



Our Mission

Established in 1956, FiftyForward supports, champions and enhances life for those 50 and older.

About Us:

FiftyForward Madison Station is one of five lifelong learning centers in Davidson County and two in Williamson County. We offer various programs, classes and events monthly as well as access to the center amenities.

Membership is \$120 annually or \$10 via monthly bank draft. We also accept Silver Sneakers® and Silver&Fit® reimbursement through some Medicare supplement plans. Scholarships are also available.

Hours:

Monday-Friday
8:00am-3:30 pm

Tours Available:
Monday-Friday
9:00am-2:00 pm

Contact:

Phone
(615) 860-7180

Web
fiftyforward.org

Address
301 Madison St.
Madison, TN 37115
(physically located at the end
of Douglas Street)

Letter from the Center Director

Fall is just around the corner and I can't wait! I love this fall season. Exciting new improvements and enhancements to the center are continuing every day. We appreciate your patience as we continue to make Madison Station the best it can be. We are shuffling offices around and will continue to wrap up this project throughout September. Our Program Director, Julie's office is now located in the front administrative area. The new FLIP Coordinator is now in Julie's old office, off of the Social Room. Emily, our Care Manager will be moving into the first office down our main hallway.



Be sure to take your picture for your membership profile!

Say Cheese!!! Our check in computer has a new photo feature. We would love for you take a few seconds the next time you sign in to add your picture to your profile. Just ask someone at the front desk to assist you.

Also, mark your calendars and stay tuned for the upcoming Employment Fair for Older Adults hosted by FiftyForward and National Council on Aging on Wednesday, October 10 here at FiftyForward Madison Station.

—Brandy Lamb, Center Director

Letter from the Program Director

The first day of the fall season is September 22 (which ironically is also Fall Prevention Day!) Your health and well-being is very important to us, and therefore, in the coming months, we will have several opportunities for you to improve your welfare. You'll find the details inside this newsletter, but this month we will be having a Fall Prevention Class, a Skyline Lunch & Learn and a new support group for those experiencing "Life's Transitions." In October, look forward to an Acupuncture Class, a class on how to write a will, a Medicare seminar, and the AARP Driving Course. These activities are just a fraction of all the events I have planned for you! If you have any suggestions for future classes or events, please put your submissions in the 'Suggestion Box' in the front hall or see me in person.

—Julie Reeves, Program Director

MadTown Music Series Concludes September 11

Our Summer "MadTown Music Series" concludes **Tuesday, September 11** with "Blue Suede Shoes" playing music from the 50s, 60s, and 70s. Sponsored by Creekside Center for Rehabilitation and Health, dinner will be at 6:00 pm and the show at 7:00 pm. The menu is roast turkey with gravy, sage dressing, honey-glazed carrots, seasoned green beans, roll, and chocolate mousse.

Tickets are \$20 for Dinner & Show; Show ONLY tickets are \$12.00. Tickets must be purchased by September 7 and are on sale at the front desk or call 615-860-7180. You may reserve a table if you have 8 paid tickets.

Fall Fashion Show September 26

See the latest fall fashions plus the stylings of our Red Hat Pearls at our annual **Fall Fashion Show** on September 26. Beginning at 11:00 am, guests can browse and shop at vendors such as Bon Worth, Avon and Papparazzi Jewelry. Fashions from **Bon Worth** and chapeaus from our Red Hats will be modeled along at 11:30 am by our members.

Thanks to our sponsors **Creekside Center for Rehabilitation and Health and Captel, tickets are only \$5.00** and include a lunch of strawberry salad, a scoop of chicken salad, jello salad and dessert. Call (615) 860-7180 or stop by the office to purchase.

Services Available

Free Legal Aid by Beck & Beck Law:

Meet with an attorney every 3rd Wednesday starting at 9 a.m. in 15 minute sessions. Appointment required. See front desk.

Care Management Services:

Supports older adults who struggle with day-to-day obstacles, including financial, health and living at home. Call Emily at 615-622-5409.

Notary Services:

Julie Reeves, Notary. Appointment required. See 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.

Adult Day Services:

A program for those with cognitive, memory, or physical needs. Call (615) 463-2266.

