

September 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 Ctr 8:30a Games & Billiards 9a-2p Letter Writing 10a Dance Blast 11a TRIP to The Catfish House* 11:30a Metro Meals* 5p Evening Music Jam	2
3	4 FiftyForward Centers & Offices CLOSED for Labor Day	5 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9:15a TRIP to Moss-Wright Park & Lunch* 11:30a Metro Meals* 1p Paper Bead Jewelry* 1p Music Jam 1:15p Line Dancing	6 8:30a Fitness Ctr 8:30a Games & Billiards 9a BINGOcize* 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12p Cornhole 12:30-2:30p Tech Help* 1p Knit & Crochet	7 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Mgr Hrs 9a Gentle Mat Yoga 10a SS Classic 11a Gentle Chair Yoga 11:30a Metro Meals* 1p Knit & Crochet	8 8:30a Fitness Ctr 8:30a Games & Billiards 9a BINGOcize* 11:30a Metro Meals*	9
10	11 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 1p Quilting 1p New Member Orientation*	12 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 11:30a Metro Meals* 1p BINGO 1p Paper Bead Jewelry* 1p Music Jam	13 8:30a Fitness Ctr 8:30a Games & Billiards 9a BINGOcize* 9a Advisory Council 10a SS Classic 10:45a TRIP to Lunch & Music for Seniors* 11a SS Yoga Stretch 11:30a Metro Meals* 12p Cornhole 12:30-2:30p Tech Help* 1p Knit & Crochet 1p Arthritis Exercise	14 8:15a TRIP to Ntnl Quilt Museum* 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Mgr Hrs 9a Gentle Mat Yoga 10a SS Classic 11a Gentle Chair Yoga 11a Gardening Class* 11:30a Metro Meals* 1p Knit & Crochet	15 8:30a Fitness Ctr 8:30a Games & Billiards 9a BINGOcize* 11:30a Metro Meals* 1p Arthritis Exercise	16
17	18 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a SS Circuit 11:30a SS SR&B 11:30a Metro Meals* 1p Quilting 1p Loteria*	19 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 10a All of Us Enrollment Assistance* 11:30a Tasty Tuesday* 1p Paper Bead Jewelry* 1p Music Jam 1:15p Line Dancing	20 8:30a Fitness Ctr 8:30a Games & Billiards 9a Legal Aid* 9a BINGOcize* 10a SS Classic 11a-2p Covid Vax Clinic 11a SS Yoga Stretch 11:30a Metro Meals* 12p Cornhole 12:30-2:30p Tech Help* 1p Knit & Crochet 1p BINGO 1p Arthritis Exercise	21 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Mgr Hrs 9a Gentle Mat Yoga 10a SS Classic 10:30a TRIP to Mystery Lunch* 11a Gentle Chair Yoga 11:30a Metro Meals* 1p Knit & Crochet	22 8:30a Fitness Ctr 8:30a Games & Billiards 9a BINGOcize* 10a Dance Blast 11:30a Metro Meals* 1p Arthritis Exercise	23
24	25 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a SS Circuit 11a Walking TRIP to Garden Fresh* 11:30a SS SR&B 11:30a Metro Meals* 1p Quilting	26 8:30a Fitness Ctr 8:30a Games & Billiards 9:15a TRIP to His Eye is on the Sparrow* 9a Gentle Mat Yoga 11:30a Metro Meals* 1p BINGO 1p Paper Bead Jewelry* 1p Music Jam	27 8:30a Fitness Ctr 8:30a Games & Billiards 9a BINGOcize* 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12p Cornhole 12:30-2:30p Tech Help* 12:30-3:30p Gouache Art Class* 1p Knit & Crochet 1p Arthritis Exercise	28 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Mgr Hrs 9a Madison Pool Tournament* 9a Gentle Mat Yoga 10a SS Classic 11a Gentle Chair Yoga 11:30a Metro Meals* 1p Knit & Crochet	29 8:30a Fitness Ctr 8:30a Games & Billiards 9a BINGOcize* 10a Dance Blast 11:30a Metro Meals* 1p Arthritis Exercise	30

FiftyForward Madison Station PROGRAM INFORMATION



If you are interested in participating in any program virtually, please reach out to the hosting center for more information.




Denotes member-led program

RECURRING CLASSES, ACTIVITIES, & GROUPS:

Metro Meals Monday-Friday, 11:30 a.m.—12:30 p.m. No Metro Meals on September 19. Metro Meals offers their free lunch program to interested seniors age 60+. To register for the program, please see the front desk for an application. *Social Room*

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, Dominoes Monday-Friday, 8:30 a.m.-3:30 p.m.** Stop by the center to play cards, tackle a puzzle, play Mexican Train Dominoes, or play a game of billiards!

