

June 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 9:15a Gentle Mat Yoga 10a SS Classic 11a Gentle Chair Yoga 1p Knit & Crochet	2 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Dance Blast 10a TRIP to Donelson Station*	3
4	5 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Quilting 10:30a SS Circuit 11:30a SS SR&B 1p BINGO	6 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9:30a Gentle Mat Yoga 1p BINGO 1p Paper Bead Jewelry* 1p Music Jam 1:15p Line Dancing	7 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a SS Classic 11a SS Yoga Stretch 12p Lunch & Learn w/ Elder Law of Nashville* 12p Cornhole 1p Knit & Crochet	8 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 8:30a-12p Care Mgr Hours 9:15a Gentle Mat Yoga 10a SS Classic 10:30a TRIP to Mystery Lunch* 11a Gentle Chair Yoga 1p Knit & Crochet	9 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Dance Blast	10
11	12 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9a TRIP to Radnor Lake & Lunch* 10a Quilting 10:30a SS Circuit 11:30a SS SR&B 1p Mexican Train Dominoes	13 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9:30a Gentle Mat Yoga 1p Paper Bead Jewelry* 1p Music Jam 1:15p Line Dancing	14 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Advisory Council 10a SS Classic 11a SS Yoga Stretch 12p Cornhole 1p Knit & Crochet	15 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 8:30a-12p Care Mgr Hours 9:15a Gentle Mat Yoga 10a SS Classic 11a Gentle Chair Yoga 1p Knit & Crochet 1p Amqui Station Museum Tour & Movie Screening*	16 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Dance Blast 1p Meet There—Eastside Bowl*	17
18	19 FiftyForward Centers & Offices CLOSED for Juneteenth	20 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 11:30a Tasty Tuesday* 1p Paper Bead Jewelry* 1p Music Jam 1:15p Line Dancing	21 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 9a Legal Aid* 10a SS Classic 11a SS Yoga Stretch 11:45a TRIP to Music for Seniors* 12p Cornhole 1p Knit & Crochet	22 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 8:30a-12p Care Mgr Hours 10a SS Classic 11a Gentle Chair Yoga 11:45a TRIP to Nissan Plant* 1p Knit & Crochet	23 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Dance Blast 4p TRIP to FiftyForward Pride Party*	24
25	26 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Quilting 10:30a SS Circuit 11:30a SS SR&B 1p Mexican Train Dominoes 1p Painting Class with Moving Canvas*	27 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 1p BINGO 1p Paper Bead Jewelry* 1p Music Jam 1:15p Line Dancing	28 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a SS Classic 11a SS Yoga Stretch 12p Vehicle Tags Renewal 12p Summer Kickoff Party* 12p Cornhole 1p Knit & Crochet	29 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 8:30a-12p Care Mgr Hours 10a SS Classic 11a Gentle Chair Yoga 1p Knit & Crochet	30 8:30a Fitness Center 8:30a Cards, Puzzles, Billiards 10a Dance Blast	

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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!

Gentle Mat Yoga w/Jan Tuesdays at 9:30 a.m. and Thursdays at 9:15 a.m. Please note there will not be classes the last two weeks in June. Led by certified registered yoga instructor, Jan Cronin, this class incorporates a mat. Please bring your own yoga mat/blanket to use. Participants must be able to get up/down from the floor. Tuesday classes are 60 minutes; Thursday classes are 45 minutes *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. May 4 class will be a video. *Activity Room*

Gentle Chair Yoga w/Lisa Thursdays at 11 a.m. Led by Lisa Cotton, chair support is offered for seated and standing yoga poses. May 4 class will be a video. *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*

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 All of Us Journey Bus, Lunch & Jan Cronin Concert at FiftyForward Donelson Station Friday, June 2, 10 a.m. Cost: \$10 (includes lunch), sign up in advance. We're headed to FiftyForward Donelson Station for a day of fun! First, we'll check out the *All of Us* Journey Bus, a touring exhibit that offers interactive information about *All of Us*. This bus comes with a mobile lab so participants can donate their biospecimens which helps them to be full *All of Us* participants. Next, we'll have lunch from Donelson Café and celebrate Jan Cronin's new album release! Jan teaches yoga at our center on Tuesdays & Thursdays and we are excited to hear her perform!