Meals on Wheels:

Provides meals for those unable to prepare them on their own. Call (615) 463-2264.

Victory Over Crime:

Are you a victim of a crime? Need counseling, help in court or more? Call (615) 743-3417

Upcoming Special Events

Tasty Tuesday: Perfect for Baby Boomers!

Tuesday, September 18

Come listen and sing to the songs you know and love by The Baby Boomers—Ric & Fayth Kirk—at our next Tasty Tuesday! You'll hear old standards from the 20s to the 60s, plus a few originals from this duo that has been playing all over Nashville for years.

For the meal that day, we'll have poppy seed chicken over rice, green beans, roll, cookie and tea, which will be served **beginning at 11:30 am**. Purchase a \$7.00 ticket at the front desk by Friday, September 14th!



Scan-A-Thon

Thursday, September 20

Tennessee State University will be providing a free scan-a-thon on September 20 from 10:00 am—2:00 pm in the Conference Room. You can bring up to 15 old photos, negatives or documents out to the event, and they will scan them onto a free flash drive for preservation, safe-keeping and so you can pass on to family members. All originals and digital images will be returned. They will also give you information on the flash drive on how you can scan photos and documents at home. Please sign up in the Free Event Binder if you want to participate.

Fall Prevention Workshop

Monday, September 24

Members are encouraged to attend a Fall Prevention Workshop **September 24 at 10:00 am**. Why is Fall Prevention so important? According to the CDC, every 19 minutes a person age 65 or over has a fatal fall related injury, and every 11 seconds someone is admitted to the ER because of a fall related injury. One out of five falls cause a serious injury, so it is critical to learn how to minimize the risk of falling.

Ava Quick, Director of Rehabilitation at Trevecca Center for Rehabilitation and Healing will be here on the 24th to present, "STANDING UP to Falls", training designed to bring awareness to the risks associated with falls, provide free balance and gait assessments to determine your level of risk, and teach compensatory techniques you can use to reduce this risk.

Light refreshments will be provided. Please sign up in the Free Event Binder.

Skyline Lunch & Learn

Thursday, September 27

Tristar Skyline Medical Center will be providing a FREE Lunch & Learn on **Thursday, September 27**. Our lunch that day will be Chicken Tenders, Mac & Cheese, Stuffed Tomato, roll, cake and sugar-free peach tea at **11:30 am**.

After lunch, we will have a speaker (not yet confirmed) from Skyline Medical Center. Please see the front desk for a flyer on the speaker in the coming weeks.

Only 95 tickets are available for this event. Pick up your FREE ticket at the front desk. If you get a ticket and then realize you cannot use it, please return it so others may have the opportunity to attend.

*All FiftyForward
Centers Will Be
CLOSED
for
LABOR
Day
September 3*

EXERCISE CLASSES



*Unless otherwise indicated, classes and activities are included with membership.
Visitors add \$5.00. Class Locations: PR=Party Room; FC=Fitness Center;
CR=Conference Room; SR=Social Room*

- MONDAY**
- 9:00 am; Yoga with Stephen North, Jr.; \$5 per class; FC
 - 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 Brian Wilson; *Improves balance, flexibility and overall health; \$5 per class; FC*
 - 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; FC
 - 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 Lisa Cotton; *Uses seated and standing yoga poses; \$2 a class; PR*

- FRIDAY**
- 9:00 am; Yoga with Stephen North, Jr.; \$5 per class; FC
 - 11:00 am; Qigong, a Chinese moving meditation practiced for exercise, relaxation; FC & 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; FC

We Also Have Fitness Rooms With The Following:

Cardio Training—Treadmills, ellipticals, stationary bikes, rowing machines, and hand bike

Strength Training—Stationary weight machines, free weights, and more
If you have any questions about the equipment, please see a staff member.

Wellness Resources

Audiology Screenings:

Ascent Audiology provides free hearing screenings on the 4th Tuesday of the month (Sept. 25) from 10:30-11:30 am.

Appointment required. Sign up at the front desk.

