

# April 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
	<b>1</b> 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 12p BINGOcize* 1p BINGO 1p Quilting 1p SAIL	<b>2</b> Tax Appts. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 11:30a Metro Meals* 1p Music Jam 1:15p Line Dancing	<b>3</b> 8:30a Fitness Ctr 8:30a Games & Billiards 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12p BINGOcize* 12:30-2:30p Tech Help* 1p Arthritis Exercise 1p Knit & Crochet	<b>4</b> 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Mgr Hrs 9a TRIP to Hiking & Lunch* 9a Gentle Mat Yoga Video 10a SS Classic 11a Gentle Chair Yoga 11:30a Metro Meals* 1p SAIL	<b>5</b> 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11:30a Metro Meals* 1p Arthritis Exercise 5p Evening Music Jam	<b>6</b>
7	<b>8</b> 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 12p BINGOcize* 1p Quilting 1p SAIL	<b>9</b> Tax Appts. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 10a CenterWell Habits of Healthy People* 11:30a Metro Meals* 11:30a Music aLIVE Performance 1p BINGO 1p Music Jam 1:15p Line Dancing	<b>10</b> 8:30a Fitness Ctr 8:30a Games & Billiards 10a Advisory Council 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12p BINGOcize* 12:30-2:30p Tech Help* 1p Arthritis Exercise 1p Knit & Crochet	<b>11</b> 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Mgr Hrs 9a Gentle Mat Yoga Video 10a SS Classic 11a Gentle Chair Yoga 11:30a Metro Meals* 1p SAIL	<b>12</b> 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 10:30a TRIP to Mystery Lunch* 11:30a Metro Meals* 12p Watercolor Sketch Book* 1p Arthritis Exercise	<b>13</b>
14	<b>15</b> 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 12p BINGOcize* 1p Quilting 1p SAIL	<b>16</b> 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 11a All of Us Enrollment Assistance* 11:30a Tasty Tuesday* 1p Music Jam 1:15p Line Dancing	<b>17</b> 8:30a Fitness Ctr 8:30a Games & Billiards 9a Legal Aid* 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12:30p Gouache Painting* 12:30-2:30p Tech Help* 1p BINGO 1p Arthritis Exercise 1p Knit & Crochet	<b>18</b> 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Mgr Hrs 9a Gentle Mat Yoga Video 10a SS Classic 11a Gentle Chair Yoga 11:30a Metro Meals* 12p Skyline Stop the Bleed Lunch & Learn* 1p SAIL	<b>19</b> 8:30a Fitness Ctr 8:30a Games & Billiards 9:20a TRIP to FiftyForward Health & Wellness Fair* 10a Dance Blast 11:30a Metro Meals* 1p Arthritis Exercise	<b>20</b>
21	<b>22</b> 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 1p Quilting 1p SAIL	<b>23</b> 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 10:30a Tech Workshop—Free Streaming with Tubi* 11:30a Metro Meals* 1p BINGO 1p Music Jam 1:15p Line Dancing	<b>24</b> 8:30a Fitness Ctr 8:30a Games & Billiards 10a SS Classic 9a TRIP to Cheekwood* 11a SS Yoga Stretch 11:30a Metro Meals* 12:30p Wire Jewelry* 12:30-2:30p Tech Help* 1p Arthritis Exercise 1p Knit & Crochet	<b>25</b> 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Mgr Hrs 9a Gentle Mat Yoga Video 10a SS Classic 11a Gentle Chair Yoga 11:30a Metro Meals* 12p Music & The Mississippi River* 1p SAIL	<b>26</b> 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 10:30a TRIP to Lunch & Shoppes on Fatherland* 11:30a Metro Meals* 12p Watercolor Greeting Cards* 1p Arthritis Exercise	<b>27</b>
28	<b>29</b> 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 1p Quilting 1p SAIL	<b>30</b> 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 11a TRIP to Lunch & Monthaven* 11:30a Metro Meals* 1p Music Jam 1:15p Line Dancing				

# 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 April 16.** Metro Meals offers their free lunch program to interested and approved seniors age 60+. *Social Room*

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

**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.** Member Karen Scott-Priester leads this 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, April 16, 11 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, April 1; Tuesday, April 9; Wednesday, April 17; Tuesday, April 23 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.** 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, April 5, 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 (video) Tuesdays and Thursdays at 9 a.m. Please note this will be a video for the month of April while Jan's back heals.** 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.*

**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, April 17, 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 Now Every Tuesday! Tuesdays in April, 1:15 p.m.** Led by Debbie Howell and Valerie Ertell Priszner, 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*

**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:

**BINGOize Mondays & Wednesdays concluding April 15, 12 p.m., class is full.** 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*

**Tech Help Wednesdays in April, 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*

**CenterWell Presents “Habits of Healthy People” Tuesday, April 9, 10 a.m., sign up in advance.** Join our friends at CenterWell for a presentation about habits of healthy people. One of the great secrets in life is how to be and stay happy. Whoever figures that out is going to be famous and rich! While there is no magic answer, there are habits that can be learned that greatly help improve and increase happiness. Join us as we explore those habits and discuss ways to stay smiling! *Multipurpose Room*

**Music aLIVE and Whippoorwill Arts Performance Tuesday, April 9, 11:30 a.m.** Join us for a live music performance in partnership with Music aLIVE and Whippoorwill Arts. This month we'll welcome back Emily Peck, who this time will be accompanied by a great fiddle player named Caitlin Nicol-Thomas! We hope you can join for some wonderful live music before our Bingo game at 1 p.m. *Social Room*

**Watercolor Sketchbook Painting Friday, April 12, 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. **During this class you'll paint a poppy flower.** *Art Room*

