

Letter from the Center Director

One of my favorite things about the holidays is spending time with the people I love and care about. I can't think of a better place to be than here at Madison Station. Another fun thing about the holidays is gift giving. I am happy to share that we have received an incredible gift from the Memorial Foundation, a grant that will bring about some exciting improvements here at our Center. The updates will include new fitness equipment, a retreat and art areas, and new furnishings throughout the center.

We have received so many wonderful gifts and enhancements to our Center throughout the year and we want to celebrate! Please join us for a holly jolly good time at our Holiday Hoopla event on December 7th at 1:00pm. We will come together, count our blessings, enjoy our center together in community, sing carols, eat cookies, and listen to the lovely music of our very own Silver Notes Band!

Happy Holidays! —Brandy Lamb, Center Director



Letter from the Program Director

I love when the center is decorated for Christmas! Thank you to those of you who helped “deck the halls” around here. We needed to prepare for all the events we have this month. You won't want to miss December 7th, when we have two great events—the Holiday Hoopla and The Gift of Gospel concert. See details inside. Our holiday Tasty Tuesday will feature talented musicians from the FiftyForward J.L. Turner Center. And that day you can buy your Christmas goodies at Fundraising Committee's Bake Sale. Sadly, December will also be the last month Ron Lashbrook will be our bus driver. He is retiring after his last trip with us on December 22. After 6 years of service to FiftyForward and our members, we say ‘thank you’ Ron and you will be missed! —Julie Reeves

‘The Gift of Gospel’ Fundraiser December 7

You won't want to miss the event our Fundraising Committee has planned for **Thursday, December 7!** Musicians from the U.S. Association of Gospel Entertainers and Musicians, including Charlene Harrison, Paul Sparks, Sandi Kay, and Mike Dunbar, will be performing, “The Gift of Gospel”.

Prior to their performance, we will serve a delicious baked potato bar with all the fixins', including chili! Also includes your drink and dessert. Tickets are \$15.00 (show only tickets are \$10.00).

Dinner will be at 6:00 pm (seating begins at 5:45) and the show begins at 7:00 pm. **Purchase tickets by Tuesday, December 5.**

December and January Closings

Please make note that the Center will be **CLOSED** on Monday-Wednesday, December 25, 26 and 27 for the Christmas Holidays.

Go ahead and mark your calendars for our January closings as well. The center will be closed Monday, January 1 for New Year's Day and Monday, January 15 for Martin Luther King, Jr. Day.

Please see the back of the newsletter for our inclement weather policy.



Our Mission
FiftyForward supports,
champions and
enhances life for
those 50 and older.

Thank you to...

—Denise Hamer for designing a beautiful wreath for us to be auctioned off at the Grace Manor Assisted Living's "Parade of Wreaths Silent Auction".

—The members of the Retro Rhythms from the JL Turner Center for performing at our December Tasty Tuesday.

—Windlands East for providing our Tasty Tuesday cookies.

—Everyone who helped 'deck our halls' for the holidays.

—The Fundraising Committee for planning two events this month, "The Gift of Gospel" and our Holiday Bake Sale.

—and to all our amazing volunteers, especially those who have been donating extra hours while we are short on staff: your support is precious to us!

Center Hours

Monday-Thursday
8:00am-4:00 pm

Friday
8:00 am-3:30 pm

Want a Tour of
the Center?
Hours Available:

Monday-Friday
9:00am-3:00 pm

Special Events



Join in All the Holiday Fun Thursday, December 7

Bring your holiday spirit for an afternoon of fun beginning at 1:00 pm in the Social Room. Enjoy cookies and hot apple cider between singing Christmas carols and then listen to the beautiful melodies of the Silver Notes Band. Be sure to wear your ugly or tacky Christmas sweater for the chance at a prize. And the biggest prize? Everyone that attends will be put into a drawing for a \$50 gift card to Walmart! (Must be present to win!) That will help with some Christmas shopping!

Tasty Tuesday: Jingle All the Way! Tuesday, December 19

Celebrate a Christmas feast with your FiftyForward family at **11:30 am** in the Party Room with honey-pineapple glazed ham, creamy sweet potatoes, southern-style green beans, Sister Schubert rolls and cookies.

