

July 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 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 1p BINGO 1p Quilting 1p SAIL	2 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 10:30a TRIP to Lunch & Learn at Stratford STEM* 11:30a Metro Meals* 1p Music Jam 1:15p Line Dancing	3 8:30a Fitness Ctr 8:30a Games & Billiards 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12:30p Arthritis Exercise 1p Knit & Crochet	4 FiftyForward Centers & Offices CLOSED for 4th of July	5 8:30a Fitness Ctr 8:30a Games & Billiards 9:30a-2p Covid & Flu Vax Clinic 10a Dance Blast 11a Loteria* 11:30a Metro Meals* 12:30p BINGO 12:30p Arthritis Exercise 5p Evening Music Jam	6
7	8 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	9 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 10:30a MNPD Active Shooter Program* 11:30a Metro Meals* 11:30a Music aLIVE Performance 1p BINGO 1p Music Jam 1:15p Line Dancing	10 8:30a Fitness Ctr 8:30a Games & Billiards 10a Advisory Council 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12p Karaoke 12:30p Arthritis Exercise 1p Knit & Crochet	11 8:30a Fitness Ctr 8:30a Games & Billiards 8:40a TRIP to Shelby Park & Lunch* 9a Gentle Mat Yoga 10a SS Classic 11a Gentle Chair Yoga 11:30a Metro Meals* 1p SAIL	12 8:30a Fitness Ctr 8:30a Games & Billiards 9a TRIP to Factory at Franklin* 10a Dance Blast 11a Loteria* 11:30a Metro Meals* 12p Beginner Watercolor Class* 12:30p Arthritis Exercise	13
14	15 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	16 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 11:30a Tasty Tuesday* 1p Music Jam 1:15p Line Dancing	17 8:30a Fitness Ctr 8:30a Games & Billiards 9a Legal Aid* 10a SS Classic 10:45a TRIP to Aviva Maybelle Carter* 11a SS Yoga Stretch 11:30a Metro Meals* 12p Beginner Gouache Painting* 12:30p Arthritis Exercise 1p BINGO 1p Knit & Crochet	18 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9:45a TRIP to Lane Motor Museum & Lunch* 10a SS Classic 11a Gentle Chair Yoga 11a Bible Study* 11:30a Metro Meals* 1p SAIL	19 FiftyForward Centers & Offices CLOSED for Staff Retreat	20
21	22 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a SS Circuit 10:30a TRIP to Mystery Lunch* 11:30a Metro Meals* 11:30a SS SR&B 1p Quilting 1p SAIL	23 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	24 8:30a Fitness Ctr 8:30a Games & Billiards 9:30a TRIP to Music for Seniors Concert* 10a SS Classic 10:30a Monthly Medicare Counseling 11a SS Yoga Stretch 11:30a Metro Meals* 12:30p Arthritis Exercise 1p Knit & Crochet	25 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 10a SS Classic 11a Gentle Chair Yoga 11a Bible Study* 11:30a Metro Meals* 1p SAIL	26 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Loteria* 11:30a Metro Meals* 12p Beginner Polymer Clay Jewelry* 12:30p Arthritis Exercise	27
28	29 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	30 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 10:30a CenterWell Digestion Program* 11:30a Metro Meals* 1p Music Jam 1:15p Line Dancing	31 8:30a Fitness Ctr 8:30a Games & Billiards 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12:30p Arthritis Exercise 1p Knit & Crochet			

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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 July 4, 16, 19. 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.

New Time Starting in July! AEA Arthritis Foundation Exercise Program Wednesdays & Fridays, 12:30 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*

Bingo Monday, July 1; Tuesday, July 9; Wednesday, July 17; Tuesday, July 23 at 1 p.m. Please note this month we also have an extra Bingo on Friday, July 5 at 12:30 p.m. Join us for our monthly BINGO games sponsored by Jubilee Hills Senior Living, DocGo, Beraldi Insurance, CenterWell, Aviva Maybelle Carter. *Social Room*

On Hiatus for July 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/Karen Fridays at 10 a.m. We are excited to have our member Karen Scott-Priester take over for Jack while he's on hiatus. 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, July 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 Tuesdays and Thursdays at 9 a.m. Please note this will be a video on Tuesdays. 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, July 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 Tuesdays in June, 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*

Loteria Fridays at 11 a.m., sign up in advance. Please note this program will be led in Spanish, but all are welcome. 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*

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*

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Free Covid & Flu Vaccinations Friday, July 5, 9:30 a.m.—2 p.m.

DocGo is a leading provider of mobile medical services and transportation. They will be on site offering free Covid and Flu vaccinations. *Lobby*

Metro Nashville Police Dept. Active Shooter Presentation Tuesday, July 9, 10:30 a.m.

Join officers from the Metro Nashville Police Department for an informative presentation designed to enhance awareness of, and response to, an active shooter incident. *Classroom 1*

Music aLIVE and Whippoorwill Arts Performance Tuesday, July 9, 11:30 a.m. Join us for a live music performance in partnership with Music aLIVE and Whippoorwill Arts. This month we welcome back musician and singer Nicole Lea. We hope you can join for some wonderful live music before our Bingo game at 1 p.m. *Social Room*

NEW! Karaoke Wednesday, July 10, 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*

NEW Series Starting This Month! Bible Study with Brenda Greer Nine-Week Series Every Thursday Starting Thursday, July 18, 11 a.m. Our member Brenda Greer continues leading a Bible study group and this next series will focus on the book "Bad Girls of the Bible." Open discussion is encouraged! Please bring a notepad and Bible of your choice (NIV Bible recommended). *Conference Room*

