

March 2021 Madison Station Program Calendar

Our centers are now offering indoor programs. Please carefully read the program description page to learn more about each offering. You **MUST** register in advance if you wish to participate in any of indoor programs. To register, please email madison.station@fiftyforward.org or call **FiftyForward Madison Station** at **615-860-7180** to sign up. We follow CDC safety guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10 a.m-3 p.m. Fitness Center 10 a.m-Noon Quilting 10 a.m-Noon Puzzles 1-3 p.m. Pool Players	2 9-11 a.m. Pool Players 10 a.m-3 p.m. Fitness Center 1 p.m. ZOOM Reminisce 1 p.m. Music Jam (no singing) 1-3 p.m. Pool Players	3 9-11 a.m. Pool Players 9 a.m. Cigna Arthritis presentation 10 a.m-3 p.m. Fitness Center 10 a.m. Outdoor SS Classic 11 a.m. Outdoor SS Yoga Stretch 1-3 p.m. Crochet 1-3 p.m. Pool Players	4 9-11 a.m. Pool Players 10 a.m-3 p.m. Fitness Center 10 a.m.-Noon Knitting 1 p.m. Outdoor SS Classic 2 p.m. Outdoor Gentle Yoga Stretch	5 NO IN-CENTER PROGRAMMING	6
7	8 10 a.m-3 p.m. Fitness Center 10 a.m. Bluebird Café performance 10 a.m-Noon Quilting 10 a.m-Noon Puzzles 1-3 p.m. Pool Players	9 9-11 a.m. Pool Players 10 a.m-3 p.m. Fitness Center 1 p.m. Music Jam (no singing) 1-3 p.m. Pool Players	10 9-11 a.m. Pool Players 10 a.m-3 p.m. Fitness Center 10 a.m. Outdoor SS Classic 11 a.m. Outdoor SS Yoga Stretch 1-3 p.m. Crochet 1-3 p.m. Pool Players	11 9-11 a.m. Pool Players 10 a.m.-Noon Knitting CENTER CLOSES AT NOON FOR WHISTLESTOP	12 NO IN-CENTER PROGRAMMING	13
14	15 10 a.m-3 p.m. Fitness Center 10 a.m-Noon Quilting 10 a.m-Noon Puzzles 1 p.m. Coloring 1-3 p.m. Pool Players	16 9-11 a.m. Pool Players 10 a.m-3 p.m. Fitness Center 11:30 a.m. Tasty Tuesday Drive-Thru Lunch Express 1 p.m. Music Jam (no singing) 1-3 p.m. Pool Players	17 9-11 a.m. Pool Players 9 a.m. Cigna Incontinence presentation 10 a.m-3 p.m. Fitness Center 10 a.m. Outdoor SS Classic 11 a.m. Outdoor SS Yoga Stretch 1-3 p.m. Crochet 1-3 p.m. Pool Players	18 9-11 a.m. Pool Players 10 a.m-3 p.m. Fitness Center 10 a.m.-Noon Knitting 1 p.m. Outdoor SS Classic 2 p.m. Outdoor Gentle Yoga Stretch	19 NO IN-CENTER PROGRAMMING	20
21	22 10 a.m-3 p.m. Fitness Center 10 a.m-Noon Quilting 10 a.m-Noon Puzzles 1 p.m. Member portal tech help 1-3 p.m. Pool Players	23 9-11 a.m. Pool Players 10 a.m-3 p.m. Fitness Center 1 p.m. Music Jam (no singing) 1-3 p.m. Pool Players	24 9-11 a.m. Pool Players 10 a.m-3 p.m. Fitness Center 10 a.m. Outdoor SS Classic 11 a.m. Outdoor SS Yoga Stretch 1-3 p.m. Crochet 1-3 p.m. Pool Players	25 9-11 a.m. Pool Players 10 a.m. Walgreens Health Talk 10 a.m-3 p.m. Fitness Center 10 a.m.-Noon Knitting 1 p.m. Outdoor SS Classic 2 p.m. Outdoor Gentle Yoga Stretch	26 NO IN-CENTER PROGRAMMING	27
28	29 10 a.m-3 p.m. Fitness Center 10 a.m. "Hidden Figures" movie 10 a.m-Noon Quilting 10 a.m-Noon Puzzles 1-3 p.m. Pool Players	30 9-11 a.m. Pool Players 10 a.m-3 p.m. Fitness Center 1 p.m. Music Jam (no singing) 1-3 p.m. Pool Players	31 9-11 a.m. Pool Players 9:45 a.m. Cigna Get Fit Giveaway 10 a.m-3 p.m. Fitness Center 10 a.m. Outdoor SS Classic 11 a.m. Outdoor SS Yoga Stretch 1-3 p.m. Crochet 1-3 p.m. Pool Players			

FiftyForward Madison Station PROGRAM INFORMATION



Program also offered on Zoom



Denotes member-led program



Denotes Facebook program


To sign up for programs, please email madison.station@fiftyforward.org, call our center or sign up through the Membership Portal.