 **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*




Denotes member-led program


Bingo Monday, June 5; Tuesday, June 6; Tuesday, June 27 at 1 p.m. Join us for our monthly BINGO games sponsored by American Republic Insurance, Humana, and Aviva Maybelle Carter. *Social 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. *Multipurpose Room*

 **Line Dancing Tuesdays, 1:15 p.m.** Led by Debbie Howell and Netta Felton, 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 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*

 **Lunch & Learn with Elder Law Attorney Barbara Moss Wednesday, June 7, 12 p.m., Cost: FREE, sign up in advance.** Barbara Moss focuses her practice on the legal needs of seniors and those in need of long term care. Get the answers to the questions that matter most to you, including: How to Manage Healthcare, Income, Housing, Benefits, and Chronic Conditions in Retirement. Lunch will be provided! *Social Room*

NEW! Cornhole Wednesdays, 12 p.m. Join FiftyForward members for the popular lawn game in which players or teams take turns throwing fabric bean bags at a raised, angled board with a hole in its far end. The goal of the game is to score points by either landing a bag on the board or putting a bag through the hole. It is SO fun and open to all skill levels—if you've never played and have been wanting to try, now is the time! We're hoping to establish some Madison Station teams! *Social Room*

Care Manager Office Hours Thursdays, 8:30 a.m.-12 p.m., No Office Hours on June 1. 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.

TRIP to Mystery Lunch with Kelly Thursday, June 8, 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!

FiftyForward Madison Station PROGRAM INFORMATION



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[TRIP to Radnor Lake & Brunch at Maple Street Biscuit Company](#)

Monday, June 12, 9 a.m. Cost: \$10 + brunch, sign up in advance.

For our next walk we are headed to Radnor Lake State Park, a 1,368-acre park protected as a Class II Natural Area. We'll do the lake trail, about a four-mile loop trail that features a lake with lots of shade. After our hike, we'll head to Maple Street Biscuit Company for brunch. They serve a variety of biscuit sandwiches, waffles, and southern sides.



[New Group! Mexican Train Dominoes](#) Mondays, June 12 & 26, 1 p.m. Join others to play this fun, modern version of dominoes! *Social Room.*

[Amqui Station Museum Tour & "Grumpy Old Men" Movie](#)

[Screening](#) Thursday, June 15, 1 p.m., FREE, sign up in advance.

We're headed next door to visit our neighbors and friends at Amqui Station! First, from 1-2 p.m., we'll get a tour of their museum and educational center. Then, from 2-4 p.m., they'll have a special movie screening of "Grumpy Old Men" for us to watch. Come for one or both offerings!

[MEET THERE—Eastside Bowl](#) Friday, June 16, meet there at

1 p.m. Address: 1508A Gallatin Pike S, Cost: Lanes are \$35/hour for up to 6 people; \$3 to rent shoes, sign up in advance so we can get an idea of how many people are attending. Meet fellow

FiftyForward friends at Eastside Bowl, located just down the road from our center. Drive yourself or caravan with other members. If bowling isn't your thing, feel free to join and just watch, or hit up the arcade area.

[Juneteenth](#): We will be celebrating the history of this day by supporting and highlighting Black-owned businesses in our area. This month that will include our Mystery Lunch trip and our art class presented by The Moving Canvas on June 26! We hope you can join us and if there are other local Black-owned businesses we can support, please let Heather or Kelly know.

