

## July 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.

Su	Mon	Tue	Wed	Thu	Fri	Sa
			<b>Every Wednesday</b> 9 a.m. to 1 p.m. COVID Testing & Vaccines with Metro Health Dept.		1 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10:30 a.m. TRIP to Patriotic Picnic at Donelson	2
3	4 FiftyForward Centers & Offices Closed for 4th Of July	5 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10:30 a.m. Qigong* 11:30 a.m. Mixed Media Workshop* 1 p.m. Paper Bead Jewelry* 1 p.m. Music Jam 1:15 p.m. Line Dancing	6 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10:00 a.m. TRIP to Marathon Village 10 a.m. SS Classic 11 a.m. SS Yoga Stretch 1 p.m. Crochet 1 p.m. Premier Travel Presentation*	7 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	8 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards	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 11:30 a.m. SS SR&B	12 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10:30 a.m. Qigong* 11:30 a.m. Mixed Media Workshop* 1 p.m. Paper Bead Jewelry* 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	14 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10 a.m. SS Classic 10:45 a.m. TRIP to Foodie Favorites: Rosepepper Cantina 11 a.m. Gentle Yoga 1 p.m. Knitting	15 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards	16
17	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	19 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10:30 a.m. Qigong* 11:30 a.m. Tasty Tuesday* 11:30 a.m. Mixed Media Workshop* 1 p.m. Paper Bead Jewelry* 1 p.m. Music Jam 1:15 p.m. Line Dancing	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	21 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	22 FiftyForward Centers & Offices Closed for Staff Retreat	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 2:00 p.m. "Speaking Grief" with Alive	26 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 p.m. Bingo	27 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. Dementia Presentation "Medication and Mind Fog"	28 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10 a.m. Walgreens Health Talk* 10 a.m. SS Classic 11 a.m. Gentle Yoga 1 p.m. Knitting	29 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 1:45 p.m. TRIP to Music for Seniors at the TN State Museum	30
31						

## July 2022 FiftyForward Madison Station PROGRAM INFORMATION



Program also offered virtually

**Fitness Center Monday-Friday, 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-Friday, 8:30 a.m.-3:30 p.m.** Stop by the center to play cards, tackle a puzzle, or play a game of billiards!

**TRIP to Patriotic Picnic at Donelson Station Friday, July 1 at 10:30 a.m., Cost: \$15, sign up in advance.** Join us as we head over to Donelson Station for a Patriotic Picnic. This Freedom Festive lunch will feature a BBQ themed lunch from The Donelson Café and live patriotic music by Luke Mecalf. Come dressed in your favorite red, white, and blue for a chance to win a prize.

**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*



**Virtual Mixed Media Workshops with Ashley Mintz Tuesdays, July 5, July 12, July 19 at 11:30 am., space is limited, sign up in advance by the Friday prior to each class. Join Sage Advice: A summer series of Art and Writing Workshops”** led by Ashley Mintz, 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—More info at the front desk and below:*

**July 5: Mini Ring Bound Fold Out Journal:** Create a bound journal with different small fold out panels. Each panel will relate to different themes and will incorporate collage and writing.

**July 12: Abstract Collage Pieces:** Create a painted background on a with several small abstract paintings in different designs with similar color schemes to create a collage.

**July 19: Mini File Folder Journal:** Create a small pocket journal. Different materials will be used to decorate each page. This type of journal can be used as a recipe book, address book or travel journal!

**Paper Bead Jewelry Class Tuesdays, 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 First & Third Tuesdays (July 5 & July 19), 1:15 p.m.** We are so excited that line dancing continues with our new instructor, Debbie Howell. This class is great for beginners and anyone who simply wants to have a fun time. Let's boot, scoot, and boogie! *Activity Room*



Denotes member-led program

**FREE COVID Vaccines and Testing EVERY Wednesday from 9 a.m. to 1 p.m.** FiftyForward has partnered with the Metro Public Health Department to offer free covid vaccines, including booster shots and covid testing at three centers, including Madison Station. No appointment needed, bring your vaccination card, open to the public. Testing is done in the *Parking Lot* and vaccinations are in the *Conference Room*.

**TRIP to Shopping and Lunch at Marathon Village Wednesday, July 6 at 10 a.m., Cost: \$5 + lunch, sign up in advance.** Marathon Village is a neighborhood born out of the buildings that once housed Marathon Motor Works (1910-1914). On the first-floor there is a retail experience like no other that includes flagship stores from the History Channels' American Pickers to legendary whiskey makers, Jack Daniels. In addition to shopping, we can visit the Marathon Motor Works museum showcasing five of the remaining eight Marathon vehicles located in the original MMW showroom. After we shop and visit, we'll enjoy soups, salads and/or sandwiches from the Southern Engine Deli, also located within Marathon Village. Menu item range from \$6.50 - \$12.

