

JUNE 2019
EDITION

Connect With Us:

(615) 860-7180

fiftyforward.org

301 Madison
Station Blvd.
Madison, TN 37115

facebook.com/
FiftyForwardMadisonStation

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

Letter from the Center Director

Summer is just around the corner! Last month we held a luncheon for our center volunteers in appreciation for all they do for us! This year we have more than 50 volunteers who have put in more than 3000 hours of time giving to the center. Their service is invaluable to us and enhances our programs and services. If you are interested in joining the volunteer team, please let us know. We have several areas available, including: Advisory Council, greeters, office volunteers, event set up/breakdown, meal servers, work bees, program leaders, and performers.

I am very excited to announce that Heather McNeese has joined the FiftyForward Madison Station team as our new Assistant Center Director. She will be managing our programs, events, and trips moving forward. Please check out her bio below and join me in welcoming her to the center!

We have great programs in store this month. First up, Aging Mastery Program (AMP) is back. This is 10-week course created by the National Council on Aging, topics include: Navigating Longer Lives, Exercise/Meditation, Sleep, Healthy Eating/Hydration, Financial Fitness, Advance Planning, Healthy Relationships, Medication

Management, Falls Prevention, and Community Engagement. The classes are interactive and will feature experts in all of these areas. This time around we are partnering with the FiftyForward J.L. Turner Center and will split our time between their center and ours. See more information inside.

We have a Summer Kick Off Community Party planned for June 20th following the Madison Library's Senior Social. We are joining together with members from our local retirement communities—including Maybelle Carter, Windlands East, Hickory Garden's and others to celebrate summer. The day will include a barbeque, cool treats, and lots of lawn game fun!

Also, it's that time again, MadTown Music Series Dinner Show season!!! Get your tickets, this year's line up is the best yet with local artist, Lonnie Jones' Bluegrass Band kicking things off this month. In July the Blue Suede shoes are back to rock the 50s, 60s, and 70s and to wrap it up actors from the Circle Player Theater group will be put on a Cabaret performance of Jazz and Show Tunes. Season passes are available!

Happy Summer, Brandy Lamb, Center Director

Letter from the Assistant Center Director



Hi everyone! My name is Heather McNeese and I am so excited to join the Madison Station team as the new Assistant Center Director.

I'm originally from Mechanicsburg, PA, and graduated from Penn State University with a degree in Public Relations. I moved to Nashville around 10 ½ years ago to work at CMT (Country Music Television), where I most recently served as their Director of Communications.

I got married this past October and currently live in Bellevue with my husband, Jordan, and our two cats, Leeroy and McGee. In my free time I enjoy hiking, baking, and going to concerts. I'm a weekly volunteer at Monroe Carrell Children's Hospital and I also volunteer with PENCIL, where I serve as a literacy partner at Metro Schools, helping elementary students develop their literacy and reading comprehension skills.

I'm looking forward to meeting you all, hearing about what you'd like to see when it comes to programming at Madison Station, and being part of your wonderful community.

Cheers, Heather McNeese, Assistant Center Director

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



MadTown Music Series Annual Summer Dinner Shows Begins Friday, June 14 @ 6pm

Hosted by the Madison Station Advisory Council Fundraising Committee, our annual summer dinner shows return! Join us this summer for some great dinner and entertainment. Tickets are \$25 per show or see all 3-shows for \$60 with a season pass.

June 14: Lonnie Jones' Bluegrass Band

July 12: Blue Suede Shoes Rockin' the 50s, 60s & 70s

August 16: Circle Players Cabaret of Jazz & Showtunes

Tasty Tuesday Welcomes Singer-Songwriter Tony Memmel Tuesday, June 18 @ 11:30am

Though he was born without a left forearm and hand, Tony Memmel taught himself to play the guitar by building a homemade cast out of duct tape that secures a guitar pick to his arm, and allows him to pluck and strum the strings. He's worked as an Artist in Residence with the Madison Youth Choirs, and has orchestrated a new work (debuted in 2017) for the Sheboygan Symphony Orchestra and Chorus.



Lunch begins at 11:30 am and includes poppy seed chicken over rice, green beans, croissants and dessert. Purchase a **\$7.00 ticket** at the front desk by Friday, June 14.

Summer Kick-Off Party Thursday, June 20 @ 11:30am

Join FiftyForward Madison Station as we host a Summer Kick-off party for the members of local retirement communities. We are joining together with members from Maybelle Carter, Windlands East, Hickory Garden's and others to celebrate summer. The day will include a barbeque, cool treats, and lots of lawn game fun! It will be a perfect day. Start off the day at the Madison Library for their Senior Social 10:30 AM to 11:30 AM and then come on over for lunch as the fun continues. Sign up in the free binder so we know how many hot dogs to have ready.



