



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

FiftyForward Profile

For 56 years, FiftyForward (formerly Senior Citizens, Inc.), has been Middle Tennessee's premier agency serving persons 50 and older. Through our life enrichment programs we help older adults live fuller, more productive lives with a sense of dignity and self worth. At our centers, members participate in hundreds of educational and wellness programs. We also provide needed assistance to those wanting to keep living independently in their homes, and we offer exceptional volunteer opportunities for those interested in giving back to the community. Our main programs and services are described below.

FiftyForward Centers

(** = accredited by the National Institute of Senior Centers)

Davidson County Centers

Donelson Station ** 108 Donelson Pike Nashville, TN 37214 883-8375	Bordeaux 3315 John Mallette Drive Nashville, TN, 37218 248-2272	Knowles ** 174 Rains Avenue Nashville, TN 37203 743-3400	Madison Station** 301 Madison Street Madison, TN 37115 860-7180
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Williamson County Centers

J. L. Turner Center (Bellevue YMCA partnership) 8101 Highway 100, Nashville, TN 37221 646-9622	College Grove ** 8607 Horton Highway College Grove, TN 37046 368-7278	Martin Center ** 960 Heritage Way Brentwood, TN 37027 376-0102
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ENRICHMENT OPPORTUNITIES FOR ACTIVE INDIVIDUALS

Throughout the year members participate in activities geared for personal growth, health, wellness and community involvement. Our centers offer more than 100 instructional day and evening classes including computer training, oil painting and water colors, picture framing, creative writing, card games, foreign languages, and performing choral, drama, band and dance groups. Members participate in a variety of exercise classes, including Tai Chi and yoga. Popular dance classes are line dancing, tap, square and ballroom dancing. Other health and fitness opportunities include weekly classes in walking, swimming, and fitness plus periodic health screenings and lectures. Special interest groups cater to singles, couples, men or women only.

The **Larry Keeton Theatre**, located at FiftyForward Donelson Station, presents plays and musicals year-round for the community. Other offerings include café and special entertainment concerts. Call 883-8375 or go to <http://www.thelarrykeetontheatre.org> for a performance schedule, ticket prices and other information.

Volunteer service opportunities are available at our centers and through specific programs. Annually nearly 3,000 older adults invest approximately 250,000 volunteer hours in programs that include:

- **RSVP** – matching individuals' interests and skills with community based programs. Information: 743-3424. One RSVP volunteer opportunity is with Friends Learning in Pairs (FLIP), placing older adults in grades K-4 to mentor/tutor academically at risk students. RSVP/FLIP Information: 743-3422.
- **Foster Grandparents** – providing one-on-one loving relationships and support of older adults for approximately 1,200 special-needs children annually. Information: 743-3420.

FiftyForward Travel offers excursions from daytime trips to destinations as far away as Australia and Italy. Each adventure is expertly supervised and planned with the interests and physical abilities of the participants in mind. The FiftyForward Travel program welcomes participation of non-FiftyForward member friends. For more information, please call tour coordinator Janice Judd at 231-1235.

Forward Focus is our newspaper, published quarterly and directed to the 50+ market. Each issue contains news articles on topics of interest to older adults, calendars of events for the centers, other features and advertisements of specialized products and services. Complimentary copies are available at public libraries and FiftyForward centers. For more information, please call 743-3430

INDEPENDENT-LIVING SUPPORT SERVICES

Living at Home Services offer a comprehensive program offering a full range of services to nearly 600 frail elderly persons each year. Specific services are:

- **Adult Day Services*** – offering a caring, safe environment for older adults who participate in social, exercise, and other engaging activities. Nutritional meals (more than 4,000 annually) are provided, along with transportation and social services as needed. For information, please call 463-2266.
- **Meals on Wheels*** – delivering more than 25,000 meals annually by approximately 300 volunteers, including special deliveries on weekends, Thanksgiving and Christmas Day. Meals are prepared by FiftyForward’s food service staff. For information or to volunteer, please call 463-2264.
- **Care Management Support** – making in-home assessments of clients’ needs, then linking them with services to meet such needs as food, housing, transportation, health care, counseling, and in-home assistance. For information, please call 743-3415 or 743-3418 (Davidson County) or 376-4334 (Williamson County).
- **Care Team** – assisting mature adults and their caregivers in navigating the social service delivery system. Support includes selecting and purchasing services, monitoring care, furnishing escorts to appointments, making home visits, etc. Call 743-3436 for information and rates. Sliding fee scale and payment plans available. (Funds raised through this program support our services for low-income older adults.)
- **Conservatorship Services** – assisting with decision making when FiftyForward is appointed by a court as conservator of property and/or person. For additional details and rates, please call 743-3414.
- **Victory Over Crime** – offering care management and in-home support services to elderly persons who have been victims of crime. For more information about services, call 743-3417; or to volunteer, please call 743-3481.

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

For additional information about FiftyForward, please visit our Web site: www.fiftyforward.org.

FINANCIAL SUPPORT

As a not-for-profit 501(c)(3) organization, FiftyForward relies on a variety of funding sources, events, and projects to support our programs, activities and services. Included in our support base are private and corporate donors, the State of Tennessee, U.S. government, foundations, the Area Agency on Aging, the United Way of Metropolitan Nashville and the United Way of Williamson County. Information: 743-3434.

The FiftyForward Endowment manages the agency’s permanent endowment funds, annually returning a portion of the accrued interest to FiftyForward programs and supporting endowment growth through education and planned giving opportunities/programs. For more information, including planned giving opportunities, please call 743-3434.