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 Tuesday of the month provided by Shirley Brown.
3rd Tuesday provided by Hickory Gardens Assisted Living.
10:30 -11:30 a.m. SR

Blood Pressure and Glucose Checks:

Provided by Creekside Health and Rehabilitation on the 4th Tuesday (Sept 25) of the month, 10:30-11:30 a.m. SR

Healthcare Connection:

Provided by Neil Reaves on the 1st, 3rd, and 4th Tuesdays of the month, 10:30-11:30 a.m.
Resources for healthcare help.
SR

Walk for Health:

Four laps around the outside edge of our parking lot equals one mile.

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.

In Our Facility...

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.

Social Room

Enjoy coffee with friends, watch TV, play cards and/or eat your lunch. Microwave, refrigerator and water machine available.

Vending Machines

A soda and snack machine are located in the Party Room.

Recycling of Cans

We recycle aluminum cans used here in the center. The receptacle for EMPTY cans is in the Party Room beside the vending machines.

Please do not put anything except cans in this container. Please do not bring in cans from outside the center.

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. Please check labels and do not donate expired foods.

Art Crafts, & Hobbies

*Class Location Guide: PR=Party Room;
C1=Classroom 1; C2=Classroom #2;
CR= Conference Room; SR=Social Room*

** asterisk denotes free event*

***Bingo** - Most **first Mondays** and **fourth Tuesdays** of the month at **1:00 p.m.** Join us for a chance to win prizes! **No Bingo September 3 due to Labor Day. September 25 is 'regular' Bingo. SR.**

***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.**

GAMES



Everyday, games are 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 11:30 am. Our pool room has four pool tables, cues, and balls. Come join the fun!

***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 just having fun! Tuesdays at 1:00 p.m. **C1.**

***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.**

MUSIC NOTES

***Karaoke** – ‘D. J.’ Dottie Dillard leads the 2nd Thursday of each month at 12:30 p.m. Come sing your favorite song or just listen. Door prizes! **Meets September 13. SR.**

***Open Music Jam** – Bring your voice, instrument and/or listening ears for a jam session. Every **Tuesday at 1:00 p.m.** in Classroom #2. Also on **Friday, September 14 and 28 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.**

***Choraleers** – Geno Haffner leads the FiftyForward chorus **Thursdays at 10 a.m. at our Knowles location.** If interested you can carpool from here to there with another member or drive yourself. See Julie for info.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 LABOR DAY CENTER CLOSED	4 10:30 BP/ Healthcare Connection 1:00 Reminisce	5 10:00 Life's Transitions Support Group 10:30 Activities Committee 12 Madison Travelers	6 <i>Election Day</i> 10:00 Trip to Franklin Bargains 10:00 Dementia Support Group	7 10:00 Trip to Pickin' Chicken 10:00 Wisdom Writers 12:00 Film Club: "Hello, My Name is Doris"	8
9	10 9:00 Second Sight 10:30 Red Hats <i>Deadline for Dinner Show Tix</i>	11 6:00 BLUE SUEDE SHOES Dinner Show	12 10:00 Life's Transitions Support Group 10:00 Up-for-Grabs Day	13 11:00 Trip to Mt. Juliet Music Jam 12:30 Karaoke	14 12:00 Music Jam <i>Deadline for Tasty Tuesday Tickets</i>	15 4:15 Trip to Roller Derby
16	17 10:00 Grief Support 10:30 Trip to Colorado Grill	18 9:30 Art Class 10:30 BP/ Healthcare Connection 11:30 TASTY TUESDAY 1:00 Inglewood Club	19 9:00 Legal Aid 9:30 Advisory Council 10:30 Fundraising 5:15 Trip to The Music of Nashville	20 T³- Trippin' Third Thursday! 10:00-2:00 pm Scan-a-Thon	21 10:00 Wisdom Writers 12:30 Film Club: Viewer's Choice <i>Deadline for Fashion Show Tix</i>	22 <i>National Fall Prevention Day</i>
23	24 9:00 Second Sight 10:00 Fall Prevention Class	25 9:00 Hiking Trip 10:30 Audiology Screenings 1:00 Bingo	26 11:00 FALL FASHION SHOW	27 10:00-11:30 Flu Shots 11:30 Skyline Lunch & Learn	28 12:00 Music Jam	29
30	<p>Mondays: Cards/Billiards 9:00 am Traditional Yoga 12:00 pm Quilting 12:30pm SilverSneakers Circuit 1:45 pm; SilverSneakers Stress Reduction & Restorative Breathing</p> <p>Tuesdays: Cards/Billiards 9:00 am Tai-Chi 10:00 am SilverSneakers Classic 1:00 pm Loose Caboose 1:00 pm Open Music Jam</p> <p>Wednesdays: Billiards 9:00 am Traditional Yoga 10:00 am SilverSneakers Yoga Stretch 11:30 am Mexican Train 12:00 pm Crochet 12:30pm SilverSneakers Classic</p> <p>Thursdays: Cards/Billiards 12:00 pm Knitting 12:30 pm SilverSneakers Classic 1:45 pm Gentle Yoga</p> <p>Fridays: Billiards 9:00 am Traditional Yoga 11:00 am Qigong 12:30pm SilverSneakers Classic</p>					

