

## October 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 Video 10a UT Extension Nutrition Program* 11:30a Metro Meals* 1p Music Jam 1p Paper Bead Jewelry* 1:15p Line Dancing	2 8:30a Fitness Ctr 8:30a Games & Billiards 9:45a TRIP to Health & Wellness Fair* 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12:30p Arthritis Exercise 12:30-2:30p Tech Help* 1p Knit & Crochet	3 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 9:45a English Language Learning 10a SS Classic 10a Quilting 11a Gentle Chair Yoga 10a NPT screening* 11a Bible Study* 11:30a Metro Meals* 1p SAIL	4 8:30a Fitness Ctr 8:30a Games & Billiards 11:30a Metro Meals* 12:30p Arthritis Exercise 5p Evening Music Jam	5
6	7 8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 12:30p Ally's Welcome Party 1p SAIL	8 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 10a UT Extension Nutrition Program* 11:30a Metro Meals* 1p BINGO 1p Music Jam 1p Paper Bead Jewelry* 1:15p Line Dancing	9 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 12:30-2:30p Tech Help* 1p Knit & Crochet	10 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 9:45a English Language Learning 10a SS Classic 10a Quilting 11a Gentle Chair Yoga 11a Bible Study* 11:30a Metro Meals* 12p Second Harvest Food Truck 1p SAIL	11 8:30a Fitness Ctr 8:30a Games & Billiards 10a TRIP to TN Craft Fair 10a Dance Blast 11:30a Metro Meals* 12p Beginner Watercolor Class* 12:30p Arthritis Exercise	12
13	14 8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 1p SAIL	15 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 11:30a Tasty Tuesday* 1p Music Jam 1p Paper Bead Jewelry* 1:15p Line Dancing	16 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 12:30-2:30p Tech Help* 1p BINGO 1p Knit & Crochet	17 8:30a Fitness Ctr 8:30a Games & Billiards 9a TRIP Amish Country 9a Gentle Mat Yoga 9:45a English Language Learning 10a SS Classic 10a Quilting 11a Gentle Chair Yoga 11a Bible Study* 11:30a Metro Meals* 1p SAIL	18 8:30a Fitness Ctr 8:30a 4 Meals* 12p Beginner Gouache* 12:30p Arthritis Exercise	19
20	21 8:30a Fitness Ctr 8:30a Games & Billiards 9:30a Madison Station Support Group* 10a Quilting 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 1p SAIL	22 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 10a TRIP-Music for Seniors 10a UT Extension Nutrition Program* 11:30a Metro Meals* 1p BINGO 1p Music Jam 1p Paper Bead Jewelry* 1:15p Line Dancing	23 8:30a Fitness Ctr 8:30a Games & Billiards 9a-1p TN SHIP Annual Enrollment Counseling* 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	24 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9:45a English Language Learning 10a SS Classic 10a Quilting 10:30. TRIP Mystery Lunch 11a Gentle Chair Yoga 11a Bible Study* 11:30a Metro Meals* 1p SAIL	25 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11:30a Metro Meals* 12p Halloween Tins* 12:30p Arthritis Exercise	26
27	28 8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 1p SAIL	29 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 10:30a TRIP Pinewood Social 11:30a Metro Meals* 1p Music Jam 1p Paper Bead Jewelry* 1:15p Line Dancing	30 8:30a Fitness Ctr 8:30a Games & Billiards 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12:30-2:30p Tech Help* 12:30p Arthritis Exercise	31 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9:45a English Language Learning 10a SS Classic 10a Quilting 11a Gentle Chair Yoga 11a Bible Study* 12 a Halloween Party 11:30a Metro Meals* 1p SAIL		

# 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 Oct. 15.** 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 at 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 Tuesday, October 8; Wednesday, October 18; Tuesday, October 22 at 1 p.m.** Join us for our monthly BINGO games sponsored by Juan Beraldi Insurance, CenterWell, and Aviva Maybelle Carter. *Social Room*

**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, October 4, 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 and Thursdays through Oct.** 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, October 16, 9-10 a.m., appointments available in 15-minute slots, sign up in advance.** Chase Moore offers free legal aid. Sign up to make a complimentary 15-minute appointment with him. *Conference Room*

**Line Dancing Tuesdays at 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 & Thursdays, 10 a.m.** Join our quilters and please bring your own materials! Stop by if you're new to quilting and would like to learn. *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 at 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 at 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



