

**AUGUST 2019
EDITION**

A publication of FiftyForward Madison Station

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

Connect With Us:

FiftyForward.org



301 Madison
Station Blvd.
Madison, TN 37115
(615) 860-7180
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 a.m.-3:30 p.m.**

**Tours Available:
Monday-Friday
9 a.m.-2 p.m.**

Letter from the Center Director

I hope your days have been filled with summer fun!

We are excited to formally introduce our newest Advisory Council members: Anne McKinney, Teodora Pack, Buddy Ragan, Norma Ragan, Conrad Reiber, Nancy Vaden, Judy Webb, and Betty Jean White. We are also grateful for our returning Council members: Sylvia Ballard, Libby Baughman, Sara Jo Beliles, Nancy Brown, TC Castleman, Irene Gatlin, Susie Wilee, and Lucille Woods, along with our community Council members Laura Jennings and Jonathan Wickersheim. These members are our center's voice, so please share ideas, concerns, and compliments with them throughout the year so that they can best serve you in making FiftyForward Madison Station the best it can be.

We have more fun news to share, we are getting new neighbors! Music City Roots is moving to Madison and will open in the Fall of 2020. The project will soon break ground next door between our center and Amqui Station. The Roots Barn will present ticketed shows, private events, and the "Music City Roots – Live from Madison Station" radio show on a weekly basis. This is a wonderful community partnership that will benefit both neighboring nonprofits.

Also, check out our Facebook page and the center lobby for beautiful drawings of the future landscaping and layout coming to our front door with the completion of the Madison Station Boulevard development.

*Cheers,
Brandy Lamb, Center Director*

Letter from the Assistant Center Director

I hope you all have been staying cool this summer!

This month, please make sure to check out our final MadTown Music fundraiser with the Circle Players doing a Cabaret of Jazz and Showtunes on Friday, August 16. Other great events coming up this month include a CBD presentation from Hemy's Rivergate, a FiftyForward Victory Over Crime presentation about scams, and a relaxing coloring event with member Sara Jo. We also have a fun trip scheduled to the Beechcraft Heritage & Aviation Museum with our FiftyForward College Grove friends!

If you know that you have signed up to receive our newsletters and trip lists via email, please make sure to check your junk/spam folders as sometimes these communications can end up there. You can "unblock" our email address so that future emails from us go straight to your inbox. Please let me know if you have any questions about this!

*Happy August,
Heather McNeese,
Asst. Center Director*



Election Day

Thursday, Aug. 1 is Election Day for Nashville's Mayor, Vice Mayor, and all Council Seats. FiftyForward Madison Station is once again a voting location for this precinct from 7 a.m.-7 p.m. Make sure to vote!

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 Finale Cabaret with the Circle Players

Friday, Aug. 16, 6 p.m.

Hosted by the Madison Station Advisory Council Fundraising Committee, our MadTown Music Series dinner finale with the Circle Players Cabaret of Jazz and Showtunes. Tickets are \$25 and include a dinner buffet sponsored by Creekside Center for Rehabilitation and Healing, in addition to complimentary wine and Yazoo beer. Our menu will feature chicken cordon bleu, green beans, parmesan tomato, dinner roll and fruit cobbler.

All money raised from our MadTown Music Series directly funds FiftyForward Madison Station programming and services. Let's make this our best turnout yet - invite your friends and family for a fun Friday night out!



Tasty Tuesday Welcomes Back The Baby Boomers!

Tuesday, Aug. 20, 11:30 a.m.

We're excited to welcome back The Baby Boomers—Ric & Fayth Kirk—to Tasty Tuesday! You'll hear all the hits from this great generation and enjoy a yummy meal of BBQ ribs, baked beans, cucumber/onion/tomato salad and berry cobbler provided by Creekside Center for Rehabilitation and Healing. If you have any dietary restrictions with the entrée, please let the front desk know. **Purchase a \$7 ticket at the front desk by Friday, Aug. 16.**

Summer Eat-and-Greet Lunch

Thursday, Aug. 15, 11:30 a.m.

Join us for a lunch sponsored by Creekside Center for Rehabilitation and Healing on Thursday, Aug. 15, 11:30 a.m. Enjoy a grilled chicken sandwich, pasta salad, and cookie while catching up with friends. Tickets are \$7/each and **need to be purchased at the front desk by Tuesday, Aug. 13.**



Big Bingo Returns!

Thursday, Aug. 15, 1 p.m.

