

August 2022 FiftyForward Madison 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	Sa
Every Wednesday 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 a.m. Quilting 10:30 a.m. SS Circuit 11:30 a.m. SS SR&B 1 p.m. BINGO	2 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 1 p.m. Paper Bead Jewelry* 1 p.m. Music Jam 1:15 p.m. Line Dancing	3 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. Premier Travel Presentation*	4 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 ELECTION DAY Voting 7 a.m.—7p.m.	5 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards	6
7	8 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	9 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 10:30 a.m.—12 p.m. Speaking Grief w/ Alive Hospice* 11:30 a.m. 1 p.m. Paper Bead Jewelry* 1 p.m. Music Jam	10 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	11 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	12 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 1 p.m. On-Site Premiere Travel Presentation with Jennifer*	13
14	15 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. All of Us Movie Matinee*	16 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 11:30 a.m. Tasty Tuesday* 1 p.m. Paper Bead Jewelry* 1 p.m. Music Jam 1:15 p.m. Line Dancing	17 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 a.m. Private Culinary Class Trip* 1 p.m. Crochet	18 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	19 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 9a—1p Free Dental Screenings, Lunch, Entertainment 1801 Meharry Boulevard School of Dentistry*	20
21	22 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	23 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 1 p.m. BINGO 1 p.m. Paper Bead Jewelry* 1 p.m. Music Jam	24 CENTER CLOSED 11 a.m. Grand Opening of Madison Station Boulevard	25 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	26 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards	27
28	29 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. Super Bingo @ Donelson Station*	30 8:30 a.m. Fitness Center 8:30 a.m. Cards, Puzzles, Billiards 1 p.m. Paper Bead Jewelry* 1 p.m. Music Jam 1:15 p.m. Line Dancing	31 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. Brain Nutrition Part 1: The Science of Preventing Disease*			

FiftyForward Madison PROGRAM INFORMATION



Program also offered virtually




Denotes member-led program

FREE COVID Vaccines and Testing EVERY Wednesday (except 8/24) 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*.

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!


 **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, August 1 & Tuesday, August 23, 1 p.m. Join us for our monthly BINGO games. Sponsored by United Healthcare & Sage Hill Maybelle Carter. *Social Room*

 **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 & BONUS Tuesdays (August 2, 16, 30), 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*

SilverSneakers Classic Wednesdays (except 8/24 & 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 (except 8/24) 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 (except 8/24) at 1 p.m. Bring an "H" needle, yarn, and your own materials. *Classroom 2*



Premier Travel Presentation Wednesday, August 3, 1-3 p.m. Please join us this month to learn more about the 2022 trips New England, Christmas in NYC, Hawaii and a 2023 Preview! Hear all the details and ask any questions that you might have. They will also be available to take payments on any of their 2022 trips. ***This event requires registration.***

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*

Speaking Grief with Alive Hospice Tuesday, August 9, 10:30 a.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. ***This event requires registration.***

On-Site Premier Travel Presentation w/ Jennifer Friday, August 12, 1-3 p.m. Please join us this month to learn more about the 2023 trips. ***This event requires registration.***

Classroom 1

All Of Us Movie Matinee Monday, August 15, 1 p.m. August is Immunization Awareness Month. In honor of that, All of Us will be showing the movie "*Immortal Life of Henrietta Lacks*". The movie tells a riveting story of the collision between ethics, race, and medicine; of scientific discovery and faith healing; and of a daughter consumed with questions about the mother she never knew. ***This event requires registration.***

Tasty Tuesday, August 16, 11:30 a.m., sign up in advance. ***Enjoy a tasty lunch sponsored by Creekside Center for Rehabilitation and Healing.*** We'll welcome performer John England, who features multiple styles of music including Americana/Country, Rock & Roll, and Western Swing. John England has also recorded with many famous artist including Loretta Lynn and has performed at the Grand Ole Opry. 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, August 12. All proceeds benefit the Madison center.*** *Social Room*

Legal Aid Wednesday, August 17, 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*

FiftyForward Madison PROGRAM INFORMATION



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Private Culinary Class Wednesday, August 17, 10:30 a.m.–1:00 p.m. Join us for a private cooking class at Black Diamond Culinary. Enjoy shared cooking station as an instructor helps us make homemade gnocchi with a pesto, white and red sauce. Cost is \$30 and includes transportation, instructor and ingredients. *This event requires registration.*

Meharry School of Dentistry Friday, August 19th 9a.m.—1p.m.

The Wilda Seibert Adopt-A-Grandparent Program will host a day of FREE dental screenings, lunch, and entertainment. Event will be held at 1801 Meharry Boulevard Nashville, TN 37208 in the 1st level Lobby *This event requires registration and transportation on your own.*

Grand Opening of Madison Station Boulevard Wednesday, August 24th 11a.m.

Come on over for the celebration of the grand opening of Madison Station Boulevard. There will be marching bands and remarks by local dignitaries. FiftyForward Madison Station will be closed for this event.

Walgreens Health Talk Thursday, August 25, 10 a.m. 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 *This event requires registration.*

TRIP to Donelson Station - Super BINGO Monday, August 29, 1 p.m. Get ready to yell “BINGO!” at this fun and exciting monthly bingo, sponsored by Charter of Hermitage Senior Living Center. Remember to sign up and everyone leaves a winner! *This event requires registration.*

TRIP to Donelson Station - Brain Nutrition Part 1: The Science of Preventing Disease Wednesday, August 31, 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 Donelson 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. *This event requires registration.*