After you have dined, we'll be treated to a "A Special Winter's Night" Concert by the Retro Rhythms from the FiftyForward J.L. Turner Center.

Purchase a \$6.00 ticket by Friday, December 15th! Your ticket stub makes you eligible for door prizes—we will have more than one as a special Christmas gift!

Holiday Bake Sale

Before (beginning at 11:00 am) and after (until 1:30 pm) Tasty Tuesday, our Fundraising Committee will host a Bake Sale in the Party Room. Get individually-wrapped and whole items and for the holidays! Baking donations needed. See Julie.



Watercolor Class January 23

Due to the holidays, we won't have an art class in December, but Kim Lane will be back in January with a wonderful landscape project for all our artists—experienced and beginners.

Please join her **Tuesday, January 23** in the Art Room from **9:00 to 11:00 am** to create "Terrific Trees" and create a large scale painting, exploring the concept of liquid water color resist techniques using tape and mod podge. Feel free to bring your own books or images of trees and landscapes for reference. All supplies will be provided, just bring your 'can do' attitude! **Cost is \$12.00 per person.** *Minimum of 6 students; maximum of 10.* **Sign up at the front desk by January 19.**



Do you have class, trip or program ideas for the New Year?
Please see or email Julie (jreeves@fiftyforward.org) with your ideas!

EXERCISE CLASSES



Unless otherwise indicated, classes are included with membership. Visitors add \$5.00.

Class Locations: PR=Party Room; C2=Classroom #2

- MONDAY**
- 9:00 am; Yoga with Stephen North, Jr.; \$5 per class; C2
 - 9:30 am; Line Dance led by Faye Redden; *Have fun dancing with a group while burning calories!*; PR
 - 12:30pm; SilverSneakers® Circuit; led by Kathleen Phillips; *Increase your cardiovascular and muscular endurance with a standing workout*; PR
 - 1:45 pm; SilverSneakers® Stress Reduction & Restorative Breathing; led by Kathleen Phillips; *Focuses on reducing stress & breathing techniques*; PR

- TUESDAY**
- 9:00 am; Tai-Chi; led by Elmo Shade; *Improves balance, flexibility and overall health*; \$5 per class; C2
 - 10:00 am; SilverSneakers® Classic; led by Kathleen Phillips; *Uses hand-held weights, tubes, balls, and chairs*; PR

- WEDNESDAY**
- 9:00 am; Yoga with Stephen North, Jr.; \$5 per class; C2
 - 10:00 am; SilverSneakers® Yoga Stretch; led by Kathleen Phillips; *Moves your body through a series of seated & standing yoga poses*; PR
 - 12:30 pm; SilverSneakers® Classic led by Kathleen Phillips; *see above*; PR

- THURSDAY**
- 12:30 pm; SilverSneakers® Classic led by Kathleen Phillips; PR
 - 1:45 pm; Gentle Yoga with Kathleen; *Uses seated and standing yoga poses*; \$2 a class; PR

- FRIDAY**
- 9:00 am; Yoga with Stephen North, Jr.; \$5 per class; C2
 - 11:00 am; Qigong, a Chinese moving meditation practiced for exercise, relaxation; C2 & preventative medicine; led by Cyndi Clark
 - 12:30pm; SilverSneakers® Classic; led by Lisa Cotton; PR

- SATURDAY**
- 10:00 am; Yoga with Stephen North, Jr.; \$5 a class; C2 (No Class December 23rd)

We Also Have Three Fitness Rooms:

Cardio Room—Treadmills, ellipticals, stationary bikes, and TV

Resistance Training—Stationary weight machines, single station equipment.

Strength Training—free weights, resistance training bands, rowing machine, balls, and more

If you have any questions about the equipment, please see a staff member.

WELLNESS Resources

Benefit Checkup:

Are you eligible for SNAP & other benefits? To find out, call the Family Assistance Service Center: (615) 743-2000

Blood Pressure Checks:

1st and 3rd Tuesdays of the month from 10:30 -11:30 a.m. Provided by Shirley Brown and Delores Jordan in the Social Room.

