

# November 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
			<b>1</b> 8:30a Fitness Ctr 8:30a Games & Billiards 9a BINGOcize* 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12p Aspire Audiology Lunch & Learn* 1p Arthritis Exercise* 1p Knit & Crochet	<b>2</b> 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Mgr Hrs 8:40a TRIP to Nashville Symphony* 9a Gentle Mat Yoga 10a Android Essentials* 10a SS Classic 11a Gentle Chair Yoga 11:30a Metro Meals* 11:30a All of Us Presentation* 1p Knit & Crochet 2p SAIL	<b>3</b> 8:30a Fitness Ctr 8:30a Games & Billiards 9a BINGOcize* 10a Dance Blast 10a AARP Scams Presentation* 11:30a Metro Meals* 1p Arthritis Exercise* 5p Evening Music Jam	<b>4</b>
5	<b>6</b> 8:30a Fitness Ctr 8:30a Games & Billiards 10a Android Essentials* 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 1p Quilting 1p BINGO 2p SAIL	<b>7</b> 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a TRIP to Smyrna Airport* 11:30a Metro Meals* 1p Paper Bead Jewelry* 1p Music Jam 1:15p Line Dancing	<b>8</b> 8:30a Fitness Ctr 8:30a Games & Billiards 9a BINGOcize* 10a Advisory Council 10a SS Classic 11a-2p Metro Flu Vax Clinic 11a SS Yoga Stretch 11:30a Metro Meals* 12:30-2:30p Tech Help* 12:30p Wire Jewelry Class* 1p Arthritis Exercise* 1p Knit & Crochet	<b>9</b> 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Mgr Hrs 9a Gentle Mat Yoga 9:30a TRIP to Oak Grove Casino* 10a Android Essentials* 10a SS Classic 11a Gentle Chair Yoga 11:30a Metro Meals* 1p Knit & Crochet 2p SAIL	<b>10</b> 8:30a Fitness Ctr 8:30a Games & Billiards 9a BINGOcize* 10a Dance Blast 11:30a Metro Meals* 1p Veterans Day Event* 1p Arthritis Exercise*	<b>11</b>
12	<b>13</b> 8:30a Fitness Ctr 8:30a Games & Billiards 8:45a TRIP to Bluebird Cafe* 10a Android Essentials* 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 12:30p Thanksgiving Centerpieces* 1p Quilting 2p SAIL	<b>14</b> 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 10:30a TRIP to Mystery Lunch* 11:30a Metro Meals* 1p BINGO 1p Paper Bead Jewelry* 1p Music Jam	<b>15</b> 8:30a Fitness Ctr 8:30a Games & Billiards 9a Legal Aid* 9a BINGOcize* 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 11:45a TRIP to Music for Seniors* 12:30-2:30p Tech Help* 1p Arthritis Exercise* 1p Knit & Crochet 1p BINGO	<b>16</b> 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Mgr Hrs 9a Gentle Mat Yoga 10a Android Essentials* 10a SS Classic 11a Gentle Chair Yoga 11:30a Metro Meals* 1p Knit & Crochet 2p SAIL	<b>17</b> 8:30a Fitness Ctr 8:30a Games & Billiards 9a BINGOcize* 10a Dance Blast 11:30a Metro Meals* 1p Arthritis Exercise*	<b>18</b>
19	<b>20</b> 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a SS Circuit 11:30a SS SR&B 11:30a Metro Meals* 1p Quilting 2p SAIL	<b>21</b> 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	<b>22</b> 8:30a Fitness Ctr 8:30a Games & Billiards 9a BINGOcize* 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 1p Arthritis Exercise* 1p Knit & Crochet	<b>23</b> FiftyForward Centers & Offices Closed for Thanksgiving	<b>24</b> FiftyForward Centers & Offices Closed for Thanksgiving	<b>25</b>
26	<b>27</b> 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a SS Circuit 11:30a SS SR&B 11:30a Metro Meals* 1p Quilting 2p SAIL	<b>28</b> 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 10:15a TRIP to Loveless Cafe* 11:30a Metro Meals* 1p BINGO 1p Paper Bead Jewelry* 1p Music Jam	<b>29</b> 8:30a Fitness Ctr 8:30a Games & Billiards 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12:30-2:30p Tech Help* 1p Arthritis Exercise* 1p Knit & Crochet	<b>30</b> 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 2p SAIL		

# 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 Nov. 21, 23, 24.** 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, Rummikub Monday-Friday, 8:30 a.m.-3:30 p.m.** Stop by the center to play cards, tackle a puzzle, play Mexican Train Dominoes, Rummikub, or play a game of billiards!

