

## April 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	3 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Quilting 10:30a SS Circuit 11:30a SS SR&B 1p BINGO	4 <b>Tax Appts.</b> 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9:30a Gentle Yoga w/Jan 9:45a TRIP to Shopping & Lunch at Brentwood Place* 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 Knit & Crochet 1p Bible Study*	6 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 8:30a-12p Care Mgr Office Hours 10a SS Classic 11a Gentle Chair Yoga 11:30a TRIP to Fried Green Tomatoes at Capitol Theatre* 1p Knit & Crochet	7 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Dance Blast	8
9	10 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Quilting 10:30a SS Circuit 11:30a SS SR&B	11 <b>Tax Appts.</b> 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9:30a Gentle Yoga w/Jan 1p Paper Bead Jewelry* 1p Music Jam	12 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9a Advisory Council 9:45a TRIP to Cornelia Airpark & Lunch* 10a SS Classic 11a SS Yoga Stretch 12:30-2:30p Tech Help* 1p Knit & Crochet 1p Bible Study*	13 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 1:30p Master Gardeners Raised Bed Gardening*	14 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Dance Blast	15
16	17 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Quilting 10:30a SS Circuit 10:30a TRIP to Mystery Lunch* 11:30a SS SR&B	18 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9:30a Gentle Yoga w/Jan 10a All of Us Enrollment Assistance* 10:30a WeGo Public Transit Info 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 12p New Member Orientation* 12:30-2:30p Tech Help* 1p Knit & Crochet 1p Bible Study*	20 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 8:30a-12p Care Mgr Office Hours 9a TRIP to Documentary Screening at Belcourt* 9a-12p Falls Prevention Screening* 10a SS Classic 11a Gentle Chair Yoga 1p Knit & Crochet	21 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Dance Blast	22
23	24 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9:30a TRIP to Oak Grove Casino* 10a Quilting 10:30a SS Circuit 11:30a SS SR&B	25 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9:30a Gentle Yoga w/Jan 12p Madison Library Info 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 12:30-2:30p Tech Help* 1p Knit & Crochet 1p Bible Study*	27 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 8:30a-12p Care Mgr Office Hours 10a SS Classic 11a Gentle Chair Yoga 12p Skyline Lunch & Learn* 1p Knit & Crochet	28 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9:15a TRIP to Health & Wellness Fair* 10a Dance Blast	29
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# 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!

**AARP Tax Appointments Tuesdays, Feb. 7-April 11. Appointments are FULL.** 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. *Multipurpose 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, April 3 and Tuesday, April 25, 1 p.m.** Join us for our monthly BINGO games. April 25 game sponsored by Aviva Maybelle Carter. *Social Room*


**NEW FITNESS CLASS! Gentle Mat Yoga w/Jan Tuesdays, 9:30 a.m.** 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.*


**TRIP to Senior Day at Columbia Sportswear. Shopping & Lunch at Brentwood Place Tuesday, April 4, 9:45 a.m. Cost: \$10 + lunch and any purchases, sign up in advance.** We're headed to Senior Day at Columbia Sportswear in Brentwood, where you'll receive 20% any wardrobe pieces you find as we prepare for the warmer weather. The staff at Columbia will have coffee and breakfast treats for us to help make our shopping experience a little more enjoyable! After that, you'll have time to explore the other shops and eateries at Brentwood Place including Nordstrom Rack, TJ Maxx, Fleet Feet (GREAT if you need new sneakers!), J. Crew Factory, Le Creuset Outlet and more. Food options include Chile Burrito, The Chill Spot, Bricks Café, Ludlow & Prime, Five Guys Burgers & Fries and more. We'll depart around 1:15-1:30 p.m. to head back to the center.

 **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*



Denotes member-led program


 **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*

**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*

**Tech Help Wednesdays in April, 12:30-2:30 p.m., sign up in advance. No tech help April 5.** 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*

**Bible Study Wednesdays in April, 1 p.m., sign up in advance.** Karen Avery leads this four-week Bible study centered around who Jesus is while looking at his life and ministry. *Conference Room*

**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.

**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*

**TRIP to "Fried Green Tomatoes" Matinee at Capitol Theatre Thursday, April 6, 11:30 a.m. Cost: \$15 (includes movie ticket), sign up in advance.** Join us for a matinee showing of the classic "Fried Green Tomatoes" at The Capitol Theatre, located in the historic Lebanon, Tennessee square. About the film: a housewife who is unhappy with her life befriends an old lady at a nursing home and is enthralled by the tales she tells of people she used to know. The movie begins at 1 p.m. so please make sure to eat before this trip! You must sign up by Wednesday, March 29 and there will be no refunds after that date.

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**NEW FITNESS CLASS! Dance Blast w/Jack Fridays at 10 a.m.** 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*

**TRIP to Walk at Cornelia Fort Airpark & Lunch at Eastwood Deli Wednesday, April 12, 9:45 a.m. Cost: \$10 + lunch, sign up in advance.** We're taking a walk at Cornelia Fort Airpark, adjacent to Shelby Bottoms. We'll do a few laps around the flat walkway, and then grab a bite at Eastwood Deli Co, which has everything you look for in a local deli: specialty sandwich creations, house-made soups, fresh salads, and sweet & savory breakfast options too.



