

May 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 10a SS Classic 10:30a Monthly Medicare Counseling 11a SS Yoga Stretch 11:30a Metro Meals* 1p Arthritis Exercise 1p Knit & Crochet	2 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Mgr Hrs 9a Gentle Mat Yoga Video 10a SS Classic Video 11a Gentle Chair Yoga Video 11:30a Metro Meals* 12p Music & The Mississippi River* 1p SAIL	3 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 10:15a TRIP to Scarritt Bennett* 11:30a Metro Meals* 1p Arthritis Exercise 5p Evening Music Jam	4
5	6 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 1p BINGO 1p Quilting 1p SAIL	7 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 10:30a Gilda's Club Presentation* 11:30a Metro Meals* 1p Music Jam 1:15p Line Dancing	8 8:30a Fitness Ctr 8:30a Games & Billiards 9:15a TRIP to Walk with a Doc & Lunch* 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12p Karaoke 1p Arthritis Exercise 1p Knit & Crochet	9 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Mgr Hrs 9a Gentle Mat Yoga Video 10a SS Classic Video 11a Gentle Chair Yoga Video 11:30a Metro Meals* 12p Music & The Mississippi River* 1p SAIL	10 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11:30a Metro Meals* 12p Watercolor Sketch Book* 1p Arthritis Exercise	11
12	13 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a TRIP to Mystery Lunch* 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 1p Quilting 1p SAIL	14 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 11:30a Metro Meals* 11:30a Music aLIVE Performance 1p BINGO 1p Music Jam 1:15p Line Dancing	15 8:30a Fitness Ctr 8:30a Games & Billiards 9a Legal Aid* 10a Advisory Council 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12p Alive Hospice 101* 12:30p Gouache Painting* 1p BINGO 1p Arthritis Exercise 1p Knit & Crochet	16 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	17 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 10a Loteria 11:30a Metro Meals* 1p Arthritis Exercise 1:15p TRIP to Music for Seniors Concert*	18
19	20 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	21 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	22 8:30a Fitness Ctr 8:30a Games & Billiards 10a SS Classic 10:30a TRIP to General Jackson Riverboat Cruise* 11a SS Yoga Stretch 11:30a Metro Meals* 12:15p Kungfu Tea Making Demo* 1p Arthritis Exercise 1p Knit & Crochet	23 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Mgr Hrs 9a Gentle Mat Yoga Video 10:15a TRIP to Old Glory Distilling Co* 10a SS Classic 11a Bible Study* 11a Gentle Chair Yoga 11:30a Metro Meals* 12p Music & The Mississippi River* 1p SAIL	24 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11:30a Metro Meals* 12p Watercolor Greeting Cards* 1p Arthritis Exercise	25
26	27 FiftyForward Centers & Offices Closed for Memorial Day	28 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 11:30a Metro Meals* 1p BINGO 1p Music Jam 1:15p Line Dancing	29 8:30a Fitness Ctr 8:30a Games & Billiards 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 1p Talent Show* 1p Arthritis Exercise 1p Knit & Crochet	30 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	31 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11:30a Metro Meals* 12p Polymer Clay Jewelry* 1p Arthritis Exercise	

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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 May 21 or days the center is closed. Metro Meals offers their free lunch program to interested and approved seniors age 60+. *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!

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, May 21, 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, May 6; Tuesday, May 14; Wednesday, May 15; Tuesday, May 28 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 Eriamtoe 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, May 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. Class will be a video on May 2 and May 9. 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 while Jan is out.** 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, May 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 in May, 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. Class will be a video on May 2 and May 9. 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*

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SPECIAL PROGRAMS & EVENTS:

NEW! [Monthly Medicare Counseling with TN SHIP](#) **1st Wednesday of the month, Wednesday, May 1, 10:30 a.m.** We are excited to welcome TN SHIP volunteer Tom Fox to our center. Tom will be at our center the first Wednesday of the month to answer any medicare-related questions or offer assistance as you need. Stop by to meet Tom and say hello. *Lobby*

[Music and the Mississippi River](#) **Six-Part Pre-Recorded Series on Thursdays at 12 p.m., sign up in advance.** We continue 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 spread 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. *Classroom 1*

[Gilda's Club Middle Tennessee Presentation](#) **Tuesday, May 7, 10:30 a.m., sign up in advance.** Join Christina Healey, Program Director at Gilda's Club Middle TN, to learn more about what they offer to the community. Free of charge to everyone, Gilda's Club Middle TN provides a gathering place where people with cancer, as well as their families and friends, can join with others to actively involve themselves in building social and emotional support as a supplement to regular medical care. <https://gildasclubmiddletn.org/> *Classroom 1*

NEW! [Karaoke](#) **Wednesday, May 8, 12-1 p.m.** Karaoke is back, thanks to our member, Brenda Jones! Stop by the social room to belt your favorite tune! *Social Room*

[Watercolor Sketchbook Painting](#) **Friday, May 10, 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 study black and white.** *Art Room*

[Music aLIVE and Whippoorwill Arts Performance](#) **Tuesday, May 14, 11:30 a.m.** Join us for a live music performance in partnership with Music aLIVE and Whippoorwill Arts. This month we'll welcome multi-instrumentalist, Carrie Schneider. We hope you can join for some wonderful live music before our Bingo game at 1 p.m. *Social Room*

