

October 2021 FiftyForward Madison Station Program Calendar

Please carefully read the program description page to learn more about each offering and to see which programs require registration. Events with an asterisk* require advanced 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 No In-Center Programming	2
3	4 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10 a.m. Quilting 10:30 a.m. Cigna Medicare Table 10:30 a.m. SS Circuit 11:30 a.m. SS SR&B 1 p.m. Bingo	5 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10:30 a.m. Qigong* 1 p.m. Music Jam	6 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10 a.m. SS Classic 11 a.m. SS Yoga Stretch 1 p.m. Crochet 1 p.m. A Cosmic Journey*	7 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10 a.m. Hispanic Voices of Nashville Panel* 10 a.m. Outdr SS Classic 11 a.m. Outdr Gentle Yoga 1 p.m. Knitting	8 No In-Center Programming 9:30 a.m. TRIP to TN Craft Fair*	9
10	11 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10 a.m. Quilting 10:30 a.m. SS Circuit 11 a.m. Red Hats* 11:30 a.m. SS SR&B	12 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 9 a.m. Visual Storytelling* 10:30 a.m. Qigong* 1 p.m. Music Jam	13 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10 a.m. Advisory Council 10 a.m. SS Classic 11 a.m. SS Yoga Stretch 1 p.m. Crochet 1 p.m. A Cosmic Journey*	14 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 9:30 a.m. TRIP to Senior Expo* 10 a.m. Outdr SS Classic 11 a.m. Outdr Gentle Yoga 1 p.m. Knitting	15 No In-Center Programming	16
17 2:15 p.m. TRIP to Circle Players Performance*	18 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10 a.m. Quilting 10:30 a.m. SS Circuit 11:30 a.m. SS SR&B 12:15 p.m. Watercolor Art Class at Turner*	19 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 9 a.m. Visual Storytelling* 10:30 a.m. Qigong* 11:30 a.m. Tasty Tuesday* 1 p.m. Music Jam	20 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 9 a.m. Legal Aid* 10 a.m. SS Classic 11 a.m. SS Yoga Stretch 1 p.m. Crochet 1 p.m. A Cosmic Journey*	21 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10 a.m. Outdr SS Classic 11 a.m. Outdr Gentle Yoga 1 p.m. Knitting	22 No In-Center Programming 9:15 a.m. TRIP to Edwin Warner Park*	23
24	25 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10 a.m. Quilting 10:30 a.m. SS Circuit 11:30 a.m. SS SR&B	26 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 9 a.m. Visual Storytelling* 10:30 a.m. Qigong* 1 p.m. Music Jam 1 p.m. Bingo	27 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 9 a.m. Deloitte Tech Help* 10 a.m. SS Classic 11 a.m. SS Yoga Stretch 12 p.m. Ascension Medicare Presentation* 1 p.m. Crochet 1 p.m. A Cosmic Journey*	28 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10 a.m. Walgreens Flu Shots* 10 a.m. Outdr SS Classic 11 a.m. Outdr Gentle Yoga 1 p.m. Knitting 1 p.m. Halloween Party*	29 No In-Center Programming	30
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FiftyForward Madison Station PROGRAM INFORMATION



Program offered virtually



Denotes member-led program

Fitness Center Monday-Thursday, 8:30 a.m.-3:30 p.m. Use any of the cardio or strength-training machines in our fitness center.

Cards, Puzzles, & Billiards Monday-Thursday, 8:30 a.m.-3:30 p.m. Stop by the center to play cards, tackle a puzzle, or play a game of billiards!

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

Cigna Medicare Table Monday, Oct. 4, 10:30 a.m. -12:30 p.m. Cigna Medicare will be here to provide information about open enrollment and answer any questions you may have about the process.

SilverSneakers Circuit Mondays in October, 10:30 a.m. Led by Kathleen Phillips, this class offers standing low-impact moves that alternate with standing upper-body strength. Can be adapted for all fitness levels.

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

Bingo Monday, Oct. 4 and Tuesday, Oct. 26, 1 p.m. Join us for our monthly BINGO games. Sponsored by UnitedHealthcare on Oct. 4 and Maybelle Carter on Oct. 26.

Qigong Tuesdays, 10:30 a.m., \$5, sign up in advance. Cyndi Clark leads this one-hour Chinese moving meditation, practiced for exercise, relaxation, and preventative medicine.

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

SilverSneakers Classic Wednesdays at 10 a.m., Thursdays at 10 a.m. (Thursday class is outdoors).

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.

SilverSneakers Yoga Stretch Wednesdays at 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 at 1 p.m. Bring an "H" needle, yarn, and your own materials.



A Cosmic Journey: A Four Part Exploration into Unique Aspects of our Solar System Wednesdays in October, 1 p.m., sign up in advance. Join our entertaining speaker and solar system guide, Duncan Davis, as we explore these topics:

Oct. 6: Moons

Oct. 13: Pluto and Kuiper Belt

Oct. 20: Mars Rover and Other Space Missions

Oct. 27: Are We Alone?

Hispanic Voices of Nashville Panel Thursday, Oct. 7, 10 a.m., sign up in advance. In celebration of Hispanic Heritage Month, this live-streamed panel discussion will elevate the voices, stories, and perspectives of Hispanic individuals in our community.

