

February 2024 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 8:30a-12p Care Mgr Hrs 9a Gentle Mat Yoga 10a SS Classic 11a Gentle Chair Yoga 11:30a Metro Meals* 1p SAIL	2 8:30a Fitness Ctr 8:30a Games & Billiards 11a Volunteer Interest Mtg* 11:30a Metro Meals* 1p Arthritis Exercise 5p Evening Music Jam	3 9a-11:30a Nashville Humane Mobile Pet Clinic
4 8:30a Fitness Ctr 8:30a Games & Billiards 10a-2p BJ's membership table 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 12p BINGOsize* 1p BINGO 1p Quilting 1p SAIL	5 8:30a Fitness Ctr 8:30a Games & Billiards 10a-2p BJ's membership table 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 12p BINGOsize* 1p BINGO 1p Quilting 1p SAIL	6 Tax Appts. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 10:30a TRIP to Mystery Lunch* 11:30a Metro Meals* 1p Music Jam 1:15p Line Dancing	7 8:30a Fitness Ctr 8:30a Games & Billiards 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12p BINGOsize* 1p Arthritis Exercise 1p Knit & Crochet 2p Hand Chime Choir	8 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* 12p Frist Artmaking* 1p SAIL	9 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11:30a Metro Meals* 12p Lunch & Learn Kennie Playhouse* 12p Watercolor Sketch Book* 1p Arthritis Exercise	10
11 8:30a Fitness Ctr 8:30a Games & Billiards 10:15a TRIP to Brushfire Pottery* 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 12p BINGOsize* 1p Quilting 1p SAIL	12 8:30a Fitness Ctr 8:30a Games & Billiards 10:15a TRIP to Brushfire Pottery* 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 12p BINGOsize* 1p Quilting 1p SAIL	13 Tax Appts. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 10a Composting 101* 11:30a Metro Meals* 11:30a Music aLIVE Performance 1p BINGO 1p Music Jam	14 8:30a Fitness Ctr 8:30a Games & Billiards 10a Advisory Council 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12p BINGOsize* 12:30p Gouache Painting* 1p Valentine's Heart Health Party with CenterWell* 1p Arthritis Exercise 1p Knit & Crochet 2p Hand Chime Choir	15 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* 12p Frist Artmaking* 1p SAIL	16 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11:30a Metro Meals* 1p Arthritis Exercise	17
18 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 12p BINGOsize* 1p Quilting 1p SAIL	19 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 12p BINGOsize* 1p Quilting 1p SAIL	20 Tax Appts. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Premier Air Travel Presentation* 10a All of Us Enrollment Assistance* 11:30a Tasty Tuesday* 1p Music Jam 1:15p Line Dancing	21 8:30a Fitness Ctr 8:30a Games & Billiards 9a Legal Aid* 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12p BINGOsize* 12:30-2:30p Tech Help* 1p Dollar General Black History Month Celebration* 1p Arthritis Exercise 1p Knit & Crochet 2p Hand Chime Choir	22 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Mgr Hrs 9a Gentle Mat Yoga 9:45a TRIP to Lane Motor Museum* 10a SS Classic 11a Gentle Chair Yoga 11:30a Metro Meals* 12p Frist Artmaking* 1p SAIL	23 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 10:45a TRIP to Cajun Steamer* 11:30a Metro Meals* 12p Watercolor Cards* 1p Arthritis Exercise 1p BINGO	24
25 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 12p BINGOsize* 12:30p Wire Jewelry* 1p Quilting 1p SAIL	26 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 12p BINGOsize* 12:30p Wire Jewelry* 1p Quilting 1p SAIL	27 Tax Appts. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 10:30a See America Motorcoach Travel* 11:30a Metro Meals* 1p BINGO 1p Music Jam	28 8:30a Fitness Ctr 8:30a Games & Billiards 9:30a TRIP to GasLamp Antiques & Lunch* 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12p BINGOsize* 12:30-2:30p Tech Help* 1p Arthritis Exercise 1p Knit & Crochet 2p Hand Chime Choir	29 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* 11:30a Frist Artmaking* 1p SAIL		

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Denotes member-led program

RECURRING CLASSES, ACTIVITIES, & GROUPS:

Metro Meals Monday-Friday, 11:30 a.m.—12:30 p.m. No Metro Meals on Feb. 20. Metro Meals offers their free lunch program to interested and approved seniors age 60+. *Social Room*

AARP Tax Appointments Tuesdays, Feb. 6-April 9 AARP will be offering free tax preparation at our center on Tuesdays beginning Feb. 6. 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.

