

# December 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
			<b>Wednesdays</b> 9 a.m. to 1 p.m. COVID Testing & Vaccines with Metro Health Dept. (No vaccines or testing on 12/28)	1 <b>8:30a</b> Fitness Center <b>8:30a</b> Cards, Puzzles, Billiards <b>8:30a-12p</b> Care Mgr Office Hours <b>10a</b> UT Ext. Nutrition Series* <b>10a</b> SS Classic <b>10:15a</b> TRIP to Lunch & <b>Incredible Christmas Place*</b> <b>11a</b> Gentle Yoga <b>11a</b> Walking Group* <b>1p</b> Knit & Crochet	2 <b>8:30a</b> Fitness Center <b>8:30a</b> Cards, Puzzles, Billiards	3
4	5 <b>8:30a</b> Fitness Center <b>8:30a</b> Cards, Puzzles, Billiards <b>10a</b> Quilting <b>10:30a</b> SS Circuit <b>11:30a</b> SS SR&B <b>1p</b> BINGO <b>2p:</b> Danny & the Drive-ins Performance*	6 <b>8:30a</b> Fitness Center <b>8:30a</b> Cards, Puzzles, Billiards <b>10:30a</b> VOC Scam Presentation* <b>1p</b> Paper Bead Jewelry* <b>1p</b> Music Jam <b>1:15p</b> Line Dancing	7 <b>8:30a</b> Fitness Center <b>8:30a</b> Cards, Puzzles, Billiards <b>10a</b> SS Classic <b>10:30a</b> TRIP to Lunch at Graze* <b>11a</b> SS Yoga Stretch <b>1p</b> Knit & Crochet <b>1p</b> Holiday Movie*	8 <b>8:30a</b> Fitness Center <b>8:30a</b> Cards, Puzzles, Billiards <b>8:30a-12p</b> Care Mgr Office Hours <b>10a</b> UT Ext. Nutrition Series* <b>10a</b> SS Classic <b>11a</b> Gentle Yoga <b>11a</b> Walking Group* <b>12:30p</b> Yarn Ornament Making* <b>1p</b> Knit & Crochet	9 <b>8:30a</b> Fitness Center <b>8:30a</b> Cards, Puzzles, Billiards	10
11	12 <b>8:30a</b> Fitness Center <b>8:30a</b> Cards, Puzzles, Billiards <b>10a</b> Virtual Bluebird Café Senior Show* <b>10a</b> Quilting <b>10:30a</b> SS Circuit <b>11:30a</b> SS SR&B	13 <b>8:30a</b> Fitness Center <b>8:30a</b> Cards, Puzzles, Billiards <b>11a</b> TRIP Walking to Pinky Ring Pizza* <b>1p</b> Paper Bead Jewelry* <b>1p</b> Music Jam	14 <b>8:30a</b> Fitness Center <b>8:30a</b> Cards, Puzzles, Billiards <b>10a</b> Advisory Council <b>10a</b> SS Classic <b>11a</b> SS Yoga Stretch <b>1p</b> Knit & Crochet <b>1p</b> Holiday Movie*	15 <b>8:30a</b> Fitness Center <b>8:30a</b> Cards, Puzzles, Billiards <b>8:30a-12p</b> Care Mgr Office Hours <b>10a</b> UT Ext. Nutrition Series* <b>10a</b> SS Classic <b>11a</b> Gentle Yoga <b>11a</b> Walking Group* <b>1p</b> Knit & Crochet <b>5:30p</b> TRIP to Larry Keeton Theatre*	16 FiftyForward Centers & Offices Closed	17
18	19 <b>8:30a</b> Fitness Center <b>8:30a</b> Cards, Puzzles, Billiards <b>9:30a</b> TRIP to Music for Seniors* <b>10a</b> Quilting <b>10:30a</b> SS Circuit <b>11:30a</b> SS SR&B	20 <b>8:30a</b> Fitness Center <b>8:30a</b> Cards, Puzzles, Billiards <b>10a</b> All of Us Enrollment Assistance* <b>11:30a</b> Tasty Tuesday* <b>1p</b> Paper Bead Jewelry* <b>1p</b> Music Jam <b>1:15p</b> Line Dancing	21 <b>8:30a</b> Fitness Center <b>8:30a</b> Cards, Puzzles, Billiards <b>9a</b> Legal Aid* <b>10a</b> SS Classic <b>10:15a</b> TRIP to ShinnDig* <b>11a</b> SS Yoga Stretch <b>1p</b> Knit & Crochet	22 <b>8:30a</b> Fitness Center <b>8:30a</b> Cards, Puzzles, Billiards <b>8:30a-12p</b> Care Mgr Office Hours <b>10a</b> UT Ext. Nutrition Series* <b>10a</b> SS Classic <b>11a</b> Gentle Yoga <b>11a</b> Walking Group* <b>1p</b> Knit & Crochet <b>1p</b> Holiday Movie*	23 <b>8:30a</b> Fitness Center <b>8:30a</b> Cards, Puzzles, Billiards	24
25	26 FiftyForward Centers & Offices Closed for Holiday	27 FiftyForward Centers & Offices Closed for Holiday	28 FiftyForward Centers & Offices Closed for Holiday	29 FiftyForward Centers & Offices Closed for Holiday	30 FiftyForward Centers & Offices Closed for Holiday	31