All of Us: One in a Million Enrollment Assistance Tuesday, Sept. 19, 10 a.m., sign up in advance. Would you like to help change the future of healthcare? Come say hello to the FiftyForward All of Us team to learn more about the All of Us Research Program from the National Institutes of Health. This unique research program seeks to enroll 1,000,000 diverse people living in the U.S. in order to improve the health of future generations. Sign up to make a private appointment to enroll, or just drop by for a casual conversation. *Social Room*

Bingo Tuesday, Sept. 12; Wednesday, Sept. 20; Tuesday, Sept. 26 at 1 p.m. Join us for our monthly BINGO games sponsored by Humana, CenterWell, and Aviva Maybelle Carter. *Social 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.

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*


Dance Blast w/Jack Fridays at 10 a.m. Please note no class on Sept. 8 and 15. 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. *Group Fitness 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. *Group Fitness Room*


Gentle Mat Yoga w/Jan Tuesdays and Thursdays at 9 a.m. 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. *Group Fitness Room on Tuesdays and Multipurpose Room on Thursdays.*


 **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. For all levels! *Art Room*

Legal Aid Wednesday, Sept. 20, 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*

 **Line Dancing 1st & 3rd 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! *Group Fitness Room*

 **Music Jam Tuesdays at 1 p.m.** Bring your voice, instrument or listening ears for a jam session. *Multipurpose Room*

 **Paper Bead Jewelry Class Tuesdays, 1 p.m., Cost: \$10 quarterly, 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). *Art Room*

 **Quilting Mondays, 1 p.m.-3 p.m.** Join our quilters and please bring your own materials! *Art Room*

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. *Group Fitness 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. *Group Fitness 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. *Group Fitness 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. *Group Fitness Room*

FiftyForward Madison Station PROGRAM INFORMATION



If you are interested in participating in any program virtually, please reach out to the hosting center for more information.

SPECIAL PROGRAMS & EVENTS:

World Letter Writing Day Friday, Sept. 1, 9 a.m. -2 p.m. In celebration of World Letter Writing Day, stop by our social room to pen a note to a friend, relative, or someone you may have lost touch with recently. We'll provide the writing tools and a variety of stationery, you provide the words! *Social Room*



NEW! Evening Music Jam—Madison Station Music Makers First Friday night of the month, Sept. 1, 5-7 p.m. It's our popular Music Jam—after dark! Bring your voice, instrument or listening ears for an (early) evening jam session. All are invited! *Multipurpose Room*

NEW! BINGOcize 10-week program on Wednesdays & Fridays beginning Sept. 6, 9 a.m. Sign up for the entire 10-week program by Sept. 5; Limited to 20 participants. BINGOcize is a 10-week health program that combines FUN with exercises. BINGOcize strategically promotes fun and games with educational learning, functional health performance, and social engagement for older adults. These one-hour sessions are led by FiftyForward Bordeaux Program Coordinator Nicole! *Multipurpose Room*

Tech Help Wednesdays beginning Sept. 6, 12:30-2:30 p.m., sign up in advance. College students 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*

New Member Orientation Monday, Sept. 11, 1 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. *Conference Room*

NEW! AEA Arthritis Foundation Exercise Program Wednesdays & Fridays beginning Sept. 13, 1 p.m. Join us for this NEW group exercise program that includes a variety of exercises that can be performed sitting, standing or lying on the floor. The classes offer multiple components to help reduce pain and stiffness, and to maintain or improve mobility, muscle strength and functional ability. Endurance-building routines, relaxation exercises and health education topics are also included. *Group Fitness Room*

Diagnosing Plant Diseases with Master Gardeners of Davidson County Thursday, Sept. 14, 11 a.m., sign up in advance. Join the Master Gardeners of Davidson County/UT Extension as we learn more about identifying a plant's "disease triangle" as our first step in addressing plant problems and finding possible solutions. *Classroom 1*

Loteria Monday, Sept. 18, 1 p.m., sign up in advance. In celebration of National Hispanic Heritage Month, join Heather for the popular game of loteria! Loteria is a game of chance, similar to Bingo, but using images on a deck of cards instead of numbered ping pong balls. Limited spots available, so you must register in advance. *Multipurpose Room*