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!

Computer Lab Monday-Friday, 8:30 a.m.-3:30 p.m. Stop by our Multipurpose Room to use a complimentary Google Chromebook as needed.

AEA Arthritis Foundation Exercise Program Wednesdays & Fridays, 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 or standing. 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*

All of Us: One in a Million Enrollment Assistance Tuesday, Feb. 20, 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, Feb. 5; Tuesday, Feb. 13; Friday, Feb. 23; Tuesday, Feb. 27 at 1 p.m. Join us for our monthly BINGO games sponsored by Humana, Beraldi Insurance, 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., no class on Feb. 2. 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, Feb. 2, 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 Tuesdays and Thursdays at 9 a.m. Led by certified registered yoga instructor Jan Cronin, this is a traditional yoga class. 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.*

New Day/Time! Hand Chime Choir Wednesdays at 2 p.m. All are welcome to join this new musical group! No previous experience necessary. Unlike hand bells, chimes have an external clapper mechanism. Let's make some beautiful music together! *Conference Room*

Knitting & Crochet Wednesdays 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, Feb. 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*

Line Dancing Tuesdays, Feb. 6 and Feb. 20, 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*

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 1 p.m. Led by Rhonda Cherry, join us for this 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? That's why you should take this class! *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 training. Can be adapted for all fitness levels. *Group Fitness Room*

SilverSneakers Classic Wednesdays & Thursdays, 10 a.m. This class 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*

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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*

SPECIAL PROGRAMS & EVENTS:

Volunteer Interest Meeting Friday, Feb. 2, 11 a.m., sign up in advance. If you have been interested in volunteering at our center, please join us for this informational meeting where we'll go over volunteer areas we are needing help with, including front office help and Metro Meals. *Conference Room*

Nashville Humane and Banfield Foundation's Low Cost Pet Clinic Saturday, Feb. 3, 9-11:30 a.m. Bring your pet by this mobile pet clinic where they will be offering \$15 vaccines and \$10 microchips for cats and dogs! *Madison Station Parking Lot*

BJ's Wholesale Club for a Cause Monday, Feb. 5, 10 a.m.—2 p.m. A new BJ's Wholesale Club is scheduled to open next month in Goodlettsville! Come to our center during this time frame and sign up for a new club membership at a discounted rate of only \$25 for the year. BJ's Wholesale Club will donate \$10 for every new membership opened during this event to our center! *Lobby*

BINGOize Mondays & Wednesdays beginning Feb. 5, 12 p.m., sign up in advance for the 10-week series. Looking for a fun, new way to be active? BINGOize is a 10-week program that combines the game of bingo with inclusive exercises for everyone! Come play and meet new people while learning about nutrition. *Classroom 1*

Digital Art Making Series with Frist Art Museum 8-week series, every Thursday beginning February 8, 12-1:30p, sign up in advance, limited spots available. Join us for an 8-week series in partnership with Frist Art Museum! Explore your creativity, learn a new skill, and create art with an iPad (iPads are provided in class) in this free digital art making workshop. The series includes eight, 90-minute sessions led by a teaching artist, and a free trip to the Frist Art Museum. The artwork that you create during the series will also be displayed in the Frist's Education Corridor! *Classroom 1*

Lunch & Learn with Kennie Playhouse Theatre Friday, Feb. 9, 12 p.m., sign up in advance, limited spots available. Join our friends at Kennie Playhouse Theatre to learn more about their theatre company, enjoy a scene from their upcoming play, August Wilson's *The Piano Lesson*, and maybe try your skills at some acting. *Multipurpose Room*

Watercolor Sketchbook Painting Friday, Feb. 9, 12—3 p.m., Cost: \$25 (includes supplies), sign up in advance. Led by Jill Mayo, this class will be in a sketchbook format - Jill will still cover watercolor basics, while going a little more in depth. Each class is based on adding and building more techniques to your sketchbook as you go. This format gives you the skills and experience to take your painting to the next level. *Art Room*

Composting 101 Tuesday, Feb. 13, 10 a.m. Join the Master Gardeners of Davidson County and learn the science behind composting and discover how to successfully create and use compost in your landscape and garden. *Conference Room*

Music aLIVE and Whippoorwill Arts Performance Tuesday, Feb. 13, 11:30 a.m. Join us for a live music performance in partnership with Music aLIVE and Whippoorwill Arts. We'll welcome Gwen Holt, a local musician from East Nashville. *Social Room*