It's BIG BINGO time! Join us for this FREE event on Thursday, Aug. 15 for your chance to win top-notch prizes, including a \$50 coverall prize!

Lunch & Learn

Thursday, Aug. 29, 11:30 a.m.

Join us **Thursday, Aug. 29, 11:30 a.m.** for a Lunch & Learn sponsored by Summit Family Chiropractic, a neurologically based chiropractic office specializing in the central nervous system. Only 50 tickets are available for this event. Pick up your FREE ticket at the front desk. Our lunch menu will include a variety of sandwiches. If you get a ticket and realize you cannot use it, please return it so others 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 a.m.; Yoga with Stephen North, Jr.; *Uses standing and floor yoga poses; \$5 per class; FC*
- 12:30 p.m.; SilverSneakers® Circuit; led by Kathleen Phillips; *Increase your cardiovascular and muscular endurance with a standing workout; AR*
- 1:45 p.m.; SilverSneakers® Stress Reduction & Restorative Breathing; led by Kathleen Phillips; *'Chair' yoga that focuses on reducing stress & breathing techniques; AR*

TUESDAY

- 9 a.m.; Tai-Chi; led by Brian Wilson; *Improves balance, flexibility and overall health; \$5 per class; FC*
- 10 a.m.; 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 a.m.; Yoga with Stephen North, Jr.; *\$5 per class; FC (see description on Monday)*
- 10 a.m.; SilverSneakers® Yoga Stretch; led by Kathleen Phillips; *Moves your body through a series of seated & standing yoga poses; AR*
- 11:30 a.m.; Qigong, a Chinese moving meditation practiced for exercise, relaxation & preventative medicine; led by Cyndi Clark; FC
- 12:30 p.m.; SilverSneakers® Classic (see Tuesday) led by Kathleen Phillips; AR

THURSDAY

- 12:30 p.m.; SilverSneakers® Classic (see Tuesday) led by Lisa Cotton; AR
- 1:45 p.m.; Gentle Yoga with Lisa Cotton; *Uses seated and standing yoga poses; \$2 a class; AR*

FRIDAY

- 9 a.m.; Yoga with Stephen North, Jr.; *\$5 per class; FC*
- 11 a.m.; Qigong (see Wednesday); led by Cyndi Clark; FC
- 12:30 p.m.; SilverSneakers® Classic (see Tuesday);

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 a.m. 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.
10:30 -11:30 a.m. 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 Monday - Friday, 8 a.m.-5 p.m. 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. 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; FC=Fitness CR= Conference Room; SR=Social Room *denotes free event

***Bingo - First Mondays and fourth Tuesdays** of the month at **1 p.m.** Join us for a chance to win prizes!
Aug. 5 and Aug. 27. SR.

***Bunco -** We will play the 1st Tuesday of the month – **Aug. 6** - beginning at **10 a.m.** Prizes will be given for most wins, most losses, and most Bunco's. Beginners welcome! Bring snacks to share.
SR.

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

***Knitting Club – Thursdays at 12 p.m.**

Don't know how? Someone will show you! Just bring your knitting needles and some yarn. **CR.**

***Loose Caboose Players -** A Reader's Theater - you don't have to worry about memorizing lines - just having fun! **Thursdays in August from 12:30-2:30 p.m.** Fall meeting schedule will be announced in September. **C1.**

***Ping Pong -** Tuesdays & Wednesdays from 12:30-3:30pm. **FC.**

***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.**

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 a.m.