# FiftyForward Madison Station PROGRAM INFORMATION



Program also offered virtually

**FREE COVID Vaccines, Testing, and Flu Shots EVERY Wednesday from 9 a.m. to 1 p.m. EXCEPT November 9.** FiftyForward has partnered with the Metro Public Health Department to offer free covid vaccines, including booster shots, covid testing, and flu shots 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*. Please note there will be no vaccines or testing on December 28.

**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!

**Care Manager Office Hours\* Thursdays, 8:30 a.m.-12 p.m.** FiftyForward Care Manager Emily Eriamiatoe will be available during this time if you have questions about things like benefits, insurance, housing, food or other essential services. You may schedule an appointment with Emily between 8:30-9:30a, or stop by between 9:30a-12p for walk-in hours. For an 8:30-9:30a appointment, sign up at the front desk or on the Membership Portal.

**UT Extension Eat Well, Feel Well Nutrition Series Five Class Series (Thursdays, Dec. 1, 8, 15, 22) at 10 a.m. with optional walking group (short lap around our center) following at 11 a.m., sign up in advance.** Join Bianca Johnson and UT Extension for a NEW nutrition series "Eat Well, Feel Well," covering topics specifically for older adults including: Hydration, Use It or Toss It, Physical Activity, Vegetables, and Soup-er Nutrition (making great soups with basic ingredients!). Weather permitting and for anyone interested, following each class we will hold a walking group to walk around our center and the newly-created sidewalks! *Classroom 1*

**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*

**TRIP to Lunch at Local Joe's and Shopping at The Incredible Christmas Place Thursday, Dec. 1, 10:15 a.m. Cost: \$10 + lunch cost, sign up in advance.** 'Tis the season! To get ourselves in the holiday spirit, we're headed to The Incredible Christmas Place in Mt. Juliet. The store is the premier place for custom Christmas gifts and collectibles, decorations, personalized Christmas ornaments and more. Before shopping, we'll stop by Local Joe's Café down the road for some lunch. Menu items \$10-\$15, with the choice of a meat and two sides.

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



Denotes member-led program

**UT Extension Walking Group Thursdays, Dec. 1, 8, 15, 22 at 11 a.m., sign up in advance.** Following her "Eat Well, Feel Well" nutrition class at 10a, Bianca Johnson from UT Extension will lead a walking group around our center and the newly-created sidewalks along Madison Station Blvd.! Weather permitting. *Meet in Classroom 1*

**Knitting & Crochet Wednesdays & Thursdays at 1 p.m.** Bring your own knitting needles and yarn and/or an "H" needle, yarn, and your own materials for crochet. *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, December 5, 1 p.m.** Join us for our monthly BINGO game. Following this month's game, we'll have a fun Doo Wop performance by Madison member, Dan Orsborn! *Social Room*

**Doo Wop Performance from Danny & the Drive-ins Monday, December 5, 2 p.m., sign up in advance.** Immediately following this month's Monday Bingo, we'll be treated to a Doo Wop performance of '50s and '60s hits from Danny & the Drive-ins, featuring Madison member Dan Orsborn! *Social Room*

