

FiftyForward Centers

FiftyForward centers are among the elite 1% in the nation accredited by the National Institute for Senior Centers.

Stay active and engaged with activities providing personal growth, health, wellness, socialization and community involvement. Day trips, classes ranging from computer, painting and creative writing to foreign language, performing arts and exercise, FiftyForward centers offer something for everyone.

"FiftyForward membership and activities make it easier to keep in touch with people and to stay active."— Sybil

Get Connected!

Make new friends and build relationships. We have many examples of modern day miracles and love extending well into our communities. **Join our FiftyForward family.**

FiftyForward Centers

Bordeaux: 3315 John Mallette Dr., 37218

College Grove: 8607 Horton Highway, 37046

Donelson Station: 108 Donelson Pike, 37214

J. L. Turner Center: Bellevue Family YMCA, 8101 Highway 100, 37221

Knowles: 174 Rains Ave., 37203

Madison Station: 301 Madison St., 37115

Martin Center: 960 Heritage Way, 37027



Be Entertained!

The Larry Keeton Theatre, named one of the top performance venues in Nashville, is located in FiftyForward Donelson Station. The dinner theatre produces and stages plays, musicals, special events and summer children's camps. Call (615) 883-8375 or visit www.TheLarryKeetonTheatre.org for schedules, tickets and additional information.

See the world!

FiftyForward Travel coordinates trips to local, regional, national and international destinations. Join us for your next adventure. For details, call (615) 231-1235.

"My grandfather could not stop talking about his trip to Cuba with FiftyForward; it changed his life."
— Russell



"FiftyForward has been our lifeline. I doubt Randall and I would have seen that 46th anniversary without the support and care we've received." — Loretta

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Established in 1956, FiftyForward enriches the lives of those 50+ by providing pathways to health, well-being and lifelong learning.

174 Rains Avenue, Nashville, TN 37203
www.FiftyForward.org | (615) 743-3400

Follow us on:



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FiftyForward is the “go to” resource for older adults to be active, engaged, healthy and happy.

FiftyForward Supportive Care Services serves as a trusted community partner providing resources to help older adults. From assessment and individualized care, to providing connections with community services as well as conservatorship, we provide peace of mind to those who need assistance and their family caregivers.

Caring for Others

“No matter what your need is, you will feel blessed to have FiftyForward on your side.” – Mort



“I have been surprised at how much happier I seem to be when I have had an opportunity to volunteer. It is very easy to feel useless... volunteering gives me a sense of being of some help to someone, somehow!”
– Marilyn



FiftyForward Supportive Care Services

Program includes:

FiftyForward Adult Day Services* is a structured and nurturing environment offering opportunities for older adults who have disabilities so they maintain their functioning level through physical, recreational and social activities. FiftyForward Adult Day Services offers nutritional meals, transportation and social services. Families are supported by being able to take a break from their caregiving role. To learn more, call (615) 463-2266.



FiftyForward Meals on Wheels* delivers more than 20,000 meals annually and is the only agency offering daily deliveries including Thanksgiving and Christmas dinners. With adult hunger in Tennessee among the nation’s highest, this critical service provides nourishment and interaction. Volunteers deliver meals, build relationships and recipients often refer to the deliveries as “the day’s bright spot.” To receive meals or volunteer, call (615) 463-2264.

FiftyForward Care Management offers in-home assessment to connect older adults with services that meet their specific needs (food, housing, transportation, health care, counseling, and in-home assistance). For help in Davidson County call (615) 743-3416; in Williamson County call (615) 376-4334.

FiftyForward Care Team supports adults and their caregivers by assessing needs, selecting and purchasing services, monitoring care, accompanying clients to appointments, making in-home visits and other individualized tasks. Call (615) 743-3436 to schedule an assessment; sliding fee scale and payment plans available.

FiftyForward Conservatorship, called the “Gold Standard” by a local attorney, makes decisions when an older adult can no longer do so or has no one to help. Through court appointment, this process engages FiftyForward as the conservator of property and/or an individual. For additional details, call (615) 743-3414.

FiftyForward Victory Over Crime helps victims become survivors by offering support (resources, safety plans, assistance in the courts, advocacy) and in-home services to those 50+ who are victims of crime. Get empowered through this program. To learn more, call (615) 743-3417; to volunteer, call (615) 743-3481.

Volunteer

Your experience, energy and skills will inspire others and positively impact your life. Volunteer opportunities are available at FiftyForward centers and with specific programs including:

Retired Senior Volunteer Program (RSVP) Your skills and interests are matched with community-based programs addressing vital needs. Call (615) 743-3424 to volunteer.

Friends Learning in Pairs (FLIP) Help academically at-risk students succeed by tutoring a child in grades K-4. Call (615) 743-3422 to learn more.

Foster Grandparents Mentor an at-risk child by building a relationship. Each year, 1,200 children are positively impacted by older adult volunteers. Call (615) 743-3420 to become a Foster Grandparent.



Event Space



Many of our centers may be used for meetings and special events. Revenues earned are used to support FiftyForward community focused programs. For details on securing a unique location with free parking, please visit our website (www.FiftyForward.org) or contact a center directly to learn about the opportunities.

** These programs are housed at Second Presbyterian Church, 3511 Belmont Blvd., Nashville.*