December 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 8:35a Les Mills Thrive 9a Hand & Foot 9a Mahjong & Games 9:30a AOA Circuit 10:30a AOA Yoga 10:30a **Bunco- Holiday Theme*** 12:30p **Open Art Studio** 1p Line Dancing-Beginners 1p Rummikub 4:30p Thrive 5:30p Basic Yoga	2 7:30a AOA Yoga 8:45a Functional Balance 9:30a AOA Cardio 9:50a **Trip- Dolly's Life of Many Colors Museum + Lunch*** 10a Ping Pong 10:45a AOA Strength 11:40a AOA Yoga 12p Bridge 12:30p **Open Art Studio** 1p Line Dancing 5:15p **Trip- Ray Steven's CabaRay Country Roads Christmas Show***	3 8:35a Les Mills Thrive 9a Advisory Council 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 11:30a **TN Disability Pathfinder Presentation*** 1p Rummikub 5p Night Bridge	4 8:30a AOA Circuit 8:30a **Trip- Maury County Christmas Historic Home Tour + Lunch*** 9a Sit & Knit & Crochet 9:30a AOA Cardio 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 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 **Christmas Calligraphy w/ Maryann*** 12:30p **What's This Aging Thing All About?*** 1p Ping Pong 4:30p AOA Strength 5:30p AOA Yoga	8 8:35a Les Mills Thrive 9a Hand & Foot 9a Mahjong & Games 9:30a AOA Circuit 9:45a **Trip- Tour of Brookdale Belle Meade*** 10:30a AOA Yoga 12:30p **Hamilton CapTel Lunch & Learn*** 1p Line Dancing-Beginners 4:30p Thrive 5:30p Basic Yoga	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 1:30p **Senior Planet Tech Lecture*** 4p **Open Mahjong Play**	10 8:35a Les Mills Thrive 9:30a AOA Circuit 10:30a AOA Yoga 10:30a **Trivia w/ Jeannie and Jim*** 10:30a Mahjong 12:30p **FiftyForward & YMCA Holiday Lunch*** 1p Rummikub 5p Night Bridge	11 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	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 10a **Kidney Screenings w/ Tennessee Kidney Foundation*** 10:30a AOA Cardio 11a Chess Group 11:30a AOA Yoga 12p **Shared Care Alliance** 12p Bridge 12:30p **What's This Aging Thing All About?*** 1p Ping Pong 4:30p AOA Strength 5:30p AOA Yoga	15 8:35a Les Mills Thrive 9a Hand & Foot 9a Mahjong & Games 9:30a AOA Circuit 10:30a AOA Yoga 12:30p **Watercolor Class w/ Lee*** 1p Line Dancing- Beginners 4:30p Thrive 5:30p Basic Yoga	16 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 **Open Art Studio** 1p Line Dancing 4p **Open Mahjong Play**	17 8:35a Les Mills Thrive 9:30a AOA Circuit 10a **Trip- Christmas Concert + Lunch at Scarritt Bennett Center*** 10:30a AOA Yoga 10:30a Mahjong 11a **NPT Aging Matters Screening: Vision*** 1p **Tech Help w/ Bellevue Library*** 1p Rummikub 5p Night Bridge	18 8:30a AOA Circuit 9a Sit & Knit & Crochet 9:30a AOA Cardio 9:45a **Trip- Music for Seniors Concert*** 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 **FiftyForward Centers & Offices CLOSED for the Holidays**	22 **FiftyForward Centers & Offices CLOSED for the Holidays**	23 **FiftyForward Centers & Offices CLOSED for the Holidays**	24 **FiftyForward Centers & Offices CLOSED for the Holidays**	25 **FiftyForward Centers & Offices CLOSED for the Holidays**	26 8:30a Line Dancing 9:30a AOA Cardio 10:30a AOA Strength
28 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 4:30p AOA Strength 5:30p AOA Yoga	29 8:35a Les Mills Thrive 9a Hand & Foot 9a Mahjong & Games 9:30a AOA Circuit 10:30a AOA Yoga 1p Line Dancing-Beginners 4:30p Thrive 5:30p Basic Yoga	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 1p Line Dancing	31 8:35a Les Mills Thrive 9:30a AOA Circuit 10:30a AOA Yoga 10:30a Mahjong 1p Rummikub 5p Night Bridge		

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 First Tuesday of the month at 1:30p. This month, our book club will be meeting off site at a member's home to discuss potential book options for the upcoming year. If you want more information, reach out to Savannah. ***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, backgammon, and more! ***Zelle/West***

Open Art Studio Tuesday, December 1 and Wednesdays, December 2 & 16 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* on Dec 1 and *Brown/Davis* on Dec 2 & 16**

Ping Pong Mondays & Fridays, 1p-3p in *Community Room*. Wednesdays, 10a-12p in *Brown/Davis*

Rummikub Tuesday, December 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, December 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 holiday! ***Activity Room***

Tennessee Disability Pathfinder Presentation Thursday, December 3 at 11:30a. Registration is encouraged. Join Sheena as she discusses all of the things Tennessee Disability Pathfinder has to offer. Tennessee Disability Pathfinder is a statewide program that helps people with disabilities, their family members, caregivers, and professionals who support them in finding and accessing services and resources. Pathfinder serves people of all ages, types of disability, and languages spoken. There will be time at the end of the presentation for any questions that you might have. ***Brown/Davis***