[Alive Hospice "Hospice 101"](#) **Wednesday, May 15, 12 p.m., sign up in advance.** Join Laura Gay Clark from Alive Hospice as she provides an overview of Hospice Care. Participants learn the difference between hospice and palliative care, basic eligibility requirements for hospice, and clarify common misconceptions about hospice. Additionally, they will be introduced to the truly unique services offered to patients and families at Alive. www.alivehospice.org/ *Multipurpose Room*

[Gouache Painting](#) **Wednesday, May 15, 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 paint spring tulips.** *Classroom 1*

[Loteria](#) **Friday, May 17, 10 a.m., sign up in advance.** 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. *Social Room*

[Tasty Tuesday](#) **Tuesday, May 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'll welcome back performer Dan Schafer in partnership with Music for Seniors. Dan's program includes a variety of tunes from Frank Sinatra and Johnny Cash, to The Eagles and The Beatles. **Tickets must be purchased by Friday, May 17. All proceeds benefit Madison Station.** *Social Room*

[Kungfu Tea-Making Demonstration](#) **Wednesday, May 22, 12:15 p.m., sign up in advance, limited spots available.** In celebration of Asian American and Pacific Islander Heritage month, the Chinese Arts Alliance of Nashville will lead a Kungfu Tea-Making demonstration. Kungfu Tea-Making is about the art of the traditional tea brewing process. It's a ritual for friends to get together to enjoy the fragrant and profound taste of fine tea. *Classroom 1*

[Bible Study Small Group](#) **Thursday, May 23, 11 a.m., sign up in advance.** Our member Brenda Greer is starting and leading a small group Bible study for those who may be interested. Please bring a notepad and Bible of your choice (NIV Bible recommended). *Classroom 1*

[Watercolor Greeting Cards](#) **Friday, May 24, 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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FiftyForward Madison Station Talent Show Wednesday, May 29, 1 p.m., sign up in advance, guests encouraged to bring a snack or dessert to share. 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. This is not a competition and is meant to be FUN for everyone! **Sign up with Heather if you wish to be a part of the talent show!** *Social Room*

NEW CLASS! Polymer Clay Jewelry Class Friday, May 31, 12 p.m., Cost: \$25 (includes supplies), sign up in advance. Instructor Jill Mayo leads this class where you'll cover basic patterns, cane building, coloring techniques and so much more to make polymer clay jewelry. Each month, the class will build on new techniques. Examples in lobby. *Art Room*

DAY TRIPS:

Lunch and Exploring Scarritt Bennett Center

Friday, May 3, 10:15 a.m.

Cost: \$30 (includes lunch)

Registration is required.

Join us for a trip to Scarritt Bennett Center, a nonprofit conference, retreat, and education center in Nashville whose mission is to create space where individuals and groups engage with each other to achieve a more just world. Explore some of the campus and hear from one of their pastor's about their overall mission and history. We'll also enjoy lunch together in their dining hall.

Walk with a Doc

Wednesday, May 8, 9:15 a.m.

Cost: Free (includes lunch)

Registration is required. Our next walking trip will be to the monthly "Walk with a Doc" event! Join the FiftyForward *All of Us* team for a special Older Americans Month Walk with a Doc at FiftyForward Knowles. Walkers will gather in the center lobby at 10 a.m. for a brief health talk from Dr. Amy Price Neff of Mindstream Integrative Medicine, then everyone will walk the new walking trail around the Tennessee State Fairgrounds. This is a 1.3 mile route with a flat, paved surface. A hot nutritious lunch will be provided by FiftyForward Fresh for the first 50 walkers.

Mystery Lunch with Kelly

Monday, May 13, 10:30 a.m.

Cost: \$15 + lunch

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

Music for Seniors Daytime Concert with The Dream Catchers at The Larry Keeton Theatre

Friday, May 17, 1:15 p.m.

Cost: \$15

Registration is required by May 10. The May Music for Seniors concert features The Dream Catchers performing an hour of lively great American music hits from the past century. This talented group performs the greatest songs of various genres including swing, pop, rock, country, Broadway, and jazz. Hear classics from a wide selection of artists including Glenn Miller, Cole Porter, Frank Sinatra, Frank Loesser, Patti Page, Burt Bacharach, Alison Krauss, Jimmy Buffet, Carole King, Carly Simon, Ray Charles, and many more.

General Jackson Showboat Daytime Cruise with Lunch

Wednesday, May 22, 10:30 a.m.

Cost: \$75 (includes lunch)

Registration is required by May 3, no refunds after that date. Trip is rain or shine. This is a combined trip with FiftyForward Turner and they will pick us up on the way. If you are looking for a Taste of Tennessee, look no further than the world-famous General Jackson Showboat. Spend an afternoon onboard where you'll sample the many styles of music that made Tennessee famous while enjoying lunch from their buffet. Listen to some of Nashville's finest musicians and singers sharing the stories and songs from the pride of Tennessee. More information, including the lunch menu, can be found here: <https://generaljackson.com/wp-content/uploads/24-BNAGO-69-General-Jackson-Midday-Cruise-Menu-HR.pdf>. Boarding for the boat will begin at 11:15 a.m., and the boat will return at 2:45 p.m. (back at center closer to 3:30 p.m.).

Lunch & Tour at Old Glory Distilling Co.

Thursday, May 23, 10:15 a.m.

Cost: \$30 (includes distillery tour ticket) + lunch cost.

Registration is required. We're heading up to Clarksville to visit Old Glory Distilling Co. First we'll have lunch at Old Glory Restaurant & Silo Park, which offers authentic American cuisine with a focus on craftsmanship. After lunch we'll tour their distillery, which includes a tasting of five spirits.