Lunch & Learn Presented by Skyline Medical Center Thursday, June 27 @ 11:30am



Tristar Skyline Medical Center will be providing a FREE Lunch & Learn Thursday, June 28. The topic will be announced the first week of June at the front desk. Our lunch that day will be baked spaghetti, green salad, garlic rolls and dessert. 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.

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 Lisa Cotton; 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.

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 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.

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: MR= Multi-Purpose 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! **June 3 and 25. SR.**

***Bunco** - Join us for a simple dice game involving 100% luck and no skill—so ANYONE can play! We will play the 1st Tuesday of the month – **June 4** - beginning at **10:00 am.** Prizes will be given for most wins, most losses, and most Buncos. If you've never played, don't worry—just come and have fun! Bring snacks to share. **SR.**

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 Wednesdays, Mexican Train Dominoes meets at 11:30 am.

Our pool room has four pool tables, cues, and balls. Come join the fun!

MUSIC NOTES

***Karaoke** – 'D. J.' Dottie Dillard leads the 2nd Thursday of each month. Come sing your favorite song or just listen. Door prizes! **Meets June 13 at 12:30 pm.**

***Open Music Jam** – Bring your voice, instrument and/or listening ears for a jam session. Every **Tuesday at 1:00 p.m.** in **MR.** Also meets **2nd & 4th Friday, June 14 and 28, 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. **MR.**

***Silver Notes Band** – Kim Yearwood leads this 16+ big band on **Wednesdays at 1 pm.** They perform all over Nashville. Did you play an instrument in high school? Join them! **MR.**

***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 Heather for info.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Mondays: 9:00 am Traditional Yoga 12:00 pm Quilting 12:30pm SilverSneakers (S.S.) Circuit 1:45 pm; SilverSneakers Stress Reduction & Restorative Breathing	Tuesdays: 9:00 am Tai-Chi 10:00 am S.S. Classic 1:00 pm Music Jam Wednesdays: 9:00 am Traditional Yoga 10:00 am S.S. Yoga Stretch 11:30 am Qigong 12:00 pm Crochet 12:30 pm S.S. Classic		Thursdays: 12pm Knitting 12:30 pm Classic 1:45 pm Gentle Yoga Fridays: 9am Trad. Yoga 11am Qigong 12:30pm Classic		1
2	3 10:00 Grief Support 1:00 Bingo	4 10:00 Bunco 10:30 BP Checks 1:00 Reminisce	5	6 10:00 Deloitte Tech Help 10:00 Dementia Support Group 5:30 Trip to Circle Players	7 10:00 Wisdom Writers 12:00 Music Jam	8 10:00 Trip to Madison Creek Farms
9 11am Flea Market & Community Yard Sale	10 9:00 Second Sight 10:30 Red Hats	11 9:30 Hiking Club to Radnor Lake State Park 11:00 Elder Abuse Awareness Table	12 9:00 Legal Aid 9:30 Advisory Council 11:30 Trip to Music for Seniors	13 12:30 Karaoke	14 12:00 Music Jam 6:00 MadTown Music Series Dinner Show Deadline for Tasty Tuesday Tickets	15 World Elder Abuse Awareness Day
16 Father's Day	17 10:00 Grief Support 12:00 All of Us Picnic	18 10:30 BP Checks 11:30 TASTY TUESDAY 1:00 Travelous Trippers Trip Planning	19 8:30 Trip to Elephant Discovery Center	20 T ³ - Trippin' Third Thursday! 10:00 All of Us Enrollment 11:30 Summer Kick-off Party	21 10:00 Wisdom Writers First Day of Summer	22
23 <hr/> 30	24 9:00 Second Sight 9:15 AMP class @ Turner Center	25 10:30 BP & Glucose Checks 1:00 Bingo 4:30 Trip to Fiddler on the Roof	26 9:15 Trip to Blue Heron Nature Cruise	27 10:00 All of Us 10:00 Walgreens Health Talk	28 12:00 Music Jam	29



*Fifty
Forward*

Madison Station
301 Madison St in Madison



MadTOWN *Music Series*

1 **Bluegrass** **Friday, June 14**

We'll start the series off with local favorite
Lonnie Jones' and his Bluegrass band.

2 **50s 60s & 70s** **Friday, July 12**

Next up, the Blue Suede Shoes will have us
rockin' to the 50s 60s and 70s.

3 **Cabaret** **Friday, August 16**

And for the finale, the Circle
Player will present an ensemble
of Jazz and showtunes.

