



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 \$144 annually or \$12 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

It's February and I am reminded of how much I LOVE being here with you at FiftyForward Madison Station. First up, we are excited that we now have Voice Connect capabilities and can send out "Robo Calls". We will use this feature to keep you informed of special updates and also send you reminders. See the Robo Calls article for more details.

Next up, our 20th Whistlestop Fundraiser! On Thursday, March 7 the "train" is heading to New Orleans. You are welcome to join us, tickets are \$50 for members. We are looking for Silent Auction and Prize Wall items as well, so let us know if you have a connection. We also need your VOTE for next year's destination theme. Stop by the front desk beginning February 11th to vote. Also, throughout February our conductor of the year candidates will be setting up vote jars at front counter, One Vote = One Dollar.

Last, we have one more place we need your help, the Madison-Rivergate Area Chamber of Commerce is holding their 2nd Annual Best of Madison-Rivergate Awards. Check out this article too, for more details on how to nominate us and vote!

With Love, *Brandy Lamb, Center Director*



Letter from the Program Director

It's the month of love—and you're gonna LOVE all the events we have coming this month. I especially am because I'm getting married on Valentine's Day! Here at the center, we'll be making valentines for those who are homebound, playing lots of Bingo, learning about Alzheimer's and COPD, celebrating Valentine's Day and Black History Month and SO much more! Be sure to read this newsletter from cover to cover so you don't miss anything!

Hugs, *Julie Reeves, Program Director*

Bingo in February is BIG and SUPER!

It's **BIG BINGO** time on **Thursday, February 7!** At **11:30 am**, partake of lunch sponsored by Creekside Center for Health & Rehabilitation. We'll have Creamy Vegetable Soup, choice of pimento cheese or chicken salad sandwich, pickle slices and filled red velvet cupcakes with cream cheese icing. The Bingo calling will begin at Noon. Make sure to purchase your **\$7.00 ticket** by Monday, February 4th so you don't miss the opportunity to win first-rate items and the \$50.00 coverall prize!

SUPERBingo is back **Tuesday, February 26 at 1:00 pm**, sponsored by **A Place for Mom, Home Care Solutions, Windlands East, High Point Hospice and Ed Medical.**

In **SUPERBingo**, if you get a Bingo, you get to pick out **THREE** prizes! Plus there will be at least four coverall prizes. All this for **FREE** and **NO TICKET** required!

Sweetheart Celebration on Valentine's Day

Valentine's Day is not just for those who are dating or in a relationship. Valentine's Day celebrates LOVE whether for your spouse, friends, family or even pets! We invite everyone to bring their 'sweethearts' on **Thursday, February 14th at 1:00 pm** for an afternoon of sharing and laughing! If you can't bring your sweetheart with you, bring a framed photo of them to put in front of you to share with others.




ClearCaptions.
Get the whole conversation.

Thanks to ClearCaptions, we will savor valentine cupcakes and punch while enjoying the Loose Caboose players showing us how funny love can be. Please sign up in the FREE event binder so we'll know how many are attending.

FiftyForward Services Available

Care Management Services:

This no-cost service for older adults with low incomes offers in-home assessments to connect with services that meet their needs (food, health care, etc.) Call Emily at (615) 622-5409.

Care Team Services:

For a fee, this service supports older adults and caregivers by assessing needs, helping purchase services, monitoring care and much more. Call (615) 743-3436.

Conservatorship:

This program makes decisions when an older adult can no longer do so and has no one to help. Through court appointment, FiftyForward can serve as conservator of a person and/or finances. Call (615) 743-3436.

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

Make “Love Letters” for the Homebound

Monday, February 4



Our FiftyForward Fresh/Meals on Wheels Program has a “Love Goal” of giving 15 Valentine’s Cards to each of their 100 participants—that’s 1500 Cards! We want to help with this project that brings hope to these individuals that are primarily homebound. We will have a “Love Letter Party” on **Monday, February 4** beginning at 11:00 am in the Social Room. We will provide all the supplies, just bring your creativity and love. We will also have pre-made valentines if you aren’t the creative type.

Paint Love on Paper

Tuesday, February 12

Join Instructor Kim Lane for a Valentine inspired watercolor class this month. You will be guided through creating at least two different designs suitable for framing or gifting to a secret crush. No previous art experience required, all materials will be provided.

Class is from 10:30 am to Noon. Cost is \$11.00 per person. Minimum of 8 students; maximum of 12. Sign up at the front desk by Friday, February 8.