PAYMENT PROCEDURE
All payments for programs are processed at the front desk. This includes our yoga and tai-chi classes. An advance pay option is available for ongoing classes. Payments can be made by cash, check, and credit/debit card.

City Road United Methodist Track:

The track is open for members' use Mon - Fri from 8:00 - 5:00. Go by the front desk, show your FiftyForward scan card and get the pass code to get in. The track is on the second level and there is no elevator.

Dementia Support Group :

Kathy Johnson-Warner of Senior Helpers will help you get the

support you need when caring for your loved ones with dementia. Meets the 1st Thursday of the month at 10:00 a.m. in the Conference Room.



SERVICES Available

Free Legal Aid Provided by Beck & Beck Law Office: Meet with an attorney every 3rd Wednesday starting at 9 a.m. in 15 minute sessions. See the front desk to make an appointment. No aid in December.

Living at Home Services:

Providing referrals to help seniors remain at home as long as possible. Call Emily at 615-622-5409.

Notary Services:

Julie Reeves, Notary. Make appointment at the front desk. Donations to center requested.

Transportation:

To/From Center on Tuesdays & Thursdays only. \$2/within 3 miles of center, \$3/within 4 miles. Ask for an application at front desk.

Victory Over Crime: Are you a victim of a crime? Need counseling, help in court or more? Call (615) 743-3417 for more information.

Free Wi-Fi

We are happy to provide FREE Wi-Fi here at the center. Look for the FiftyForward Guest Network and type in 50Forward as the Password.

Art Crafts, & Hobbies

Thursday of the month is designated as "Color Club" day! Bring your own supplies or use ours.

***Bingo** - Most **first Mondays** and **fourth Tuesdays** of the month at **1:00 p.m.** Join us for a chance to win prizes! **Meets December 4 only. PR.**



GAMES

Everyday, games are being played in our social room. Currently, the most popular card game is Skip-Bo. Players are also enjoying Hand and Foot. On Tuesdays, we

have a Bridge Group that meets at 10:30 am. On Wednesdays, Mexican Train Dominoes meets at 12:30 pm. Our pool room has four pool tables, cues, and balls. Come join the fun!

***Quilting Club – Mondays from 12-2 p.m.** Bring your materials and quilt away! Have a question? Someone in the Club will be glad to help. **C2.**



***Open Music Jam** – Every **Tuesday at 1:00 p.m.** in Classroom #2. Also on **Friday, December 8 and 15** from **Noon to 3:00 pm** in Social Room.

Piano & Voice Lessons – Fridays at 10 a.m. Taught by Geno Haffner. \$15/30 minutes. Call Geno at 615-310-4579 to schedule. **C1.**

***Silver Notes Band** – Kim Yearwood leads this 16+ big band on **Wednesdays at 2 p.m.** They perform all over Nashville. Did you play an instrument in high school? Join them. **PR.**

Class Location Guide: PR=Party Room;

C1=Classroom 1; C2=Classroom #2;

CR= Conference Room; SR=Social Room

***Art Club** - Meets on **Thursdays** any time between 9:00 and 1:00 in the Open Art Studio to create and pursue arts and crafts. Please note no instructor is present. The 3rd

***Crochet for Beginners/Crochet Club – Wednesdays at 12:00 p.m.** Led by Paulette Spalding. Bring an "H" needle and yarn and Paulette will be happy to show you the basics of crochet. **CR.**

***Knitting Club – Thursdays at noon.** Don't know how? Someone will show you! Just bring your knitting needles and some yarn. **CR.**

***Loose Caboose Players** - This is a Reader's Theater so you don't have to worry about memorizing lines. They are taking a hiatus for December but will be back on Jan. 2 and want YOU to join them! **C1.**

***Karaoke – 2nd Thursdays of the Month at 12:30 pm.** Join "DJ Dottie" Dillard on **December 14** to sing your favorite songs or just to enjoy being serenaded! All those who attend are eligible to win door prizes. **SR.**