MadTOWN Music Series

Blue Suede Shoes

50s, 60s & 70s!



Tuesday, September 11

Dinner @ 6:00 pm

Show @ 7:00 pm

\$20 Dinner & Show
\$12 Show Only

Buy at Front Desk or call 615-860-7180

Enjoy Roast Turkey & Gravy with Sage Dressing,
Seasoned Green Beans; Honey Glazed Carrots;
Yeast Roll and Chocolate/ Pumpkin Spiced Mousse
before an evening of rockin' tunes!

Sponsored by



CREEKSIDE CENTER
FOR REHABILITATION & HEALING

Wednesday
September 26
11:00 am

- Watch Members Model Fashions from the Bon Worth Fall Line & the Red Hat Pearls
- Enjoy a Delicious Lunch
- Before and After the Show Shop at:
 - *Bon Worth*
 - *Paparazzi*
 - *Avon*
 - *Red Hat Merchandise*

Tickets \$5.00



CREEKSIDE CENTER
FOR REHABILITATION & HEALING

BonWorth
America's Favorite Mother Daughter Store

CapTel[®]
Captioned Telephone

Fall
Fashion
Show

Groups & Clubs

*Class Location Guide: C1=Classroom #1; C2=Classroom #2;
CR= Conference Room; SR=Social Room*



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.

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. **CR.**

Film Club – At **12:00 p.m.** on **1st and 3rd Fridays** of the month. On **September 7**, a woman of a certain age finds her world turned upside down by a handsome new co-worker in a witty and compassionate late-life coming-of-age-story. On **September 21**, those attending will get to choose which movie they want to watch. **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 planned. **SR.**

Madison Travelers – **1st Wednesday** of each month at **12 p.m.** to plan monthly trips. Must be present at meeting to sign up for trips planned. **SR.**



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. Join them September 10 for a old-fashioned picnic at Christine Johnson's house. **CR.**

Reminisce – Meets the **1st Tuesday of the month at 1:00 p.m.** **September 4.** Go back in time with Nancy and Larry McDougal. Door prizes! **CR.**

Second Sight - Get together with other visually impaired members of the community. Meets **2nd and 4th Mondays at 9:00 a.m.** **C1.**

Wisdom Writers Club - Join others in Life Story and other writing. Stop by to read their insights on "Fathers" in the back hallway. Meets **1st and 3rd Fridays at 10:00 am.** **CR.**

COMMUNITY

The Madison-Rivergate Chamber of Commerce and RiverGate Mall are hosting the annual **Taste of Madison** in conjunction with Touch-a-Truck on **Tuesday, September 25** from **5:00 pm to 7:30 pm** in the **Rivergate Mall Food Court Area**. Sample foods from area restaurants, visit with area businesses, and get an up-close view of various police vehicles. Tickets are \$10 for adults and can be purchased at the FiftyForward front desk (cash only) or at TasteofMadison2018.Eventbrite.com.

Wellness Resources

Grief Support Group: Meets on the **1st & 3rd Mondays of the month at 10:00 am.** This is 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 Cullom at 615-860-7180. Donations requested.

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

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.