Tasty Tuesday Celebrates Black History Month

Tuesday, February 19



In honor of the celebration of the 93rd Black History Month, we are excited to welcome the Elizabeth Senior Dancers, a group from the Elizabeth Senior Center in Nashville. These African-American performers travel throughout the Middle Tennessee area with a variety of dances, including spirituals, jazz and ballroom. Our own member Ednaearle Burney is a part of this group.

Lunch will be Chicken Pot Pie, Baked Apples, Salad, Cookie and Sugar-Free Peach Tea. **Deadline to purchase your \$7.00 ticket is Friday, February 15th.**

Lunch & Learn: A Discussion of Alzheimer’s Disease

Monday, February 25

Vanderbilt Medical Center’s Center for Cognitive Diseases will be here February 25 to discuss Alzheimer’s Disease. This **FREE Lunch & Learn will begin at 11:30 am**. Our lunch that day will be Baked Spaghetti (meatless option available); salad; garlic bread and chess pie.

Only 85 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.

Senior Ride Presentation

Thursday, February 28

Senior Ride Nashville will host an information session on **February 28 at 10:30 am** on the increasingly popular Senior Ride program. Information will be provided about signing up as either a volunteer driver or a rider with Senior Ride Nashville, a nonprofit agency that matches seniors in need of safe, affordable transportation with trained volunteer drivers. Madison Station member Celia Bolarte has been riding with Senior Ride for several months and has already become a ‘celebrity’—highlighted on our local news and starring in a Senior Ride marketing video (which we will show.) Celia and one of her drivers will be on hand to answer questions. **Please sign up in the FREE event binder.**



SENIOR RIDE
NASHVILLE

EXERCISE CLASSES



Unless otherwise indicated, classes and activities are included with membership.
Visitors add \$5.00. Class Locations: AR=Activities Room (former Party Room);
FC=Fitness Center; SR=Social Room

- MONDAY**
- 9:00 am; Yoga with Stephen North, Jr.; *Uses standing and floor yoga poses; \$5.00 per class; FC*
 - 12:30pm; SilverSneakers® Circuit; led by Kathleen Phillips; *Increase your cardiovascular and muscular endurance with a standing workout; AR*
 - 1:45 pm; SilverSneakers® Stress Reduction & Restorative Breathing; led by Kathleen Phillips; *'Chair' yoga that focuses on reducing stress & breathing techniques; AR*
- TUESDAY**
- 9:00 am; Tai-Chi; led by Brian Wilson; *Improves balance, flexibility and overall health; \$5.00 per class; FC*
 - 10:00 am; SilverSneakers® Classic; led by Kathleen Phillips; *Focuses on strengthening muscles and increasing range of movement for daily life activities using hand-held weights, tubing, and balls.*
- WEDNESDAY**
- 9:00 am; Yoga with Stephen North, Jr.; *\$5.00 per class; FC (see description on Monday)*
 - 10:00 am; SilverSneakers® Yoga Stretch; led by Kathleen Phillips; *Moves your body through a series of seated & standing yoga poses; AR*
 - 11:30 am; Qigong, a Chinese moving meditation practiced for exercise, relaxation & preventative medicine; led by Cyndi Clark; FC
 - 12:30 pm; SilverSneakers® Classic (see Tuesday) led by Kathleen Phillips; AR
- THURSDAY**
- 12:30 pm; SilverSneakers® Classic (see Tuesday) led by Kathleen Phillips; AR
 - 1:45 pm; Gentle Yoga with Lisa Cotton; *Uses seated and standing yoga poses; \$2 a class; AR*
- FRIDAY**
- 9:00 am; Yoga with Stephen North, Jr.; *\$5 per class; FC*
 - 11:00 am; Qigong (see Wednesday); led by Cyndi Clark; FC
 - 12:30 pm; SilverSneakers® Classic (see Tuesday); led by Lisa Cotton; AR

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

Wellness Resources

All of Us Appointments:

The All of Us Research Program from the National Institutes of Health seeks to enroll 1,000,000 participants from diverse backgrounds to improve the health of future generations. If you are interested, but have more questions or would like some assistance in enrolling, appointments are available every 4th Thursday from 10-11 am. Sign up at front desk.

Audiology Screenings:

Ascent Audiology provides free hearing screenings quarterly from 10:30-11:30 am. Appointment required. Sign up at the front desk for February 12 appointments.

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 Center for Rehabilitation and Healing on the 4th Tuesday of the month.
10:30-11:30 a.m.

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, coffee and water machine available.