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 Aug. 8, 12:30 p.m.**

***Open Music Jam –** Bring your voice, instrument and/or listening ears for a jam session. Every **Tuesday at 1 p.m.** in MR. Also meets **2nd & 4th Friday, Aug. 9 and 23** from **Noon-3 p.m.** 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 FiftyForward 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 a.m: Traditional Yoga 12 p.m: Quilting 12:30 p.m: SS Circuit 1:45 p.m; SS Stress Reduction & Restorative Breathing	Tuesdays: 9 a.m: Tai-Chi 10 a.m: S.S. Classic 1 p.m: Music Jam Wednesdays: 9 a.m: Traditional Yoga 10 a.m: S.S. Yoga Stretch 11:30 a.m: Qigong 12 p.m: Crochet 12:30 p.m S.S. Classic	Thursdays: 12 p.m: Knitting 12:30 p.m: Classic 1:45 p.m: Gentle Yoga Fridays: 9 a.m Trad. Yoga 11 a.m Qigong 12:30 p.m Classic		1 10 a.m: Dementia Support ELECTION DAY 12:30 p.m: Loose	2	3
4	5 10 a.m: Grief Support 1p.m: Bingo	6 10 a.m: Music for Seniors Trip 10 a.m: Bunco 10:30 a.m: Blood Pressure 1 p.m. Reminisce	7 8 a.m: Trip to Beechcraft Heritage & Aviation Museum	8 10 a.m: Coloring with Sara Jo 12:30 p.m: Karaoke 12:30 p.m: Loose Caboose	9 12 p.m: Music Jam	10
11	12 9 a.m: Second Sight 10:30 a.m. Red Hats	13 9:30 a.m: Travelous Trippers to TN State Museum & Farmers Market	14 9:30 a.m: Advisory Council 1p.m: CBD presentation with Hempy's	15 T³- Trippin' Third Thursday! 11:30 a.m: Summer Eat & Greet Lunch 12:30 p.m: Loose Caboose	16 Deadline for Tasty Tuesday Tickets 6 p.m: MadTown Music Dinner Show with the Circle Players	17
18	19 10 a.m: Grief Support 12 p.m.: Trip to Martin's BBQ	20 11:30 a.m: TASTY TUESDAY 1p.m: Travelous Trippers Planning	21 9 a.m: Legal Aid 10:30 a.m: Victory Over Crime Presentation on Scams	22 10 a.m: Walgreens Health Talk 10 a.m: All of Us Enrollment 12:30 p.m: Loose	23 11 a.m: Trip to Knowles Center for Skanska/ EXPO lunch 12 p.m: Music Jam	24
25	26 9 a.m: Second Sight	27 1p.m: Bingo	28 9:30 a.m: Hiking Trip to Richland Creek	29 11:30 a.m: Lunch & Learn with Summit Family Chiropractic 12:30 p.m: Loose Caboose	30	31 10:30 a.m: Trip to Bacon Festival in Murfreesboro



*Fifty
Forward*

Madison Station

301 Madison St in Madison



MadTOWN *Music Series*

Featuring



Cabaret of Jazz & Showtunes

Friday, August 16

Doors Open at 6:00 pm Show at 7:00 pm

\$25/ticket and includes dinner buffet

Menu includes: Chicken Cordon Bleu, French-style green
beans, parmesan tomato, roll, fruit cobbler

Thank you to our sponsors:



CREEKSIDE CENTER
FOR REHABILITATION & HEALING



Groups & Clubs

Class Location Guide: C1=Classroom #1; C2=Classroom #2;
CR= Conference Room; SR=Social Room; R1=Retreat 1;
R2=Retreat 2; MR=Multi-Purpose Room



Bowling Club – Join FiftyForward Donelson members on the **3rd Friday of every month at 2 p.m.** at the Strike and Spare in Donelson (2710 Old Lebanon Rd.) Cost per game is only \$1. Shoes are \$1 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 a.m. Aug. 1. CR.

Travelous Trippers – **3rd Tuesday** of each month at **1 p.m.** Plans monthly trips. Must be present at meeting to sign up for trips planned. Aug. 20. 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. **August 12 at Logan's Roadhouse. CR.**

Reminiscence – Meets the **1st Tuesday of the month at 1 p.m.** Go back in time with Nancy and Larry McDougal. Door prizes! **Aug. 6. CR.**

Second Sight - Get together with other visually impaired members of the community. Meets **2nd and 4th Mondays at 9 a.m. 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. **Taking a hiatus for August and resuming Sept. 6. CR.**

REMINISCENCE
"Things just aren't like they used to be." Have you ever said that or heard that? Well it's true! Life is always changing. If you want to remember how things used to be, join Nancy McDougal for "Reminiscence" on the **1st Tuesday of each month at 1 p.m.** Through stories, trivia, and trinkets from the past, you'll be transported to times gone by. **Plus, you can win prizes!**

Coloring Fun at Madison Station!

Thursday, Aug. 8, 10 a.m.-2 p.m.



Our friend and FiftyForward Madison Station member, Sara Jo, invites you to get creative, de-stress, and have fun with other members as we relax and color! Stop by for as long or little as you'd like. We will have coloring books and supplies available to use, or bring your own to share. Sign up in the free binder so we may plan for seating!

Wellness Resources

Grief Support Group:

Meets on the **1st & 3rd Mondays of the month, 10 a.m.** 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 a.m. 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 p.m. 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, September's trip list will be released on Aug. 15 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 original scheduled event 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.

