



September 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 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- Sports Theme* 12:30p Open Art Studio 1p Line Dancing-Beginners 1p Rummikub 1p Beginners' Bridge Series* 1:30p Book Club	2 7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10a Future Tech Series* 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 1p Line Dancing	3 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 Trip- Frist Art Museum + Lunch* 11:30a National Seating & Mobility Presentation* 1p Rummikub 5p Night Bridge	4 7:30a AOA Yoga 8:30a AOA Strength 9a Sit & Knit & Crochet 9:30a AOA Cardio 10a Frist Art Trunk Project* 10:30a AOA Strength 11:30a AOA Dance 12p Bridge 1p Ping Pong	5 8:30a Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
7 FiftyForward Centers & Offices CLOSED for Labor Day	8 7:30a AOA Dance 8:35a Les Mills Thrive 9a Hand & Foot 9a Mahjong & Games 9a Trip- K.R. Harrington Water Treatment Plant Tour + Lunch* 9:30a AOA Circuit 10:30a AOA Yoga 12:30p Open Art Studio 1p Line Dancing-Beginners 1p Beginners' Bridge Series*	9 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	10 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 1p Trivia w/ Jeannie & Jim* 5p Night Bridge	11 7:30a AOA Yoga 8:30a AOA Strength 9a Sit & Knit & Crochet 9:30a AOA Cardio 10a Frist Art Trunk Project* 10:30a AOA Strength 11:30a AOA Dance 12p Bridge 1p Ping Pong	12 8:30a Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
14 7:30a AOA Yoga 8:30a AOA Circuit 8:30a FiftyForward Care Manager Office Hours 9:30a AOA Strength 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p Bridge 12:30p Spelling Bee w/ CenterWell* 1p Ping Pong 1:30p Senior Planet Tech Lecture*	15 7:30a AOA Dance 8:35a Les Mills Thrive 9a Hand & Foot 9a Mahjong & Games 9:30a AOA Circuit 9:30a Trip- Music for Seniors Concert* 10:30a AOA Yoga 12:30p Watercolor Class w/ Lee* 1p Line Dancing- Beginners 1p Beginners' Bridge Series*	16 7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10a Intro to Artificial Intelligence* 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 1p Line Dancing	17 7:30a AOA Dance 8:30a Trip- Rabbit Circle Farm Tour + Shade Tree Farm Tour* 8:35a Les Mills Thrive 9a NPT Aging Matters Coffee & Conversations* 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 10:30a Card-Making Class w/ Pam* 1p Rummikub 5p Night Bridge	18 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	19 8:30a Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
21 7:30a AOA Yoga 8:30a AOA Circuit 8:30a FiftyForward Care Manager Office Hours 9:30a AOA Strength 9:45a Trip- Museum of Christian & Gospel Music Tour + Lunch* 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p Bridge 1p Ping Pong	22 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 Ed Zinkiewicz Presentation* 1p Line Dancing- Beginners 1p Beginners' Bridge Series*	23 7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 9:45a Trip- Nashville Riverboat Cruise* 10a Ping Pong 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 1p Line Dancing	24 7:30a AOA Dance 8:35a Les Mills Thrive 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 12:30p Fall Gardening Presentation w/ Pharmed Phil* 1p Rummikub 1p Tech Help w/ Bellevue Library* 5p Night Bridge	25 7:30a AOA Yoga 8:30a AOA Strength 9a Sit & Knit & Crochet 9:30a AOA Cardio 10:30a AOA Strength 11:30a AOA Dance 11:45a Trip- WPAC Show + Lunch* 12p Bridge 1p Ping Pong	26 8:30a Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
28 7:30a AOA Yoga 8:30a AOA Circuit 8:30a FiftyForward Care Manager Office Hours 9:30a AOA Strength 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p Bridge 12:30p FiftyForward Care Management Presentation* 1p Ping Pong	29 7:30a AOA Dance 8:35a Les Mills Thrive 9a Hand & Foot 9a Mahjong & Games 9:15a Trip- Fiddler's Grove + Lunch* 9:30a AOA Circuit 10:30a AOA Yoga 12:30p Brush Calligraphy Class w/ Maryann* 1p Line Dancing- Beginners 1p Beginners' Bridge Series*	30 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 Puppet Truck: Hansel and Gretel* 1p Line Dancing	The Vanderbilt Nursing Students will be on site Thursdays, September 10 & 24 from 9a-12p for various health screenings and presentations. More info to come!		