Gouache Painting Wednesday, Feb. 14, 12:30—3:30 p.m., Cost: \$25 (includes supplies), sign up in advance. Led by Jill Mayo, this class will cover all the gouache basics. Gouache is similar to acrylic painting, but is water-based, more versatile and easier to clean up! Each class will include a handout and drawings. No drawing skills required. *Art Room*

Valentine's Heart Health Party with CenterWell Wednesday, Feb. 14, 1 p.m. Join CenterWell Senior Primary Care for engaging heart health trivia, games, treats, prizes and a social gathering all about warming your heart this Valentine's Day! Wear red and/or pink if you want to be extra festive! *Social Room*

Premier Air Travel Presentation Tuesday, Feb. 20, 9 a.m., sign up in advance. Join Jennifer Powers from Premier World Discovery to learn about the FiftyForward trips they are offering this year that involve air travel. *Conference Room*

Tasty Tuesday Tuesday, Feb. 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'll welcome back our member Sam Buchanan and his amazing jazz trio and enjoy a pasta lunch with salad, bread, and dessert. **Tickets must be purchased by Friday, Feb. 16. All proceeds benefit Madison Station.** *Social Room*

Tech Help Wednesdays in February, 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*

Dollar General Black History Month Celebration Wednesday, Feb. 21, 1 p.m., sign up in advance. Join us for an afternoon of fun to celebrate Black History Month with Dollar General's African American Employee Resource Group. They'll host a trivia event with prizes, a hot cocoa bar and other treats. *Social Room*

Watercolor Greeting Cards Friday, Feb. 23, 12—3 p.m., Cost: \$25 (includes supplies), sign up in advance. Instructor Jill Mayo leads this class where you'll use a variety of mediums such as watercolor, inks, and metallics to create greeting cards. *Art Room*

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Wire-work Jewelry Class Monday, Feb. 26, 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 and you'll create a "tree of life" necklace. No experience necessary! *Classroom 1*

See America Tour Motorcoach Travel Presentation Tuesday, Feb.

27, 10:30 a.m., sign up in advance. Join Adam Wagner from See America Tour to learn about the FiftyForward trips they are offering this year that are motorcoach trips. *Conference Room*

DAY TRIPS:

Mystery Lunch with Kelly Tuesday, February 6, 10:30 a.m. **Cost: \$15 + lunch. Registration is required.** Join Madison Station Center Director Kelly for a lunch trip to a mystery destination!

Pottery Painting at Brushfire Pottery Monday, February 12, 10:15 a.m. **Cost: \$20 + price of pottery (each person will pay for their own pottery at the studio). Registration is required by February 6.**

Brushfire is dedicated to firing the imagination of everyone by providing a comfortable, fun place to create your own hand-painted works of pottery. They offer a wide selection of unfinished pottery, colors and loads of ideas with which to decorate. ***Pottery pieces range from \$5 - \$95, however, most pieces are priced under \$30 (think mugs, small bowls, small vases, etc.).***

Lane Motor Museum & Lunch at The Lost Paddy Thursday, February 22, 9:45 a.m. **Cost: \$15 + admission paid individually on-site + cost of lunch. Admission Prices: Adults (18-64): \$15 and Seniors (65+): \$10. Registration is required.** Lane Motor Museum features 150 unique cars and motorcycles and is home to the largest European automotive collection in the U.S. The vehicles date from the early 1900s all the way up to modern day and feature a varied collection of microcars, amphibious vehicles, military vehicles, alternative fuel vehicles, prototypes, one-of-a-kind vehicles and motorcycles. After visiting the museum, we'll stop for lunch down the road at The Lost Paddy, an Irish Pub!

Lunch at Cajun Steamer Bar & Grill Friday, February 23, 10:45 a.m. **Cost: \$15 + lunch. Registration is required.** At Cajun Steamer you'll experience the culture and cuisine of down home Louisiana eating, plus a little something extra. With authentic bites from the bayou, paired with drinks filled to the brim with the essence of New Orleans, they've got everything you want and more. Laissez les bon temps rouler!

Antiquing at GasLamp Antiques and Lunch at Rafferty's

Wednesday, February 28, 9:30 a.m. Cost: \$15 + lunch cost
Registration is required. With over 100 booths, GasLamp Antiques and Decorating Mall features Nashville's broadest array of décor genres, including Art Deco, Hollywood Regency, Mid-century Modern, Primitive and more. Enjoy some indoor treasure hunting followed by lunch at Rafferty's Restaurant & Bar.