Music for Seniors: The Ukedelics

Tuesday, Aug. 6, 10 a.m.

Cost: \$7 & includes complimentary lunch!

Music for Seniors Daytime Concert Series presented by Aetna Medicare Solutions returns with The Ukedelics! This high energy and entertaining all-ukulele band is lots of fun! Join us at Delmas Long Community Center for the show, followed by a complimentary lunch brought to you by the Goodlettsville Senior Adult Program.

Beechcraft Heritage & Aviation Museum

Wednesday, Aug. 7, 8 a.m.

Cost: \$18 + lunch

Up up and away! We're meeting friends from FiftyForward College Grove and heading to the Beechcraft Heritage Museum for a guided tour of this world class and distinctly original aviation museum. We'll cover a lot of walking ground on this trip (three hangars, plus some other stuff) so please wear comfortable shoes! There are plenty of chairs around so you can rest at your leisure. After the museum we'll head to Whiskey Trail BBQ & Steakhouse for a bite to eat and to mingle with FiftyForward College Grove pals. Menu items \$6-\$22.

Travelous Trippers to TN State Museum & Nashville Farmers Market

Tuesday, Aug. 13, 9:30 a.m.

Cost: \$6 + lunch

The new Tennessee State Museum has great exhibits about Tennessee's past and present. After visiting the museum, we'll head next door to the Farmer's Market for some food and goodies! Make sure to stop by Batch and mention you're with FiftyForward Madison Station so you can receive 10% off your purchase!

Foodie Favorites Tour:

BBQ – Stop #2 at Martin's BBQ

Monday, Aug. 19, 12 p.m.

Cost: \$7 + Lunch

Join our new Assistant Center Director, Heather (who loves all things food + beverage), for this new food tour series as we vote on the best places in Nashville. Our second stop will be Martin's BBQ at their newest location in Midtown. Heather loves their brisket tacos, broccoli salad and baked beans! Menu items \$6-\$20. *Limited to 12 people*

Skanska Lunch and Informational Session About State Fairgrounds Expo Project

Friday, Aug. 23, 11 a.m.

Cost: \$6 & includes complimentary lunch

Skanska is hosting a free lunch and information session at FiftyForward Knowles regarding the State Fairgrounds Expo project. There will be a presentation from Skanska and Fairgrounds representatives. discussing the Expo project and Nashville's growth. Please note we only have 18 spots available for this and you must sign up by Friday, Aug. 9.

Hiking Club to Richland Creek

Wednesday, Aug. 28, 9:30 a.m.

Cost: \$7 + lunch

Richland Creek Greenway is one of many forming Nashville's system of greenways throughout the city. After our hike, we'll stop at Sylvan Park favorite Star Bagel Café, which offers breakfast and lunch sandwiches, salads, smoothies, coffee & more. *Limited to 12 people* Menu items \$2-\$9.

National Bacon Day Festival in Murfreesboro

Saturday, Aug. 31, 10:30 a.m.

Cost: \$8 + lunch/vendor purchases

August 31 is National Bacon Day! To celebrate, Murfreesboro is holding its inaugural Bacon Festival. This outdoor event will feature craft vendors, food trucks, raffle prizes and more. Bus will depart back to Madison Station at 2:15 p.m.

ON THE ROAD WITH FiftyForward

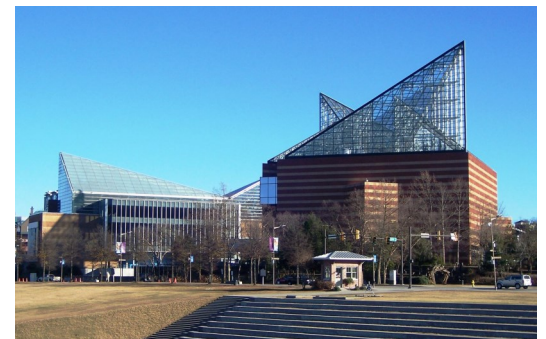
Tennessee Aquarium in Chattanooga

Thursday, Sept. 19

Bus pickup at FiftyForward Knowles at 7:30 a.m.

