

March 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 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a SS Classic 10:45a TRIP to Phat Bites* 11a SS Yoga Stretch 12:30-2:30p Tech Help* 1p Knit & Crochet 1p Chrome Basics*	2 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 8:30a-12p Care Mgr Office Hours 10a SS Classic 11a Gentle Chair Yoga 1p Knit & Crochet 2p Birthday Celebration*	3 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Dance Blast*	4
5	6 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Quilting 10:30a SS Circuit 11:30a SS SR&B 1p BINGO 1p Chrome Basics*	7 Tax Appts. 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9:30a Gentle Yoga w/Jan* 1p Paper Bead Jewelry* 1p Music Jam 1:15p Line Dancing	8 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Advisory Council 10a SS Classic 11a SS Yoga Stretch 12p Belmont Focus Group* 12:30-2:30p Tech Help* 1p Knit & Crochet 1p Chrome Basics*	9 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 8:30a-12p Care Mgr Office Hours 10a SS Classic 10:30a Breakfast & Learn* 11a Gentle Chair Yoga 1p Knit & Crochet 1p TN Recovery Disaster Preparedness*	10 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Dance Blast*	11
12	13 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 8:45a TRIP to Bluebird Café* 10a Quilting 10:30a SS Circuit 11:30a SS SR&B 1p Chrome Basics*	14 Tax Appts. 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9:30a Gentle Yoga w/Jan* 1p Paper Bead Jewelry* 1p Music Jam	15 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9a Legal Aid* 10a SS Classic 10:45a TRIP to Tazikis & Martin Center* 11a SS Yoga Stretch 1p Knit & Crochet 1p Chrome Basics*	16 CENTER CLOSING AT NOON 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 8:30a-12p Care Mgr Office Hours 10a SS Classic 11a Gentle Chair Yoga 5:30p WHISTLESTOP*	17 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Dance Blast* 1:45p TRIP to Music for Seniors*	18
19	20 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9:30a TRIP to Frist Art Museum & Lunch* 10a Quilting 10:30a SS Circuit 11:30a SS SR&B 1p Chrome Basics*	21 Tax Appts. 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9:30a Gentle Yoga w/Jan* 10a All of Us Enrollment Assistance* 10a Manana Overview 11:30a Tasty Tuesday* 1p Paper Bead Jewelry* 1p Music Jam 1:15p Line Dancing	22 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9a TRIP to Another Broken Egg* 10a SS Classic 11a SS Yoga Stretch 12:30-2:30p Tech Help* 1p Knit & Crochet 1p Chrome Basics*	23 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 8:30a-12p Care Mgr Office Hours 10a SS Classic 11a Gentle Chair Yoga 1p Knit & Crochet	24 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Dance Blast* 11a TN SHIP Medicare Presentation*	25
26	27 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Quilting 10:30a SS Circuit 11:30a SS SR&B 1p Chrome Basics*	28 Tax Appts. 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9:30a Gentle Yoga w/Jan* 11a Spring Vegetable Gardening Class* 1p BINGO 1p Paper Bead Jewelry* 1p Music Jam	29 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a SS Classic 11a SS Yoga Stretch 12:30-2:30p Tech Help* 1p Knit & Crochet 1p Chrome Basics*	30 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 8:30a-12p Care Mgr Office Hours 10a SS Classic 11a Gentle Chair Yoga 1p Knit & Crochet 1p Frist Art Trunk Project*	31 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Dance Blast*	

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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!


AARP Tax Appointments Tuesdays, Feb. 7-April 11 AARP will be offering free tax preparation at our center on Tuesdays beginning Feb. 7. If you are able to file your taxes online, we encourage you to utilize that option and reserve the in-person appointments for those who may not have access to technology to file online. To schedule an appointment, please call our center at 615-860-7180, or stop by the front desk. *Multipurpose 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*

TRIP to Lunch at Phat Bites Wednesday, March 1, 10:45 a.m. **Cost: \$10 + lunch cost, sign up in advance.** Join us for lunch at Phat Bites, a local spot in Donelson that serves a variety of sandwiches/wraps, salad, burgers, and more. You can view the menu here: <https://www.phatbites.com/menu/>.

