November 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
2 7:30a AOA Yoga 8:30a AOA Circuit 8:30a **FiftyForward Care Manager Office Hours** 9:30a AOA Strength 10:30a AOA Cardio 10:30a **See America Travel Presentation*** 11a Chess Group 11:30a AOA Yoga 12p Bridge 12:30p **What's This Aging Thing All About?*** 1p Ping Pong	3 8:35a Les Mills Thrive 9a Hand & Foot 9a Mahjong & Games 9:30a AOA Circuit 10:30a AOA Yoga 10:30a **Bunco- Thanksgiving Theme*** 12:30p **Open Art Studio** 1p Line Dancing-Beginners 1p Rummikub 1:30p **Book Club**	4 7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10a **Future Tech Series: Spot the Fake*** 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 12:30p **Trivia w/ Seniors Helping Seniors*** 1p Line Dancing 5:45p **Acrylic Painting Class w/ Alison***	5 8:35a Les Mills Thrive 8:45a **Trip- Ethridge Amish Community*** 9:30a AOA Circuit 10a **Vanderbilt Nursing Student Presentations*** 10:30a AOA Yoga 10:30a Mahjong 1p Rummikub 5p Night Bridge	6 7:30a Strength Stretch Fusion 8:30a AOA Circuit 9a Sit & Knit & Crochet 9:30a AOA Cardio 10:30a AOA Strength 11:30a AOA Dance 12p Bridge 12:30p **Zentangle Class w/ Maryann*** 1p Ping Pong	7 8:30a Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
9 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 **What's This Aging Thing All About?*** 1p Ping Pong	10 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** 1p Line Dancing-Beginners	11 7:30a AOA Yoga 8a **Veteran's Day Breakfast*** 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 1p Line Dancing 5p **Meet There- Dinner at Jefferson's***	12 7:30a AOA Dance 8:35a Les Mills Thrive 9a Advisory Council 9:30a AOA Circuit 10:30a **Meet There- Donuts & Dance: Nashville's Nutcracker*** 10:30a **Card-Making Class w/ Pam*** 10:30a AOA Yoga 10:30a Mahjong 1p Rummikub 1p **Trivia w/ Jeannie & Jim*** 5p Night Bridge	13 7:30a Strength Stretch Fusion 8:30a AOA Circuit 9a Sit & Knit & Crochet 9:30a AOA Cardio 10:30a AOA Strength 11:30a AOA Dance 12p Bridge 1p Ping Pong	14 8:30a Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
16 7:30a AOA Yoga 8:30a AOA Circuit 8:30a **FiftyForward Care Manager Office Hours** 9:30a AOA Strength 9:50a **Trip- Dolly's Life of Many Colors Museum + Lunch*** 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p Bridge 12:30p **What's This Aging Thing All About?*** 1p Ping Pong	17 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 **WeGo: How to Ride Presentation*** 1p Line Dancing- Beginners	18 7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 10a Ping Pong 10a **Intro to Artificial Intelligence*** 10:15a **Trip- Music for Seniors Concert + Lunch*** 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 1p Line Dancing 5:30p **Find Your Calm w/ Keith***	19 7:30a AOA Dance 8:35a Les Mills Thrive 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 12:30p **Thanksgiving Party Potluck*** 1p **Tech Help w/ Bellevue Library*** 1p Rummikub 5p Night Bridge	20 7:30a Strength Stretch Fusion 8:30a AOA Circuit 9a Sit & Knit & Crochet 9:30a AOA Cardio 10:30a **Trip- Lunch & Line Dancing at Category 10*** 10:30a AOA Strength 11:30a AOA Dance 12p Bridge 1p Ping Pong	21 8:30a Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
23 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 **What's This Aging Thing All About?*** 1p Ping Pong 1:30p **Mediterranean Diet Presentation w/ Melissa***	24 7:30a AOA Dance 8:35a Les Mills Thrive 9a Hand & Foot 9a Mahjong & Games 9:30a AOA Circuit 10a **Trip- Mystery Lunch*** 10:30a AOA Yoga 12:30p **Watercolor Class w/ Lee*** 1p Line Dancing- Beginners	25 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 4p **Mahjong & Games**	26 **FiftyForward Centers & Offices CLOSED for Thanksgiving**	27 **FiftyForward Centers & Offices CLOSED for Thanksgiving**	28 8:30a Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
30 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 **What's This Aging Thing All About?*** 1p Ping Pong 1:30p **Senior Planet Tech Lecture***		***On Wednesdays, we will now be open later in the evenings. Check the schedule to see what we have planned each week!**			