Bulletin Board

On the three bulletin boards in the front hallway, you can read and make suggestions; see get well and sympathy messages, and read and post events and classifieds. Items posted may only remain for one month.

CORNER

Trips

At Madison Station, we go on approximately 6-8 day trips per month. The trip list comes out on what we call 'T3' or "Trippin' Third Thursday" and lists the following month's trips. For example, October's trip list will be released on September 20.

Payment is due at sign-up either in person or by phone with credit card.

Some trips are full due to the trip list coming out two weeks prior to the newsletter release. If the trip is full, you may put your name on the waiting list.

If you are interested at all in trips, don't miss T3!

Trip Policies

***Minimum number**— All trips require a minimum of 6 people unless otherwise noted. Trips not meeting the minimum number will be cancelled at least 24 hours in advance and credit given to those already signed up.

***Departure Time** - Trips will leave at the stated departure time, so it is best if you arrive at least 10 minutes prior to departure. No credit will be given if you are late.

***Cancellations and No Shows** - A credit will be issued if a cancellation is given within 24 hours of a trip's scheduled departure. No credits or transfers will be made for trips that a member did not attend. However, in the case of a trip involving pre-ordered tickets or reservations, a credit will be given only if we can refill your seat.

Credits/Refunds: Credits will only be good for up to 90 days from the issue date. There are no cash refunds for any trip.

Attendance: Cancelling or not showing up for three or more trips/events within a month will result in being placed on a waiting list the following month.

Exceptions: Exceptions may be considered by the Center/Program

Franklin Bargains: Grace Works Thrift Store, Marti & Liz Shoes & Lunch!

Thursday, September 6 - 10:00 am - \$6.00 + Lunch

Shoppers, get ready to buy some great items at great prices! First, we'll stop at GraceWorks, where they believe everyone should have the ability to purchase high-quality used goods such as clothing, furniture and household items at affordable prices. On Thursdays, those 55 and up get a 30% discount!

Afterwards, we'll eat at the Cool Café, recommended by Ms. Cheap as "one the best meat and threes in Middle Tennessee." Prices start at \$8.50. Thursday's meats are Fried Chicken, BBQ Chicken and Pot Roast in addition to Chef's Favorites.

We'll finish up with visit to Marti & Liz Shoes, which offers 50 – 90% off of designer men's and women's designer shoes. If you've never been, you are in for a treat!

Mt. Juliet Music Jam

Thursday, September 13 - 11:00 am - \$7.00 + Lunch

Tuck away every scrumptious morsel at Courtney's, a cafeteria-style, down-home Southern cooking meat and three in Mt. Juliet, before enjoying the music stylings of Ron Lashbrook, our former Van Driver, as he and other musicians perform for you at the Ole' Time Music Jam at the Mt. Juliet Senior Activity Center.

Madison Travelers to Colorado Grill & Shopping at Glenbrook Shopping Center

Monday, September 17 - 10:30 am - \$7.00 + Lunch

Join the Madison Travelers for delicious fare at the Colorado Grill in White House. If you're craving a mouth-watering burger, a juicy steak, ribs, seafood, pasta, a salad, or anything in-between, this restaurant is for you. A patron on their website says "you can't go wrong with anything on their 'always fresh' menu." Afterward, we'll head back south to the Glenbrook Shopping Center in Hendersonville where you can choose your shopping pleasure at stores including Kohl's, Ross, HomeGoods and Target.

The Music of Nashville® and Dinner at Caney Fork River Valley Grille

Wednesday, September 19 - 5:15 pm - \$33.00 + Dinner

Let The Music of Nashville® take you on an action packed ride through 60 years of Nashville's most memorable songs and the stories behind them! From Hank Williams, Patsy Cline, George & Tammy, Conway & Loretta, Johnny & June, to George Strait, Garth Brooks, Travis Tritt, Wynonna, Keith Urban and Miranda Lambert, this dynamic performance will entertain and engage all audiences creating a new appreciation for the historical importance of Nashville to the world of music!