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

Knitting Thursdays at 1 p.m. Bring your own knitting needles and yarn.

TRIP to TN Craft Fair Friday, Oct. 8, 9:30 a.m. Cost: \$5 + lunch, sign up in advance. Join the Nashville tradition of celebrating and supporting American handmade crafts at this premier event on the lawn in Centennial Park. We will plan to depart the fair at 1p.m.

Red Hat Society Monday, Oct. 11, 11 a.m., sign up in advance. Join our Red Hatters for their monthly meeting at the center, followed by lunch at Sam's Sports Grill in Old Hickory. This group has a lot of fun and new members are always welcome! Please RSVP to Sylvia Ballard.

Visual Storytelling: Where I've Been, Where I'm Going: Voicing Stories Untold While New Ones Unfold Tuesdays in October beginning October 12, 9 a.m., sign up in advance. Using words to tell our stories can help others to imagine the moments from our pasts. But creating imagery in a tangible form can help amplify a story. With this project, you'll learn how to tell your stories, get them down on paper and in book form, using art materials to create images of those memories from your past and hopes for the future. This 6-week workshop will incorporate creative writing, mixed media art, some bookmaking and collage art. Each week, participants will create different craft and mixed media pieces, all of which will have some element of bookmaking. We will also engage in writing exercises and incorporate writing into the pieces. ***You do not need to sign up for all six classes in order to participate - each week will be different so you may come to as many as you like!***

TRIP to Senior Expo Thursday, Oct. 14, 9:30 a.m. Cost: FREE, sign up in advance. We'll check out the senior expo, which will feature vendors in areas including Living/Lifestyle/Home Health Care, Health Services, and Professional Services.

TRIP to Circle Players Present: Priscilla, Queen of the Desert the musical Sunday, Oct. 17, 2:15 p.m. Cost: \$15, sign up in advance. The award-winning Broadway musical, based on the movie of the similar name, Priscilla, Queen of the Desert the musical, tells the story of three drag queens crossing the Australian outback, where locals are anything but hospitable. You must RSVP for this by Tuesday, October 12 and there will be no refunds after that date.

FiftyForward Madison Station PROGRAM INFORMATION

Watercolor Art Class at the Turner Center Monday, Oct. 18, 12:15 p.m., Cost: \$25, sign up in advance. Free transportation provided to the Turner Center! Join Kim Lane for a fall inspired triptych watercolor project this month! We will be learning about wet on wet application and how to create a sense of depth and space. No previous experience required- all materials are supplied but feel free to bring your own favorite brushes or paints if you like. Class will conclude by 3 p.m. and we will drive back to Madison Station.



Tasty Tuesday Tuesday, Oct. 19, 11:30 a.m., sign up in advance.

Enjoy a tasty lunch prepared by Creekside and entertainment from John England with Music for Seniors! We are excited to hold this Tasty Tuesday outdoors under the covered pavilion at Amqui Station. We will shuttle members over there. ***Lunch cost is \$10 and must be ordered by Friday, Oct. 15. All proceeds benefit the center.***

Legal Aid Wednesday, Oct. 20, 9-10 a.m., appointments available in 15-minute slots, sign up in advance. Beck & Beck Law offers free legal aid. Sign up to make a complimentary appointment with an attorney.

TRIP to Edwin Warner Park Friday, Oct. 22, 9:15 a.m. Cost: \$5 + lunch cost, sign up in advance. Join us for a walk at one of the paved trails at Edwin Warner Park, which loops around the back of Ensworth High School. After our walk, we'll head over to HoneyFire BBQ in Bellevue for lunch. They have a variety of bbq plates and sandwiches, salads, appetizers and more. Menu items range \$10-\$30.

Tech Help Courtesy of Deloitte Wednesday, Oct. 27, 9 a.m.-12 p.m., sign up in advance. Our friends at Deloitte will be on site offering tech help. If you have any questions about how to use your phone, i-pad, tablet, laptop, set up an email address, get connected on Zoom, or anything tech-related, please sign up and take advantage of this wonderful offering!

Ascension Medicare Presentation Wednesday, Oct. 27, 12 p.m., sign up in advance. Ascension Complete is a local Medicare Advantage plan with rich benefits to help members live healthier, happier lives. Hand in hand, with their partners at Ascension St. Thomas, they work to empower people to take charge of their health, focusing on the whole person – mind, body, spirit. They love helping, educating, simplifying Medicare – for their providers, their members, their communities.

Walgreens - Administering Flu Shots Thursday, Oct. 28, 10 a.m., sign up in advance. Join pharmacists from our local Madison Walgreens as they administer the flu shot. You must sign up in advance so they know how many shots to bring, and please bring your insurance card with you that day!

Halloween Party Thursday, Oct. 28, 1 p.m., sign up in advance. Let's get spooky! Join us for a fun Halloween party where we'll have a costume contest (with prizes!), and other fun tricks and treats.

Silver Notes Band Rehearsing off-site for now. The Silver Notes band is a 16+ big band, led by Kim Yearwood, that performs all over Nashville. New members always welcome! If you are interested in joining, please let center staff know.