Vending Machines

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

Recycling

We recycle aluminum cans used here in the center. The receptacle for EMPTY cans is in the Activities 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.

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.

Notary Services:

Julie Reeves, Notary. Appointment required; call or see front desk to inquire. Donation 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.

Art Crafts, & Hobbies

Class Location Guide: AR=Activities Room;

CI=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! **February 4 and February 26. 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, Chess meets at 10:00 am and 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! **Fridays* at 1:00 pm. C1. (*new day)**

***Quilting Club – Mondays from 12:00-2:00 pm.** 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! **Does not meet in February.**

***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 meets **2nd & 4th Friday, February 8 and 22, from Noon to 3:00 pm** in Social Room.

Piano & Voice Lessons – Friday mornings. Taught by Geno Haffner. \$15/30 minutes. Call Geno at 615-310-4579 to schedule.

***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! **AR.**

***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
<p>Mondays: 9:00 am Traditional Yoga 12:00 pm Quilting 12:30pm SilverSneakers Circuit 1:45 pm; SilverSneakers Stress Reduction & Restorative Breathing</p>	<p>Tuesdays: 9:00 am Tai-Chi 10:00 am SilverSneakers Classic 1:00 pm Open Music Jam</p>	<p>Wednesdays: 9:00 am Traditional Yoga 10:00 am SilverSneakers Yoga Stretch 11:30 am Qigong 12:00 pm Crochet 12:30pm SilverSneakers Classic</p>	<p>Thursdays: 12:00 pm Knitting 12:30 pm S.S. Classic Classic 1:45 pm Gentle Yoga Fridays: 9:00 am Traditional Yoga 11:00 am Qigong 12:30pm S.S. Classic</p>	<p>1 10:00 Wisdom Writers 1:00 Loose Caboose 6:15 Trip to Dixie Jamboree</p>	<p>2 Groundhog Day </p>	
3	<p>4 10:00 Grief Support 11:00 Make Valentine's Cards 1:00 Bingo <i>Deadline for Big Bingo Tix</i></p>	<p>5 10:30 BP 1:00 Reminisce</p>	<p>6 Tax Appointments 12:00 Madison Travelers Trip Planning</p>	<p>7 10:00 Dementia Support Group 10:00 DNA Testing 11:30 BIG BINGO (ticket required)</p>	<p>8 12:00 Music Jam 1:00 Loose Caboose</p>	9
10	<p>11 9:00 Second Sight 10:30 Red Hats</p>	<p>12 10-12 Property Tax Relief 10:30 Art Class 10:30 Audiology Appointments</p>	<p>13 Tax Appointments 9:30 Advisory Council 10:45 "Day Before" Sweet Tour</p>	<p>14 1:00 Sweetheart Celebration </p>	<p>15 10:00 Wisdom Writers 1:00 Loose Caboose <i>Deadline for Tasty Tuesday Tickets</i></p>	16
17	<p>18 10:00 Grief Support  President's Day Center OPEN</p>	<p>19 10:30 BP 11:30 TASTY TUESDAY (ticket required) 1:00 Inglewood & Friends</p>	<p>20 Tax Appointments 9:00 Legal Aid (Appointment required) 12:45-1:45 Prescription Disposal</p>	<p>21 T³- Trippin' Third Thursday! 10:30 Trip to Marathon Village</p>	<p>22 12:00 Music Jam 1:00 Loose Caboose</p>	23
24	<p>25 9:00 Second Sight 11:30 LUNCH & LEARN</p>	<p>26 9-3 Mobile Mammogram 10:30 BP/Gluc. 11-1 Frist Art Community Day 1:00 SUPER Bingo</p>	<p>27 Tax Appointments 9:45 Trip to TN State Museum</p>	<p>28 10:00 All of Us Appointments 10:00 Walgreens Health Talk 10:30 Senior Ride Presentation</p>	<p>Game Schedule: Billiards: M-F, 8:00-3:30 pm Skip-Bo: M, T & Th, 9-2:30 pm Hand & Foot: T & Th; 9-2:30 pm Bridge: T, 10:30 am Mexican Train Dominoes: W, 11:30 am</p>	

To Your Health...

DNA Cancer Screenings Available February 7

Meredith Ellis with Medical Ancillary Research Solutions will be at Madison Station **February 7** between **10:00 and 2:00** to perform DNA cancer screenings and DNA pharmacogenetics screenings (this will tell if your dosages are correct and if you're on the correct meds based on your genetics). The screenings just require a swab of your cheek. At this time, Medicare is paying 100% of this test. The cancer screening tests for the most diagnosed cancers, including breast, prostate, stomach, and pancreatic.

