

December 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 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	2 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10 a.m. SS Classic 11 a.m. Gentle Yoga 1 p.m. Knitting	3 No In-Center Programming	4
5	6 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 1 p.m. Bingo 2 p.m. Rowing 101 with Brandy* 2:15 p.m. Premier Travel Presentation*	7 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. Paper Bead Jewelry* 1 p.m. Music Jam 1:15 p.m. Line Dancing	8 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10 a.m. Advisory Council 10 a.m. SS Classic 10:30 a.m. TRIP to Centennial Park* 11 a.m. SS Yoga Stretch 1 p.m. Crochet	9 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10 a.m. SS Classic 11 a.m. Gentle Yoga 1 p.m. Knitting 1:30 p.m. Ornament Craft*	10 9:45 a.m. TRIP to Music for Seniors*	11
12	13 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 2 p.m. Rowing 101 with Brandy*	14 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10 a.m. Eddie K Holiday Show* 10:30 a.m. Qigong* 1 p.m. Paper Bead Jewelry* 1 p.m. Music Jam 1:15 p.m. Line Dancing	15 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 11:15 a.m. Skyline Lunch & Learn* 1 p.m. Crochet	16 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10 a.m. SS Classic 10 a.m. All of Us Cafe 11 a.m. Gentle Yoga 1 p.m. Knitting 5:30 p.m. TRIP to Keeton Theatre*	17	18
19	20 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 2 p.m. Rowing 101 with Brandy*	21 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10:30 a.m. Qigong* 11:30 a.m. Tasty Tuesday* 1 p.m. Paper Bead Jewelry* 1 p.m. Music Jam 1:15 p.m. Line Dancing	22 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	23 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10 a.m. SS Classic 11 a.m. Gentle Yoga 1 p.m. Knitting	24 FiftyForward Centers & Offices Closed for the Holiday	25
26	FiftyForward Centers & Offices Closed for the Holiday	FiftyForward Centers & Offices Closed for the Holiday	FiftyForward Centers & Offices Closed for the Holiday	FiftyForward Centers & Offices Closed for the Holiday	FiftyForward Centers & Offices Closed for the Holiday	

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!

SilverSneakers Classic Wednesdays at 10 a.m., Thursdays at 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. *Activity Room*

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. *Activity Room*

Crochet Wednesdays at 1 p.m. Bring an "H" needle, yarn, and your own materials. *Classroom 2*

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

Knitting Thursdays at 1 p.m. Bring your own knitting needles and yarn. *Classroom 2*

Quilting Mondays, 10 a.m.-12 p.m. Join our quilters and please bring your own materials! *Classroom 2*

SilverSneakers Circuit Mondays at 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. *Activity Room*

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

Bingo Monday, Dec. 6, 1 p.m. Join us for our monthly BINGO game. Sponsored by UnitedHealthcare on Dec. 6. *Social Room*

Rowing 101 with Brandy Mondays, Dec. 6, 13, and 20, 2 p.m., sign up in advance. With over 20 years of rowing experience under her belt, Center Director, Brandy, is an expert when it comes to this sport! We are fortunate to have several rowing machines in our fitness room. During this three-week series she will show you how to properly use the machines so you are getting the most of out your workout. Feel free to come to one session, or all three, it's up to you! *Fitness Center*



Premier Travel Presentation Monday, December 6, 2:15 p.m., sign up in advance. FiftyForward has partnered with Premier World Discovery to provide some wonderful trip opportunities for our members! We will be streaming their live presentation (they'll be at our Martin Center) at our center so you can ask questions and learn about the trip destinations they have set up for 2022! *Classroom 1*

Visual Storytelling: Where I've Been, Where I'm Going: Voicing Stories Untold While New Ones Unfold Tuesday, Dec. 7, 9 a.m. sign up in advance. Led by Ashley Mintz, this workshop will incorporate creative writing, mixed media art, some bookmaking and collage art. *Classroom 1*

