

January 2022 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 |
| 2 | 3 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 | 4 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10:30 a.m. Qigong* 1 p.m. Paper Bead Jewelry* 1 p.m. Music Jam 1:15 p.m. Line Dancing | 5 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 | 6 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 1 p.m. Knitting 1 p.m. SS Classic 2 p.m. SS Yoga Stretch | 7 No In-Center Programming | 8 |
| 9 | 10 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 9 a.m. TRIP to Bluebird Café* 10 a.m. Quilting 10:30 a.m. SS Circuit 11 a.m. Red Hats* 11:30 a.m. SS SR&B | 11 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10:30 a.m. FREE Qigong Workshop* 1 p.m. Paper Bead Jewelry* 1 p.m. Music Jam 1:15 p.m. Line Dancing | 12 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 9 a.m. Skyline CarFit Drive-Thru* 10 a.m. Advisory Council 10 a.m. SS Classic 11 a.m. SS Yoga Stretch 1 p.m. Crochet | 13 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 1 p.m. Knitting 1 p.m. Movies at Madison: Selma* 1 p.m. SS Classic 2 p.m. SS Yoga Stretch | 14 No In-Center Programming | 15 |
| 16 | 17 FiftyForward Centers & Offices Closed for MLK, Jr. Holiday | 18 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 | 19 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 | 20 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 9:45 a.m. TRIP to Lunch & Shopping* 10 a.m. All of Us Café 1 p.m. Knitting 1 p.m. SS Classic 2 p.m. SS Yoga Stretch | 21 No In-Center Programming | 22 |
| 23 | 24 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. Acrylic Art Class* | 25 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10:30 a.m. Qigong* 1 p.m. Bingo 1 p.m. Paper Bead Jewelry* 1 p.m. Music Jam 1:15 p.m. Line Dancing | 26 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 | 27 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10 a.m. Walgreens Health Talk* 1 p.m. Knitting 1 p.m. SS Classic 2 p.m. SS Yoga Stretch | 28 No In-Center Programming | 29 |
| 30 2:15 p.m. TRIP to Circle Players & Nonsense* | 31 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. Faith Voices of Nashville Panel* | | | | | |


FiftyForward Madison Station PROGRAM INFORMATION



Program offered virtually

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! *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, Jan. 3 & Tuesday, Jan. 25, 1 p.m. Join us for our monthly BINGO games. Sponsored by UnitedHealthcare on Jan. 3 and Maybelle Carter on Jan. 25. *Social Room*

Qigong & FREE Qigong Workshop Tuesdays, 10:30 a.m., \$5, sign up in advance. FREE Qigong Workshop on Tuesday, Jan. 11 at 10:30 a.m. Cyndi Clark leads this one-hour Chinese moving meditation, practiced for exercise, relaxation, and preventative medicine. On January 11, she will provide a free workshop about Qigong, for anyone who may be interested in learning more and seeing if this class is the right fit for them. *Fitness Center*

 **Paper Bead Jewelry Class Tuesdays in Jan., 1 p.m., Cost: \$10 for series, 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 jewelry (earrings or bracelet). *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*


SilverSneakers Classic Wednesdays at 10 a.m., Thursdays at 1 p.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 Canary Hogan on Thursdays. *Activity Room*




Denotes member-led program

SilverSneakers Yoga Stretch Wednesdays at 11 a.m. and Thursdays at 2 p.m. Led by Kathleen Phillips on Wednesdays and Canary Hogan on Thursdays, 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*

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

TRIP to Bluebird Café Monday, Jan. 10, 9 a.m., sign up in advance. We're headed to the Bluebird Café to see their monthly senior show! **Please note that in order to attend this trip, Bluebird requires audience members to show proof of full vaccination OR a negative Covid-19 test taken within 48 hours of show time. You will be required to present this information on site.**

 **Red Hat Society Monday, Jan. 10, 11 a.m., sign up in advance.** Join our Red Hatters for their monthly meeting at the center, followed by lunch at the Rivergate Olive Garden. *Conference Room*

Skyline Medical Center CarFit (Drive-Thru Program) Wednesday, Jan. 12, 9-11 a.m., sign up in advance. Join Skyline Medical Center as they present "CarFit," an educational drive-thru program that offers older adults the opportunity to check how well their personal vehicles "fit" them. The CarFit program also provides information and materials on community-specific resources that could enhance your safety as drivers, and/or increase your mobility in the community. A team of trained technicians will work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. *Madison Station Parking Lot*

