



The Renaissance Center is changing lives through our free enrichment and community programs for adults ages 60+. Sometimes that change looks like an older adult regaining strength and confidence in a movement class. Sometimes it looks like someone who once felt alone walking into a room full of friends. And sometimes it looks like purpose taking root through service to others. WEHF's support helps make this kind of programming possible by sustaining the staff coordination, enrichment activities, and



community-building opportunities that allow older adults not only to participate, but to contribute.

WEHF's support helps sustain a unique model that would be difficult to provide otherwise. RenCen offers all of its programs free of charge, removing a major barrier for older adults living on fixed incomes or aging alone. WEHF funding helps support the staffing, instructor compensation, outreach, and program materials needed to keep these offerings consistent, accessible, and high-quality. It also supports a special

niche in the community: a vibrant, welcoming space where older adults can improve physical wellness, stay mentally engaged, build real friendships, and continue contributing to the life of Nashville. This combination of no-cost enrichment, purposeful volunteerism, and deep community connection is what makes the Renaissance Center so special.

The need for this work is clear, and our impact continues to grow. In 2025, the Renaissance Center served 223 unique older adults in Davidson County through 5,564 total program engagements, a significant increase from 183 participants and 3,037 engagements in 2024. The center offered an average of 38 programs per month, or about 8 programs each week, with free offerings that included Gentle Yoga, Chair Yoga, Functional Fitness, Balance/Stay Steady, digital literacy workshops, one-on-one tech help, arts programming, guest lectures, outings, and volunteer opportunities. About 400 people



attended RenCen's biannual Pancake Breakfasts in 2025, and community outreach initiatives exceeded 2,000 volunteer hours.

In 2026, that momentum is continuing. So far this year, RenCen has recorded 2,915 program engagements and is on track to serve at least 275 older adults. The recent spring Pancake Breakfast drew 237 attendees, reflecting the growing visibility and excitement surrounding the center. Word is getting out, new faces are arriving every day, and more older adults are discovering that this is a place where they are welcomed, valued, and encouraged to thrive.

One of the most profound changes in the last year has been the community that has grown around RenCen's volunteer outreach. Through Flower Power, older adults gather to repurpose donated flowers into bouquets that are then shared with hospice patients, nursing homes, veterans,

and others in the community who need a reminder that they are seen and cared for. In 2025 alone, volunteers distributed more than 1,400 bouquets through over 600 volunteer hours. What might seem like a simple act becomes something much larger: a chance for older adults to connect, create, and give back in meaningful ways.

A sense of belonging comes through clearly in the stories participants share. One participant describes the center: "It means friendship. I didn't know anyone when I moved here, and now I have a family." Another said, "Because of the people, I never feel alone here." Those reflections capture the heart of

RenCen's work. The center is not simply a place to attend activities. It is a place where older adults find connection, routine, joy, and renewed purpose.

At a time when so many older adults face isolation, solo aging, and limited access to supportive community spaces, RenCen offers something powerful: not just activities, but belonging. With WEHF's support, the Renaissance Center is helping older adults in Davidson County move, learn, laugh, volunteer, and remain connected to the wider community they love. That impact reaches far beyond the walls of the center, strengthening families, neighborhoods, and the city as a whole.





The Renaissance Center

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