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. ML means member-led activities.

Recurring Classes, Activities, & Groups:

ML Book Club Tuesday, September 1 at 1:30p. Join our Turner Book Club for a fun, monthly gathering and discussion! This month's book will be *Lioness: Golde Meir and the Nation of Israel* by Francine Klagsbrun. For those wanting to get ahead, next month (October), the group will be reading/discussing *American Dirt* by Jeanine Cummins. **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, September 1 & 8 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, September 1 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, September 1 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 sports, so wear your favorite jersey! **Brown/Davis**

ML Beginners' Bridge Series Tuesdays in September from 1-3p. Registration is required. You may have noticed that we have a very active bridge group that meets at our center. If you have been interested in learning how to play the popular card game, now is your chance! This five-week series will teach you everything you need to know so that you can join the other members who play here. **Zelle/West**

ML Future Tech Series: The Data Center Boom Wednesday, September 2 at 10a. Registration is encouraged. Join our member John as he leads a presentation on AI data centers. Learn what's really happening as AI data centers come to Nashville and walk away with easy steps to keep your personal information safe. **Zelle/West**

National Seating & Mobility Presentation Thursday, September 3 at 11:30a. 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**

Frist Art Trunk Projects Fridays, September 4 & 11 from 10-11:30a. Registration required and limited to 20 people per project. You may participate in one or both of the projects. Join Frist Art Museum as a community art teacher heads to the center to lead 2 different art projects. Both projects share a connection to the exhibit *Shimmer: Dreaming the Posthuman*. This exhibit visualizes the interrelationship between humanity, other species, and the earth itself. The first project on September 4 will focus on embodied paintings and the second project on September 11 will focus on pixel collage. **Brown/Davis**

ML Trivia w/ Jeannie & Jim Thursday, September 10 from 1-2:30p. Registration is encouraged. Join our members Jeannie & Jim as they host an America-themed trivia game! Participants will break up into teams and test their knowledge. **Brown/Davis**

FiftyForward Care Manager Office Hours Mondays in September from 8:30a-2p. Walk-ins welcome. A FiftyForward Care Manager will be on-site to provide personalized support and help you connect with resources that will enhance your life. Our care managers have a large referral network for services, both big and small, so please stop by to see how care management can aid the next steps in your journey. **Roos Room**



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Spelling Bee w/ CenterWell Monday, September 14 at 12:30p. Registration is required. Join us for an afternoon of fun, friendly competition, and brainpower at our Spelling Bee! Whether you're a lifelong word lover or simply looking for a new way to stay sharp, this is a FUN opportunity to test your vocabulary and enjoy some light-hearted entertainment. Prizes will be awarded to the top spellers. Come cheer on friends and/or take the stage yourself! **Brown/Davis**

Senior Planet Tech Lecture: Streaming and Smart TVs Monday, September 14 at 1:30p. Registration is encouraged. Every day, more and more people are cancelling their cable subscriptions and are using free or low-cost streaming services like YouTube, Netflix, and Hulu to watch their favorite shows and movies online. This presentation will introduce streaming: what it is, how to use it, and the variety of content available. **Roos Room**

ML Watercolor Class w/ Lee Tuesday, September 15 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 Intro to Artificial Intelligence Wednesday, September 16 at 10a. 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. **Zelle/West**

NPT Aging Matters Coffee & Conversations: Fall Prevention Thursday, September 17 at 9a. Registration is encouraged. Join Nashville Public Television as they show a screening of their Aging Matters Fall Prevention film. After the screening, stay for conversation and enjoy light refreshments. **Brown/Davis**