** asterisk denotes free event*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Classes, Clubs & Groups on a weekly rotation can be their respective pages within the Whistlestop.</p> <p>Daily/weekly games include Skip Bo, Hand & Foot, and Bridge. We also have a Pool Room with four pool tables.</p>					<p>1 DECK THE HALLS OF THE CENTER 10:00 to NOON 10:00 Wisdom Writers</p>	<p>2</p>
<p>3</p>	<p>4 10:00 Grief Support 1:00 Bingo</p>	<p>5 1:00 Reminiscé</p>	<p>6 10:30 Activities Committees 12:00 Madison Travelers to LongHorn Steakhouse</p>	<p>7 10:00 Dementia Support Group 1:00 Holiday Hoopla 6:00 GIFT OF GOSPEL</p>	<p>8 12:00 Music Jam 12:30 Film Club: "The Christmas Candle" (in Classroom #1)</p>	<p>9 9:15 Madison Travelers Trip to Granville</p>
<p>10</p>	<p>11 9:00 Second Sight 10:30 Red Hats</p>	<p>12 10:00 Tuba Christmas Trip 10:45 Food for Thought Trip</p>	<p>13 11:00 Staff Holiday Lunch</p>	<p>14 11:15 Inglewood Trip to The Rawlings 12:30 Karaoke</p>	<p>15 10:00 Wisdom Writers 12:00 Music Jam 12:15 Trip to Miss Patti's <i>Deadline for Tasty Tuesday Tickets</i></p>	<p>16</p>
<p>17</p>	<p>18 9:30 Music For Seniors Trips 10:00 Grief Support</p>	<p>19 10:00 Membership 11:00 Bake Sale 11:30 TASTY TUESDAY 1:00 Inglewood Trip Planning</p>	<p>20 9:30 Advisory Council 10:30 Fundraising 4:00 Ron's Christmas Light Tour #1</p>	<p>21 T³- Trippin' Third Thursday! 10:00 Shinndig Trip</p>	<p>22 4:00 Ron's Christmas Light Tour #2</p>	<p>23 NO PROGRAMS</p>
<p>24</p>	<p>25 CENTER CLOSED</p>	<p>26 CENTER CLOSED</p>	<p>27 CENTER CLOSED</p>	<p>28</p>	<p>29</p>	<p>30</p>

*Featuring Artists
from the
United States Association of
Gospel Entertainers & Musicians*



Mike Dunbar

Lashell Spears



Paul Sparks



Lady Corder Chapman



The Pearly Gates



Sandi Kay



*The
Gift
of
Gospel*

December 7

Dinner @ 6:00 pm

Show @ 7:00 pm

Advance Tickets:

\$15 Dinner & Show

Baked Potato Bar, Dessert and Drink

\$10 Show Only

At the Door Show Only Tickets \$12

Call 615-860-7180

or purchase tickets at front desk

FiftyForward Madison Station

301 Madison St. Madison 37115

Behind the Madison Library at the end of Douglas St.

Social Groups



Class Location Guide: PR=Party Room; C1=Classroom #1; C2=Classroom #2; C3=Classroom #3 (former Genealogy) CR= Conference Room; SR=Social Room

Bible Conversation – Every **Wednesday** at 10 a.m. C1.



Book Club – There will be no Book Club in December. Next meeting will be January 24 at 1:00 pm. C3.

Bowling Club – Join FiftyForward Donelson members on the **3rd Friday of every month at 2:00 pm** at the Strike and Spare in Donelson (2710 Old Lebanon Rd.) Cost per game is only \$1.00. Shoes are only \$1.00 as well. You will have to provide your own transportation.

Film Club – At **12:30 p.m.** on **2nd and 4th Fridays** in Classroom #1 on the big screen! On **December 8**, watch a progressive new minister's arrival in a small village threaten to end an age-old tradition that brings a yuletide miracle to one of the residents. C1.

Inglewood & Friends – **3rd Tuesday** of each month at 1 p.m. Plans monthly trips. Must be present at meeting to sign up for trips before T³. PR.

Madison Travelers – **1st Wednesday** of each month at 12 p.m. No meeting in December. Join them in January at LongHorn Steakhouse!