**All of Us: One in a Million Enrollment Assistance Tuesday, Nov. 21, 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 Monday, Nov. 6; Tuesday, Nov. 14 ; Wednesday, Nov. 15; Tuesday, Nov. 28 at 1 p.m.** Join us for our monthly BINGO games sponsored by Legacy Village, 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.

**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. *Group Fitness Room*


 **Evening Music Jam—Madison Station Music Makers First Friday night of the month, Nov. 3, 5-7 p.m.** It's our popular Music Jam—after dark! Bring your voice, instrument or listening ears for an evening jam session. All are invited! *Social 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 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, Nov. 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*

 **Line Dancing Tuesdays, Nov. 7 & 21, 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*

**S.A.I.L.—Stay Active & Independent for Life Mondays & Thursdays at 2 p.m.** Led by Rhonda Cherry, join us for this new evidence-based strength, balance and fitness class. Did you know performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling? *Group Fitness 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.



Denotes member-led program

## SPECIAL PROGRAMS & EVENTS:

**BINGOcize Wednesdays & Fridays, 9 a.m., concluding Nov. 22, program is full.** 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*

**Aspire Audiology Lunch & Learn Wednesday, Nov. 1, 12 p.m., lunch provided, sign up in advance, limited spots available.** Join Dr. Randi Yontz and Dr. Hannah Kostrzewski from Aspire Audiology for an informative presentation about hearing loss, tinnitus, ear wax, and more!  
*Multipurpose Room*

**Tech Help Wednesdays in November (no tech help on Nov. 22), 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. **Please note November 29 will be the students' last day here in 2023, so get your questions in this month!**  
*Social Room*

**Android Essentials Mondays & Thursdays in November, last class on Nov. 16, 10 a.m., program is full.** This beginner level, 5-week course covers the essentials of using an Android tablet, including how to navigate the internet, take photos, download and use apps, and send and receive email. This course is designed for people who have never used a tablet or have very little experience and want a solid introduction. **Pre-requisites: You need to bring your own Android device. A Gmail address. If you need help setting up a Gmail address, please call the Senior Planet hotline: 888-713-3495.**  
*Classroom 1*

**All of Us Research Program Introduction/Overview Thursday, Nov. 2, 11:30 a.m.** Have you heard about the *All of Us* Research Program but would like to learn more? Join the FiftyForward *All of Us* team for an in-depth presentation on what the program entails, current research studies happening now, and how you can help change the health of future generations. Bring your questions and be ready to learn! Visit [www.joinallofus.org/fiftyforward](http://www.joinallofus.org/fiftyforward) to see more about the program. **Light snacks provided.**  
*Social Room*

**NEW FITNESS CLASS! AEA Arthritis Foundation Exercise Program Wednesdays & Fridays beginning Nov. 1, 1 p.m.** We are so excited to have member Karen Scott-Priester lead 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. In addition, they'll help 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*

**AARP Spotting Scams Presentation Friday, Nov. 3, 10 a.m., must sign up in advance.** Scams can happen to anyone – but spotting and avoiding these criminals can become second nature when you know the right steps to take to protect yourself and your loved ones. Join AARP for this free workshop where you can: hear about the latest scams and what tactics are being used; build confidence, with steps you can take to protect yourself and loved ones; and explore AARP tools and resources to help keep you up-to-date on the latest scams.  
*Classroom 1*

**Metro Flu Vax Clinic Wednesday, Nov. 8, 11 a.m.-2 p.m.** Metro will be on-site only offering the traditional flu vaccination. FiftyForward is offering a \$10 gift card incentive (while supplies last) for people who receive their flu vaccine at this clinic and complete a survey with us.  
*Multipurpose Room*

**NEW! Wire-work Jewelry Class Wednesday, Nov. 8, 12:30—3:30 p.m., Cost: \$25 (includes supplies), sign up in advance.** Led by Jill Mayo, create your own wire-work jewelry! She'll cover basic wire-weaving patterns, tree of life, bottle-wrapping techniques, and more. You'll use beads, gemstones, crystals, and more. No experience necessary! See Heather for examples.  
*Classroom 1*