ML Card-Making Class w/ Pam Thursday, September 17 at 10:30a. Registration is required; limited spots available. Cost: \$5 cash. 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**

Ed Zinkiewicz Presentation: Driving Safely As Long As You Can Tuesday, September 22 at 12:30p. Registration is encouraged. Ed Zinkiewicz is an author, speaker, and retirement coach who helps people think about retirement as a journey. At this presentation, he will discuss driving safely for as long as possible, how to taper off, and when to quit. **Brown/Davis**

Fall Gardening Presentation w/ Pharmer Phil Thursday, September 24 at 12:30p. Registration is encouraged. As the days grow shorter, the garden enters one of its most meaningful seasons. Join Pharmer Phil for a welcoming workshop that explores how autumn is a time to nurture the soil, plant for the future, and embrace the quiet beauty of the changing seasons. We'll discover simple ways to prepare your garden for winter, support local wildlife, and lay the foundation for a thriving spring. Whether you're tending to a backyard garden or simply looking to reconnect with nature, you'll leave inspired to see fall in a new way! **Brown/Davis**

Tech Help w/ Bellevue Library Thursday, September 24 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 Care Management Presentation Monday, September 28 at 12:30p. Registration is encouraged. Join Gabrielle, a FiftyForward Care Manager who is here on Mondays, as she discusses all of the ways our Care Management team can be of assistance to folks. **Brown/Davis**

ML Brush Calligraphy w/ Maryann Tuesday, September 29 at 12:30p. Registration is required & limited to 15 people. Cost: \$10 & all supplies provided. Join us as we learn brush calligraphy. Use this technique to address your envelopes, decoratively write notes, and more! What is it and how do we create this beautiful lettering? We use a felt tipped brush pen to learn the 5 basic strokes and then take those strokes to form letters of the alphabet. No prior experience needed; all are welcome! **Brown/Davis**

Nashville Puppet Truck Show: Hansel & Gretel Wednesday, September 30 at 12:30p. Registration is encouraged. Join Nashville's Puppet Truck, a mobile puppet theater program run by the Nashville Public Library, as they head to the center to perform Hansel & Gretel. This classic Brothers Grimm tale will be told with charming Peeko Puppets. Be enchanted as two siblings face challenges that test their courage in difficult times. **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- Frist Art Museum: The Indigenous Present Exhibit + Lunch at Café Cheeserie

Thursday, September 3, Departing at 10:30a

Cost: \$15 + lunch

We are headed to Frist Art Museum for a docent-guided tour of *The Indigenous Present* exhibit. This is a thematic exhibition spanning 100 years of modern and contemporary Indigenous art. It offers an expansive consideration of Indigenous art practices, highlighting a continuum of elders and emerging makers. After our tour, we will enjoy lunch on site at Café Cheeserie. **Registration required.**

Trip- K.R. Harrington Water Treatment Plant Tour + Lunch at Homegrown Taproom & Kitchen

Tuesday, September 8, Departing at 9a

Cost: \$15 + lunch

Join us on a 45-minute walking tour of the K.R. Harrington Water Treatment Plant and see how Metro Water Services provides over 200,000 customers with clean, safe drinking water every day. During the walking tour of the treatment plant, you will learn about drinking water treatment processes and what Metro Water Services is doing to stay ahead of the curve as Nashville grows. In total you will walk 1/5 of a mile, and there is an option at one point to walk up and down 8 steps. Cell phones and bags/purses must remain on the bus during the tour. After our tour, we will enjoy lunch at Homegrown Taproom & Kitchen. **Registration required.**



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Trip- Music for Seniors Concert: Donna Frost & The Usual Suspects + Lunch