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*

Tech Help Wednesdays in March, 12:30-2:30 p.m., sign up in advance. No tech help on March 15. 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*

 **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*

Chrome Basics. A 10-Week Course on Mondays and Wednesdays-CLASS IS FULL. 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*

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.




Denotes member-led program

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

NEW Birthday Celebration Thursday, March 2, 2 p.m., sign up in advance. Birthday celebrations return! Michelle Canbuldu from Dedicated Senior Medical Center will lead a fun birthday celebration each month complete with cupcakes, drinks, and KARAOKE! We will celebrate our March babies, but ALL are invited! Please sign up in advance so we know how many to plan for. *Social Room*

NEW FITNESS CLASS! Dance Blast w/Jack Fridays at 10 a.m., sign up in advance. Led by Jack Wade, this dance party workout will improve your cardiovascular fitness and leave you smiling! Designed for all levels, including a seated chair option. *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 and Breathing Mondays at 11:30 a.m. Led by Kathleen Phillips, this class offers mindfulness practices, along with breathing and stretching exercises designed to help you build resiliency and reduce stress. *Activity Room*

Bingo Monday, March 6 and Tuesday, March 28, 1 p.m. Join us for our monthly BINGO game sponsored by UnitedHealthcare on March 6 and Maybelle Carter on March 28. *Social Room*

NEW FITNESS CLASS! Gentle Mat Yoga w/Jan Tuesdays, 9:30 a.m., sign up in advance. Join us for this NEW class led by certified registered yoga instructor, Jan Cronin. This 30-45 minute class will incorporate a mat. Please bring your own yoga mat/blanket to use. Participants must be able to get up/down from the floor. *Activity 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 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. *Activity Room or Classroom 1—check signage day of.*

 **Line Dancing First & Third Tuesdays, 1:15 p.m.** Led by 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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Belmont Focus Group Wednesday, March 8, 12 p.m., sign up in advance. Sarah Dean, a Belmont Occupational Therapy Doctoral student, is looking to speak with members about their experiences aging in place at their home. Please consider volunteering your time for this so we can help Sarah out with her study! *Conference Room*

Breakfast & Learn Thursday, March 9, 10:30 a.m., FREE, sign up in advance. Please join Todd Nelson, financial advisor with Edward Jones, and Charles Frazier, estate planning attorney, as they discuss Estate Planning Do's and Don'ts. They'll cover some of the basics that you need to know when dealing with how to properly plan for preparing your estate plans. Breakfast treats will be provided. *Social Room*

TN Recovery Disaster Preparedness Course Thursday, March 9, 1 p.m., sign up in advance. The Tennessee Recovery Project is a grant funded through FEMA that provides free and confidential services to Cheatham, Davidson, Dickson, and Stewart County due to the storms in December of 2021 and January of 2022 that released several tornados. Services they offer include resource connection, short term supportive counseling, tips for emotional wellness, and disaster preparedness education. Their ultimate goal is to be available to assist those in recovery and make their journey a little easier. The disaster preparedness course is a 30-45 minute course that defines the difference between inclement weather and natural disasters, elaborates on 8 steps of preparedness before natural disasters strike, as well as coping skills one can use either in the midst of a disaster or after. Attendees will have the opportunity to actively engage with crisis counselors during our course as well as receive a certificate of completion for their attendance. *Classroom 1*

TRIP to Bluebird Café Senior Show Monday, March 13, 8:45 a.m. Cost: \$10, sign up in advance. We're excited to head back to the famous Bluebird Café for their monthly live music senior show. Coffee and donuts will be provided.

Legal Aid Wednesday, March 15, 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. *Conference Room*

TRIP to Lunch at Tazikis and National Weather Service Presentation at FiftyForward Martin Center Wednesday, March 15 at 10:45 a.m. Cost: \$10 + Lunch, sign up in advance. Let's head to Brentwood, where we will first stop to eat lunch at Tazikis Mediterranean Café. Following lunch, we will go to FiftyForward Martin Center for a special presentation about the National Weather Service, weather radios, tornado climatology, weather radars, and more!

