

# August 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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9:30a TRIP to Oak Grove Casino* 10a SS Classic 10a Quilting 11a Gentle Chair Yoga 11a Bible Study* 11:30a Metro Meals* 1p SAIL	2 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11:30a Metro Meals* 12:30p Arthritis Exercise 5p Evening Music Jam	3
4	5 8:30a Fitness Ctr 8:30a Games & Billiards 9:30a-2p Covid & Flu Vax Clinic 10a: ESL* 10a Quilting 10:30a SS Circuit 11a TRIP to Maybelle Carter Luau* 11:30a Metro Meals* 11:30a SS SR&B 1p BINGO 1p SAIL	6 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 11a Meet There - Shotgun Willies BBQ* 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 Transit Lunch & Learn* 12:30p Arthritis Exercise 1p Knit & Crochet	8 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 10a-1p Meet There - CenterWell Festival* 10a SS Classic 10a Quilting 11a Gentle Chair Yoga 11a Bible Study* 11:30a Metro Meals* 1p SAIL	9 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11:30a Metro Meals* 12p Beginner Watercolor Class* 12:30p Arthritis Exercise	10
11	12 8:30a Fitness Ctr 8:30a Games & Billiards 10a: ESL* 10a Quilting 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 12:30p GiveHub Member Portal Training* 1p SAIL	13 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 10a CenterWell Sleep Program* 11:30a Metro Meals* 11:30a Music aLIVE Performance 1p BINGO 1p Music Jam 1:15p Line Dancing	14 8:30a Fitness Ctr 8:30a Games & Billiards 10a Advisory Council 10a SS Classic 10:15a TRIP to Music for Seniors Concert* 11a SS Yoga Stretch 11:30a Metro Meals* 12p Karaoke 12p 2025 Travel Preview* 12:30p Arthritis Exercise 1p Knit & Crochet	15 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 10a SS Classic 10a Quilting 11a Gentle Chair Yoga 11a Bible Study* 11:30a Metro Meals* 12p Ukulele Learning Lab* 1p SAIL	16 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11:30a Metro Meals* 12p Beginner Gouache Painting* 12:30p Arthritis Exercise	17
18	19 8:30a Fitness Ctr 8:30a Games & Billiards 10a: ESL* 10a Quilting 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 1p SAIL	20 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 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* 12:30p Arthritis Exercise 1p BINGO 1p Knit & Crochet	22 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 10a SS Classic 10a Quilting 10:30a TRIP to Mystery Lunch* 11a Gentle Chair Yoga 11a Bible Study* 11:30a Metro Meals* 12p Ukulele Learning Lab* 1p SAIL	23 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11:30a Metro Meals* 12p Beginner Polymer Clay Jewelry* 12:30p Arthritis Exercise 5:30p TRIP to Footloose at Larry Keeton Theatre*	24
25	26 8:30a Fitness Ctr 8:30a Games & Billiards 10a: ESL* 10a Quilting 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 1p SAIL	27 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	28 8:30a Fitness Ctr 8:30a Games & Billiards 9a TRIP to Hike at Edwin Warner & Lunch* 10a SS Classic 10:30a Monthly Medicare Counseling 11a SS Yoga Stretch 11:30a Metro Meals* 12:30-2:30p Tech Help* 12:30p Arthritis Exercise 1p Knit & Crochet	29 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 10a SS Classic 10a Quilting 11a Gentle Chair Yoga 11a Bible Study* 11:30a Metro Meals* 12p Ukulele Learning Lab* 1p SAIL	30 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11:30a Metro Meals* 12p Ice Cream Social* 12:30p Arthritis Exercise	31

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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 August 20.** 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, 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, August 5; Tuesday, August 13; Wednesday, August 21; Tuesday, August 27 at 1 p.m.** Join us for our monthly BINGO games sponsored by DocGo, CenterWell, and Aviva Maybelle Carter. *Social Room*

**Dance Blast w/Karen Fridays, 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, August 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, 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, 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, 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, August 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, 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, 1 p.m.** Bring your voice, instrument or listening ears for a jam session. *Multipurpose Room*

**Quilting Mondays & Thursdays, 10 a.m.** Join our quilters and please bring your own materials! *Art Room*

**S.A.I.L.—Stay Active & Independent for Life Mondays & Thursdays, 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, 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, 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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**[Bible Study with Brenda Greer](#)** **Thursdays in August, 11 a.m.** Our member Brenda Greer continues leading a Bible study group with this series focusing 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*

**[Free Covid & Flu Vaccinations](#)** **Monday, August 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*

**[English as a Second Language \(ESL\)](#)** **Mondays in August, 10 a.m., limited to 6 spots, Cost: \$10, sign up in advance.** Member Felix Merced leads this eight-week introductory series for those wanting to learn English. *Spanish Resource Room*

**[Transit Together Lunch & Learn](#)** **Wednesday, August 7, 12 p.m., Cost: FREE, lunch provided, sign up in advance.** Join Network for Sustainable Solutions and the Transit Alliance of Middle TN for an informative lunch and learn designed to educate Nashvillians about active transit plans, share what dedicated transit funding would look like, and empower attendees with becoming transit champions in their own right! *Multipurpose Room*

**[Beginner Watercolor Painting—Painting Pear Branches](#)** **Friday, August 9, 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! **During this class you'll paint pear branches.** *Art Room*

**[GiveHub Member Portal Training](#)** **Monday, August 12, 12:30 p.m., sign up in advance.** Did you notice our membership portal has a new look? It's even easier to sign up for programs and trips now! Join us at this training so we can show you how simple it is and walk you through the process.