[Tasty Tuesday](#) Tuesday, June 20, 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. This month, we are excited to welcome ukelele player Charissa Hoffman. A 6th-generation musician raised in Nashville, her path to music seemed inevitable, but her choice of instrument- the ukulele- came out of nowhere. Through the influences of genre-bending artists like Chet Atkins and Duke Ellington, she soon exceeded expectations for her instrument, establishing herself as a formidable chord-melody player and earning a spot as the first ukulele principal to be accepted to Berklee College of Music in 2017. Her songwriting earned her a place as participant in the prestigious Acoustic Music Seminar, and on stages at clubs and festivals across the country. She draws on singer-songwriter roots and jazz training in her music, creating dreamy, ethereal worlds for her listeners. ***Tickets must be purchased by Friday, June 16. All proceeds benefit Madison Station. Social Room***

[Legal Aid Wednesday, June 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. *Conference Room*

[TRIP to Lunch & Music for Seniors Concert with Alison Brazil and the Roots of Rhythm at Plaza Mariachi](#) Wednesday, June 21, 11:45

a.m. Cost: \$10 + lunch cost, sign up in advance. Music for Seniors Daytime Concert Series is headed to Plaza Mariachi in June! Enjoy lunch at any of the restaurants inside Plaza Mariachi and then we'll hear music from Alison Brazil & The Roots of Rhythm. The Queen of Louisiana Latin Soul, Alison Brazil, is a true international artist. Her heavily-seasoned soul music is sometimes in English, Spanish or French, and always crossing international barriers.

[TRIP to Tour of Nissan Smyrna Plant](#) Thursday, June 22, 11:45

a.m. Cost: \$10 sign up in advance. Located in Smyrna, Nissan's first U.S. manufacturing operation is widely recognized as one of the most productive vehicle assembly plants in the world. We'll take a tour of the Smyrna plant, which covers 5.2 million square feet. The tour runs about 60-90 minutes and we will not be getting lunch on this trip, so please make sure to eat something beforehand. **[Please note: you must wear shirts with at least a 4-inch sleeve and closed-toe shoes; No flip-flops or sandals are permitted on the tour. Weapons of any kind, cell phones, cameras, and all other recording devices are strictly prohibited on the plant tour and will need to be kept on the bus.](#)**

[TRIP to FiftyForward LGBT Pride Party at FiftyForward Knowles](#)

Friday, June 23, 4 p.m. Cost: FREE, sign up in advance. Join us in celebration of Pride Month at FiftyForward Knowles, in partnership with inclusion tennessee. We'll be hosting a Disco themed shindig and we invite you to come "boogie" with us! We invite you to dress up in your most fabulous disco/70's themed "threads." Drop in for a round of Drag Bingo (with a chance to win prizes) and for fun, food, and fellowship! Come see our decorated FiftyForward bus that will be driven in the upcoming weekend Pride parade! We will stay at the party until 6 p.m. and then depart back to Madison Station.

[Painting Class with The Moving Canvas](#) Monday, June 26, 1 p.m.,

Cost: \$35 (includes all supplies), sign up by June 16 and no refunds after that date. Join art instructor Rhonda Shaw for a fun painting party! We'll create beautiful, customized guitar pieces on canvas (sample below). Rhonda will assist to pre-sketch our canvas and we'll take it from there with her help! All supplies will be provided and this is great for all skill levels. Invite a friend and let's get creative! *Classroom 1*



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On-Site Vehicle Registration and Placard Renewals Wednesday, June 28, 12 p.m. The Davidson County Clerk's Office will be here to renew your vehicle registration and issue new license plates if needed. Disabled placards and plates will also be issued or renewed. Cash, personal checks, credit/debit cards will be accepted.

Summer Kickoff Party Wednesday, June 28, 12 p.m., Cost: Free, sign up in advance. Summer is here! Let's get it rolling with a PARTY! We'll have an ice cream sundae bar, tacos courtesy of Garden Fresh for the first 50 people to sign up, and chips and salsa. We'll also have cornhole and croquet set up for anyone who wants to play, and lei-making for anyone who wants a special summer accessory. And to top it off—we'll have music from duo Isaac & Marcela. Madison Station will be ready for summer 😊

Metro Meals will be returning to our center in July. If you are interested in learning more or signing up, please see Kelly for details!