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. *Fitness Center*

Paper Bead Jewelry Class Tuesdays in December, 1 p.m., Cost: \$10, sign up in advance. Making paper beads is a craft that goes back to the Victorian age, and in the 1920s was revived as a jewelry-making process. Using paper, scissors, and glue, you'll learn how to make paper beads for jewelry. This class will be led by two of our members, Kate and Libby. At the end of the class, you'll walk away with your own pair of paper bead earrings. *Classroom 2*

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

Line Dancing Tuesdays at 1:15 p.m. We are so excited to announce the return of line dancing! Led by Sandra Hardcastle, this weekly class is great for beginners and anyone who simply wants to have a fun time. Let's boot, scoot, and boogie! *Activity Room*

TRIP to Centennial Park Wednesday, Dec. 8, 10:30 a.m. Cost: \$5, sign up in advance. Join FiftyForward's *All of Us* Research Program for "Walk with a Doc" at Centennial Park with Dr. Amy Price-Neff. Dr. Price-Neff will begin the walk with a 5-minute "health talk," then we will all walk around Centennial Park together.

Ornament Craft Thursday, Dec. 9, 1:30 p.m. Cost: \$5, sign up in advance. Join us as we make adorable ornaments out of sand dollars! *Classroom 1*



TRIP to Music for Seniors at the Frist Art Museum Friday, Dec. 10, 9:45 a.m. Cost: \$5, sign up in advance. Join Sarah Martin McConnell and special surprise guest(s) for a holiday sing-along at the Frist Art Museum.

Red Hat Society Monday, Dec. 13, 11 a.m., sign up in advance. Join our Red Hatters for their monthly meeting at the center, followed by lunch at Hibachi's in Madison Square. This month each person will bring a \$15 gift for Dirty Santa! *Conference Room*

Holiday Concert with Eddie K Tuesday, Dec. 14, 10 a.m., sign up in advance. We're excited to welcome back singer/songwriter Eddie K to our center for a holiday concert sponsored by Creekside. We will have a hot cocoa bar to help us get into the holiday spirit! *Social Room*

Legal Aid Wednesday, Dec. 15, 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. *Conference Room*

Lunch & Learn with Skyline Medical Center Wednesday, Dec. 15, 11:15 a.m., sign up in advance by Dec. 6, FREE lunch included! Join Skyline Medical Center for an informative Lunch & Learn where they'll present a brief life-saving demonstration called "Stop the Bleed" that teaches the basics of identifying and treating injury before emergency responders arrive. Following, they'll discuss Falls Prevention, including a FREE Tai Chi class to demonstrate how this martial arts practice helps with balance. The program will conclude at 1 p.m. *Social Room*

All of Us Cafe Thursday, Dec. 16, 10 a.m. The *All of Us* Research Program seeks to enroll 1,000,000 diverse people living in the U.S. in order to improve the health of future generations. Come find out more information on the program by visiting us in the *All of Us* Café. This month, the *All of Us* Café will have free "Christie Cookies" and hot cocoa provided by FiftyForward! *Lobby*

TRIP to Larry Keeton Theatre for "MIRACLE IN Bedford Falls" Dinner & Show Thursday, Dec. 16, 5:30 p.m., \$35 sign up in advance. MIRACLE IN Bedford Falls is based on the movie "It's a Wonderful Life" and is about the life of George Bailey, a generous and well-meaning man who has become too downcast and tired to continue living. It will take help from a lovable angel to show George what life would be like if he wasn't born for George to have a change of heart and understand the true spirit of the holidays. You must RSVP for this by Thursday, December 9 and there will be no refunds after that date.

Tasty Tuesday Tuesday, Dec. 21, 11:30 a.m., sign up in advance. Enjoy a tasty lunch prepared by Creekside and a wonderful holiday performance by our favorite big band, the Silver Notes Band! **Lunch cost is \$10 and must be ordered by Friday, Dec. 17. All proceeds benefit the center.** *Social Room*

From all of us at FiftyForward Madison Station, we wish you a Merry Holiday Season!