**Victory Over Crime Scam Presentation Tuesday, Dec. 6, 10:30 a.m., sign up in advance.** Stephanie Whittin from FiftyForward's Victory Over Crime program will be educating us about different scams that are targeted at older adults, including romance scams, grandparent scams, scams that might be prevalent during the holidays, and several others. She will provide ways you can keep yourself safe and prevent yourself from becoming a victim. If you wish to watch on Zoom, please contact hmcneese@fiftyforward.org. *Classroom 1*

**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. Flip flops/slides are not recommended for this class. Let's boot, scoot, and boogie! *Activity Room*

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**TRIP to Graze Wednesday, Dec. 7, 10:30 a.m. Cost: \$10 + lunch cost, sign up in advance.** We're headed to East Nashville to try Graze, a plant-based bistro and bar. Their menu is 100% vegan and they have a variety of delicious brunch and lunch options. If this is new to you, we hope you give it a try!

**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*

**Movies at Madison, Holiday Edition Wednesdays, 11 a.m.** We'll feature some popular holiday movies throughout the month.

Popcorn and drinks provided! *Classroom 1*

**Wednesday, Dec. 7 at 1p:** "It's a Wonderful Life"


**Wednesday, Dec. 14 at 1p:** "Elf"

**Thursday, Dec. 22 at 1p:** "Almost Christmas"

## **Yarn Ornament Making**

**Thursday, December 8, 12:30 p.m., Cost: Free, sign up in advance.** Join Heather for a fun craft where we will make miniature snow hats out of yarn. *Conference Room*



 **Virtual Bluebird Café Monthly Senior Show Monday, December 12, 10 a.m., sign up in advance.** We'll stream the monthly Bluebird Café Senior Show concert at our center. This virtual concert will get you moving! *Classroom 1*

**TRIP Walking to Pinky Ring Pizza Tuesday, December 13, 11 a.m. Cost: lunch cost, sign up in advance.** New to our neighborhood is Pinky Ring Pizza! We'll walk to the new pizza joint that's located less than half a mile from our center. They sell pizza by the slice—slices are big, but cost around \$6/slice, so you might want to consider buying a full pizza to share with friends.

**TRIP "White Christmas" Dinner & Show at Larry Keeton Theatre Thursday, December 15, 5:30 p.m. Cost: \$45 (includes dinner), sign up in advance by Nov. 28, no refunds after.** Join us for "White Christmas The Musical," The Larry Keeton Theatre's featured holiday show this year. About the show: *Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander.* The dinner menu includes apple wood ham, cornbread dressing, jellied cranberry sauce, green beans, sweet potato casserole, salad, dinner roll, pumpkin pie with whipped topping. Registration required by November 28 and there will be no refunds after that date.

**TRIP Music for Seniors Holiday Songs & Carols Sing-Along at Frist Art Museum Monday, December 19, 9:30 a.m. Cost: \$10, sign up in advance.** Join Sarah Martin McConnell for a holiday sing-along at the Frist Art Museum.

**All of Us Enrollment Assistance Tuesday, December 20, 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. *Social Room*

**Tasty Tuesday Tuesday, December 20, 11:30 a.m. Cost: \$10, sign up in advance.** Get ready for our last Tasty Tuesday of 2022! At Tasty Tuesday you'll enjoy a lunch sponsored by Creekside Center for Rehabilitation and Healing and catered by the Donelson Café. The lunch menu includes ham, scalloped potatoes, squash casserole, and spice cake. This month, Music for Seniors presents performer Dan Schafer, who will sing and perform a variety of tunes for us! ***Tickets must be purchased by Friday, December 16 All proceeds benefit Madison Station.*** *Social Room*

**Legal Aid Wednesday, December 21, 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 15-minute appointment with Chase Moore. *Classroom 1*

**TRIP to ShinnDig at Lipscomb University's Allen Arena Wednesday, December 21, 10:15 a.m. Cost: \$10, sign up in advance.** Let the George Shinn Foundation treat you to lunch, entertainment and door prizes at their annual holiday celebration, The ShinnDig, at Lipscomb University Allen Arena! We have been guaranteed seats on the floor at the banquet tables. Special guest entertainment includes Jeannie Seely, Charlie McCoy, and more.