



July 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 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10:15a Trip- MOVE Inclusive Dance Tap-Dancing Class + Lunch* 10:30a Future Tech Series: AI Data Centers* 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 Trip- Tennessee Wings of Liberty Museum + Lunch* 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 10:30a Hand-Building Pottery w/ Frist Art Museum 1p Rummikub 5p Night Bridge</p>	<p>3</p> <p>FiftyForward Centers & Offices CLOSED for Fourth of July</p>	<p>4</p> <p>8:30a Line Dancing 9:30a AOA Cardio 10:30a AOA Strength</p>
<p>6</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 1:30p Premier Travel Presentation*</p>	<p>7</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- Red, White, & Blue Theme* 12:30p Open Art Studio 1p Line Dancing-Beginners 1p Rummikub 1:30p Creating Memoirs 1:30p Book Club</p>	<p>8</p> <p>7:30a AOA Yoga 8:45a Functional Balance 9a Fly Fishing 101 Class* 9:30a AOA Cardio 10a Ping Pong 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 1p Line Dancing</p>	<p>9</p> <p>7:30a AOA Dance 8:35a Les Mills Thrive 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 10:30a Hand-Building Pottery w/ Frist Art Museum 12p BellePAC Dance Performance* 1p Rummikub 5p Night Bridge</p>	<p>10</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>11</p> <p>8:30a Line Dancing 9:30a AOA Cardio 10:30a AOA Strength</p>
<p>13</p> <p>7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 9:30a Trip- Mystery Lunch* 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p Bridge 1p Ping Pong 1p Downsizing Presentation w/ Ed Zinkiewicz*</p>	<p>14</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 Beginners Mahjong Class*</p>	<p>15</p> <p>7:30a AOA Yoga 8:45a Functional Balance 8:45a Trip- Music for Seniors Concert + Breakfast* 9:30a AOA Cardio 10a Ping Pong 10:30a Intro to Artificial Intelligence* 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 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 10:30a Hand-Building Pottery w/ Frist Art Museum 12p Golden Games* 1p Rummikub 5p Night Bridge</p>	<p>17</p> <p>7:30a AOA Yoga 8:30a AOA Strength 8:45a Trip- Loretta Lynn's Ranch + Lunch* 9a Sit & Knit & Crochet 9:30a AOA Cardio 10:30a AOA Strength 11:30a AOA Dance 12p Bridge 1p Ping Pong</p>	<p>18</p> <p>8:30a Line Dancing 9:30a AOA Cardio 10:30a AOA Strength</p>
<p>20</p> <p>7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 9:30a Trip- Kilwin's Tour + Lunch* 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p Bridge 1p Ping Pong</p>	<p>21</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 Beginners Mahjong Class* 1p Line Dancing- Beginners</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 Heart-Healthy Meal Options w/ Kroger Health* 1p Line Dancing</p>	<p>23</p> <p>7:30a AOA Dance 8:35a Les Mills Thrive 9:15a Trip- MNPD Tour + Lunch* 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 10:30a Hand-Building Pottery w/ Frist Art Museum 1p Rummikub 1p Tech Help w/ Bellevue Library* 5p Night Bridge</p>	<p>24</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>25</p> <p>8:30a Line Dancing 9:30a AOA Cardio 10:30a AOA Strength</p>
<p>27</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 1:30p Senior Planet Tech Lecture*</p>	<p>28</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 Watercolor Class w/ Lee* 1p Line Dancing- Beginners 1p Beginners Mahjong Class*</p>	<p>29</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>30</p> <p>7:30a AOA Dance 8:35a Les Mills Thrive 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 10:30a Hand-Building Pottery w/ Frist Art Museum 10:30a Card-Making Class w/ Pam* 12:30p AgeWell Senior Assistance Programs Presentation* 1p Rummikub 5p Night Bridge</p>	<p>31</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 12:30p Hamilton CapTel Presentation* 1p Ping Pong</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, July 7 at 1:30p. Join our Turner Book Club for a fun, monthly gathering and discussion! This month's book will be *My Friends* by Fredrik Backman. For those wanting to get ahead, next month (August), the group will be reading/discussing *A Spy Among Friends* by Ben Macintyre. **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, July 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 July 7 & Roos Room July 21

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, July 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, July 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: AI Data Centers Wednesday, July 1 at 10:30a. Registration is encouraged. Every AI chatbot, image generator, and digital assistant runs on massive data centers filled with powerful computer chips. But, as AI grows, so do the challenges. These facilities consume enormous amounts of electricity, generate significant heat, and require sophisticated cooling systems to keep running. Join us to explore how AI data centers work, why power and cooling have become critical issues, and the innovative solutions being developed. **Roos Room**

