

October 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>.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Every Wednesday 9a to 1p COVID Testing & Vaccines with Metro Health Dept.					1
2	3 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Quilting 10:30a SS Circuit 11:30a SS SR&B 1p BINGO	4 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9a Donuts with Heather* 1p Paper Bead Jewelry* 1p Music Jam 1:15p Line Dancing	5 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a SS Classic 11a SS Yoga Stretch 1p Crochet 1p Travel Presentation at Donelson	6 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a SS Classic 11a Gentle Yoga 12p Lunch & Learn* 1p Knitting	7 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards	8
9	10 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Quilting 10:30a SS Circuit 11:30a SS SR&B 1p: iPad Essentials*	11 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 1p Paper Bead Jewelry* 1p Music Jam	12 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a TRIP to Big Bad Breakfast* 10a SS Classic 11a SS Yoga Stretch 12:30p Tech Help* 1p Crochet 1p: iPad Essentials*	13 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a SS Classic 11a Gentle Yoga 1p Knitting	14 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10:30a TRIP to Miss Lucille's Marketplace*	15
16	17 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Quilting 10:30a SS Circuit 11:30a SS SR&B 1p: iPad Essentials*	18 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a All of Us Enrollment Assistance* 11:30a Tasty Tuesday* 1p Paper Bead Jewelry* 1p Music Jam 1:15p Line Dancing	19 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9a Legal Aid* 10a SS Classic 11a SS Yoga Stretch 12:30p Tech Help* 1p Crochet 1p: iPad Essentials*	20 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9:30a TRIP to Radnor Lake & Lunch* 10a SS Classic 11a Gentle Yoga 1p Knitting	21 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards	22
23	24 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Quilting 10:30a SS Circuit 11:30a SS SR&B 1p: iPad Essentials*	25 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 1p BINGO 1p Paper Bead Jewelry* 1p Music Jam	26 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a SS Classic 11a SS Yoga Stretch 12:30p Tech Help* 12:30p TRIP to Brain Nutrition Presentation* 1p Crochet 1p: iPad Essentials*	27 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Walgreens Health Talk* 10a SS Classic 11a Gentle Yoga 1p Knitting 1p Halloween Party*	28 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9:45a TRIP to Martin Art Show & Lunch*	29
30	31 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Quilting 10:30a SS Circuit 11:30a SS SR&B 1p: iPad Essentials*					

FiftyForward Madison Station PROGRAM INFORMATION



Program also offered virtually

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*.

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, October 3 and Tuesday, October 25, 1 p.m. Join us for our monthly BINGO game. Sponsored by United Healthcare (Monday) & Sage Hill Maybelle Carter (Tuesday). *Social Room*

Donuts with Heather Tuesday, October 4, 9 a.m., sign up in advance. Our Program Manager, Heather, is back from maternity leave! She is looking forward to reconnecting with members and hearing about any programs and trips you would like to see at the center. Stop by to say hello anytime during 9-10am, grab a donut, and let her know what interests you! Please sign up in advance so we know how many donuts to bring. *Conference 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 Tuesdays, 1:15 p.m. We are so excited that line dancing continues with our 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 & Thursdays, 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*



Denotes member-led program

SilverSneakers Yoga Stretch Wednesdays, 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, 1 p.m. Bring an "H" needle, yarn, and your own materials. *Classroom 2*

Travel Presentation at FiftyForward Donelson Wednesday, October 5, 1 p.m. Please join us for our in person monthly Travel Presentation at FiftyForward Donelson Station. Learn about all the exciting travel opportunities in 2023 and bring your questions for our trip coordinators. *FiftyForward Donelson Station is located at 108 Donelson Pike, Nashville, TN 37214. No transportation provided from Madison.*

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

Lunch & Learn Presented by Neighbor 2 Neighbor Thursday, October 6 at 12 p.m., We have a limited number of lunches for this event and registration is required. Join local non-profit Neighbor 2 Neighbor as they provide Nashville residents an opportunity to become more engaged in their neighborhoods. "Ignite Your Neighborhood Passion" is designed specifically to cultivate leadership skills among residents who are age 50 years and older, who are seeking to become more actively engaged in their neighborhood. The informal, yet informative nature of the event will enable participants the opportunity to network in an open exchange of ideas, suggestions, and resources. The N2N staff will be instrumental in helping participants to identify challenges, obstacles, and other concerns that hinder interested older residents from stepping into leadership roles. *Social Room*



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

iPad Essentials Mondays and Wednesdays beginning October 10 at 1 p.m. (Five Week Course and registration required). Led by our very own Steve Bianchi, this five-week course with curriculum from Senior Planet will cover the essentials of how to use the Apple iPad, how to navigate the internet, and how to send and receive email. By the end of the course, you'll have a foundation for using an iPad and the internet to enrich your life. Participants do not need to have an iPad, because devices will be provided for use in class.