The only qualifications to be tested is that you have to have a traditional red, white and blue Medicare card as your primary insurance (not advantage plans) AND for you have to have at least two people in your EXTENDED family that have had cancer and both people have to either be on your mother's side of your family OR on your father's side of the family. You are also automatically qualified if YOU HAVE had cancer. To qualify for the pharmacogenetics test you need to be on at least two to three heart or psych meds (depression, anxiety or bipolar history). Remember, you can share these results with your children and grandchildren so that you can save their lives. If you have questions about the testing, visit mydnacancertesting.com and/or chemisys.net.

Prescription Take Back Program February 20

Metro Police Department, Madison Precinct, will be here to collect your old prescription and over the counter medications that you no longer need between **12:45 and 1:45 pm on February 20 in the parking lot**. It is **not** safe to throw away this medication or flush it down the toilet so please bring them during our mobile pickup.



- You do not have to remove the label or take the medication out of the bottles.
- Prescription medication, over the counter medication, pet medication, and medication in liquid, pill, or inhaler form will be taken. Medicated ointments, lotions, or drops are also accepted. Narcotics can be turned in.
- There will be a sharps container handy for disposal of syringes.
- Blood sugar equipment, thermometers, IV bags, bloody or infectious waste, personal care products (ex. Shampoo) **will not** be accepted.

Mobile Mammograms February 26

BlueCare Plus, BlueCross BlueShield Tennessee will be hosting St Mobile Health Coaches at the Madison Fifty Forward location **Tuesday, February 26th from 9:00 a.m. to 3:00 p.m.** There will be BlueCare Plus health information available along with free giveaways.

The St. Thomas Mobile Mammogram Coach will be on site with free Mammograms for Women over the age of 40 with no current complications of lumps or cancer diagnosis.

They will also have the mobile health coach for BlueCare Plus members to get their Annual Wellness Exam. BlueCare Plus is a Dual Eligible Special Needs Plan (DSNP). It's for members who receive both Medicare and Medicaid benefits.



Call or email April Russell 423-716-7782 April_Russell@bcbst.com for additional information or questions. The two coach buses will be parked on our side parking lot. Community members are welcome.

Walgreens Health Talk February 28

Walgreens will be here **Thursday, February 28 at 10:00 a.m.** for their monthly Health Talk. Michael Harrington, PharmD, will be discussing Chronic Respiratory Diseases, such as Asthma and COPD. These diseases are the third largest cause of death in those 65 and over. Find out the causes, latest treatments and more. [Sign up in the FREE Event Binder at the front desk.](#)

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 am. **February 7. CR.**

Inglewood & Friends – **3rd Tuesday** of each month at **1 pm**. Plans monthly trips. Must be present at meeting to sign up for trips planned. February 19. SR.

Madison Travelers – **1st Wednesday** of each month at **12 pm** to plan monthly trips. Must be present at meeting to sign up for trips planned. February 6. SR.



Red Hat Society – **2nd Monday** of each month at **10:30 am**. \$24 yearly dues. Join these ladies for lunch in red and purple gear! Marilyn Tidwell, Queen. **February 11 going to The Flipside. CR.**

Reminiscence – Meets the **1st Tuesday of the month at 1:00 pm**. Go back in time with Nancy and Larry McDougal. Door prizes! **February 5. CR.**

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

Help Us Win in the "Best of Madison" Awards

The second annual Best of Madison-Rivergate Awards are back this month! Last year we earned the 2018: Best Retirement Community!!! We were also nominated in the Best Community Involvement, Best Place to Work out, and Best Place to meet New People categories.

Here is how it works, chamber members, as well as members of the community, will be able to nominate businesses located in the Madison-Rivergate area for the "best" in their category. The nominations may be submitted online. Check the front desk or our Facebook page for the link to nominate.

Nominations will open up on February 1 for the 2019 Best of Madison-Rivergate Awards! If you have a suggestion for new categories, make sure to contact the Chamber! Nominations will stay open for one week (Feb. 7).

BEST OF MADISON

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. Call 615-860-7180 with questions. 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.

Trips

At Madison Station, we go on approximately 5-8 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, March's trip list will be released on February 21 this month. Payment is due at sign-up either in person or by phone with credit card.

If a 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 Director in extreme situations.