Each Show \$25 with dinner

Doors Open at 6:00 pm

Show at 7:00 pm

**Stop by the Front Desk or
Call 860-7180
for Tickets**

Season Pass Only \$60!

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 \$1.00 as well. You must 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. **June 6. CR.**

Travelous Trippers – **3rd Tuesday** of each month at **1 pm**. Plans monthly trips. Must be present at meeting to sign up for trips planned. **June 18. 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. **June 10 at XXX. CR.**

Reminiscence – Meets the **1st Tuesday of the month at 1:00 pm**. Go back in time with Nancy and Larry McDougal. Door prizes! **June 4. 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. Check out their essays on cities they've visited in the back hallway display. Meets **1st and 3rd Fridays at 10:00 am. CR.**

AMP - Classes Begin This Month!

Monday, Jun 24 @ 9:15am at Turner Center



National Council on Aging

The National Council on Aging created the Aging Mastery Program (AMP) to help older adults build their own playbook for aging well. AMP is a fun, innovative, and person-centered education program that encourages aging mastery—developing sustainable behaviors that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation. 98% of participants say the class helped them improve the quality of their life.

CLASSES BEGIN THIS MONTH and you must register in advance. This year we are partnering with the FiftyForward J.L. Turner Center and will hold 5 classes there and 5 classes here. Transportation is provided for free. Only 10 spots are available. FiftyForward is offering this \$60 program FREE to our members. Sign up at the front desk.

Various sessions will be offered at all seven FiftyForward centers in Middle TN. Non-members may participate for \$60.

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-Thur 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, July's trip list will be released on June 20 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. For trips involving pre-ordered tickets or reservations, a credit will be given only if your seat can be filled.

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.

Circle Players: A Chorus Line

Thursday, June 6 - 5:30pm - \$15.00* + Dinner

Madison's very own Circle Players are performing A Chorus Line at the Looby Theater. The show features one powerhouse number after another, including the famous "One". Enjoy dinner with FiftyForward Friends before the show at Frothy Monkey in the Nations. Menu items \$10.00-\$15.00

Travelous Trippers to Madison Creek Farm

Saturday, June 8 - 10:00 am - \$6.00 + Lunch

Join our Travelous Trippers as they head to Madison Creek Farm in Goodlettsville. The third-generation organic family farm is owned and operated by Peggy & Mark Marchetti. There they grow vegetables, herbs, and lots of beautiful flowers. While at the farm you can shop at their farmer's market and pick flowers by the bouquet/bucket fresh from their stunning flower field. Afterwards, the group will head to lunch at Chef's Market. Menu items \$10.00-\$15.00

Hiking Club to Radnor Lake State Park

Tuesday, June 11 - 9:30 am - \$6.00* + Lunch

Join Brandy and friends at Radnor State Park, a 1,368-acre park protected as a Class II Natural Area. Radnor Lake South Lake Trail is a 2.4 mile heavily trafficked loop trail that features a lake with lots of shade and is good for all skill levels. After working up an appetite we will head to the Shake Shack in Green Hills. Menu items \$5.00-\$10.00

Music for Seniors: San Rafael Band

Wednesday, June 12 - 11:30 am - \$7.00* + Lunch

The San Rafael Band will be performing at Academy Park Performing Arts Center as part of the Music for Seniors free Daytime Concert Series presented by Aetna Medicare Solutions. The San Rafael Band combines the best of salsa, Latin jazz and rock. Before heading to the show we will have lunch at the famous Puckett's Grocery in historic downtown Franklin. Menu items \$5.00-\$15.00

All of Us Picnic in Centennial Park

Monday, June 17 - 12:00 pm - Free

Come celebrate the first birthday of the *All of Us* Research Program with a *free* party at Centennial Park! FiftyForward will be providing lunch, games, prizes, and of course, birthday cupcakes! Please sign up in the front office if you want to ride the bus, or RSVP by June 12th by calling 615-743-3415 if driving yourself

Elephant Discovery Center

Wednesday, June 19 - 8:30 am - \$11.00 + Lunch

The Elephant Sanctuary in Hohenwald, TN provides elephants retired from entertainment and exhibition with herd, home, and individualized veterinary and husbandry care for life. As a true sanctuary, The Elephant Sanctuary is closed to the public, however, we will visit the Elephant Discovery Center and go on a guided tour of the exhibits to explore how elephants shape our world. Afterwards we'll enjoy lunch at Junkyard Dog Steakhouse. Menu items \$6.00-\$12.00