**Tasty Tuesday Tuesday, April 16, 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 some community members from the Kennie Playhouse Theatre group. They'll share more about Kennie Playhouse, sing, and do some FUN improv exercises with us. You don't want to miss this! **Tickets must be purchased by Friday, April 12. All proceeds benefit Madison Station.** *Social Room*

**Gouache Painting Wednesday, April 17, 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. **During this class you'll work on a 3-D rendering of citrus.** *Classroom 1*

**Skyline Lunch & Learn: Stop the Bleed Program Thursday, April 18, 12 p.m., sign up in advance.** Join the team at Skyline Medical Center for an informative Lunch & Learn. Did you know the number one cause of preventable death after injury is bleeding? It's important to know how you can “Stop the Bleed” in the event you or someone around you ever needs assistance. *Multipurpose Room*

**Free Tubi Streaming Tuesday, April 23, 10:30 a.m., 10 spots available, sign up in advance.** Tubi is a popular free online streaming service and app that offers thousands of movies and TV shows. During this hands-on workshop, you'll learn how to sign up for a Tubi account. You'll also learn how to search for and save movies and TV shows. Led by FiftyForward member Cassandra Rucker. *Classroom 1*

**Wire Jewelry Class Wednesday, April 24, 12:30 p.m., Cost: \$25 (includes supplies), sign up in advance.** Instructor Jill Mayo leads this class where you'll cover basic wire-weaving patterns. **During this class you'll create bird nests and pea pods.** Examples in lobby. *Classroom 1*

**Music and the Mississippi River Six-Part Pre-Recorded Series on Thursdays at 12 p.m. beginning Thursday, April 25, sign up in advance.** We're excited to stream “Music and the Mississippi River” a six-part series from the Osher Lifelong Learning Institute at Vanderbilt and led by Robert Fry, Senior Lecturer in Music History and Literature at Vanderbilt University's Blair School of Music. The roots of America's rich and diverse music can be located along the Mississippi River. The American soundscape was shaped by the river and disseminated to the entire country by the river's path. This course will explore the relationships between the people, the landscape, and the soundscape of the Mississippi River. You'll leave gaining a better understanding of the connection between musical sound and place and the impact of the Mississippi River on the development, transformation, and dissemination of America's soundtrack. *Classroom 1*

**Watercolor Greeting Cards Friday, April 26, 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. **During this class you'll paint a card with a chocolate bunny.** *Art Room*

**Coming in May! FiftyForward Madison Station Talent Show Wednesday, May 29, 1 p.m., sign up in advance.** In celebration of Older Americans Month, we are excited to host a FiftyForward Madison Station Talent Show! We know our members have lots of different talents to share, so we encourage you to participate. **Sign up with Heather if you wish to be a part of the talent show!** *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.



Denotes member-led program

## DAY TRIPS:

### Hiking at Stones River Greenway & Lunch at Sam's Sports Grill

Thursday, April 4, 9 a.m.

Cost: \$15

Registration is required. Spring is here so that means it's time to resume our hikes! First up is part of the Stones River Greenway in Hermitage. This is a paved trail and we'll walk a few miles. After lunch we'll dine on the water at Sam's Sports Grill-Blue Turtle Bay.

### Mystery Lunch with Kelly

Friday, April 12, 10:30 a.m.

Cost: \$15 + lunch

**Registration is required.** Join Madison Station Center Director Kelly for a lunch trip to a mystery destination!

### FiftyForward Health & Wellness Fair at Martin Center

Friday, April 19, 9:20 a.m.

Cost: FREE (lunch included for bus trip attendees)

**Registration is required.**

Join us for the spring FiftyForward Health and Wellness Fair at the Martin Center. They'll have over 30 vendors including medical groups, insurance companies, and more! Our FiftyForward trip attendees will receive a free boxed lunch onsite.

### Cheekwood Gardens & Mansion Tour with Lunch at Café 29

Wednesday, April 24, 9 a.m.

Cost: \$40 (includes ticket) + lunch cost

**Registration is required by April 5, no refunds after that date. Trip is rain or shine. This is a combined trip with FiftyForward Knowles and we will pick them up on the way.** Let's bring in spring with a trip to Cheekwood Gardens, the extraordinary 1930s estate with its historic mansion and 55 acres of cultivated gardens and expansive vistas that serves the public as a botanic garden, arboretum and museum. We will have a guided tour of the gardens, followed by a self-guided tour of the mansion. After that we will eat lunch on site at Cheekwood's Café 29. **Please wear comfortable shoes as there will be a lot of walking!**

### Lunch at Frothy Monkey and Exploring Fatherland Street

Friday, April 26, 10:30 a.m.

Cost: \$15 + lunch cost and any purchases

**Registration is required.** We're going to East Nashville to explore a few wonderful offerings on Fatherland Street! First we'll grab lunch at Frothy Monkey. From there, we'll stop by Olive & Sinclair Chocolate Co. for those who wish to satisfy their sweet tooth. Finally, we'll head down the street to the Fatherland Shopping District where you'll find a cluster of boutiques, antiques, and local shops offering clothing, gifts and more.

### Lunch at Safari's Brick Oven and Grille and Johnny Cash Photo Exhibit at Monthaven Arts & Cultural Center

Tuesday, April 30, 11 a.m.

Cost: \$15 + lunch. **Registration is required. This is a combined trip with FiftyForward Martin Center and they will pick us up on the way.** We're headed up to Hendersonville with a first stop at Safari's Brick Oven and Grille for lunch. Their menu includes salads, sandwiches, burgers, pastas, and more. After lunch we will make our way to the Monthaven Arts and Cultural Center to see *1968: A Folsom Redemption*. This photography exhibit celebrates Johnny Cash's best-known performances and the 31 photos in this exhibit cover a critical juncture in the career of Johnny Cash.