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, November 3 at 1:30p. Join our Turner Book Club for a fun, monthly gathering and discussion! This month's book will be *The Briar Club* by Kate Quinn. ***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 and Wednesday, November 25 at 4p. Join fellow members for games including mahjong, canasta, and backgammon! ***Zelle/West***

Open Art Studio Tuesdays, November 3, 10, & 17 from 12:30-3:30p. 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, November 3 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:

FiftyForward Care Manager Office Hours Mondays in November 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***

See America Tour Travel Presentation Monday, November 2 at 10:30a. Registration is encouraged. Join Adam Wagner from See America Tour as he discusses all of the upcoming trips they have planned! ***Roos Room***

What's This Aging Thing All About? Mondays in November (2, 9, 16, 23, 30) at 12:30p. Registration is encouraged. As many of us age, we realize that we are becoming experts in a world that no longer exists. It is difficult to keep up with the changes that are happening in our society and world. By attending these reflection sessions, led by Rob Pilling, you will experience the power of joining together for study, support, and laughter. The sessions will use *Spiritual Aging: Weekly Reflections for Embracing Life* by Carol Orsborn to help guide discussion. ***Brown/Davis***

ML Bunco Tuesday, November 3 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 Thanksgiving! ***Brown/Davis***

ML Future Tech Series: Spot the Fake Wednesday, November 4 at 10a. Registration is encouraged. Join our member John as he leads a presentation on spotting scams. Fake texts, fake videos, and fake websites are fooling smart people every day. In this lecture, collectively as a group, you will build a fake text, video, and website and learn exactly how to spot them. ***Zelle/West***

Trivia w/ Seniors Helping Seniors Wednesday, November 4 at 12:30p. Registration is encouraged. Join Nick with Seniors Helping Seniors as he leads a fun trivia game. Participants will test their knowledge on a variety of topics, and the top places will be awarded prizes! ***Brown/Davis***

Vanderbilt Nursing Student Presentations Thursday, November 5 at 10a. Registration is encouraged. Join Vanderbilt Nursing Students for the following presentations:
-Nov 5 from 10-10:30a: Bone Health
-Nov 5 from 11-11:30a: Skin Health
Brown/Davis

ML Zentangle w/ Maryann Friday, November 6 at 12:30p. Registration is required & limited to 15 people. Cost: $5 & all supplies provided. Join 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 & pencil on paper squares to create designs. Come learn to Zentangle! ***Brown/Davis***

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Veteran's Day Breakfast **Wednesday, November 11 from 8-9:30a. Registration is required so we have enough food.** Hosted by the Exchange Club of Bellevue, the Bellevue Family YMCA, and FiftyForward Turner, join us for a special tribute to veterans including good food and meaningful conversations. ***Gym***

ML Card-Making Class w/ Pam **Thursday, November 12 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***

ML Trivia w/ Jeannie & Jim **Thursday, November 12 from 1-2:30p. Registration is encouraged.** Join our members Jeannie & Jim as they host a fun trivia game! Participants will break up into teams and test their knowledge on a variety of different topics. ***Brown/Davis***

WeGo: How to Ride Presentation **Tuesday, November 17 at 12:30p. Registration is encouraged.** Riding the WeGo bus for the first time may feel a bit daunting with so much to learn. You may be asking things like: How do I pay for my ride? How do I know when to get off? What's a pull cord? How do I figure out what route to take? To help ease any anxieties or answer any questions, the WeGo team is headed to the center to walk through the system. ***Brown/Davis***

ML Intro to Artificial Intelligence **Wednesday, November 18 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***

Find Your Calm w/ Keith **Wednesday, November 18 at 5:30p. Registration is encouraged.** Join Keith, a certified meditation teacher and practitioner, for a guided meditation session designed to help you decompress and recharge. Whether you're looking to lower stress, improve your focus or simply find a moment of peace after your day, this session is open to all experience levels. No special equipment is required, just bring an open mind! ***Brown/Davis***

Thanksgiving Party Potluck **Thursday, November 19 at 12:30p. Registration is required so there is enough food. Cost: FREE if you bring a dish; $10 otherwise. See FiftyForward staff or Ambassadors to sign up for a dish.** Let's make this a feast to remember! Bring your favorite shareable dish - whether it's a homemade family recipe or a store-bought pie (we won't judge!). We will have turkey as our entrée, sponsored by Brookedale Belle Meade, as well as entertainment. ***Community Room***

