

FIFTYFORWARD ENRICHMENT OPPORTUNITIES



Active Older Adults

Frail Seniors

CENTER PROGRAMS

Health & Wellness

- Exercise, Tai Chi, Yoga, Pilates walking, Silver Sneakers®
- Health Screenings/Fairs
- Swimming, water aerobics
- Clinics / Blood pressure
- Weight management/ Nutrition

Education / Classes

- Spanish, French
- Creative writing, Writers' Groups
- Arts, drawing, crafts, painting
- History, genealogy
- 55 Alive (Driving Class)
- Dancing (line, ballroom, tap, square)
- Computer / SeniorNet
- Book Clubs
- Picture framing
- Ceramics
- Lapidary, silversmithing
- Cultural trips
- Public policy forums

Music

- Bluegrass/Silver Notes bands
- Choral Groups
- Dulcimer Ensemble
- Handbell Choir

Recreational Activities

- Dances
- Card and board games
- Daytime Excursions
- Billiards (men & women)
- Clubs: Men's, Women's, Singles; Red Hat Society, Special-Interest Clubs
- Movies
- Visiting / fellowship
- Golf, tennis, bowling
- Parties

Volunteering Opportunities

- Instructors
- Greeter / guides
- Advisory councils
- Class / activity coordinators
- Drivers
- Consulting
- Receptionists
- Special projects and events
- Administrative
- Program assistance
- Meals on Wheels delivery
- Friendly Visitors
- Telephone Reassurance

COMMUNITY OUTREACH

Foster Grandparent Program

Stipend volunteers provide TLC for children in need at:

- 15th Avenue Baptist Learning Ctr.
- Bethlehem Centers (2)
- Cora Howe School
- Edgehill Center
- Fannie Battle Day Home
- Little Kiddies Child Care
- Maddox YMCA
- McNeilly Center for Children
- McNeilly Toddler Center
- Napier Enhanced Option School
- Nashville Child Care
- Richland Head Start
- Smithson Craighead Academy
- Smithson Craighead Middle School
- Temple Academy
- Tom Joy Head Start

RSVP

- 700 Volunteers / year in 40 non-profit agencies and 33 elementary schools
- Senior High Rises/Mailing projects
- FLIP (Friends Learning in Pairs) In-school tutoring/mentoring program

FiftyForward Travel

Regional, national and international trips for older adults year round.

Senior Center for the Arts

- Nashville Dinner Theatre
- Live drama, music and comedy
- Lunchtime Café Concerts
- Vocal and instrumental performances
- Summer Theater Camp for Students
- Music for Seniors Program

LIVING AT HOME SERVICES

- * Meals on Wheels
Weekday (within defined service area);
Weekend, Thanksgiving, & Christmas (Davidson County)
- * Respite Caregivers / Senior Companions
Trained volunteers provide a break for caregivers and companionship for frail seniors
- * Adult Day Services
Weekday care of seniors unable to live alone 24/7
Individual treatment plans
Transportation and field trips
Breakfast, lunch, and snacks
Arts and crafts; music therapy
Cognitive stimulation and socialization
Physical exercise
Individual & family counseling
Caregiver support and education
- Care Management — Davidson and Williamson counties
Information, referral, and consultation
In-home assessments
Individual care plans
Living wills, Power of attorney / health care
In-home notary services
- * Victory Over Crime
Care management, in-home supportive and volunteer services for seniors who have been victimized
- Contracted Services
Private-pay care and legal appointment as conservator of person and/or property.
- * Volunteer opportunities

FiftyForward Centers:

Bordeaux
College Grove
Donelson Station
Knowles

FiftyForward

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www.fiftyforward.org

FiftyForward enriches the lives of adults 50+ by providing pathways to health, well-being and lifelong learning.