Red Hat Society – **2nd Monday** of each month at **10:30 a.m.** \$24 yearly dues. Join these ladies for lunch in red and purple gear! Marilyn Tidwell,

Queen. **On December 11, they are celebrating the holidays at Sycamore Terrace.** CR.



Reminisce – **1st Tuesday at 1:00 p.m.** Go back in time with Nancy McDougal. Door prizes! CR.

What is T3?

T3 stands for "Trippin' Third Thursday" and is the day our Trip List comes out for the following month's trips. December trip list will be released on November 16.

Suggestions Welcome!

Please see the suggestion board in the front hallway and our Advisory Council will review.

Second Sight - Get together with other visually impaired members of the community. Meets **2nd & 4th Mondays at 9:00 a.m.** Does not meet Dec. 25. C1.

Wisdom Writers Club - Join others in Life Story Writing. Meets **1st & 3rd Fridays at 10:00 am.** CR.

WELLNESS Resources

Grief Support Group:

Every first and third Monday at 10:00 am, a free support group for those dealing with the stages of grief. Meet with others who are journeying through the same processes in a safe and confidential environment. Facilitated by Adam Waltenbaugh, Masters in Counseling, Vanderbilt. CR

Medicare Counseling:

For help with your Medicare questions, call 1-877-801-0044, email tn.ship@tn.gov, or visit tnmedicarehelp.com.

Metro Nutrition Program:

Lunch for seniors over 60. Must apply with Metro first. Mon-Fri, 11:30 am. 48 hour reservation required. Contact Pat Cullum at 615-860-7180. Donations requested.

Recycling of Cans

We recycle aluminum cans used here in the center. The receptacle for EMPTY cans is in the fitness center beside the vending machines. Please do not put anything except cans in this container. Please do not bring in cans from outside the center.

Reiki Sessions:

Reiki Master Cyndi Clark offers Reiki sessions (Japanese hands-on healing) on Fridays beginning at 12:00 pm for \$15/15 min; \$25/30 min. Appointments can be made at the front desk. C2.

Second Harvest Food Donations:

Bring non-perishable foods to help others. Will be donated to the CCM down the street, which is the busiest Second Harvest Center in Nashville.

Therapeutic Massage:

Certified Massage Therapist Sue Truitt provides massages at her home near the center. Call her at 615-868-7032 or 615-519-3788 to schedule.

Walk Our Parking Lot:

Four times around our parking lot (on the outside edge) equals one mile!

Trips

*Trips are posted on the 3rd Thursday of the month—aka T3.
Payment is DUE at sign-up.
If the trip is full, put your name on the waiting list.*



A Tuba Christmas

Tuesday, December 12 - 10:00 am - \$6.00 + lunch

2017 is the 44th anniversary for TUBACHRISTMAS concerts/events which are presented throughout the world. In Nashville, this FREE concert is presented at First Baptist Church downtown. Tubas and euphoniums play Christmas music arranged especially for them and the result is glorious! Attendees are encouraged to sing along as well. The concert begins at 11:00 am but we are leaving a little early so we can get good seats.

Afterwards, we'll eat at Peg Leg Porker, where you can get some good old school BBQ. Choose between a sandwich, ribs, or wings with delicious sides.

Trip to the Frist Center for the Visual Arts:

"Food for Thought: Changing the World", Part 3

*Tuesday, December 12 - 10:45 am -
\$6.00 includes lunch*

Yes, we do have two trips to choose from this day! In partnership with Vanderbilt University's Office of Community, Neighborhood, and Government Relations, the Frist Center presents "Food for Thought," a lunchtime conversation with Vanderbilt professors, Frist Center curators, and other members of the Nashville community. During this third session, panelists will focus on the exhibition *Nick Cave: Feat.* and delve into how contemporary performance art can offer powerful and transformative opportunities for communities. Chicago-based artist Nick Cave produces work in a wide range of mediums, including sculpture, installation, video, and performance. His creations, bursting with color and texture, are optical delights that can be enjoyed by audiences of all ages and backgrounds. A deeper look reveals that they speak to issues surrounding identity and social justice, specifically race, gun violence, and civic responsibility. Afterwards, you'll have time to visit the exhibit with our Center Director, Brandy.