Fitness Center Mondays-Thursdays in March, 10 a.m.-3 p.m. Sign up for a one-hour timeslot to use our fitness center.

Quilting Mondays in March, 10 a.m.-12 p.m. Join our quilters and please bring your own materials!

Puzzles Mondays in March, 10 a.m.-12 p.m. Tackle one of the many puzzles we have in our retreat room. At this time, it will be one person to a puzzle.

Pool/Billiards Mondays from 1-3 p.m.; Tuesdays & Wednesdays from 9-11 a.m. and 1-3 p.m.; Thursdays from 9-11 a.m. Sign up for a two-hour block to play pool in our billiards area.

 **Reminisce Tuesday, March 2, 1 p.m. on Zoom.** Go back in time with FiftyForward member Nancy McDougal. This group celebrates the good times with fun, engaging stories about what we loved in the past and how it shapes our lives today. You can join via video on your device or if you do not have video capability, then you can join by calling in on the conference call feature.

Music Jam (no singing) Tuesdays in March, 1 p.m. Bring your own instrument or listening ears for a jam session. Please note there will be **no singing** as of now in these music jams, only playing instruments with each other.

Cigna Arthritis Presentation Wednesday, March 3, 9 a.m. Join us as we stream an informative webinar about Arthritis presented by Cigna.

SilverSneakers Classic Outdoor Wednesdays, March 3, 10, 17, 24, 31, 10 a.m.; Thursdays, March 4, 18, 25, 1 p.m. Focuses on strengthening muscles and increasing range of movement for daily life activities. Please bring your own equipment if you wish - including hand-held weights, elastic tubing with handles and/or a SilverSneakers ball. A chair will be provided. Kathleen Phillips leads the Wednesday classes and Lisa Cotton leads the Thursday classes.

SilverSneakers Yoga Stretch Outdoor Wednesdays, March 3, 10, 17, 24, 31 11 a.m. Led by Kathleen Phillips, chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

Crochet Wednesdays in March, 1-3 p.m. Bring an "H" needle, yarn, and your own materials.

Knitting Thursdays in March, 10 a.m.-12 p.m. Bring your own knitting needles and yarn.

Gentle Yoga Stretch Outdoor Thursdays, March 4, 18, 25, 2 p.m. Led by Lisa Cotton, chair support is offered for seated and standing yoga poses.

Bluebird Café Performance Monday, March 8, 10 a.m. Join us as we stream the Bluebird Café's monthly senior show featuring a live performance from Georgia Middleman.

Whistlestop Thursday, March 11. Join us for our annual Whistlestop fundraiser benefitting FiftyForward Madison Station! **This year's event will include a drive-through portion from 4:30-6 p.m. in our parking lot, followed by a virtual presentation at 7 p.m.** All are invited to attend the drive-through portion and experience this year's theme of Louisville, Kentucky. VIP tickets are \$75 and include dinner and the virtual presentation (Group rate of 8 tickets for \$550); Tickets for the virtual presentation only are \$50. We also have Puffs available again for \$25 and \$10. Call our center for more information or visit: www.fiftyforward.org/whistlestop

Coloring Monday, March 15, 1 p.m. If you have your own coloring books and pencils, we encourage you to bring your own. We will have some on hand to provide for each person (no sharing for now).

Tasty Tuesday Drive-Thru Lunch Express Tuesday, March 16, 11:30 a.m. Drive through the Madison Station parking lot and pick up a tasty meal prepared by Creekside Center for Rehabilitation & Healing. Lunch includes BBQ chicken, green beans, corn, and cornbread. **Lunch cost is \$7 and must be ordered by March 12 by emailing madison.station@fiftyforward.org or calling our center.** All proceeds benefit the center.

Cigna Incontinence Presentation Wednesday, March 17, 9 a.m. Join us as we stream an informative webinar about Incontinence presented by Cigna.

Membership Portal Tech Help Monday, March 22, 1 p.m. Madison Station staff will share information about our new online membership portal, its features, and how to utilize it.

Walgreens Health Talk Thursday, March 25, 10 a.m. Join pharmacists from our local Madison Walgreens to discuss relevant health-related topics.

"Hidden Figures" movie screening Monday, March 29, 10 a.m. In celebration of Women's History Month, join us for a screening of "Hidden Figures," the story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program.

Cigna Get Fit Giveaway Wednesday, March 31, 9:45 a.m.-12:15 p.m. Stop by the Cigna table in our parking lot and receive a few free health & wellness to motivate you to stay healthy in 2021. They'll be distributing a pedometer/step tracker, a healthy living tips pamphlet, and a healthy pre-packaged snack. Make sure to sign up so they know how many items to bring!