ML Calligraphy w/ Maryann Monday, December 7 at 12:30p. Registration is required & limited to 15 people. Cost: $10 & all supplies provided. Are you interested in improving your handwriting? Making the envelopes you mail out beautiful? Want your grandchildren to be impressed with mail from you as a grandparent? Then this class is for you! Our calligraphy classes are designed for beginners to the experienced. This month, join instructor Maryann Mize for Christmas Calligraphy. All skill levels are welcome! ***Brown/Davis***

What's This Aging Thing All About? Mondays, December 7 & 14 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***

Hamilton CapTel Lunch & Learn Tuesday, December 8 at 12:30p. Registration is required so there is enough food. Hamilton CapTel delivers life-changing captioned telephone solutions for people with hearing loss- keeping them connected with what matters most in life. Explore the suite of solutions including no-cost telephones for at home and work, and mobile apps for iOS and Android. There will be time at the end of the presentation for any questions that you might have. ***Brown/Davis***

Senior Planet Tech Lecture: Online Shopping Wednesday, December 9 at 1:30p. Registration is encouraged. Online shopping lets you buy products on the internet from your computer and have them shipped to your home or anywhere! Online stores often have larger inventories and lower prices, so you can quickly find the best deal. This lecture will provide a general intro to shopping online using the popular website Amazon.com. You'll learn how to search for products, make comparisons, and add items to an online cart. ***Brown/Davis***

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Open Mahjong Play **Wednesdays, December 9 & 16 from 4-7p. Open for anyone 18+. Cost: $5 for non-FiftyForward members and free for FiftyForward members.** Join others during this designated time to play mahjong, the popular tile-based game. Tables and chairs will be provided but participants must bring their own supplies. ***Zelle/West***

ML Trivia w/ Jeannie & Jim **Thursday, December 10 from 10:30a-12p. 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***

FiftyForward & YMCA Holiday Lunch **Thursday, December 10 at 12:30p. Registration is REQUIRED. Limited number of seats available.** The holiday season is here, and we are excited to celebrate together! Join us for our end-of-the-year holiday party and let us (and our community partners) provide lunch for you. We will have ham, sides, desserts, and drinks. A musical group called Joyful Noise will be providing entertainment for us. ***Community Room***

FiftyForward Care Manager Office Hours **Monday, December 14 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***

Kidney Screenings with Tennessee Kidney Foundation **Monday, December 14 from 10a-12p. Registration is required so we know how many to plan for.** Join the Tennessee Kidney Foundation for free kidney health screenings. These screenings include blood pressure checks, A1C testing to assess blood sugar levels, urinalysis to check for signs of protein in your urine, and height, weight, and BMI measurements. Participants will also have the opportunity to review their results with a medical professional and receive guidance on any recommended follow-up care. ***Brown/Davis***

Shared Care Alliance **Monday, December 14 at 12p. 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. ***Roos Room***

ML Watercolor Class w/ Lee **Tuesday, December 15 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***

NPT Aging Matters Screening: Vision **Thursday, December 17 at 11a. Registration is encouraged.** Join Nashville Public Television as they show a screening of their Aging Matters film focusing on vision. After the screening, stay for conversation and enjoy light refreshments. ***Brown/Davis***

Tech Help w/ Bellevue Library **Thursday, December 17 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:

Trip- Dolly Parton's Life of Many Colors Museum Tour + Lunch at Black Tap Craft Burgers & Beer

Wednesday, December 2, 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 and there will be no refunds unless we are able to fill your spot.**

Trip- Ray Steven's CabaRay Country Roads Christmas Show

This trip is full and on a waitlist
Wednesday, December 2, Departing at 5:15p
Cost: $80 (includes ticket, dinner, non-alcoholic drinks)
Celebrate the magic of the season with Country Roads Christmas! Experience country music legends with a festive twist, featuring Christmas classics, incredible live performances, and holiday fun. **Registration required.**

Trip- Maury County Christmas Historic Home Tour + Lunch in Downtown Columbia

Friday, December 4, Departing at 8:30a
Cost: $45 + lunch
We are headed south to Columbia, TN for the Maury County Christmas Historic Home Tour. Here, we will bounce around to multiple different historic sites and enjoy self-guided tours. After the home tours, we will enjoy lunch in downtown Columbia. Please note that this trip will involve some walking as we will be touring multiple different locations. **Registration required.**

Trip- Tour of Brookdale Belle Meade

Tuesday, December 8, Departing at 9:45a
Cost: FREE
Brookdale Belle Meade has invited us over for a tour of their community! They offer personalized assisted living and memory care in a setting where comfort and sophistication meet. **Registration required.**

Trip- Christmas Concert & Lunch at Scarritt Bennett Center
This trip is full and on a waitlist
Thursday, December 17, Departing at 10a
Cost: $65 (includes lunch + concert ticket)
Get ready for an afternoon of holiday cheer! We are headed to Scarritt Bennett Center for a traditional holiday lunch & concert. The menu consists of sage roast turkey, beef bourguignon, mashed potatoes, salad, green beans, assorted desserts, and more! After the feast, we will enjoy a concert featuring an ensemble of trombonists called Bone Therapy. Please note that this trip will involve walking to different parts of campus. **Registration required.**

Trip- Music for Seniors Concert: John England & The Western Swingers at Frist Art Museum
Friday, December 18, Departing at 9:45a
Cost: $15
Join us for December's Music for Seniors concert featuring Nashville favorites John England & the Western Swingers at Frist Art Museum. **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.