**[CenterWell Presents: Healthy Sleep](#)** **Tuesday, August 13, 10 a.m., sign up in advance.** Join CenterWell and Jon Maves from Para Insurance for an informative presentation about healthy sleep. One of the best things that you can do for your health and your overall well-being is to get good sleep. However, it is not always that easy! Join us as we learn about how sleep works and how we can all get better sleep. Snacks will be provided!

**[Music aLIVE and Whippoorwill Arts Performance](#)** **Tuesday, August 13, 11:30 a.m.** Join us for a live music performance in partnership with Music aLIVE and Whippoorwill Arts. This month we welcome performers Isaac & Marcela. This wonderful duo performed at our Summer Kickoff Party a few years ago. We hope you can join for some wonderful live music before our Bingo game at 1 p.m. *Social Room*

**[Karaoke](#)** **Wednesday, August 14, 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*

**[2025 Travel Preview](#)** **Wednesday, August 14, 12 p.m.** Join Jennifer Powers from Premier Travel to preview trips they have scheduled for 2025 including the Albuquerque Balloon Fiesta/Santa Fe; Canadian Rockies and Glacier Ntnl Park; Scandinavia; Rome and Tuscany; Spain and Portugal; Croatia and Slovenia; and Switzerland. *Classroom 1*

**[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.

**[Beginner Gouache Painting—Moonlight Rooftop Cat](#)** **Friday, August 16, 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 moonlight rooftop cat.** *Art Room*

**[Tasty Tuesday](#)** **Tuesday, August 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're excited to welcome performer Nancy Liker, in partnership with Music for Seniors. Nancy performs songs from the era of "The Greatest Generation" acknowledging those who gave service to our country. **Tickets must be purchased by Friday, August 16. All proceeds benefit Madison Station.** *Social Room*

**[Beginner Polymer Clay Jewelry Class](#)** **Friday, August 23, 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.

**[Monthly Medicare Counseling with TN SHIP](#)** **4th Wednesday of the month, Wednesday, August 28, 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*

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**Students Return! [Tech Help](#) Wednesdays beginning August 28, 12:30-2:30 p.m., advance sign-ups encouraged.** 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*

**[Ice Cream Social](#) Friday, August 30, 12 p.m., sign up in advance.** We're celebrating our new membership portal and the end of summer with an ice cream social! To secure a spot at the ice cream social, you must use our new kiosk to sign up. If you haven't used it yet, a staff member will be happy to show you how, or better yet, join our training on August 12! *Social Room*

## **DAY TRIPS:**

### **[Oak Grove Casino FULL, On Waitlist](#)**

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.**

### **[Luau at Aviva Maybelle Carter](#)**

Monday, August 5, 11 a.m.

Cost: FREE

**Registration is required.** Grab your favorite Hawaiian shirt because we're headed to a luau hosted by Aviva Maybelle Carter. They'll have food, live music, and hula lessons! We'll stay at the party until 12:30 p.m. and then head back to the center for Bingo.

### **[MEET THERE—Lunch at Shotgun Willie's BBQ](#)**

Tuesday, August 6, meet at 11 a.m.

Address: 1500 Gallatin Pike S Suite 104, Madison, TN 37115

Cost: Lunch cost

**Registration is required.** Let's welcome our new neighbors, Shotgun Willie's BBQ, to Madison! Join us for some real Texas BBQ. While this is a "meet there" event, please let us know if you plan on attending so we can let the restaurant know our group size.

### **[MEET THERE—CenterWell Forever Young Fest](#)**

Thursday, August 8, 10 a.m.—1 p.m.

Address: 2009 Gallatin Pike North, Madison, TN 37115 (next to Longhorn Steakhouse)

Cost: Free

Our friends at CenterWell are celebrating their anniversary! Stop by their Forever Young Fest where they'll have a live band, a food truck with a free snack for attendees, tours of CenterWell available all day, BINGO games, raffles, booking available for those who are ready to schedule their first appointment with their providers, and all their tabling community partners (including FiftyForward!) will have giveaways and helpful resources on their tables.

### **[Music for Seniors Concert featuring Big Monti's Memphis Music Revue at TN State Museum Followed by Lunch at Nashville Farmers' Market](#)**

Wednesday, August 14, 10:15 a.m.

Cost: \$15 + lunch

**Registration is required by August 7.** The next Music for Seniors daytime concert is: Big Monti presents his Memphis Music Revue. Memphis is home to much of what we know as modern American music. Soul, gospel, rhythm and blues, rock n roll, and other genres of music all have their roots in the city. Come join as they celebrate with songs by Wilson Pickett, Sam and Dave, Elvis Presley, B.B. King and more. After the concert we'll head next door to the Nashville Farmers' Market for lunch.

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

Thursday, August 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!

### **["Footloose" at Larry Keeton Dinner Theatre](#)**

Friday, August 23, 5:30 p.m.

Cost: \$55 (includes dinner)

**Registration is required by August 1.** It's been 40 years since the movie "Footloose" was released. When Ren and his mother move from Chicago to a small farming town, he is prepared for the inevitable adjustment period at his new high school. But he's not prepared for the rigorous local edicts, including a ban on dancing instituted by the local preacher, who is determined to exercise control over the town's youth. We'll enjoy this performance, which will include dinner at 6 p.m. before the show starts at 7 p.m.

### **[Hike at Edwin Warner Park & Lunch at HoneyFire BBQ](#)**

Wednesday, August 28, 9 a.m.

Cost: \$15 + lunch

**Registration is required.** Our next hike is at Edwin Warner Park, where we'll walk a roughly 2.5-3 mile loop on a paved path. Please note there are some hills on this walk, it's not a flat loop. After our walk we will head to HoneyFire BBQ for lunch.