**UT Extension Master Gardeners of TN present Raised Bed Gardening Thursday, April 13, 1:30 p.m., sign up in advance.**

Join the Master Gardeners of Davidson County for this month's class about Raised Bed Gardening. Learn what goes into creating a successful raised bed garden, including site selection, installation and construction, soil characteristics and growing substrate, crop selection (what to plant) and management, and more. We'll also cover potential drawbacks of raised beds. *Classroom 1*

**TRIP to Mystery Lunch with Kelly Monday, April 17, 10:30 a.m. Cost: \$10 + Lunch, sign up in advance.** Join Madison Station Center Director, Kelly, for a lunch trip to a mystery destination!

**All of Us Enrollment Assistance Tuesday, April 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. *Social Room*

**WeGo Public Transit Booth Tuesday, April 18, 10:30-11:30 a.m.** If you have ever had questions about WeGo Public Transit in Nashville—whether that's bus routes, rates, general information or more, please stop by to see LaToniza Pritchard, a WeGo Public Transit Navigator. *Social Room*

**Tasty Tuesday Tuesday, April 18, 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. For entertainment this month, we welcome back the Silver Notes Band! Led by Kim Yearwood, this big band is comprised of several FiftyForward members and is a Madison staple. **Tickets must be purchased by Friday, April 14. All proceeds benefit Madison Station.** *Social Room*

**Legal Aid Wednesday, April 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 15-minute appointment with Chase Moore. *Conference Room*

**New Member Orientation Wednesday, April 19, 12 p.m., sign up in advance.** Welcome to FiftyForward! If you've joined in the past year, or need a refresher about how to sign up for programs, trips, and other information on how to stay connected at Madison Station, please join us for this informal overview. *Social Room*

**TRIP to "The Human Trial" Film Screening at The Belcourt Theatre with Lunch Afterwards Thursday, April 20, 9 a.m. Cost: Free + lunch cost, sign up in advance.** We're headed to the historic Belcourt Theatre for a screening of the documentary, "The Human Trial." This film tells the story of an innovative clinical trial for patients with Type 1 Diabetes, interweaving patient stories with those of the researchers who are working to innovate a cure. The film runs 92 minutes and after you will be able to grab lunch at any lunch spot within walking distance of the theatre, including Hopdoddy Burger Bar, Greenery Co Salads, Fido, Biscuit Love, and more. Please note this is a joint trip with FiftyForward Donelson in our 24-passenger bus. We will stop at the Donelson center to pick up members before heading to Belcourt Theatre.

**Falls Prevention Screening Thursday, April 20, 9 a.m.—12 p.m., sign up in advance for a 15-minute appointment.** Did you know last year, over 3 million older adults had a fall that required medical attention? Did you know if you have fallen in the last 6 months, there is an increased chance of having another fall? This Fall Prevention Workshop is designed to assess your current needs when it comes to preventing falls, and to provide personalized education and training on how to reduce the risk of falls. Under the direction of TSU Physical Therapy Faculty member, David A. Lehman, PT, PhD, student physical therapists from Tennessee State University will work with you one-on-one to assess your risk for falling and to provide interventions that will help decrease your risk for falling. *Social Room*

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**TRIP to Oak Grove Casino Monday, April 24, 9:30 a.m. Cost: \$15 + any purchases, sign up in advance.** At Oak Grove Casino you'll experience Vegas-sized thrills with the largest variety of state-of-the-art gaming machines available in the region, including a number of themes you won't find anywhere else like Wheel of Fortune® and more! Please note this is a joint trip with FiftyForward J. L. Turner Center in our 24-passenger bus. They will pick us up before heading to Oak Grove!

**Madison Branch Library Overview Tuesday, April 25, 12-1p.** The last week in April is National Library Week! Darlene from the Madison Branch Library will be set up in our lobby to give an overview of all the wonderful services and events our library (and nearby neighbor!) has to offer. *Lobby*

**Skyline Lunch & Learn with Dr. James Berry Thursday, April 27, 12 p.m., Cost: FREE, sign up in advance.** We are excited to welcome back Skyline Medical Center in offering informative and engaging Lunch & Learns at our center throughout the year. This month, we will welcome Dr. James Berry, a neurosurgeon who specializes in both brain and spine surgeries. He will discuss "*Modern Treatment of Blood Vessel Problems in the Brain*" and there will be time for questions. Lunch will be provided so you must sign up in advance. *Social Room*

**TRIP to FiftyForward Spring Health & Wellness Fair at FiftyForward Martin Center Friday, April 28, 9:15 a.m., Cost: FREE, sign up in advance.** Join us for the spring FiftyForward Health and Wellness Fair. Vendors include medical groups, insurance companies, financial advisors, and more! There will be cooking demonstrations, medical screenings and workshops. The first 125 attendees will receive a free boxed lunch! Please note this is a joint trip with FiftyForward Knowles in our 24-passenger bus. We will stop at the Knowles center to pick up members before heading to down to the fair at the Martin Center.

### **Travel Presentation at FiftyForward Donelson Station**

**Tuesday, April 18, 11 a.m., at FiftyForward Donelson Station.**

Premier World Discovery will present information about their Italy/Amalfi Coast trip scheduled for October 24, 2023. FiftyForward members receive special discounts for these trips so please attend this informational session at Donelson if you would like to learn more!