

August 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
					1 8:30a Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
3 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	4 7:30a AOA Dance 8:35a Les Mills Thrive 9a Hand & Foot 9a Mahjong & Games 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Bunco- Western Theme* 12:30p Open Art Studio 1p Line Dancing-Beginners 1p Rummikub 1:30p Book Club	5 7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10:30a Future Tech Series: Navigating the AI Frontier* 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 12:30p Just Like Home Lunch & Learn* 1p Line Dancing	6 7:30a AOA Dance 8:35a Les Mills Thrive 9a Advisory Council 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 10:30a Hand-Building Pottery w/ Frist Art Museum 12:30p National Seating & Mobility Presentation* 1p Rummikub 5p Night Bridge	7 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	8 8:30a Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
10 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*	11 7:30a AOA Dance 8:35a Les Mills Thrive 9a Hand & Foot 9a Mahjong & Games 9:30a AOA Circuit 10:15a Trip- Mystery Lunch* 10:30a AOA Yoga 12:30p Open Art Studio 12:30p Will vs. Trust Presentation* 1p Line Dancing- Beginners	12 7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10:15a Trip- Music for Seniors Concert* 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 1p Line Dancing	13 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 1p Trivia w/ Jeannie* 1p Rummikub 5p Night Bridge	14 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 Acrylic Painting w/ Alison* 12p Bridge 1p Ping Pong	15 8:30a Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
17 7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 11:30a Collage Class w/ Gretchen* 12p Bridge 1p Ping Pong	18 7:30a AOA Dance 8:35a Les Mills Thrive 9a Hand & Foot 9a Mahjong & Games 9:30a AOA Circuit 10:30a AOA Yoga 12:30p Open Art Studio 12:30p Zentangle w/ Maryann* 1p Line Dancing- Beginners	19 7:30a AOA Yoga 8a Trip- Lost River Cave + Lunch* 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 1p Line Dancing	20 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 Meet There- Donuts & Dance* 1p Rummikub 5p Night Bridge	21 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 Acrylic Painting w/ Alison* 12p Bridge 1p Ping Pong	22 8:30a Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
24 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 12:30p T&I Presentation* 1p Ping Pong	25 7:30a AOA Dance 8:35a Les Mills Thrive 9a Hand & Foot 9a Mahjong & Games 9:30a AOA Circuit 10a Trip- Music City Archery + Brunch* 10:30a AOA Yoga 12:30p Watercolor Class w/ Lee* 1p Line Dancing- Beginners	26 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 Hot Dog Social* 1p Line Dancing	27 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 1p Tech Help w/ Bellevue Library* 1p Rummikub 5p Night Bridge	28 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	29 8:30a Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
31 7:30a AOA Yoga 8:30a AOA Circuit 9:30a AOA Strength 10:30a Trip- Amazon Fulfillment Center Tour + Lunch* 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p Bridge 1p Ping Pong					



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, August 4 at 1:30p. Join our Turner Book Club for a fun, monthly gathering and discussion! This month's book will be *A Spy Among Friends* by Ben Macintyre. For those wanting to get ahead, next month (September), the group will be reading/discussing *Lioness: Golde Meir and the Nation of Israel* by Francine Klagsbrun. **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 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, 9a-12p. Join fellow members for games including mahjong, canasta, and backgammon! **Zelle/West**

Open Art Studio Tuesdays, August 4, 11, & 18 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, August 4 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 Bunco Tuesday, August 4 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 western, so break out your cowboy boots and hats! Please arrive around 10:15a as we will start promptly at 10:30a. **Brown/Davis**

ML Future Tech Series: Navigating the AI Frontier Wednesday, August 5 at 10:30a. Registration is encouraged. Join us to explore the AI revolution, balancing three key reasons for optimism and caution with three simple steps to stay safe and thrive. **Roos Room**

Just Like Home Lunch & Learn Wednesday, August 5 at 12:30p. Registration is required so we can plan lunch accordingly. Join Carolyn from Just Like Home Senior Living and Jaime from Enrichment at Home as they head to the center to discuss staying independent at home for as long as possible. They will touch on small changes that can help to keep you independent as well as simple ways technology can help! **Brown/Davis**

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**

National Seating & Mobility Presentation Thursday, August 6 at 12:30p. Registration is encouraged. National Seating & Mobility is a locally based, trusted place to turn if you or someone you know has declining mobility. The purpose of this presentation is to make older adults aware of what is available to maintain access to their homes if mobility starts to become an issue. There will be time at the end of the presentation for any questions that you might have. **Brown/Davis**

Senior Planet Tech Lecture: Is That AI? Monday, August 10 at 1:30p. Registration is encouraged. Can we really believe what we see? Come to this class to train your eye to recognize AI! With the advances in AI technology, AI programs can now create text, images, and much more. At first sight, it may be hard to tell if what you see was created or altered by AI. In this class, we will teach you tips and tools to help you determine if an image or a piece of writing was generated by AI. **Roos Room**



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Will vs. Trust: Protecting Your Legacy Presentation

Tuesday, August 11 at 12:30p. Registration is encouraged. Join Lamar Moore for an informative session on wills vs. trusts. This presentation will break down the key differences between wills and trusts, explain how each works, and help you understand which option may best protect your assets and loved ones. Whether you're just starting to think about estate planning or need to update your plan, this session will provide practical guidance in a clear and approachable way. **Brown/Davis**