**SilverSneakers Classic Wednesdays & 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*



**Premier Travel Presentation Wednesday, July 6, 1 p.m., sign up in advance.** Join Premier World Discovery & See America Tour for presentations on trips to Hawaii, New England, New York City Holiday, and a 2023 Preview! Travel representatives will present information live from FiftyForward Donelson Station, but our center will stream the presentation via Zoom at the center so you can participate and ask any questions in real time! *Classroom 1*

**Gentle Yoga 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*

## July 2022 FiftyForward Madison Station PROGRAM INFORMATION



Program also offered virtually



Denotes member-led program

**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*

**TRIP to Food Favorites Series: Rosepepper Cantina and Mexican Grill Thursday, July 14 at 10:45 a.m., Cost: \$5 + lunch, sign up in advance.** Come along with us as we tour Mexican restaurants over the next three months. Each month we will travel to a new spot, starting with Rosepepper Cantina and Mexican Grill in East Nashville. Winning numerous awards, including Nashville's Best Mexican Restaurant and Best Margarita, for 11 years in a row, Rosepepper is Nashville's leading Mexican restaurant. Specializing in Sonoran Style Mexican cuisine, they offer an eclectic menu only to be matched by our equally unique vibe and atmosphere. With a full bar, vibrant outdoor patio, and over eighty varieties of tequila, it is the ideal jumpstart for a night on the town or a festive meal among friends. We invite you to indulge your senses in bold Mexican flavors, vibrant colors, and spirited fun. Rosepepper strives to capture the soul of Old Mexico in the New Heart of Nashville. Menu items range from \$5 - \$22.

**Tasty Tuesday Tuesday, July 19, 11:30 a.m., sign up in advance.** Enjoy a tasty lunch sponsored by Creekside Center for Rehabilitation and Healing. We'll welcome performer Cy Winstanley, a New Zealand born, Nashville singer-songwriter, in partnership with Music for Seniors, who will bring us variety of popular songs from folk to rock n roll, featuring his acoustic guitar and voice! We are still working out the details for the lunch menu and will send out that information as soon as we know more. You are welcome to call the center for more information. ***Lunch cost is \$10 and must be ordered by Friday, July 15. All proceeds benefit the center. Social Room***

**Legal Aid Wednesday, July 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. *Classroom 1*

**Speaking Grief with Alive Hospice Thursday, July 25, 2 p.m., sign up in advance.** In a fast-paced, fast-fix world, how do you truly show up for someone who is hurting? What do the bereaved really need? Join Alive Hospice for this interactive presentation that explores the principles of companionship and highlights a new spin on the way we view grief support.

**Bingo Tuesday, July 26, 1 p.m.** Join us for our monthly BINGO game. Sponsored by Sage Hill Maybelle Carter. *Social Room*

**Dementia Series Part 4: Medication and Brain Fog Wednesday, July 27, 1 p.m., sign up in advance.** We continue our partnership with FiftyForward Donelson Station to offer monthly presentations and conversations around the many facets of Dementia. Each month, the hosting center will switch back and forth between Madison and Donelson. Join us for the next presentation, being held at Madison Station, as Tim Tuttle shares about medication and brain fog. Every day many people experience a foggy brain, a sluggish

brain and poor short-term memory on a regular basis. The immediate concern is whether the symptoms they are experiencing are a result of early Alzheimer's and dementia, or by their medicine. Join us as we discuss medication and your memory and how to get answers to your questions regarding your foggy short-term memory.

**Walgreens Health Talk Thursday, July 28, 10 a.m., sign up in advance.** Join pharmacists from our local Madison Walgreens to discuss relevant health-related topics. This month they will cover Mental Health. If there is a specific topic you would like to see covered, please let us know! *Classroom 1*

**TRIP to Music for Seniors Show at the Major Minors Youth Chorus at the Tennessee State Museum Friday July 29 , 1:45 p.m., Cost: \$5 + snack, sign up in advance.** Join us at the beautiful Tennessee State Museum for the Music for Seniors' monthly daytime concert series, featuring The Nashville in Harmony's Major Minors Youth Chorus at the Tennessee State Museum. After the concert we will swing through the Nashville's Farmers Market to grab a little afternoon treat. Choose from ice cream at Jeni's Splendid Ice Cream, bubble tea at Bubble Love, or coffee at Farm City Coffee to enjoy on the ride back to Madison Station. Items range \$4 - \$10.