

July 2021 Madison Station Program Calendar

Please carefully read the program description page to learn more about each offering and to see which programs require registration. To register, please use the Membership Portal: <https://fiftyforward.org/member/#myaccount>. We follow CDC safety guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9 a.m. Fitness Center 9 a.m. Cards, Puzzles, Billiards 10 a.m. SS Classic 11 a.m. Gentle Yoga Stretch 1 p.m. Knitting	2 No In Center Programming	3
4	5 FiftyForward Centers & Office Closed for July 4 Holiday	6 9 a.m. Fitness Center 9 a.m. Cards, Puzzles, Billiards 1 p.m. Music Jam	7 9 a.m. Fitness Center 9 a.m. Cards, Puzzles, Billiards 10 a.m. SS Classic 11 a.m. SS Yoga Stretch 1 p.m. Silver Notes 1 p.m. Crochet 1 p.m. Bingo 5:30 p.m. Art for Life	8 9 a.m. Fitness Center 9 a.m. Cards, Puzzles, Billiards 10 a.m. SS Classic 11 a.m. Gentle Yoga Stretch 1 p.m. Knitting	9 No In Center Programming	10
11	12 9 a.m. Fitness Center 9 a.m. Cards, Puzzles, Billiards 10 a.m. Quilting 10 a.m. Bluebird Café Senior Show 10:30 a.m. SS Circuit 11 a.m. Red Hats 11:30 a.m. SS SR&B	13 9 a.m. Fitness Center 9 a.m. Cards, Puzzles, Billiards 1 p.m. Music Jam 1 p.m. Membership Portal Training with Steve	14 9 a.m. Fitness Center 9 a.m. Cards, Puzzles, Billiards 10 a.m. SS Classic 11 a.m. SS Yoga Stretch 11 a.m. Alive Hospice Advance Care Presentation 1 p.m. Silver Notes 1 p.m. Crochet	15 9 a.m. Fitness Center 9 a.m. Cards, Puzzles, Billiards 10 a.m. SS Classic 11 a.m. Gentle Yoga Stretch 1 p.m. Knitting	16 No In Center Programming	17
18	19 9 a.m. Fitness Center 9 a.m. Cards, Puzzles, Billiards 10 a.m. Quilting 10:30 a.m. SS Circuit 11:30 a.m. SS SR&B	20 9 a.m. Fitness Center 9 a.m. Cards, Puzzles, Billiards 10 a.m. BP/Glucose checks 11:30 a.m. Tasty Tuesday 1 p.m. Music Jam	21 9 a.m. Fitness Center 9 a.m. Cards, Puzzles, Billiards 10 a.m. SS Classic 11 a.m. SS Yoga Stretch 1 p.m. Silver Notes 1 p.m. Crochet	22 9 a.m. Fitness Center 9 a.m. Cards, Puzzles, Billiards 10 a.m. SS Classic 10 a.m. Walgreens Health Talk 11 a.m. Gentle Yoga Stretch 1 p.m. Knitting	23 No In Center Programming	24
25	26 9 a.m. Fitness Center 9 a.m. Cards, Puzzles, Billiards 10 a.m. Quilting 10:30 a.m. SS Circuit 11:30 a.m. SS SR&B	27 9 a.m. Fitness Center 9 a.m. Cards, Puzzles, Billiards 1 p.m. Bingo 1 p.m. Music Jam	28 9 a.m. Fitness Center 9 a.m. Cards, Puzzles, Billiards 10 a.m. SS Classic 11 a.m. SS Yoga Stretch 1 p.m. Silver Notes 1 p.m. Crochet	29 9 a.m. Fitness Center 9 a.m. Cards, Puzzles, Billiards 10 a.m. SS Classic 11 a.m. Gentle Yoga Stretch 1 p.m. Knitting	30 No In Center Programming	31

FiftyForward Madison Station PROGRAM INFORMATION



Fitness Center Mondays-Thursdays in July, 9 a.m.-3 p.m. Use any of the cardio or strength-training machines in our fitness center.

Cards, Puzzles, & Billiards Mondays-Thursdays in July, 9 a.m.-3 p.m. Stop by the center to play cards, tackle a puzzle, or play a game of billiards!

SilverSneakers Classic Wednesdays and Thursdays in July, 10 a.m. Focuses on strengthening muscles and increasing range of movement for daily life activities. Equipment and a chair will be provided. Led by Kathleen Phillips on Wednesdays and Lisa Cotton on Thursdays.