Cost: \$70/person (\$75/person for non-members) + \$1-\$2 for bus driver tip + lunch

Come see for yourself why the Tennessee Aquarium is rated the best aquarium in America for overall guest satisfaction. River Journey features otters, alligators, turtles and other freshwater animals, while Ocean Journey includes penguins, touchable stingrays, a variety of fish, sharks and more. Plan to enjoy at least two hours during your Aquarium visit, but feel free to take a break at any time. Departing from FiftyForward Knowles in a deluxe motor coach bus, we'll first enjoy lunch at Big River Grille and Brewing Works followed by our visit to the Tennessee Aquarium. Our expected return time to FiftyForward Knowles is 4 p.m. Register at the front desk – payment is due at the time of registration and there are no refunds after Friday, Aug. 30.



Upcoming Programs

An Overview of CBD Presented
by Hempy's Rivergate
Wednesday, Aug. 14, 1 p.m.



You have probably seen CBD in the news a lot lately, or have noticed CBD storefronts and products on the rise. Our neighbors over at Hempy's Rivergate will join us on Wednesday, August 14 at 1 p.m. to give an overview of CBD and familiarize us with all its different uses.

They'll explain the difference between CBD and THC, the benefits and side effects of CBD, medications that interact with CBD, how CBD oils can be used, and much more. Come with questions - we know there are many! Sign up in the free event binder so we may plan for seating.



Walgreens Health Talk
Thursday, Aug. 22, 10 a.m.

Walgreens will be here Thursday, Aug. 22 at 10 a.m. with PharmD Candidate 2020 Nick Busbee discussing vaccines. Sign up in the free event binder so we may plan for seating.

Victory Over Crime Discussion About
Scams Targeting Older Adults
Wednesday, Aug. 21, 10:30 a.m.

Scams -- they're all over the news, but would you recognize one and know what to do? Claire Coenen, FiftyForward's Victory Over Crime Outreach Coordinator, will teach us about current scams both nationally and locally, and what to do if you encounter one. We'll discuss IRS scams, door-to-door scams, the grandparent scam and more. Sign up in the free event binder so we may plan for seating.

COMMUNITY CORNER

Night Out Against Crime
Tuesday, Aug. 6
4-7 p.m.
Madison Community Center

The Madison Rivergate Area Chamber of Commerce and the Madison Precinct are partnering for the annual Night Out Against Crime. There will be a dunk tank, SWAT, horses, food trucks, games and more!

Fun Happenings Around Madison!

Madison Knights Chess Club
Wednesday, Aug. 7 and
Wednesday, Aug. 21
Madison Library

Join us for informal but competitive chess meet-ups. Sharpen your skills and learn more about the game in a friendly, fun atmosphere. All levels welcome.

Thank You!

—Creekside Center for Rehabilitation and Healing, Yazoo, Maybelle Carter, United Healthcare, Walgreens, Summit Family Chiropractic, and Hempy's for sponsoring programs this month.

—Creekside Center for Rehabilitation and Healing for sponsoring Tasty Tuesday lunch.

—United Healthcare & Maybelle Carter 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.

AUGUST 25-31, 2019
MACKINAC ISLAND
SOLD OUT

SEPTEMBER 9-12, 2019
HANNIBAL, MISSOURI

OCTOBER 7-17, 2019
PANAMA CANAL CRUISE

OCTOBER 5-13, 2019
CAPE COD
SOLD OUT

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:
August 8,
September 5, October 21

Our Staff

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

Lisa Hill
FLIP Coordinator

lhill@fiftyforward.org
Direct Line: 615-622-9867

Hot Summer with the Coolest Members!



We are so thankful for our
Volunteer of the Year, Cornelia Laux!



Tex and Ann Mitchell at our July MadTown
Music Show with Blue Suede Shoes.



Madison Station (and friends from
Donelson Station!) enjoyed a trip to
the Musicians Hall of Fame, followed
by a stop at the Cupcake Collection in
Germantown!



Members take a break from doing "The Twist" with the
Blue Suede Shows at our July MadTown Music Show.



Catching up with friends at the MadTown Music Show
before hearing great music from the Blue Suede Shoes, and
indulging in delicious burgers from Farm Burger and yummy
old fashioned sodas from Sidekicks Café.

Our Partners



Silver Sneakers
by Tivity Health



Upcoming September Events

There will be a FiftyForward Member Mixer on Wednesday, Sept. 25 at FiftyForward Martin Center. It will be a great time to mix and mingle with members across all FiftyForward centers!

Please Note: FiftyForward centers and offices will be closed on Monday, Sept. 2 in observance of Labor Day.

FiftyForward Madison Station
301 Madison St.
Madison, TN 37115