FULL TRIP: "Fiddler on the Roof" Broadway Production at TPAC

Tuesday, June 25 - 4:30 pm - \$56.00 + Dinner

Blue Heron Nature Cruise at Percy Priest Lake

Wednesday, June 26 - 9:15 am - \$22.00* + Food

Come enjoy a peaceful cruise recently relocated to the abundant waters of Percy Priest Lake. We will go on their most popular trip, the Nature Cruise. The ride will last about 90 minutes and includes a brief narration and time with Captain Jim Steele, all while seeing big skies, beautiful water, and hundreds of birds aboard the 40' pontoon boat. We'll grab breakfast at Hoppy's Harbor Grill, right on the water at the Fate Sanders Marina. Menu items \$5.00-\$15.00

Upcoming Programs

Deloitte Technology Tech Day

Thursday, June 6 @ 10am

Whether you are new to technology or an experienced user, the Deloitte professional volunteers can help you learn more about your devices. Along with your questions, please bring your phone, tablet, or laptop with you!



Walgreens Health Talk

Thursday, June 27 @ 10am

Walgreens will be here **Thursday, June 27 at 10:00 a.m.** to present a new discussion about “Medications and Food—The Do’s and Don’ts.” Learn more about what combinations are safe, and what combinations to steer clear from. Sign up in the Free Event Binder so we may plan for seating.

World Elder Abuse Awareness Day

Tuesday, June 11 @ 11am

In support of World Elder Abuse Awareness Day, which falls on June 15th this year, our staff will be wearing purple on Friday the 14th to bring awareness to this issue. Elder abuse refers to intentional or negligent acts by a caregiver or “trusted” individual that causes or potentially causes harm to an older adult. Elder abuse can occur anywhere—in the home, in nursing homes, or other institutions. It affects seniors across all socioeconomic groups, cultures, and races. For more information and what you can do if you suspect an individual may be at risk, please visit the table we’ll have set up in our lobby on Tuesday, June 11.

COMMUNITY CORNER

Community Cleanup Day

Saturday, June 8 @ 9am

Cornerstone

On the morning of June 8, Cornerstone is co-hosting a cleanup day with the Chamber, including accepting bulk items and with shredding available!

Veterans' Living History Encampment

Saturday, June 15, 10am-9pm

Amqui Station

Honor all Veteran's and see how soldiers lived day to day and what they used to survive. You'll find soldiers from WWII and the Vietnam War. Military Vehicles will be on hand, live music, and Veterans from many wars. Calling all history buffs and lovers of this great country to participate in this free event!

Frolic on the Farm

Saturday, June 22, 6pm-10pm

Old School Farm

On Saturday, June 22, join the Circle Players for their Annual Fundraiser us at Old School Farm. There'll be amazing food, beer, wine, a specialty drink, s'mores, music, activities, dancing, an incredible silent auction and your opportunity to get first pick of your 2019-2020 Season Tickets! We'll also be revealing the 70th Season Finale Production!

Fun Happenings Around Madison!

Thank You!

—Maybelle Carter,
The Elephant Sanctuary,
Deloitte, Senior Ride Nash-
ville, Frist Art Museum, Cigna-
Healthspring and Walgreens
for sponsoring programs
this month.

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

—United Healthcare
for sponsoring Bingo.

—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.

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

OCTOBER 29-31, 2019
MYSTERY TOUR

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

DECEMBER 10 -12, 2019
PIGEON FORGE

DECEMBER 30 -JAN 4, 2020
ROSE BOWL PARADE

Casino Trips:

May 9, July 2, August 8,
September 5, October 21

Our Staff

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Madison May-hem!

BINGO!!! Always a fun time at our monthly bingos. Left: Shirley Clark shows off her "Bingo Babe" shirt. Right: Martha Davenport won the Big Bingo Coverall Prize \$50 Logan's Gift Card.



Left: Frist Art Trunk participants toured the Doretha Lange Exhibit.
Right: The Hiking Club at Crooked Branch Park.



THANK YOU!!!
We have outstanding
VOLUNTEERS
and are so grateful
for all they do!

Our Partners



Upcoming Summer Events

Join us as we celebrate our summer birthdays on **Thursday, July 25th at 1:30pm**. We'll have cupcakes, ice cream, punch, and lots of fun!

The Fundraising Committee's "MadTown Music Series" continues in July and August! Stop by the front desk to buy tickets, which are \$25/piece. July 12th features 50s, 60s & 70s jams, and August 16th highlights Jazz and Showtunes Cabaret.

Super Bingo returns on **Tuesday, July 23rd at 1:00pm!**

FiftyForward Madison Station
301 Madison St.
Madison, TN 37115