A maximum of 12 people can attend, so sign up fast!

Inglewood and Friends to The Rawlings

*Thursday, December 14 - 11:15 am -
\$29 includes Lunch*

Celebrate the season in the cheer-filled fashion of Inglewood and Friends' annual tradition. Visit the elegantly decorated venue, The Rawlings, for a sumptuous feast of Garden Salad, Grilled Chicken, Cornbread Dressing and Gravy, Green Beans, Pineapple-glazed Sweet Potatoes with Marshmallows, Baked Cinnamon Apples, Rolls, Coffee, Decaf, Iced Tea and Red Velvet Parfait.

Once you are as stuffed as Santa Claus, play White Elephant, an exchange of anonymous, wrapped gifts. Please bring a gift valued at \$5.00 if you would like to participate in the gift exchange. **Note: Please sign up by December 7. Refunds won't be given after this date.**

Madison Travelers to Miss Patti's in Grand Rivers, KY

Friday, December 15 - 12:15 pm - \$10 + Dinner

Patti's 1880's Settlement Restaurant has been awarded Southern Living Magazine's Reader's Choice Award for Best Small Town Restaurant in the southeast United States. Enjoy an early dinner with Madison Travelers at this popular destination. You'll have time to meander about the gift shops for holiday shopping before the sun goes down for the Festival of Lights, when you'll be dazzled by the lights and displays throughout the Settlement.

Music for Seniors Goes Holiday

Monday, December 18 - 9:30 am - \$6 + Lunch

Ride to The Frist Center for a holiday-inspired Music for Seniors program. First, hearken unto the sounds of the Nashville in Harmony choir. Follow it up with a Christmas carol sing-a-long led by the exuberant leading lady, Sarah Martin McConnell.

If you would like to look around the galleries, *in order to get free entrance, please bring a donation of canned food items to benefit Second Harvest.*

Afterward, partake of the soup, salad and sandwich lunch offerings at the Frist Center Café where you will receive 15% off in honor of Senior Monday.

Ron's Christmas Light Spectacular

*Wednesday, December 20th OR
Friday, December 22nd (Choose One) -
4:00 pm - \$7 + Dinner*

Each year, Ron and his wife, Judy, take members on a leisurely Christmas light tour through the fabulous displays and homes of the Brentwood area. Beforehand, you'll dine at one of Ron's favorites, the City Café, a yummy meat and three in Brentwood, for dinner. Note, this will be Ron's last trip with us as our FiftyForward driver, as he is retiring as of December 22nd.

FULL TRIP:

ShinnDig Celebration!

Thursday, December 21 - 10:00 a.m.

Upcoming Programs



Holiday Toy Drive Ends December 7

The Nashville Vet Center provides a continuum of care, counseling, outreach, and services to Tennessee Combat Veterans and their families. Again this year, FiftyForward is holding a gift/toy drive to benefit the children of those veterans. It is because of this event, that these 40 to 60 children receive Holiday gifts (ex: a toy and some small item (socks, stocking stuffer, etc.). We have a bin for new toy and stocking stuffer donations near the large calendar until December 7. Please consider donating!

Gift Wrapping at Knowles December 11

RSVP (Retired Senior Volunteer Program) is sponsoring a "Volunteer Gift Wrapping" event on **Monday, December 11 at the FF Knowles Center from 10:00 am to 1:00 pm.** RSVP will supply gifts, wrapping paper, supplies, and lunch for the event. They will also be assisting the FF Foster Grandparent Program with their "Granny" gift wrapping too! If you are interested, RSVP to Robin Johnson rjohnson@fiftyforward.org.

Are You Getting a New Phone, Tablet or Laptop For Christmas? Learn How to Use it!

Will "Santa" be bringing you a new electronic device this Christmas? Will you have no idea how to use it? Or at least need a little one-on-one help? No problem! We've teamed with the Nashville Public Library's Digital Literacy Program and they will be here for three days in January to answer questions about your new devices. These may include ipads, iPhones, Smartphones, Android Tablets, Kindle Fire Tablets, Windows 7 and Windows 10 Laptops.

