December 2020 VIRTUAL Program Calendar

Join us on Zoom and our FiftyForward Facebook pages for innovative virtual classes and new online experiences! Programs on Zoom are denoted in GREEN. Medicare presentations on Zoom or Webex are denoted in BLUE. To register for Zoom programs or Medicare presentations, please email ecurtis@fiftyforward.org or call your home center.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 **9 a.m.** Gentle Yoga with Jan **11 a.m. Humana Medicare Presentation** **10 a.m. Tabata with Lisa** **1 p.m.** Elder Abuse & Caregiver Support	2 **10 a.m.** Low-Impact Aerobics with Janice **2 p.m. UnitedHealthcare Medicare Presentation**	3 **9 a.m.** Gentle Yoga with Jan **2 p.m.** Music with Beth	4 **10 a.m.** Low-Impact Aerobics with Janice **11 a.m.** Bluebird Café performance	5
6	7 **1 p.m.** Cooking Vegan with Vickee	8 **9 a.m.** Gentle Yoga with Jan **10 a.m. Tabata with Lisa** **1 p.m. Alive Hospice Hope for the Holidays**	9 **10 a.m.** Low-Impact Aerobics with Janice	10 **9 a.m.** Gentle Yoga with Jan **1 p.m. NPL and *All of Us* Be Well Café** **6 p.m. NHMA and *All of Us* Fireside Chat**	11 **10 a.m.** Low-Impact Aerobics with Janice	12
13	14 **11 a.m.** RV Adventures with the Rigsbys **1 p.m.** *All of Us* Online Café	15 **9 a.m.** Gentle Yoga with Jan **10 a.m. Tabata with Lisa**	16 **10 a.m.** Low-Impact Aerobics with Janice **12 p.m. Chat & Chew with Melvin** **1 p.m. The Match Game**	17 **9 a.m.** Gentle Yoga with Jan **1 p.m. Reminisce**	18 **10 a.m.** Low-Impact Aerobics with Janice **10:30 a.m. History Group**	19
20	21	22	23	24	25	26
	FiftyForward centers & offices closed this week for the holiday					
27	28 **1 p.m.** Crafting with Beth	29 **9 a.m.** Gentle Yoga with Jan	30 **10 a.m.** Low-Impact Aerobics with Janice **1 p.m.** Cooking Vegan with Vickee	31 **9 a.m.** Gentle Yoga with Jan		

December 2020 OUTDOOR Program Calendar

Our centers are offering outdoor programs during the first two weeks of December! Please carefully read page 6 to learn more about each event. The center hosting the event is listed on the calendar after the event name. You MUST register in advance if you wish to participate in any of the programs that are not Beep-and-Greets.
To register, please email ecurtis@fiftyforward.org or call your home center. We follow CDC safety guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 **10 a.m.** Low-Impact Aerobics/Donelson Station **11:30 a.m.** Bingo/ Bordeaux **1 p.m.** Bingo/Bordeaux **1 p.m.** Bingo/Martin Center **1 p.m.** SilverSneakers Classic/Madison Station **2 p.m.** Gentle Yoga Stretch/Madison Station **2:30 p.m.** Bingo/ Bordeaux **2:30 p.m.** Bingo/ Martin Center	4 **10:30 a.m.** Line Dancing/Turner Center **11:30 a.m.** Art & Knitting/Martin Center	5
6	7 **10 a.m.** Holiday Music Jam/ Knowles **11:30 a.m.** Holiday Music Jam/Knowles **1 p.m.** Aerobics Class/Martin Center **1 p.m.** Bingo/ College Grove	8 **9:30 a.m. Turner Center Beep-and-Greet**	9 **10 a.m.** SilverSneakers Classic/Madison Station **11:15 a.m.** SilverSneakers Yoga Stretch/Madison Station	10 **9:30 a.m. Bordeaux Beep-and-Greet** **10 a.m.** Strength Training/Donelson Station **11 a.m.** Holiday Circle of Hope/ Donelson Station **1 p.m.** Holiday Circle of Hope/Donelson Station **1 p.m.** Holiday Reminisce and Craft/ Knowles	11 **10:30 a.m.** Line Dancing/Turner Center **11 a.m.** Holiday Music Performance/ Madison Station **11:30 a.m.** Art & Knitting/Martin Center **12 p.m.** Holiday Music Performance/ Madison Station	12
13	14 **10 a.m. Knowles/ADS Beep-and-Greet**	15 **9:30 a.m. Madison Station Beep-and-Greet**	16 **11 a.m. College Grove Beep-and-Greet**	17 **11 a.m. Martin Center Beep-and-Greet**	18 **11 a.m. Donelson Beep-and-Greet**	19
20	21	22	23	24	25	26
	FiftyForward centers & offices closed this week for the holiday					
27	28	29	30	31		