Hand-Building Pottery Series w/ Frist Art Museum Thursdays starting July 2 through August 27 from 10:30a-12p. Registration required. *This series is full and on a waitlist.* Explore your creativity, learn a new skill, and create art with hand-built pottery in this free workshop taught by Rachel Durham. This series includes 7 90-minute art-making classes, a tour of the Frist, and a reception. **Brown/Davis**

Premier Travel Presentation Monday, July 6 at 1:30p. Registration is encouraged. Join Jennifer Powers from Premier Travel as she highlights their exciting 2027 travel opportunities. Featured trips include Italy's Amalfi Coast, Mackinac Island, Nova Scotia, and more! **Roos Room**

ML Bunco Tuesday, July 7 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 red, white, and blue. Please arrive around 10:15a as we will start promptly at 10:30a. **Brown/Davis**

Fly Fishing 101 Class Wednesday, July 8 at 9a. Registration is required & limited to 10 participants. Cost: \$5. A team member from Orvis is headed to the center to lead a fly fishing 101 class. This will be a 2-hour class, and the first hour will be spent outside in the parking lot. Make sure to dress appropriately for the weather and bring water and sunglasses. In this class you will learn about rods & reels, rigging, essential knots, fly selection, and basic casting. **Parking Lot & Roos Room**



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BellePAC Dance Recital Thursday, July 9 at 12p.

Registration is encouraged so we know how many to set up for. Bellevue Performing Arts Center will perform some dances from their recent recital for our members!
Community Room

New Member Orientation Friday, July 10 at 10:30a.

Registration is encouraged. New to FiftyForward or need a refresher? Come learn about all of the engaging programs, events, and trips 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 programs and trips. **Brown/Davis**

Downsizing Presentation w/ Ed Zinkiewicz Monday, July 13 at 1p. Registration is encouraged.

Downsizing can feel overwhelming, especially when a lifetime of memories, family keepsakes, and practical decisions are involved. Ed will refer to his book, *Downsizing Made EZ*, and present a thoughtful, story-driven approach to simplifying the home while honoring the memories that matter. **Roos Room**

Beginners Mahjong Classes Tuesdays, July 14, 21 & 28 from 1-3p. Registration is required by July 3 and limited to 12 spots. Cost: \$55 and includes all supplies. Join us for a fun and beginner-friendly introduction to the tile-based game, mahjong! Classes will cover tile types, game setup, rules, and simple strategies. All materials will be provided for the 3 classes. **Brown/Davis**

ML Intro to Artificial Intelligence Wednesday, July 15 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**

Golden Games Thursday, July 16 at 12p. Registration is required by July 13 so we know how many to plan for.

Let the games begin! Get ready for a fun-filled afternoon with lots of laughter and friendly competition. Participants will take part in some light-hearted, minute-to-win-it-style games (think opening a package with oven mitts on or scooping cotton balls into a bowl while blindfolded) and the top places will be awarded prizes.
Community Room

Heart-Healthy Meal Options w/ Kroger Health

Wednesday, July 22 at 12:30p. Registration is encouraged. Kara Miller with Kroger Health is headed to the center to talk about heart-healthy meal options. There will be time at the end to ask any questions that you might have. **Brown/Davis**

Tech Help w/ Bellevue Library Thursday, July 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**

Senior Planet Tech Lecture: AI Image Generators

Monday, July 27 at 1:30p. Registration is encouraged.

This lecture will explain how artificial intelligence can turn your words into stunning, realistic, and imaginative images in seconds. We'll demonstrate an AI image generator and the wide range of visual and artistic styles it can produce. You'll also learn tips for getting the most out of this new and exciting technology. **Roos Room**

ML Watercolor Class w/ Lee Tuesday, July 28 at 12:30p.

Registration is required & limited to 15 participants.

Cost: \$20. Learn the basic characteristics of watercolor.

All supplies will be provided. **Zelle/West**

ML Card Making Class w/ Pam Thursday, July 30 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.
Roos Room

AgeWell Senior Assistance Programs Presentation

Thursday, July 30 at 12:30p. Registration is encouraged. Join us for an informative presentation from AgeWell as they highlight their directory of services and present on different assistance programs that are available to seniors. You don't want to miss this!

Brown/Davis

Hamilton CapTel Presentation Friday, July 31 at 12:30p.