Denotes member-led program

Tasty Tuesday Tuesday, Sept. 19, 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, in partnership with Music for Seniors, we are excited to welcome Janelle Means program features a variety of tunes from Gospel, R & B, Motown and more featuring her lovely vocal talents accompanied with backing tracks. She is AWESOME! **Tickets must be purchased by Friday, Sept. 15. All proceeds benefit Madison Station.** *Social Room*

Covid Vaccination Clinic Wednesday, Sept. 20, 11 a.m.—2 p.m., open to community. The Metro Public Health Department's STRIKE team will be on site to offer Covid vaccinations and boosters, including the recent FDA-approved 2nd bivalent booster for 65+ and immunocompromised. *Multipurpose Room*

NEW! Gouache Art Class Wednesday, Sept. 27, 12:30—3:30 p.m., Cost: \$25 (includes supplies), sign up in advance. We are excited to welcome art instructor Jill Mayo to our center to teach our very first gouache class! Gouache is water-based, but with the painting style and techniques of acrylic painting (and has more versatility and is easier to clean up!). No experience is necessary and this is great for beginners to intermediate levels. Jill will be at our center on September 12 and September 20 to show examples of all the different mediums she teaches, including gouache. We encourage you to sign up for this class! *Classroom 1*

Madison Pool Tournament Thursday, Sept. 28, 9 a.m., participants must sign up in advance. In anticipation of our Donelson-Madison pool tournament in October, we'll hold a warm-up tournament to make sure our cues are ready to go! *Billiards Room*

DAY TRIPS:

TRIP to Lunch at The Catfish House Friday, Sept. 1, 11 a.m., Cost: \$10 + lunch cost, sign up in advance. Join We're headed to The Catfish House, family owned and operated, in Springfield, TN. In addition to catfish, they offer steaks, salads, shrimp, burgers, chicken, and much more! There's something for everyone. Check out their menu here: <https://www.thecatfishhouse.net/menu/>

TRIP to Hike at Moss-Wright Park and Lunch at Chef's Market Tuesday, Sept. 5, 9:15 a.m., Cost: \$10 + lunch, sign up in advance. Moss-Wright Park is the largest park in Goodlettsville at 147 acres. We'll walk the 2.1 mile paved loop, and then reward ourselves with a tasty lunch down the street at Chef's Market.

TRIP to Music for Seniors Concert with The Shawn Pody Band and Lunch at Local Joe's Wednesday, Sept. 13, 10:45 a.m. Cost: \$10 + lunch cost, sign up in advance. Music for Seniors Daytime Concert Series is headed to the Mt. Juliet Community Center at Charlie Daniels Park! They'll welcome Wilson County resident, Shawn Pody and his band, for a wide variety of favorites from Country, Rock n Roll, Motown, and more! Before the show, we'll grab lunch at Local Joe's, a very popular meat and three in Mt. Juliet.

TRIP to the National Quilt Museum in Paducah and Lunch Thursday, Sept. 14, 8:15 a.m. Cost: \$35 + lunch cost, sign up in advance by Sept. 11; there will be no refunds after that date. Since 1991, the National Quilt Museum has shared outstanding works made by contemporary quilters with the world. Their collection features many of the best quilts made since 1980 and their exhibitions present and celebrate the work of America's finest quilters. Some current exhibits include: Time Pieces: Carole Harris and Primal Forces: Wind. We'll explore the museum and then get lunch nearby. **Please note the travel time to the museum is a little over 2 hours.**

TRIP to Mystery Lunch with Kelly Thursday, Sept. 21, 10:30 a.m. Cost: \$10 + lunch cost, sign up in advance. Join Madison Station Center Director Kelly for a lunch trip to a mystery destination!

Walking TRIP to Garden Fresh Monday, Sept. 25, 11 a.m. Cost: lunch cost, sign up in advance. National Hispanic Heritage Month kicks-off September 15, and we are so fortunate to have a variety of Hispanic businesses in our neighborhood! Join us as we walk next door to Garden Fresh Food Market for lunch. They have a fantastic hot bar with tacos, tortas, meats, and sides. After lunch we'll explore their market.

"His Eye is on The Sparrow, The Ethel Waters Musical" Presented by Kennie Playhouse Theatre Tuesday, Sept. 26, 9:15 a.m. Cost: \$35, sign up in advance. Kennie Playhouse Theatre's mission is to create a platform that gives the underserved acting community an opportunity to perform for a diverse audience. They produce high quality theatrical productions that are entertaining, historical, stimulating and educational, commemorating the African American experience. In this play, hosted at the Looby Theatre, we'll learn more about Ethel Waters, who was born in the Philadelphia slum, the result of her unmarried mother being raped at 12 years old. She became one of the most successful artists that ever lived.