

This trip is full and on a waitlist

Wednesday, June 10, Departing at 10:30a

Cost: \$20 + lunch

Have you ever wondered what happens when you shop on Amazon? Join us on this trip and find out! We are headed to Mt. Juliet for a tour of the Amazon Fulfillment Center to see how the people and technology deliver for customers. Please note that the tour is approximately 60-90 minutes long and involves quite a bit of walking. There will be at least 5 flights of stairs, and you will walk approximately 1 mile. Sandals, crocs, clogs, or high heels are **not** permitted; comfy sneakers are recommended. Loose-fitting clothing and accessories (such as long-hanging jewelry, scarves, or ties) are **not** permitted. All filming or photography is strictly prohibited. You may bring your wallet, keys, and a clear water bottle on the tour. Bags and backpacks must be left on the vehicle unless medically necessary. Guests are encouraged to bring a clear water bottle to stay hydrated throughout the tour. You will be asked to show a government issued photo ID so please make sure to bring one. Before our tour, we will enjoy lunch at Cheddar's Scratch Kitchen. Check out the menu here:

<https://www.cheddars.com/menu/appetizers>.

Registration required.

Trip- Tennessee Performing Arts Center presents HAMILTON

This trip is full and on a waitlist

Thursday, June 18, Departing at 12p

Cost: \$185

We are headed to the Tennessee Performing Arts Center to see their rendition of HAMILTON. This show is the epic saga that follows the rise of Founding Father Alexander Hamilton. **Registration required.**

Trip- String City Puppet Show at Country Music Hall of Fame + Self Tour of Museum & Lunch Downtown

Wednesday, June 24, Departing at 9a

Cost: \$15 + lunch

String City: Nashville's Tradition of Music and Puppetry is a co-production by the Nashville Public Library and the Country Music Hall of Fame and Museum. Marionettes, rod puppetry, shadow animation, and an ever-changing set tell the story of country music as it relates to Nashville's transformation into Music City. Experience this exciting true story through nearly one hundred puppets, ranging from the Staple Singers to Johnny Cash to Taylor Swift. After the puppet show, you'll have time to self-tour the museum and grab lunch nearby- we recommend Barlines, Kitchen Notes, BajoTaco or other options within walking distance. **Registration required.**

Trip- Lunch at Mt. Pleasant Grille + Wine Tasting at Amber Falls Winery

Monday, June 29, Departing at 9:30a

Cost: \$30 (includes wine tasting) + lunch

We are headed to Amber Falls Winery located in the rolling hills of Hampshire, TN. Here, we will enjoy the idyllic landscape sprawling over acres of Tennessee countryside and experience a wine tasting of different award-winning wines. Before our tasting, we will enjoy lunch at Mt. Pleasant Grille. This restaurant is serving up Southern comfort food and hearty classics. Check out the menu here: <https://mtpleasantgrille.com/our-menu/>. **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.