Tuesday, September 15, Departing at 9:30a

Cost: \$15

Come on out for some music, food, and fellowship! This month's Music for Seniors concert will be held at the Delmas Long Community Center up in Goodlettsville and will feature singer-songwriter and multi-instrumentalist Donna Frost. She is a traveling troubadour with decades of performing and touring experience and she plays folk, blues, and pop music. After the daytime concert, the venue will be hosting a free chili luncheon for folks to enjoy. **Registration required.**

Trip- Rabbit Circle Farm Tour + Shade Tree Farm Tour

Thursday, September 17, Departing at 8:30a

Cost: \$50 (includes bouquet + slushy) + lunch

Buckle up because we've got a day full of adventure ahead! First up, we are heading to Rabbit Circle Farm where you will be able to wander through fields of vibrant blooms and create your own bouquet of flowers. A guide will then hop on our bus to direct us to the next stop: Shade Tree Farm and Orchard. On the way over, our guide will discuss the artistry of tobacco farming, from planting to curing, and talk about the history of the Belle Witch. Once we arrive, we will see a cider demonstration which includes a cider slushy and donuts, and eat lunch on the farm. Don't forget to check out the fried pies after lunch! **Registration required.**

Trip- Museum of Christian & Gospel Music Tour + Lunch at Assembly Food Hall

Monday, September 21, Departing at 9:45a

Cost: \$30 + lunch

Hop on the bus and join us for a trip to the Museum of Christian & Gospel Music. This museum celebrates songs, artists, and stories that shaped generations of faith. Located in the heart of Downtown Nashville, the museum brings together the powerful legacy of Christian and Gospel music. This will be a self-guided tour, but docents are stationed throughout the museum to answer any questions. After the museum, folks will have time to eat lunch next door at Assembly Food Hall, a massive dining and entertainment destination featuring over 30 restaurants and bars. We will head back to the center at 1:15p. **Registration required.**

Trip- Nashville Riverboat Cruise

This trip is full and on a waitlist

Wednesday, September 23, Departing at 9:45a

Cost: \$55 + snacks

Set sail aboard one of the last operating steam-powered paddlewheelers in America, where every 1.5-hour long cruise offers a unique blend of Nashville history, Southern hospitality, and unforgettable river views. Please note that this cruise does not provide a full meal, but you can purchase snacks on board. **Registration required.**

Trip- Williamson County Performing Arts Center: The Music of Sunset Blvd in the 60s + Lunch at The Factory at Franklin

This trip is full and on a waitlist

Friday, September 25, Departing at 11:45a

Cost: \$40 + lunch

Join us for a trip to see a concert Williamson County Performing Arts Center and eat lunch at The Factory at Franklin. **Registration required by August 24 and there will be no refunds after that date unless we are able to fill your spot.**

Trip- Fiddler's Grove Pioneer Day Tour + Lunch at The Trailer Park Food Carts

Tuesday, September 29, Departing at 9:15a

Cost: \$30 + lunch

Step back in time as you stroll through Fiddler's Grove and experience life in a typical early village where people lived in a one-room log cabin, received an education in a one-room school and worshipped in a small quaint church. Located in Lebanon, TN, this guided tour will showcase some of the 60+ historical structures and museums. Please note that this trip will involve quite a bit of walking. After our guided tour, we will enjoy lunch at The Trailer Park Food Carts. Here, you will find nearly 20 different restaurants to choose from for lunch.

Registration required by September 14 and there will be no refunds after that date unless we are able to fill your spot.

Early Trip Release for October

Trip- The Great Tennessee Courthouse Trail: Cookeville, TN Courthouse and Town Square

Tuesday, October 27, Departing at 9a

Cost: \$45 + lunch

This is a special trip in partnership with Great American Tours (and their bus, which can accommodate more individuals) to travel to Cookeville for the day. Step aboard a comfortable motorcoach and explore Cookeville's rich history, stunning architecture, and charming downtown. This trip includes a welcome story from a local historian, time to explore Main Street shops, lunch on your own with friends, and historic architecture and local heritage. We will leave Cookeville and head back to the center between 2:30-3p. **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.