Four, 30-minute appointments will be available on January 10, 17 and 24 beginning at 10:00am. Please reserve these slots for people that have NEW devices. Sign up at the front desk.

For all the rest of you with computer questions, don't worry! The Library will be back in February with computer classes. Details will be in the January newsletter.

COMMUNITY

—Join your community for the **Madison Christmas Tree Lighting** on

Tuesday, December 5 at 6:30 pm at Amqui Station right next door to us. Enjoy Christmas carols, hot chocolate and even a visit from Santa Claus!

—Spring Hill Funeral Home will hold their **Annual Memorial Candlelight Ceremony** on **Thursday, December 7** at 6:00 pm with words of comfort, music and honoring of loved ones. All are invited to come place a memorial ornament on one of their memorial trees. Refreshments will be served.

Thank You

to everyone who brought food donations for the Christian Cooperative Ministry. Over 300 items were brought in! One member bought 10 of every item on the list! The generosity here is enormous and we say THANKS!



FiftyForward T-Shirts

Stay warm this winter and show your FiftyForward pride with your long-sleeved FiftyForward shirts! We've got TWO designs—and THREE colors—for you to choose from! First, we have a 3/4 sleeve baseball jersey. The sleeves are black and the torso is gray with a black FiftyForward logo in the middle.

Next, we have our 20th anniversary long-sleeved T-shirts with our logo in the pocket area and then "Established in 1996" on the back. These are available in purple and gray.

Sizes for both designs are S-XXL. Cost for both designs are \$15.00 per shirt. XXXL is available for \$20.00. You can purchase these shirts at the front desk.

Overnight & Day Trips

FiftyForward Travel is waiting for you! We post the flyers for these trips in our Social Room on the display rack near the kitchen area.

India Treasures:
February 14-27, 2018

Spain Classics
March 10-20, 2018

Alpine Explorer &
the Glacier Express Train with
Oberammergau Passion Play
August 2-13, 2020

If we do not have a flyer on the above, please call 615-883-8375.

Ready to Join?

A membership is just \$120 per year. Bank draft of just \$10 per month is available as well. We are a SilverSneakers and Silver & Fit reimbursed location!

CORNER

Contact Us

Phone (615) 860-7180

Fax (615) 860-7732

*FiftyForward Madison Station
Staff & Email:*

**Brandy Lamb -
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Direct Line: 615-622-5409

Ron Lashbrook - Van Driver

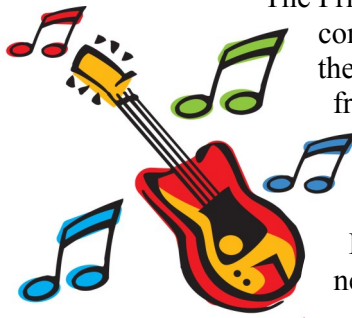
Pat Cullom - Metro Meals

Where are we located?

Even though our address is 301 Madison Street, we are physically located at the end of Douglas Street. There is a sign out front that says 'FiftyForward Madison Station.' Parking and entrance are in the back.

FiftyForward Madison Station
301 Madison St.
Madison, TN 37115

Music Jam Continues on December 8 & 15



The Friday Music Jam 'rocked' in November and so will continue to meet monthly. In December, come listen to the jam—or join in the playing—on December 8 and 15 from **Noon to 3:00 pm in the Social Room**. This is open mic, so bring your voices and instruments to share your talents with everyone.

Music Jam is free to FiftyForward members; visitors need to pay the \$5.00 guest fee.

Inclement Weather Policy

We want to remind you of our Inclement Weather Policy: On days when Davidson Co. Metro Schools are closed due to inclement weather, all Center classes, trips and special programs, including Metro Meals, will be cancelled; however the Center will remain open (fitness center, pool room, cards, etc.)



If Metro/State offices are closed due to inclement weather, all FiftyForward Centers/Offices will be closed.

We will keep our phone message and Facebook page updated with the Center status in the event of inclement weather.

Happy Holidays!

From Your **Fifty Forward** Staff!
Madison Station