Prerequisites: All participants must have a Gmail address prior to beginning the class. This course is best suited for people who have had some experience using the internet on any device. If you need help setting up a Gmail address please call the Senior Planet hotline: 844-410-0268. *Classroom 1*

TRIP to Big Bad Breakfast Wednesday, October 12, 10 a.m.

Cost: \$10 + meal cost. Bring your appetite for a delicious meal of either breakfast or lunch—Big Bad Breakfast serves both! Menu prices range \$8-\$15.

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Tech Help Wednesdays in October beginning October 12, 12:30-2:30 p.m., sign up in advance. College students from the Old Hickory God Int'l program will be on site at our center to offer free tech support to our members! Members may sign up to come in during these sessions for tech help on various devices. *Social Room*

TRIP to Miss Lucille's Marketplace Friday, October 14, 10:30 a.m. **Cost: \$15 + any purchases, sign up in advance.** Join us for a trip to Miss Lucille's, an eclectic marketplace north of Nashville comprised of vendor booth spaces. They have a variety of merchandise ranging from vintage finds, handmade goods, rare antiques, gift items, and new up-holstered furniture. While we're there, stop by their in-store cafe for some quality, local eats!

All of Us Enrollment Assistance Tuesday, October 18, 10 a.m., sign up in advance. Monthly, the FiftyForward *All of Us* team will be offering private appointments for those who need assistance enrolling in the *All of Us* Research Program. *All of Us* is an initiative from the National Institutes of Health that seeks to advance precision medicine. They are looking for diverse participants to enroll and share their health information in order to improve the health of future generations. FiftyForward *All of Us* will have tech devices on site for enrollment.

Tasty Tuesday Tuesday, October 18, 11:30 a.m. Cost: \$10, sign up in advance. Enjoy a tasty lunch sponsored by Creekside Center for Rehabilitation and Healing. We'll welcome performer Jeff Parsons and enjoy a lunch of fried chicken, oven roasted potatoes, baked beans, and apple cobbler. ***Tickets must be purchased by Friday, October 14. All proceeds benefit Madison Station. Social Room***

Legal Aid Wednesday, October 19, 9-10 a.m., appointments available in 15-minute slots, sign up in advance. Chase Moore Law offers free legal aid. Sign up to make a complimentary appointment with Chase Moore. *Classroom 1*

TRIP to Radnor Lake & Lunch at Chuy's Thursday, October 20, 9:30 a.m. Cost: \$10 + lunch, sign up in advance. Radnor Lake State Park is a 1,368-acre park and is protected as a Class II Natural Area. It is unique due to the abundance of wildlife viewing opportunities, hiking opportunities, and its location in an urban area. Radnor Lake South Lake Trail is a 2.4 mile heavily trafficked loop trail that features a lake with lots of shade and is good for all skill levels. After our hike, we'll head down the road to Chuy's for some yummy Tex-Mex!

TRIP to Brain Nutrition Wednesday, October 26, 12:30 p.m. **Cost: \$5 + lunch, 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 continues the conversation around brain nutrition. Research has shown there is an abundance of specific nutrients that can affect cognitive functions, processes, and emotions. These dietary nutrients have a large influence on neuronal function, synaptic plasticity, and mental function. Learn about the science of specific nutrition and its effect on brain health.



Walgreens Health Talk Thursday, October 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*

Halloween Party Thursday, October 27, 1 p.m., sign up in advance. Trick or Treat! Come out and get spooky with FiftyForward Madison Station. We'll have a member-voted costume contest (with prizes for winners!), treats, music, and a special "Name that Dance" game hosted by our member, Paulette Spalding. We encourage everyone to dress up or be as festive as they wish! Please sign up so we know how many to plan for. *Social Room*

TRIP to Martin Masters Fine Art Show and Brunch at Puffy Muffin Friday, October 28, 9:45 a.m. Cost: \$10 + meal, sign up in advance. The Martin Masters Fine Art Show, hosted by FiftyForward Martin Center, is back! This exhibition will display the outstanding artwork of many local artists, including featured artist Pam Francis. After the Art Show, we'll head to Brentwood staple Puffy Muffin for brunch.