**Veterans Day Appreciation & Celebration Friday, Nov. 10, 1 p.m., sign up in advance.** All are invited to honor and give thanks to our Veterans, both past and present. We'll have punch and dessert, and we are honored to welcome Retired Lt. Col. Herman Statum, who will present on the Vietnam War. As an Airborne, Ranger and Special Forces officer with a Top Secret security clearance, Mr. Statum's military service included 11 years overseas with two tours in Vietnam combat units. He served as the Operations Officer for the International Police at the Supreme Headquarters Allied Powers Europe, and served as a Branch Chief at the Headquarters, Department of the Army Law Enforcement Division in The Pentagon.  
*Social Room*

**NEW! Thanksgiving Centerpiece Craft Monday, Nov. 13, 12:30—3:30 p.m., Cost: \$25 (includes supplies), sign up in advance.** Another one of instructor Jill Mayo's specialties – paper craft centerpieces! In this class you'll make a fall basket and a table luminary. No paper crafting experience required. You'll walk away with two wonderful centerpieces! See Heather for examples.  
*Classroom 1*

**Tasty Tuesday Tuesday, Nov. 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. This month we are excited to welcome back our upbeat, New Zealand friend Cy Winstanley, in partnership with Music for Seniors. His program includes a variety of popular songs from folk to rock n roll, featuring his acoustic guitar. We'll enjoy a wonderful Thanksgiving-themed lunch with all the fixin's! **Tickets must be purchased by Friday, Nov. 17. All proceeds benefit Madison Station.**  
*Social 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.

## DAY TRIPS:

### [Nashville Symphony Dress Rehearsal for Corea's Concerto + Romeo & Juliet followed by Lunch at Martin's BBQ](#)

**Thursday, November 2, 8:40 a.m. Cost: \$10 + lunch, sign up in advance.** We're headed to the Nashville Symphony for a dress rehearsal of Corea's Concerto + Romeo & Juliet. New York Philharmonic principal trombonist Joseph Alessi — a veritable rock star among American brass players — takes center stage with a work written for him by the late, great jazz legend Chick Corea, premiered with Giancarlo Guerrero in São Paulo. Szymanowski's Concert Overture is an exuberant concert opener, and Giancarlo ties it all together with Prokofiev's Romeo and Juliet Suite, which perfectly captures the drama and heartbreak of Shakespeare's immortal story. Please note we will stay for the full dress rehearsal (a little over two hours with a break) and then head to Martin's BBQ for lunch. This is a combined trip with FiftyForward Knowles—we will pick them up on our way.

### [Smyrna Airport Tour & Lunch at Margarita House](#)

**Tuesday, November 7, 9 a.m. Cost: \$15 + lunch, sign up in advance.** It's a bird, it's a plane—lots of planes! Join us for a tour of the Smyrna Airport, which will start with a short presentation, followed by a tour of one of their hangars to look at airplanes. After our tour, we'll head down the road for some yummy Mexican food at Margarita House.

### [Oak Grove Casino](#)

**Thursday, November 9, 9:30 a.m. Cost: \$15 + lunch/purchases, sign up in advance.** Back by popular demand, we are headed to Oak Grove Casino. 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 in the region like Wheel of Fortune® and more! We'll stay at the casino until 2:15 p.m. and then head back to the center. Please note this is a combined trip with FiftyForward Donelson Station—they'll pick us up on the way.

### [Bluebird Café Senior Show](#)

**Monday, November 13, 8:45 a.m. Cost: \$10, sign up in advance.** We're excited to return to the famous Bluebird Café for their monthly live music show for older adults. Coffee and donuts will be provided.

### [Mystery Lunch with Kelly](#)

**Tuesday, November 14, 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!



Denotes member-led program

### [Lunch & Music for Seniors Concert with The WannaBeatles at Plaza Mariachi](#)

**Wednesday, November 15, 11:45 a.m. Cost: \$10 + lunch cost, sign up in advance.** Music for Seniors Daytime Concert Series will be held at Plaza Mariachi in November! Come celebrate the music of the Fab Four with The WannaBeatles - recreating the fun & excitement of the most popular band in music history. Before the concert, grab lunch from any of the surrounding restaurants at Plaza Mariachi so you can eat and enjoy the concert.

### [Brunch/Lunch at Loveless Café](#)

**Tuesday, November 28, 10:15 a.m. Cost: \$10 + meal cost, sign up in advance.** For more than 70 years, the Loveless Cafe has been offering families and friends a place where they can enjoy a scratch-made Southern meal and reconnect with each other around the table. Load up on scratch-made biscuits, chicken, country ham, or whatever suits your fancy. After lunch, you'll have some time to explore their on-site shops.