WHISTLESTOP Fundraiser Thursday, March 16, 5:30 p.m., Cost: \$75 tickets, sign up in advance. The FiftyForward Madison Station Whistlestop train is headed to the Big Apple this year. Join us for an evening of New York City-themed fun, all in support of our center! Whistlestop guests will be treated to a cocktail hour, prize wall, dinner, entertainment from the Circle Players performing Broadway-inspired tunes and more. Plus, FiftyForward will share highlights of the center's work and accomplishments over the past year, and unveil our Member of the Year, Conductor of the Year, and community service award winners. The evening will be emceed by NewsChannel 5's Lelan Statom! *Social Room*

TRIP to Music for Seniors Concert: Craig Duncan & the Shenanigans at Larry Keaton Theatre Friday, March 17, 1:45 p.m. Cost: \$10, sign up in advance. Time to celebrate St. Patrick's Day with Celtic music! Join Music for Seniors for a live performance from Mr. Craig Duncan - a member of the North American Fiddler's Hall of Fame and Who's Who in Music and Musicians. He has been the featured instrumentalist on over 100 record albums, with sales in excess of five million copies. Three of these have been Dove Award nominees including Irish Christmas, Irish Country Christmas and Starkindler. A Thankful Heart won the 2018 Instrumental Album of the year Dove Award. His music is available on Spotify, Pandora, iTunes and has been heard on multiple cable, internet and TV shows. He is the author of 60+ music books published by Mel Bay Publications.

TRIP to Frist Art Museum Jeffrey Gibson The Body Electric Exhibit Tour and Lunch at Martin's BBQ Monday, March 20, 9:30 a.m. Cost: \$10, sign up in advance. This major exhibition is devoted to one of today's leading artists, whose multidisciplinary practice combines aspects of traditional Indigenous art and culture with a modernist visual vocabulary. Born in Colorado in 1972, Jeffrey Gibson is of Cherokee heritage and a member of the Mississippi Band of Choctaw. His vibrant work, which is represented in more than twenty permanent collections across the United States, is a call for Indigenous empowerment as well as queer visibility and environmental sustainability. After our docent-guided tour, we'll grab a bite to eat at Martin's BBQ.

All of Us Enrollment Assistance Tuesday, March 21, 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*

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Manana Overview Tuesday, March 21, 10 a.m., sign up in advance. Have you ever had a challenging time finding someone to assist you with caregiving? Want to connect with someone directly and avoid going through an agency? Stop by to meet the founder of Manana, Fatima Karwandyar, in our social room before Tasty Tuesday! Manana is an online community where you can search for and book vetted helpers within your area, who match your needs and availability. Visit www.mananahelp.com to learn more. *Social Room*

Tasty Tuesday Tuesday, March 21, 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 marsala, mashed potatoes, peas, and banana cake. This month, Music for Seniors presents Robert Connell Jr., whose program features him singing and playing guitar from a wide variety of genres, including classic rock, folk, country, and gospel. ***Tickets must be purchased by Friday, March 17. All proceeds benefit Madison Station.*** *Social Room*

TRIP to Another Broken Egg Wednesday, March 22, 9 a.m., Cost: \$10 + breakfast cost, sign up in advance. Our final restaurant in our Foodie Favorites breakfast tour is Another Broken Egg (Charlotte Ave. location). Their Nashville menu offers a wide selection of innovative, upscale, breakfast, brunch and lunch items as well as fresh seasonal selections, brunch cocktails and a variety of drinks from their full bar.

TN SHIP Medicare Presentation Friday, March 24, 11 a.m. Cost: \$10, sign up in advance. Did you know you can change your Medicare Advantage Plan until the end of March? Are you aware of how to avoid Medicare penalties and scams? Come hear about Medicare from a trained GNRC SHIP Medicare counselor. The Greater Nashville Regional Council State Health Insurance Information Assistance Program counselors are unbiased experts on Medicare who never receive a commission. Join us for trustworthy Medicare information and answers. *Classroom 1*



UT Extension Master Gardeners of TN present Spring

Vegetable Gardening Tuesday, March 28, 11 a.m., sign up in advance. Join the Master Gardeners of Davidson County and learn how to grow a bountiful Spring vegetable garden! Discover which plants to include in your garden along with suggestions for successful planting, growing and harvesting. *Classroom 1*

Frist Art Trunk Project Thursday, March 30, 1 p.m., sign up in advance, ten spots available. Join us for an art project relating to the current Jeffrey Gibson The Body Electric Exhibit on display at the Frist Art Museum. *Conference Room*