Beforehand, we will eat at Caney Fork River Valley Grille, which offers a diverse menu with some of the best Southern Food and Wild Game you can find! Just a sampling of what they have include farm-raised Catfish, fall-off-the bones Ribs, Fried Shrimp, award-winning Gator Chili, Elk Sliders, Venison Sausage and so much more! Prices range from \$6.95 to \$21.95.

Hiking Club with Julie to Centennial Park

Tuesday, September 25 - 9:00 am - \$6.00 + \$4.00 Admission + Lunch

Join Julie for a walk through Nashville's premier park, which features a one-mile hiking trail, a beautiful sunken garden, lake, and of course, the iconic Parthenon. Participants have the option of touring the Parthenon if they wish. Please bring \$4.00 for senior admission if you would like to visit the re-creation of the 42-foot statue Athena inside the Parthenon, both full-scale replicas of the Athenian originals. If you do not wish to tour, make another lap around the lake or relax on one of the many park benches.

After our visit, we'll dine at Rotier's, a Nashville landmark for over 70 years. The Cheeseburger on French Bread is Rotier's claim to fame, winning many local and national awards. On Tuesdays, their daily special is Country Fried Steak. Don't want either? They have a large menu to choose from! Prices range from \$6.99 to \$12.99.

FULL TRIP:

Inglewood to Pickin' Chicken and TN Walking Horse Museum

Friday, Sept. 7 - 10:00 am

Upcoming Programs

Anyone Can Paint This Floral Landscape!

Join our art group on September 18 to create an Yvonne Coomber inspired floral landscape in acrylic and craft paints on canvas. Kim Lane will take you through the step by step process of creating this landscape with the use of non-traditional application techniques such as sponge, splattering and Q-tip painting. No prior experience required, wear old clothes as some of the techniques can get messy.



Class is from 9:30 am to 11:00 am (you'll have time to clean up before Tasty Tuesday!) **Cost is \$10.00 per person.** *Minimum of 6 students; maximum of 10.* **Sign up at the front desk by Friday, September 14 .**

“Up for Grabs” Day!

In our efforts to organize and update the center, we have found A LOT of stuff we don't need! This includes some furniture, household items, puzzles, framed art, and much more. These items will be “up for grabs” for free on **Wednesday, September 12th** beginning at **10:00 am**. Items are first-come, first served until gone. Loading assistance provided.

‘Moving Through Life’s Transitions’ Support Group

We are excited to bring you a new support group which targets those who are experiencing “Life’s Transitions.” Join others who are going through transitions as well and learn some helpful hints on how to navigate through the paths and curves of life changes. We will talk about how to move from striving to contentment, ways to resolve conflicts that arise as we age, as well as reinventing yourself. This is a time in life where there are losses and gains – the unexpected almost seems like an expected guest – and events range from health concerns to heartbreak to just plain boredom. Come learn more about how to gracefully and fearlessly “move through life’s transitions”.



The group meets on **Wednesdays** from **September 5—November 21** from **10-11:30 a.m.** Group sessions are \$5 each (\$60 for complete session). Scholarships are available; see staff for information. Participants

are encouraged to attend every session to get the most out of the curriculum.

Life's Transitions will be led by Barbara Tamkin, a staff Pastoral Counselor who works out of Insight Counseling Centers. Barbara has specialized training in emotionally focused therapy and loves meeting people at whatever point they are on in life's journey and walking with them to a place of more hope and healing.

Flu Vaccinations by Walgreens September 27



Walgreens will be here on the **Thursday, September 27** between 10:00 a.m. and 11:30 p.m. to administer the stronger senior flu shots. Many insurance companies will pay for this so check with your carrier.

You must fill out a registration form to receive the shot. We recommend picking up the form at the front desk, filling it out and returning it to us beforehand. However, this is not required and walk-ins will be welcome on the day of the clinic. For those pre-registering, please turn in your form by **Monday, September 24th**.

Thank You!

—Creekside Center for Health and Rehabilitation for sponsoring our Dinner Show and Fall Prevention Class.

—Maybelle Carter Senior Living for being our Tasty Tuesday cookie sponsor.

—Skyline Medical Center for sponsoring the Lunch & Learn.

—Tennessee State University for sponsoring the Scan-A-Thon

—and to all our amazing volunteers: your support is precious to us!