ML Trivia w/ Jeannie Thursday, August 13 from 1-2:30p. Registration is encouraged. Join our member Jeannie as she hosts a fun trivia game! Participants will break up into teams and test their knowledge on a variety of different topics. **Brown/Davis**

Acrylic Painting Classes w/ Alison Fridays, August 14 & 21 from 11:30a-1p. Registration is required and limited to 15 people. Cost: \$30 for both classes and all supplies included. Join us for a two-part workshop in which students will learn to translate a photograph into an expressive acrylic landscape painting. The first class will focus on building the painting's foundation: transferring the image and blocking in values and color masses. The second class will continue with layering, color mixing, and enhancing highlights and shadows. No prior painting experience required; students will leave with a completed original painting and a stronger understanding of acrylic technique. **Brown/Davis**

ML Collage Memory Box Class w/ Gretchen Monday, August 17 at 11:30a. Registration is required and limited to 15 people. Cost: \$10 and includes all supplies. Join our member Gretchen as she leads a fun collage memory box class. In this class, you will be creating memory boxes using pictures, mod podge, and craft chests. Collage and mixed media can be very fun and relaxing, so come make some memories and create a memory box! **Brown/Davis**

ML Zentangle Class w/ Maryann Tuesday, August 18 at 12:30p. Registration is required and limited to 15 people. Cost: \$5 and all supplies provided. Join our member, Maryann, as she teaches us all about 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**

ML Intro to Artificial Intelligence Wednesday, August 19 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**

Tennessee Bureau of Investigation (TBI) Presentation

Monday, August 24 at 12:30p. Registration is encouraged so we know how many to plan for. Take a look inside the world of modern forensic science through the lens of the Tennessee Bureau of Investigation's Forensic Services Division. This session explores how TBI supports justice across the state by providing scientifically rigorous, unbiased laboratory analysis for law enforcement agencies and the courts. Attendees will gain a deeper understanding of the specialized units within Forensic Services, with a focused dive into Firearm and Toolmark Identification- a discipline dedicated to examining firearms, ammunition components, and toolmark evidence to determine their origins. **Activity Room**

ML Watercolor Class w/ Lee Tuesday, August 25 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**

Hot Dog Social Wednesday, August 26 at 12p.

Registration is required so we know how many to plan for. The Hot Dog Social is back! Join us for a fun-filled afternoon with good food and company. The food will be sponsored by CenterWell Senior Primary Care and Results Physiotherapy. There will be hot dogs, sides, desserts, and drinks. **Activity Room**

Tech Help w/ Bellevue Library Thursday, August 27 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**

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

Friday, August 7, 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.**



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Trip- Mystery Lunch

Tuesday, August 11, Departing at 10:15a

Cost: \$15 + lunch

Feeling adventurous? Join us for a fun mystery lunch excursion! This month, our mystery destination is serving up café favorites such as sandwiches, soups, and salads. Upon arrival, there might be some confusion as this destination does not look like a restaurant! It is recommended that you save room for dessert.

Registration required.

Trip- Music for Seniors Concert: Wineland & Friends at TN State Museum + Lunch at The Farmer's Market

Wednesday, August 12, Departing at 10:15a

Cost: \$15 + lunch

Come celebrate America 250 with us! Wineland & Friends will bring a rich and engaging musical experience to the Music for Seniors America 250 celebration at the TN State Museum. Blending tradition and innovation, the group will perform a lively selection of songs from both past and present, offering a musical journey that reflects the spirit of our country. After the daytime concert, folks will have 90 minutes to stroll around the museum and eat lunch next door at the Farmer's Market. **Registration required.**

Trip- Lost River Cave Tour + Lunch at Pub by Novo

Wednesday, August 19, Departing at 8a

Cost: \$55 + lunch

Step aboard for an underground adventure! We are headed up to Bowling Green, Kentucky to visit Lost River Cave. Travel through time as folklore and history come to life- discover Lost River Cave's past as a Native American hunting ground, a Civil War campground, Jesse James' hideout, and a roaring 1930s night club. The tour begins with a 20-minute guided walk along the river's edge followed by a 25-minute boat ride through the cave. Please note participants must be able to get on and off the boat independently. Boarding the boat involves stepping down into the boat which may sway with movement. The tour is not accessible for folks using wheelchairs or scooters. The path to the cave features a 30-degree slope, with 15 steps along the walk, that folks must descend and later ascend at the end of the tour. Comfortable, sturdy shoes are recommended. One portion of the cave has low ceilings where folks will need to bend forward to navigate through. After our tour, we will enjoy lunch at Pub by Novo. **Registration required by August 4th. No refunds after this date unless we are able to fill your spot.**

MEET THERE- Donuts & Dance: Nashville's Nutcracker

Thursday, August 20 from 10:30-11:30a

Cost: FREE

Address: 3630 Redmon St

Start your morning with fresh donuts and a behind-the-scenes peek into a few scenes from Nashville's Nutcracker. Learn about the production and get a first-hand look at how the director works with the dancers. Please note that this is not a full dress rehearsal.

Registration required through membership portal or by calling Heather or Savannah; limited spots available.

Trip- Tour of Amazon Fulfillment Center + Lunch at The Goat Mt. Juliet

Monday, August 31, Departing at 10:30a

Cost: \$20 + lunch

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 The Goat Mt. Juliet. **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.