

# January 2023 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
1	2 FiftyForward Centers & Offices Closed for New Year's Day Observance	3 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 1p Paper Bead Jewelry* 1p Music Jam 1:15p Line Dancing	4 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a SS Classic 11a SS Yoga Stretch 1p Knit & Crochet	5 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 8:30a-12p Care Mgr Office Hours 10a UT Ext. Nutrition Series* 10a SS Classic 11a Gentle Yoga 11a Walking Group* 1p Knit & Crochet	6 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards	7
8	9 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Quilting 10:30a SS Circuit 11:30a SS SR&B	10 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 1p Paper Bead Jewelry* 1p Music Jam	11 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Advisory Council 10a SS Classic 11a SS Yoga Stretch 1p Knit & Crochet	12 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 8:30a-12p Care Mgr Office Hours 9:45a TRIP to Loveless Café* 10a UT Ext. Nutrition Series* 10a SS Classic 11a Gentle Yoga 11a Walking Group* 1p Knit & Crochet 1:30p Master Gardeners Guide to Growing Herbs*	13 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards	14
15	16 FiftyForward Centers & Offices Closed for MLK, Jr. Day	17 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	18 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9a Legal Aid* 10a SS Classic 11a SS Yoga Stretch 11:30a TRIP to Knowles for Lunch & Chinese New Year Program* 12:30-2:30p Tech Help* 1p Knit & Crochet	19 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 8:30a-12p Care Mgr Office Hours 10a SS Classic 10:30a TRIP to Green Hills Mall* 11a Gentle Yoga 1p Knit & Crochet	20 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9:45a TRIP to Knowles for Eye Health Program, Lunch, Fire Safety Program*	21
22	23 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Quilting 10:30a SS Circuit 11:30a SS SR&B 1p Chrome Basics*	24 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 11:30a Meet & Treats with Kelly* 1p BINGO 1p Paper Bead Jewelry* 1p Music Jam 2:15p TennCare Connect/ SNAP Portal Training *	25 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Advisory Council 10a SS Classic 11a SS Yoga Stretch 12:30-2:30p Tech Help* 1p Knit & Crochet 1p Chrome Basics*	26 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a SS Classic 10:45a TRIP to Lunch at Hunters Station* 11a Gentle Yoga 1p Knit & Crochet	27 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards	28
29	30 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Quilting 10:30a SS Circuit 11:30a SS SR&B 1p Chrome Basics*	31 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 1p Paper Bead Jewelry* 1p Music Jam				


# FiftyForward Madison Station PROGRAM INFORMATION





Program 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!


 **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 member Kate Joy. 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*

**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*

**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*

 **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*

**Care Manager Office Hours Thursdays, 8:30 a.m.-12 p.m., please note no office hours on January 26.** 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 Thursdays, Jan. 5 and Jan. 12 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 the continuation of the 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*



Denotes member-led program

**UT Extension Walking Group Thursdays, Jan. 5 and Jan. 12 at 11 a.m., sign up in advance.** Following her "Eat Well, Feel Well" nutrition class, 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*

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

 **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*

**TRIP to Loveless Café Thursday, Jan. 12, 9:45 a.m. Cost: \$10 + breakfast cost, sign up in advance.** Our next Foodie Favorites food tour series kicks off! For the next few months we will explore popular breakfast destinations in Nashville. First up is the Loveless Café, where, for more than 65 years, families and friends have been gathering for a scratch-made Southern meal and enjoying the restaurant's famous biscuits. Menu prices range \$10-\$17.



**UT Extension Master Gardeners Beginners Guide to Growing and Enjoying Herbs Thursday, Jan. 12, 1:30 p.m., sign up in advance.** Join Joan Clayton-Davis from Master Gardeners of Davidson County and learn herb classification, how and where to grow herbs successfully, and ways to enjoy your herbs throughout the year. *Classroom 1*

**All of Us Enrollment Assistance Tuesday, Jan. 17, 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, Jan. 17, 11:30 a.m. Cost: \$10, sign up in advance.** 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 chicken and dumplings, green beans, mixed green salad, and carrot cake. This month, Music for Seniors presents performer John England, who will sing and perform a variety of tunes for us! **Tickets must be purchased by Friday, January 13. All proceeds benefit Madison Station.** *Social Room*

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**Legal Aid Wednesday, Jan. 18, 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 FiftyForward Knowles for Lunch & Chinese New Year Presentation Wednesday, Jan. 18, 11:30 a.m. Cost: \$5 (lunch included), sign up in advance.** We're headed to FiftyForward Knowles where we will first enjoy a lunch from FiftyForward Fresh, and then be treated to a presentation about the Chinese New Year from the Chinese Arts Alliance in Nashville. Did you know 2023 will be the year of the rabbit? Learn more about the Chinese zodiac and how the Chinese New Year is traditionally celebrated.

**Tech Help Wednesdays beginning Jan. 18, 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 Green Hills Mall Thursday, Jan. 19, 10:30 a.m. Cost: \$10, sign up in advance.** Enjoy some indoor shopping and/or eating at the Green Hills mall, home to over 100 stores and eateries, including Nordstrom, Crate & Barrel, Dillard's, and more. You'll have two hours to explore to your liking!

**TRIP to FiftyForward Knowles for Lunch, Eye Care Presentation from Dr. Ming Wang, and Fire Safety Presentation Friday, Jan. 20, 9:45 a.m., Cost: \$5 (includes lunch), sign up in advance.** It's a double header of special programs at our FiftyForward Knowles center. First, as part of National Eye Care month, Dr. Ming Wang, MD, PhD, director of Wang Vision Institute, will describe all of the latest advances in treating aging eyes, including laser cataract surgery, Forever Young Lens, the treatment for age-related dry eyes, glaucoma and macular degeneration. After his presentation we will enjoy lunch provided by FiftyForward Fresh, and then hear a short presentation about fire safety, smoke alarms, space heaters, and more from the Nashville Fire Department. They'll have one of their trucks on site, too, if you want to see it up close!

**Chrome Basics. A 10-Week Course on Mondays and Wednesdays beginning Jan. 23, 1 p.m., sign up in advance.** Led by Steve Bianchi, learn to use a Chromebook for email, web research, and more. You will also learn other useful tools and apps, including Google Maps and online health resources. Prerequisites: None. This course is designed for people who have never used a computer or have very little experience and want a solid introduction. Upon successful completion of the course, participants will receive a Chromebook laptop. *Classroom 1*

**Meet & Treats with Kelly Tuesday, Jan. 24, 11:30 a.m.** We are so excited to welcome Kelly McCambridge, our new center director, to FiftyForward Madison Station! Join us for a fun meet-and-greet with Kelly—we hope you can stop by and say hello! *Social Room*

**Bingo Tuesday, Jan. 24, 1 p.m.** Join us for our monthly BINGO game. *Social Room*

**TennCare Connect/SNAP Portal Training Tuesday, Jan. 24, 2:15 p.m.** The TennCare Connect and SNAP online portal training covers how to access and navigate information about TennCare or food stamps within both online portals. For those not already enrolled, they'll review eligibility for the programs. *Social Room*

**TRIP to Lunch at Hunters Station Thursday, Jan. 26, 10:45 a.m. Cost: \$10 + lunch cost, sign up in advance.** Join us for a tasty lunch at Hunters Station food hall, located in the heart of East Nashville. You'll have your choice of dining options including Hugh-Baby's BBQ & Burger Shop, Vui's Kitchen (Vietnamese), Tacos Aurora, and more.