"Day Before" Sweet Tour

Wednesday, February 13 - 10:45 am - \$7.00* + Lunch and Sweets

Let's face it. Valentine's Day is swamped at the restaurants. Instead, let's do a tour the day before! Start out at the Tempered Café and Chocolates for their time-tested French and Belgian chocolate recipes. Enjoy some quiche, sandwiches and some of the best hot chocolate in Nashville. Make sure to bring spending money to buy up treats for yourself and your sweetheart. Then we'll head down the street to The Cupcake Collection to buy a yummy pastry to enjoy then or the next day—or both!

Inglewood and Friends to Marathon Village

Thursday, February 21 - 10:30 am - \$7.00 + Lunch

Marathon Village is a neighborhood born out of the buildings that once housed Marathon Motor Works (1910-1914). On the first-floor there is a retail experience like no other that includes flagship stores from the History Channels' *American Pickers* to legendary whiskey makers, Jack Daniels. In addition to shopping, you can visit the Marathon Motor Works museum showcasing five of the remaining eight Marathon vehicles located in the original MMW showroom.

Before we shop and visit, we'll enjoy soups, salads and/or sandwiches from the Southern Engine Deli, also located within Marathon Village.

DUE TO POPULAR DEMAND!

New Tennessee State Museum with Lunch at the Farmer's Market

Wednesday, February 27 - 9:45 am - \$6.00* + Lunch

We had so many people want to visit the new Tennessee State Museum that we are going again this month! And if we have to plan this again, we will!

The new Tennessee State Museum has great exhibits about Tennessee's past and present, including "Forging a Nation," "Tennessee Transforms," and "Natural History." Please note the Museum takes the security of their collections very seriously. All parcels, umbrellas, and bags larger than 11" x 15" must be checked into a locker, including backpacks. Photography is allowed in the Museum, but you must turn your flash off. Some special exhibits also prohibit photography.

After filling our brains with history, we'll fill our bellies at the Farmer's Market right across the parking lot from the museum. The Market features 20 locally owned restaurants and shops offering cuisines that span the globe — from Neapolitan wood-fired pizzas and gyro sandwiches to Jamaican jerk chicken and Korean bibimbap.

Southern Women's Show

Friday, March 8 - 10:00 am - \$15.00

The Southern Women's Show returns to the Music City Center for its 33rd year! If you like fabulous shopping, creative cooking ideas, healthy lifestyle tips, trendy fashion shows, great celebrity guests and lots of FREE stuff—then you won't want to miss it. Note: we will allow you approximately 2 hours to browse the show, grab samples and have fun! **Deadline to sign up is Friday, March 1 as we have to purchase tickets. No refunds after this date.**

**Free transportation (up to 2 trips per month) provided to scholarship members through a grant. See staff for details.*

Receive Trip List by Email

The trip list comes out on what we call 'T3' or "Trippin' Third Thursday" and lists the following month's trips. In the past, members have had to come to the center in order to get the trip list. As of this month, we will email the list to those who are interested in receiving it. However, **you MUST email Julie at jreeves@fiftyforward.org in order to be put on this list.** March's trip list will be released on the morning of February 21 this month. Payment is due at sign-up either in person (cash, check or credit card) or by phone with credit card.

Upcoming Programs

Limited Tax Appointments Available

AARP Foundation Tax-Aide offers free tax preparation at our Center every year. Preparers will be here every Wednesday from February 6 to April 10 between the hours of 9:00 am and 3:30 pm. You MUST have an appointment to attend. A limited amount of appointments are available. Call 615-860-7180 or stop at the front desk to make an appointment.

Can You Get Relief on Your Property Tax Bills?

The answer may be “yes” if you are over 65 with limited income or a disability. Members from the office of Metropolitan Trustee Charlie Cardwell will be here **Tuesday, February 12 from 10:00—Noon** to help you apply for one of these programs. For the **Tax Relief Program**, the income limit is \$29,270. Qualified property owners will get credit from the State a few weeks after full tax bill is paid. For the **Tax Freeze Program**, the income limit is \$41,780. Eligible taxpayers can lock in the tax rate for the year they apply. The tax rate will not go up as taxes increase but the property owner must recertify every year.

If you think you might qualify, come on February 12 and bring: documents for proof of age such as Driver’s license, Medicare card, etc.; proof of residence such as Driver’s license, state ID, car insurance card, voter’s registration; and proof of income records: 2017 tax returns with attachments, and paperwork from any benefits received by household.