Tech Help w/ Bellevue Library **Thursday, November 19 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***

Mediterranean Diet Presentation w/ Melissa **Monday, November 23 at 1:30p. Registration is required so Melissa can prepare food accordingly.** Join Melissa Standley, Family and Consumer Sciences Extension Agent with UT Extension-Davidson County, for a flavorful introduction to the Mediterranean diet! Explore simple ways to bring Mediterranean flavors into your everyday meals and enjoy samples of Mediterranean cuisine prepared by Melissa. Leave with fresh ideas for your own kitchen! ***Brown/Davis***

ML Watercolor Class w/ Lee **Tuesday, November 24 at 12:30p. Registration is required & limited to 16 participants. Cost: $20.** Learn the basic characteristics of watercolor. All supplies will be provided. ***Zelle/West***

Senior Planet Tech Lecture: Cloud Storage and Data Centers **Monday, November 30 at 1:30p. Registration is encouraged.** Join Danny with Senior Planet as he presents on cloud storage and data centers. What is the Cloud? What is a data center? Why would I use them? If you have these questions, this lecture is for you! You'll learn the basics of cloud storage- a technology that lets you store documents, images, and other media files remotely while giving you greater accessibility, reliability, and protection for your important data. We will discuss what it is, tips for using it safely, and demonstrate a few of the most popular services. ***Brown/Davis***

Trip List:

Trip- Ethridge Amish Community Tour + Lunch at Amish Country Smoke House
Thursday, November 5, Departing at 8:45a
Cost: $30 + lunch
Experience the heart of Amish culture as we head south to Ethridge, TN. Here, a personable guide who knows the community well will join us on our bus and share about the Amish community as we view different farms and businesses. **Please note that all farms and businesses accept CASH ONLY.** After shopping around, we will enjoy lunch at Amish Country Smoke House. **Registration required.**

MEET THERE- Dinner at Jefferson's
Wednesday, November 11 at 5p
Cost: FREE
Address: 8128 TN-100
Join us for dinner at the new Jefferson's right across the street from the center! This is an easy-going American restaurant specializing in wings, burgers, and tenders. Check out the menu here: https://jeffersons.com/menu/. **Registration required so we know how many tables to snag.**

MEET THERE- Donuts & Dance: Nashville's Nutcracker
Thursday, November 12 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- Dolly Parton's Life of Many Colors Museum Tour + Lunch at Black Tap Craft Burgers & Beer
Monday, November 16, Departing at 9:50a
Cost: $50 + lunch
Explore every story, color, and era of Dolly Parton's remarkable journey. Dolly's Life of Many Colors Museum is the largest exhibit celebrating her life anywhere to date, spanning every dynamic decade from the top of the mountains to the top of the world. Her transformative career takes guests on the road, behind the scenes, on set, and backstage of her most iconic moments. After our tour of the museum, we will enjoy lunch at Black Tap Craft Burgers & Beer, a hamburger restaurant serving signature burgers as well as elaborate milkshakes.
Registration required by October 30 and there will be no refunds after this date.

Trip- Music for Seniors Concert: Metro Nashville Chorus at The Chapel at Brentwood UMC + Lunch at 55 South
Wednesday, November 18, Departing at 10:15a
Cost: $15 + lunch
We are headed to Brentwood for November's Music for Seniors concert featuring the Metro Nashville Chorus. Led by Master Director, Kim Wonders, Metro Nashville Chorus has performed and promoted the acapella sound in middle TN since 1971. They are a vibrant, warm, and dedicated group of singers who come together in friendship and song. After the afternoon concert, we will enjoy lunch at 55 South, a casual Southern-Cajun restaurant serving up foods like gumbo and fried green tomatoes. **Registration required.**

Trip- Lunch & Line Dancing at Category 10: Luke Combs' Bar
Friday, November 20, Departing at 10:30a
Cost: $15 + lunch
Time to line dance the day away at Category 10: Luke Combs' Bar! This bar is located off of Broadway and features live music, line dancing, and Southern eats and drinks. Before line dancing begins at 12p, we will eat lunch at the Category 10 restaurant. We will head back to the center around 1:30p. **Registration required.**

Trip- Mystery Lunch
Tuesday, November 24, Departing at 10a
Cost: $20 + lunch
Feeling adventurous? Join us for a fun mystery lunch excursion! This month, our mystery destination is a family-owned restaurant serving up all of the carbs. Make sure to come hungry! **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.