

January 2021 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**. To register for Zoom programs, please email ecurtis@fiftyforward.org or call your home center.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CENTER CLOSED	2
3	4	5 9 a.m. Gentle Yoga with Jan	6 10 a.m. Low Impact Aerobics with Janice	7 9 a.m. Gentle Yoga with Jan	8 10 a.m. Low Impact Aerobics with Janice	9
10	11 9 a.m. Tech Help 1 p.m. All of Us Online Café 1 p.m. Writers Group	12 9 a.m. Gentle Yoga with Jan 1 p.m. Brain Brawlers Trivia	13 10 a.m. Low Impact Aerobics with Janice 10 a.m. Love Letter Party	14 9 a.m. Gentle Yoga with Jan 1 p.m. NPL and All of Us Be Well Café	15 10 a.m. Low Impact Aerobics with Janice	16
17	18 CENTER CLOSED FOR MLK JR. HOLIDAY	19 9 a.m. Gentle Yoga with Jan 9 a.m. Book Discussion Group 10 a.m. Fred Frawley Performance 12 p.m. Art Class with Kim Lane	20 10 a.m. Low Impact Aerobics with Janice 2 p.m. The Match Game	21 9 a.m. Gentle Yoga with Jan 10:30 a.m. History Group	22 10 a.m. Low Impact Aerobics with Janice	23
24	25 1 p.m. Writers Group 1 p.m. All of Us Online Cafe	26 9 a.m. Gentle Yoga with Jan 1 p.m. Brain Brawlers Trivia	27 10 a.m. Low Impact Aerobics with Janice 11 a.m. Meetup with Madison Station	28 9 a.m. Gentle Yoga with Jan 11 a.m. High Tea 12 p.m. Chat & Chew with Melvin Fowler	29 10 a.m. Low Impact Aerobics with Janice	30
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January 2021 OUTDOOR Program Calendar

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. To register, please email ecurtis@fiftyforward.org or call your home center. Programs will follow CDC safety guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CENTER CLOSED	2
3	4 10 a.m. SS Total/ Martin Center 11 a.m. Walking Club/ Bordeaux 1 p.m. Walking Club/ Bordeaux	5	6 10 a.m. SS Total/Martin Center 11 a.m. BINGO/ Bordeaux 12:30 p.m. BINGO/Bordeaux 2 p.m. BINGO/Bordeaux	7 11 a.m. Chair Exercise/Bordeaux 12:30 p.m. Chair Exercise/Bordeaux 1:30 p.m. Chair Exercise/Bordeaux	8	9
10	11 10 a.m. SS Total/Martin Center	12 10 a.m. Strength Training/Donelson Station	13 10 a.m. SS Total/Martin Center 10 a.m. SS Classic/Madison Station 11 a.m. SS Yoga Stretch/ Madison Station 1 p.m. Line Dancing/Turner Center	14 1 p.m. SS Classic/ Madison Station 2 p.m. Gentle Yoga Stretch/ Madison Station	15	16
17	18 CENTER CLOSED FOR MLK JR. HOLIDAY	19 10 a.m. Strength Training/Donelson Station	20 10 a.m. SS Total/Martin Center 10 a.m. SS Classic/Madison Station 11 a.m. SSYoga Stretch/ Madison Station 1 p.m. Line Dancing/Turner Center	21 1 p.m. SS Classic/ Madison Station 2 p.m. Gentle Yoga Stretch/ Madison Station	22	23
24	25 10 a.m. SS Total/Martin Center	26 10 a.m. Strength Training/Donelson Station	27 10 a.m. SS Total/Martin Center 10 a.m. SS Classic /Madison Station 11 a.m. SS Yoga Stretch/ Madison Station 1 p.m. Line Dancing/Turner Center	28 1 p.m. SS Classic/ Madison Station 2 p.m. Gentle Yoga Stretch/ Madison Station	29	30
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