FiftyForward Travel 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.

Call Janice Judd at 615-231-1235 for info.

**NOVEMBER 12-16
NEW ORLEANS**

**DECEMBER 3-7
BRANSON HOLIDAY SHOW**

**JANUARY 21-26, 2019
ORLANDO & COCOA BEACH**

**FEBRUARY 9-16, 2019
HAWAIIAN CRUISE**

**MARCH 27-APRIL 6, 2019
DISCOVER GREECE:
In the Footsteps of Paul**

**APRIL 23-MAY 1, 2019-
TEXAS...YE-HA!**

**MAY 6-19, 2019
ICELAND, IRELAND &
SCOTLAND**

**OCTOBER 7-17, 2019
PANAMA CANAL CRUISE**

Day Trips:

Tropicana—Sept. 20, Nov 15
Goats, Music & More—Oct 13
Christmas in the Country—Nov 3
Thomas House Hotel—Dec 6

Our Staff

Brandy Lamb
Center Director

blamb@fiftyforward.org

Julie Reeves
Program Director

jreeves@fiftyforward.org

Michelle Conley
Office Assitant

mconley@fiftyforward.org

Tom Myres - Driver
tmyres@fiftyforward.org

Emily Eriamiatoo
Care Manager

Eeriamiatoo@fiftyforward.org
Direct Line: 615-622-5409

FLIP Coordinator
Direct Line: 615-622-9867

Our Partners



AARP Driving Course Coming in October

Cars have changed. So have traffic rules, driving conditions and the roads you travel every day. Some drivers age 50-plus have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from refreshing their driving skills.

By taking a driver refresher course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. After completing the course, you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions and injuring yourself or others. Plus, you may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent.

The AARP Smart Driver™ course, offered by AARP Driver Safety, is the nation's first and largest refresher course designed specifically for drivers age 50 and older. We will hold the course at FiftyForward Madison Station on **October 18 and 19** from **10:00 am to 2:00 pm each day**. Cost is \$15.00 for AARP Members; \$20 for non-AARP members. Checks ONLY will be accepted and must be made out to AARP. Registration is first-come; first-served and a maximum of 25 students can be accepted. Sign up at the front desk.

Membership fees to increase Jan. 1; members can participate in all seven centers

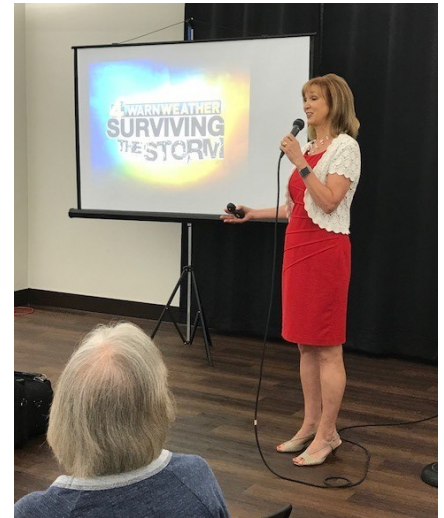
Effective January 2019, FiftyForward center membership fees will increase to \$12* a month. Our centers offer lifelong learning and engaging programs (arts, exercise and education) and access to resources to live true to the FiftyForward mission: to support, champion and enhance life for those 50 and older.

Five of the seven FiftyForward lifelong learning centers are among the elite 1% of centers in the United States, recognized by the National Institute of Senior Centers, for quality and effectiveness.

As a nonprofit agency, we rely on proceeds from annual membership and program fees, special events, local government grants and funders, active volunteers and other thoughtful and generous community supporters to provide engagement opportunities for older adults.

FiftyForward has not raised membership rates in eight years. This increase will offset the costs we are seeing to maintain our lifelong learning centers and programs.

**FiftyForward College Grove rates (due to a community partnership with the Williamson County Department of Recreation) will increase to \$9 a month.*



Lisa Spencer, Chief Meteorologist for News4 did a great presentation at our August Tasty Tuesday! We learned so much about the weather and broadcasting— from the best place to take shelter during a storm to the best colors to wear on television!

FiftyForward Madison Station
301 Madison St.
Madison, TN 37115