Movies at Madison, "Selma" Thursday, Jan. 13, 1 p.m., sign up in advance. Join us for a screening of the 2014 film, "Selma," directed by Ava DuVernay. The movie is a chronicle of Dr. Martin Luther King, Jr.'s campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama, in 1965. *Classroom 1*

Tasty Tuesday Tuesday, Jan. 18, 11:30 a.m., sign up in advance. Enjoy a tasty to-go lunch sponsored by Creekside and entertainment from Monti Amundson. His performance will feature Rock & Roll from the 50s and 60s, as well as a few Blues and Soul tunes. Lunch includes a baked potato bar with cheese, butter, sour cream, and meat (pork or turkey), and banana pudding. Please note this month our entertainment will be first and then we will be providing the lunches to take to-go. **Lunch cost is \$10 and must be ordered by Friday, Jan. 14. All proceeds benefit the center.** *Social Room*

Legal Aid Wednesday, Jan. 19, 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*

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TRIP to Shopping at Vinterest and Music Valley Village and Lunch at Cracker Barrel Thursday, Jan. 20, 9:45 a.m. Cost: \$5, sign up in advance. Join us for some shopping around Music Valley Village, followed by lunch at Cracker Barrel. We'll check out Vinterest, which has been described as "Pinterest come to life!" with over 60 vendors with a diverse array of goods - all pickers and artisans! Other shops in the area include Music Valley Antiques & Marketplace, Jae's Gem Mine, and more.

All of Us Cafe Thursday, Jan. 20, 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. Lobby



Acrylic Art Class Monday, Jan. 24, 1 p.m. Cost: \$20, sign up in advance by Jan. 18, no refunds after that date. We all have our favorite places to see and visit! In this class you will be instructed in painting a landscape from start to finish. To some of you it might be a city, to others a place in the countryside. **Bring a photo of your choice to work from and use as inspiration.** All skill levels welcome! Fitness Studio



Walgreens Health Talk Thursday, Jan. 27, 10 a.m., 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! Classroom 1

TRIP to Circle Players for "Nunsense A-Men!" Sunday, Jan. 30, 2:15 p.m., \$15 sign up in advance. Nunsense A-Men! is basically the original "Nunsense" show with all of the characters being portrayed by male musical comedy performers. Think of it as "Mrs. Doubtfire enters the Convent." Done totally seriously, this show is, to quote a critic, "no drag." The Little Sisters of Hoboken discover that their cook, Sister Julia, Child of God, has accidentally poisoned 52 of the sisters, and they are in dire need of funds for the burials. The sisters decide that the best way to raise the money is to put on a variety show, so they take over the school auditorium, which is currently set up for the eighth grade production of "Grease." Featuring star turns, tap and ballet dancing, an audience quiz, and comic surprises, this musical has become an international phenomenon. You must RSVP for this by Thursday, January 24 and there will be no refunds after that date.

Faith Voices of Nashville Panel - Sharing Stories of Wisdom and Hope Monday, Jan. 31, 1 p.m. Through the Faith Voices of Nashville panel discussion, FiftyForward seeks to elevate the voices, stories and perspectives of representatives from some of the many faith traditions in our middle Tennessee community to foster understanding, belonging and inclusion. Classroom 1

COMING IN FEBRUARY:

Virtual Book Art Series with Ashley Mintz Wednesdays, Feb. 2, Feb. 16, March 2, March 16, March 30, 11:15 a.m., sign up in advance by the Friday prior to each class. Led by Ashley Mintz, these workshops will incorporate creative writing, mixed media art, bookmaking and collage art. Each week, participants will create different craft and mixed media pieces. We will hold these workshops at our center, with the instructor joining remotely. If you wish to participate remotely, you can stop by the center to pick up your supplies in advance. Classroom 1

Feb. 2 (sign up by Jan. 28): Mini Twine Bound Journal with Textured Papers

Feb. 16 (sign up by Feb. 11): Ring-Bound Self Portrait Journal

March 2 (sign up by Feb. 25): Explosion Box

March 16 (sign up by March 11): Ring-Bound Sketchbook

March 30 (sign up by March 25): Fabric-Covered Junk Journal