Frist Art Museum Here February 26

The Frist Art Museum’s Community Engagement Team is excited to introduce “**Touch-Base Tuesdays**”, a new initiative designed to make them more accessible to their Community Partners, like us. On Tuesday, February 26 they will visit Fifty Forward Madison Station from 11:00 am until 1:00 pm to share information about the Frist and distribute free passes. Please stop by and visit them while you are in the building that day!

‘On The Road’ Trips

This year’s FiftyForward Travel “On the Road” trips, which are day long excursions, are now being planned by center Program Directors.

Luck O’ The Irish — Saturday, March 16

Visit the Irish Day Parade and Arts & Crafts Festival in Erin, TN, with Madison Station’s Program Director Julie Reeves. Ranked in the top 10 St. Patrick’s Day parades in the U.S., the event includes over 100 craft vendors, 25 food vendors, a carnival and live music. Food is available on your own while you shop and explore. The cost is \$35 for members; \$45 for non members. A \$2 bus driver tip is also required per person to be paid on the bus. The bus will leave from Madison Station **ONLY** at 7:30 am. Sign up with a staff member by February 7.



Ghosts of Brushy Mountain State Penitentiary— Thursday, May 16

For over 100 years, Brushy Mountain housed the worst criminals from Tennessee, including James Earl Ray, Martin Luther King Jr.’s assassin. Although the prison closed in 2009, the stories live on at Brushy. This will be an experience like no other. It will surprise you. Terrify you. Make you wonder what it would’ve been like to be locked up for the rest of your life. Tours will be self-guided and former prison guards will be nearby to answer any questions or share a brief story. There are 14 stations, each containing the story of what happened in that particular spot. Some will talk of violent acts. Others about the moments family members came to visit. And still others will give you a glimpse inside the troubled minds of the hardened criminals that served time at Brushy.

Lunch will be served at “The Warden’s Table” inside the prison. The cost is \$63 and includes bus transportation, tour and lunch. A \$2 bus driver tip is also required per person. The bus will leave from FiftyForward Donelson **ONLY** at 7:30 am. Call 615-883-8375 to register and pay.

Thank You!

—ClearCaptions, Metropolitan Trustee’s office, Walgreens, Vanderbilt Medical Center, Blue Cross Blue Shield, and Senior Ride Nashville for sponsoring programs this month.

—Hickory Gardens Assisted Living for being our Tasty Tuesday dessert sponsor.

—Creekside Center for Health and Rehabilitation and United Healthcare for sponsoring our Bingo games.

—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.

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

JUNE 6-12, 2019
OREGON TRAILS

JUNE 19-28, 2019
MEMORIALS OF WORLD WAR II

JULY 5-17, 2019
NOVA SCOTIA and MORE

AUGUST 25-31, 2019
MACKINAC ISLAND

SEPTEMBER 9-12, 2019
HANNIBAL, MISSOURI

OCTOBER 7-17, 2019
PANAMA CANAL CRUISE

OCTOBER 5-13, 2019
CAPE COD

NOVEMBER 3-10, 2019
NATIONAL PARKS & CANYONS
OF THE SOUTHWEST

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A Hunka-Lotta Fun!

January started out with celebrating Elvis' Birthday! We reveled in the King on with peanut butter, banana and bacon sandwiches (surprisingly delicious!) and pound cake, one of Elvis' faves. Sara Jo Beliles won the Elvis trivia contest (*bottom right*). If we had had a costume contest, Rosemary Townsend (*below*) would have won with her Elvis-inspired shirt.



Our Partners



'Robo' Calls Being Made

We are excited to now have the capability to call all members or just a specific group to remind them about events or send an announcement, such as we did at the end of January to announce the center's closure due to a heat outage. When we make one of these calls, it will show our main number 615-860-7180 and possibly our name, FiftyForward, depending on the type of phone you have. PLEASE listen to your message if you receive a call from us. We will repeat the message twice in case your voicemail picks up in the middle of the message.

In addition to announcements, we will begin calling those who have signed up for events to remind them to attend. Again, please listen to your messages to get important information.

Inclement Weather Policy

FiftyForward recognizes the fact that inclement weather and other emergencies can affect our ability to open for business. **When an emergency such as—county schools are closed, electricity is out, heat is not available, or the mayor declares a weather emergency and asks people to stay off the roads—****FiftyForward Centers are closed and Programs are canceled.** Center Directors have the discretion to re-open/close centers and



resume/cancel programs as deemed appropriate. Be sure to call the Center (615)860-7180 or check our social media for updates.

FiftyForward Madison Station
301 Madison St.
Madison, TN 37115