Beginner Watercolor Painting—Painting a Peony Floral Flamingo Friday, July 12, 12—3 p.m., Cost: **Discounted price of \$20 for summer (includes supplies), sign up in advance.** Led by Jill Mayo, this beginner watercolor class will be in a sketchbook format. She'll 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. Try something new this summer! *Art Room*

Tasty Tuesday Tuesday, July 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're excited to welcome Barb Abramson, who will lead a fun, thoughtful, and engaging program about "Happiness and the Five Senses" - rediscovering joy through our memories! This workshop celebrates life's cherished moments and helps create and deepen friendships. **Tickets must be purchased by Friday, July 12. All proceeds benefit Madison Station.** *Social Room*

Beginner Gouache Painting—Going Summer Camping Wednesday, July 17, 12-3 p.m., Cost: **Discounted price of \$20 for summer (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 a colorful summer camping picture.** *Art Room*

NEW! Monthly Medicare Counseling with TN SHIP 4th Wednesday of the month, Wednesday, July 24, 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*

Beginner Polymer Clay Jewelry Class Friday, July 26, 12 p.m., Cost: **Discounted price of \$20 for summer (includes supplies), sign up in advance.** Instructor Jill Mayo leads this beginner polymer clay jewelry class where you'll cover basic patterns, cane building, coloring techniques and so much more to make polymer clay jewelry. Never made jewelry before? Not a problem! Each month, the class will build on new techniques.

CenterWell Presents: Empower Your Gut—Enhancing your Digestion Tuesday, July 30, 10:30 a.m., sign up in advance. Join CenterWell and Jon Maves from Para Insurance for an informative presentation about boosting your digestion. Your digestive system has an important job, making sure your body gets all the nutrients that you need to stay healthy. Join us as we discuss why digestion matters, how digestion works as well as some common issues and tips to boost your digestion.

Learn to play the Ukulele! Music for Seniors Live Performance Lab - Ukulele: Beginners Course with Donna Frost Six-Week Series Every Thursday beginning Thursday, August 15, 12-1:30 p.m, sign up in advance. Music for Seniors is bringing their popular Beginners Ukulele Learning Lab series to Madison Station! Music for Seniors Teaching Artist, Donna Frost leads this 6-week series of hands-on learning sessions. This series is for beginners but all players are welcome. **Music for Seniors has loaner ukuleles available for use for students needing an instrument.** Participants are encouraged to attend the full 6-week series as each session builds on the session before. The last class will be September 19. We encourage you to try something NEW this summer and sign-up. Limited spots are available; exclusive sign-up for FiftyForward members until July 22. After that, sign-ups will open up to the general public.

DAY TRIPS:

PROGRAM TRIP to Music for Seniors Lunch & Learn at Stratford STEM Magnet School Tuesday, July 2, Departs 10:30 a.m., Cost: **FREE, Lunch provided. Limited spots available!**

Join high school students from Southern Word and Studio NPL as they teach you how to create instrumental tracks using Logic Pro X. This series is a collaborative effort by Music For Seniors, Southern Word, and Studio NPL, aiming to bridge the generational gap through the power of music and technology. Participants will have the opportunity to learn, create, and share their musical creations, culminating in a showcase of their tracks, all while enjoying a complimentary lunch. This initiative not only fosters creativity and learning but also strengthens community bonds across generations. This program will run 11 a.m.—1 p.m.

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Hike at Shelby Park & Lunch at Nectar

Thursday, July 11, 8:40 a.m.

Cost: \$15 + lunch

Registration is required. Our next hike is at Shelby Park, where we'll do a few laps around the beautiful Sevier Lake, which will be about 2-3 miles total. After our walk, we'll head to Nectar Urban Cantina, a local spot in Donelson with fresh Mexican street food.

Eating & Shopping at The Factory at Franklin

Friday, July 12, 9 a.m.

Cost: \$15 + lunch

Registration is required. The Factory at Franklin was first constructed in 1929 to be the home of Allen Manufacturing Company Stove Works. Rebirth of The Factory at Franklin with shops and dining happened in 1996 and in the past few years it has had another refresh with more restaurants and retailers. Check out the history and what this venue has to offer: factoryatfranklin.com.

Please note this is a combined trip with Donelson Station on the big bus. We will pick them up on the way.

Lunch & Tour at Aviva Maybelle Carter

Wednesday, July 17, 10:45 a.m.

Cost: Free

Registration is required. Our friends at Aviva Maybelle Carter have invited us to visit their community. We'll have lunch at the dining hall and then get a tour!

Lane Motor Museum & Lunch at The Lost Paddy

Thursday, July 18, 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!

Mystery Lunch with Kelly

Monday, July 22, 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 Concert featuring Matt Davich Big Band at Cheekwood & Lunch at Sportsman's Grille

Thursday, July 24, 9:30 a.m.

Cost: \$15 + lunch

Registration is required by July 17. The July Music for Seniors Daytime Concert series features the Matt Davich Big Band performing at Cheekwood's Massey Hall. After the concert we'll have lunch at the Belle Meade Sportsman's Grille.

EARLY SIGN-UP FOR AUGUST TRIP:

Oak Grove Casino

Thursday, August 1, 9:30 a.m.

Cost: \$15

Registration is required. Join Donelson Station members on this combined casino trip across the TN/KY line. Oak Grove Casino boasts over 1200 state of the art gaming machines. Check out the EATS Food Court or Garrison Oak Steakhouse for lunch options. Learn more at: oakgrovegaming.com. **Please note this is a combined trip with Donelson Station on the big bus. They will pick us up on the way.**