Registration is encouraged so we know how many to plan for. Hamilton CapTel delivers life-changing captioned telephone solutions for people with hearing loss, keeping them connected with what matters most in life. There will be time at the end of the presentation for any questions that you might have. Pizza and drinks will be provided. **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- Tap Dancing Class at MOVE Inclusive Dance + Lunch at El Agavero

Wednesday, July 1, Departing at 10:15a

Cost: \$5 + lunch

Have you ever wanted to try tap-dancing? Now is your chance! MOVE Inclusive Dance has invited us to join them for a 30-40-minute introduction tap-dancing class at their studio. This organization is located in Bellevue and is an inclusive dance studio that empowers individuals of all ability levels to learn life skills through dance. They offer a weekly tap-dancing class for adults aged 50+ and we have been invited to see what it's all about. Don't have tap shoes? Not a problem! Closed-toed shoes are recommended. After our class, we will enjoy lunch next door at El Agavero. Check out the menu here: <https://elagaverotn.com/>. **Registration required.**

Trip- The Tennessee Wings of Liberty Museum Self-Guided Tour + Lunch at Liberty Park Grill

Thursday, July 2, Departing at 9a

Cost: \$20 + lunch

We are headed up to Clarksville to visit the new Tennessee Wings of Liberty Museum. This 33-acre campus features multi-media and immersive displays covering World War II, Vietnam, Desert Storm, the Global War on Terrorism, and more. After our self-guided tour, we will enjoy lunch at Liberty Park Grill. This is a casual American bar/eatery located on the Clarksville Marina. Check out the menu here: https://cdn.prod.website-files.com/686d608ae6b4b9825ce61df8/690cb3afc76c205cf3148431_Liberty%20Park%20LUNCH%2011-2025_view.pdf. **Registration required.**

Trip- Mystery Lunch

Monday, July 13, Departing at 9:30a

Cost: \$15 + lunch

Feeling adventurous? Join us for a fun mystery lunch excursion! This mystery destination brings bold Latin flavors and unique café favorites together under one roof. Want a hint? One popular menu item looks like ribs, but it's actually corn! **Registration required.**

Trip- Music for Seniors Concert: Connye Florance + Breakfast at Another Broken Egg Café

Wednesday, July 15, Departing at 8:45a

Cost: \$10 + lunch

Join us for an intimate performance at Cheekwood's Massey Hall from one of Nashville's finest! Connye Florance is an award-winning jazz vocalist, actress and a published songwriter. Before the morning concert, we will enjoy breakfast at Another Broken Egg Café. Check out the menu here: <https://www.anotherbrokeneegg.com/menu/traditional-menu/>. **Registration required.**

Trip- Full Tour of Loretta Lynn's Ranch + Lunch at Log Cabin Restaurant

Friday, July 17, Departing at 8:45a

Cost: \$55 + lunch

Step inside the legendary life of the Queen of Country Music! Travel through Tennessee's countryside for a special visit to Loretta Lynn's Ranch in Hurricane Mills. This tour will take you through the Butcher Holler cabin replica, Loretta's iconic mansion home, and ends with a self-guided tour of Coal Miner's Daughter Museum. Please note that this trip involves a lot of walking and standing and will last about 2-2.5 hours. After our tour, we will enjoy lunch at Log Cabin Restaurant. This restaurant is serving up homestyle Southern food like chicken fried steak and pecan pie. **Registration required.**

Trip- Tour of Kilwin's in Franklin + Lunch & Shopping in Downtown Franklin

Monday, July 20, Departing at 9:30a

Cost: \$15 + lunch

Spend a sweet morning at Kilwin's in Franklin exploring the art of hand-crafted treats such as chocolate, fudge, and ice cream. Here, kitchen staff will show the group how fudge is made and then you will each get a chance to scoop a praline to take home! After our experience, everyone will have 90 minutes to enjoy lunch and/or shopping on their own in downtown Franklin. **Registration required.**

Trip- MNPd Crime Lab Tour + Lunch

Thursday, July 23, Departing at 9:15a

Cost: \$15 + lunch

Step behind the scenes of real-life forensic science on this tour of the MNPd Crime Lab. This 90-minute tour will include an overview of the 6 accredited units of the Crime Lab: Tenprint, Forensic Biology, Drug Identification, Toxicology, Firearms & Tool Mark, and Latent Print. Please note that majority of this tour will be spent standing so comfortable shoes are recommended. We will enjoy lunch in the area after our tour. **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.