Gentle Yoga Stretch Thursdays in July, 11 a.m. Led by Lisa Cotton, chair support is offered for seated and standing yoga poses.

Knitting Thursdays in July, 1 p.m. Bring your own knitting needles and yarn.

Music Jam Tuesdays in July, 1 p.m. Bring your voice, instrument or listening ears for a jam session.

SilverSneakers Yoga Stretch Wednesdays in July, 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.

Silver Notes Band Wednesdays in July, 1 p.m. Welcome back to the Silver Notes band, a 16+ big band that performs all over Nashville and is led by Kim Yearwood. New members always welcome!

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

BINGO Wednesday, July 7 and Tuesday, July 27, 1 p.m. Sponsored by UnitedHealthcare on July 7 and Maybelle Carter Living on July 27.

Art for Life Wednesday, July 7, 5:30-7 p.m., sign up in advance. Join Creekside Center for a "paint and pour" event at our center, where they'll provide a beginners art class to the community celebrating their "Art for Life" program. Beer, wine, and appetizers will be available. Availability is limited, so please register by July 5.

Quilting Mondays, July 12, 19, 26, 10 a.m.-12 p.m. Join our quilters and please bring your own materials!

Bluebird Café Senior Show Livestream Monday, July 12, 10 a.m., sign up in advance. Join us as we stream the Bluebird Café's monthly senior show.

SilverSneakers Circuit Mondays, July 12, 19, 26, 10:30 a.m. Led by Kathleen Phillips, this class offers standing low-impact moves that alternate with standing upper-body strength.

Red Hat Society Monday, July 12, 11 a.m., sign up in advance. Join our Red Hatters for their monthly meeting at the center, followed by lunch at Sidekicks Café. This group has a lot of fun and new members are always welcome! Please RSVP to Sylvia Ballard.

SilverSneakers Stress Reduction & Breathing Mondays, July 12, 19, 26, 11:30 a.m. Led by Kathleen Phillips, this chair yoga class focuses on reducing stress & breathing techniques.

Membership Portal Training with Steve Tuesday, July 13, 1 p.m., sign up in advance. Do you have questions about our new Membership Portal, or need help getting signed in for the first time? Join our fabulous Membership Services Specialist, Steve Bianchi, as he shows you all the wonderful features of the portal, which is included as part of your membership!

Alive Hospice Advance Care Planning Presentation Wednesday, July 14, 11 a.m., sign up in advance. Join Alive Hospice and understand the importance of Advance Care Planning, which is really about how you want to live in the time you have left. Discussing values, personal preferences, and end-of-life care can provide a shared understanding of what matters most. Have you asked your loved ones what sort of medical care they want in a terminal situation? Have you told them what you want? These issues aren't always easy to talk about, and many of us have no idea where to start, but Alive Hospice can help.

Blood Pressure/Glucose Checks Tuesday, July 20, 10-11 a.m. Stop by to have your blood pressure and glucose levels taken courtesy of Hickory Gardens Assisted Living.

Tasty Tuesday Tuesday, July 20, 11:30 a.m., sign up in advance. Enjoy a tasty lunch of baked chicken, broccoli, rice pilaf, and a cookie, prepared by Creekside Center for Rehabilitation & Healing. You can either take your lunch to go, or join us in the social room where we will officially present our Whistlestop awards, watch videos from this year's Whistlestop, and celebrate the success of the fundraiser! **Lunch cost is \$7 and must be ordered by Friday, July 16. All proceeds benefit the center.**

Walgreens Health Talk Thursday, July 22, 10 a.m. on Zoom and in-person, sign up in advance. Join pharmacists from our local Madison Walgreens to discuss relevant health-related topics. If there is a specific topic you would like to see covered, please let Heather know!

Coming in August but sign up now!

Watercolor Art Class Monday, August 30, 1 p.m., \$20, sign up in advance. Art classes are back! We are excited to welcome artist and instructor Cindy Birdsong to our center. This class is for all experience levels, so if you have been wanting to try watercolor, now is the time. Come and explore the beauty of watercolor through the use of simple, basic techniques such as wet on wet and dry brush, combined with the use of color to complete personalized pieces of Art. Supplies will be provided and all skill levels welcome!