

May 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
2	3 10 a.m.-3 p.m. Fitness Center 10 a.m.-Noon Card Players 10 a.m. Improv class 10 a.m.-Noon Quilting 10 a.m.-Noon Puzzles 1-3 p.m. Pool Players	4 9-11 a.m. Pool Players 10 a.m.-3 p.m. Fitness Center 1-3 p.m. Pool Players	5 9-11 a.m. Pool Players 10 a.m.-Noon Card Players 10 a.m.-Noon Puzzles 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	6 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	7 No In-Center Programming	8
9	10 10 a.m.-3 p.m. Fitness Center 10 a.m.-Noon Card Players 10 a.m. Bluebird Senior Show Livestream 10 a.m. Improv class 10 a.m.-Noon Quilting 10 a.m.-Noon Puzzles 1-3 p.m. Pool Players	11 9-11 a.m. Pool Players 10 a.m.-3 p.m. Fitness Center 10 a.m. Blood Pressure/ Glucose Checks 1-3 p.m. Pool Players	12 9-11 a.m. Pool Players 10 a.m.-Noon Card Players 10 a.m.-Noon Puzzles 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	13 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	14 No In-Center Programming	15
16	17 10 a.m.-3 p.m. Fitness Center 10 a.m.-Noon Card Players 10 a.m. Improv class 10 a.m.-Noon Quilting 10 a.m.-Noon Puzzles 1-3 p.m. Pool Players	18 9-11 a.m. Pool Players 10 a.m.-3 p.m. Fitness Center 11:30 a.m. Tasty Tuesday Lunch Express 1-3 p.m. Pool Players	19 9-11 a.m. Pool Players 10 a.m.-Noon Card players 10 a.m.-Noon Puzzles 10 a.m.-3 p.m. Fitness Center 10 a.m. Outdoor SS Classic 11 a.m. Outdoor SS Yoga 1-3 p.m. Crochet 1-3 p.m. Pool Players	20 9-11 a.m. Pool Players 10 a.m.-3 p.m. Fitness Center 10 a.m. Stop the Bleed class 10 a.m.-Noon Knitting 1 p.m. Outdoor SS Classic 2 p.m. Outdoor Gentle Yoga Stretch	21 No In-Center Programming	22
23	24 10 a.m.-3 p.m. Fitness Center 10 a.m.-Noon Card Players 10 a.m. Improv class 10 a.m.-Noon Quilting 10 a.m.-Noon Puzzles 1-3 p.m. Pool Players	25 9-11 a.m. Pool Players 10 a.m.-3 p.m. Fitness Center 10 a.m. BINGO 1-3 p.m. Pool Players	26 9-11 a.m. Pool Players 10 a.m.-Noon Card Players 10 a.m.-Noon Puzzles 10 a.m.-3 p.m. Fitness Center 10 a.m. Outdoor SS Classic 11 a.m. Outdoor SS Yoga Stretch 11 a.m. Holiday San Antonio Trip Presentation 1-3 p.m. Crochet 1-3 p.m. Pool Players	27 9-11 a.m. Pool Players 10 a.m.-3 p.m. Fitness Center 10 a.m. Improv class 10 a.m. Walgreens Health Talk 10 a.m.-Noon Knitting 1 p.m. Outdoor SS Classic 2 p.m. Outdoor Gentle Yoga Stretch	28 No In-Center Programming	29
30	31 FIFTYFORWARD CENTERS AND OFFICES CLOSED FOR MEMORIAL DAY					

FiftyForward Madison Station PROGRAM INFORMATION



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 May, 10 a.m.-3 p.m.
Sign up for a one-hour timeslot to use our fitness center.

Card Players Mondays & Wednesdays in May, 10 a.m.-12 p.m. Card players may return to play this month!

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

Puzzles Mondays and Wednesdays in May, 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.

Intro to Improv Mondays, May 3, 10, 17, 24 and Thursday, May 27, 10 a.m. The continuation of a six-week series for anyone who wants to have a lot of fun and connect with others while learning the basics of improvised theater - no experience necessary! In these classes, we'll play improv games, practice improvised scenes, and explore improv fundamentals together. There is no pressure to be funny or tell jokes, and the class is a really supportive environment to try something new. Led by Unscripted, a nonprofit organization in Nashville whose mission is to heal, empower, and connect the community through improv.

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.

SilverSneakers Classic Outdoor Wednesdays, May 5, 12, 19, 26, 10 a.m.; Thursdays, May 6, 13, 20, 27, 1 p.m. Focuses on strengthening muscles and increasing range of movement for daily life activities. Equipment and a chair will be provided. Kathleen Phillips leads the Wednesday classes and Lisa Cotton leads the Thursday classes.

SilverSneakers Yoga Stretch Outdoor Wednesdays, May 5, 12, 19, 26, 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 May, 1-3 p.m. Bring an "H" needle, yarn, and your own materials.

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

Gentle Yoga Stretch Outdoor Thursdays, May 6, 13, 20, 27, 2 p.m. Led by Lisa Cotton, chair support is offered for seated and standing yoga poses.

Bluebird Café Senior Show Livestream Monday, May 10, 10 a.m. Join us as we stream the Bluebird Café's monthly senior show featuring a live performance from Victoria Shaw.

Blood Pressure/Glucose Checks Tuesday, May 11, 10-11 a.m. Sign up to have your blood pressure and glucose levels taken courtesy of Hickory Gardens Assisted Living.

Tasty Tuesday Lunch Express Tuesday, May 18, 11:30 a.m. Pick up a tasty meal prepared by Creekside Center for Rehabilitation & Healing. Lunch includes fried chicken, maple sweet potatoes, seasonal vegetable medley, roll, and cookie. If weather permits, we will set up tables outside so you can enjoy lunch with friends. **Lunch cost is \$7 and must be ordered by May 14 by emailing madison.station@fiftyforward.org or calling our center. All proceeds benefit the center.**

Stop the Bleed Presentation Thursday, May 20, 10 a.m. Join members from Skyline Medical Center for this hands-on class that teaches the basics of identifying and treating life-threatening bleeding using tourniquets, wound packing and pressure dressings. It teaches what bystanders can do to stop potentially fatal bleeding before emergency responders can arrive.

BINGO Tuesday, May 25, 10 a.m. Everybody's favorite game returns! If the weather is nice, we will hold BINGO outside.

Holiday San Antonio Trip Presentation Wednesday, May 26, 11 a.m. Join us for an informational presentation about Holiday San Antonio, a wonderful travel opportunity for our members happening Nov. 30 – Dec. 4, 2021.

Walgreens Health Talk Thursday, May 27, 10 a.m. Join pharmacists from our local Madison Walgreens to discuss relevant health-related topics.