Denotes member led programs

ember-led program **RECURRING CLASSES, ACTIVITIES, & GROUPS:**

**UT Extension Nutrition Program** **Tuesday, October 1 through October 15 at 10 a.m.** UT Extension provides a gateway to the University of Tennessee as the outreach unit of the Institute of Agriculture. Join Bianca Johnson as she presents their “Eat Smart At Home” program, where you’ll learn how to: stretch your food dollar, prepare delicious and nutritious meals, plan a balanced diet, and the importance of physical activity. *Classroom 1*

**Paper Bead Jewelry Class** **Tuesdays in October, 1 p.m., Cost: \$10 quarterly, sign up in advance.** Making paper beads is a craft that goes back to the Victorian age. Using paper, scissors, and glue, you’ll learn how to make paper beads for jewelry. This class is led by member Kate Joy. At the end of the class, you’ll walk away with your own jewelry (earrings or bracelet). *Art Room*

**Tech Help** **Wednesdays in October, 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*

**English Language Learning Class** **Thursdays, October 3-31st, 9:45 a.m., \$8 per class, sign up in advance.** Join us as we partner with G.O.D. International English lessons to our Hispanic members. This is a great time to meet new members and practice your Spanish as you help them with their English. *Hispanic Cultural Room*

**Nashville Public Television’s Coffee and Conversations Screening “When the Gig is Up”** **Thursday, October 3 10a.m., FREE, sign up in advance.** Join Nashville Public Television for a screening of their short documentary about the kinds of financial concerns faced by people whose nontraditional careers do not include retirement plans or other benefits, “When the Gig is Up”, followed by conversation and light refreshments. *Classroom 1*

**Bible Study with Brenda Greer** **Thursdays in October, 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*

**Welcome Party for Ally!** **Monday, October 7, 12:30-1 p.m.** Come by and meet our new Program Coordinator, Ally Holmes. Ally has been working at the Knowles Center and is excited to continue her journey with FiftyForward by taking on this role, so stop by for a light refreshment and to say hello!

**Karaoke** **Wednesday, October 9, 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*

**Second Harvest Food Truck** **Thursday, October 10, 12 p.m.** Second Harvest will have a food distribution truck stationed in our parking lot to give away food items to any members in need. *FiftyForward Parking Lot*

**Beginner Watercolor Painting—Painting Candied Apples** **Friday, October 11, 12—3 p.m., Cost: \$25 (includes supplies), sign up in advance.** Led by Jill Mayo, 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. **During this class you’ll paint a candied apple.** *Art Room*

**Tasty Tuesday** **Tuesday, October 15, 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 Debbi Bailes who will perform in her duo and bring you music that will get you dancing! ***Tickets must be purchased by Friday, October 11. All proceeds benefit Madison Station. Social Room***

**Beginner Gouache Painting—Apples in a Wooden Crate** **Friday, October 18, 12-3 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! No drawing skills required. **During this class you’ll paint apples in a wooden crate.** *Art Room*

**NEW! FiftyForward Madison Support Group** **Third Monday of the month, Monday, October 21, 9:30 a.m., sign up in advance.** Led by Winifred Cottrell from Family & Children’s Services, we hope you’ll join us for this new group meant to support YOU! Coping with grief/loss, managing anxiety, safety issue, developing positive relationships, money management or something else? Winifred is an experienced leader with older adults and is looking forward to starting a support group here for our members. *Conference Room*

**TN SHIP Annual Enrollment Counseling** **Wednesday, October 23, 9 a.m.—1 p.m., sign up with Larsharette for a timeslot in advance.** Medicare annual enrollment is here! Meet with a GNRC Medicare counselor to receive free, unbiased, personalized Medicare information. *Conference Room*

**Monthly Medicare Counseling with TN SHIP** **4th Wednesday of the month, Wednesday, October 23, 10:30 a.m.** We are excited to welcome TN SHIP volunteer Tom Fox to our center. Tom will be at our center the fourth 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*

**Creating Spooky Halloween Tins** **Friday, October 25, 12-3 p.m., Cost: \$25 (includes supplies), sign up in advance.** Jill Mayo will help you create stunning, hand-sculpted, hand-painted spooky keepsake tins. Witches, dragons or skeletons - your choice! Beautiful and unique gifts or keepsakes. No previous experience required. *Art Room*

**FREE Prescription Drug Take Back and Shred Event** **Saturday, October 26, 9:00a.m.—12:00 p.m.** *Event Hosted by the Middle Tennessee ElderWatch Committee with truck sponsored by AARP Tennessee* This event is limited to adults 50+ years with no more than 4 boxes and/or bags. A prescription medication drop box will also be available. This will be a drive-thru drop-off event. Participants should follow signs to drive into the parking lot. Volunteers will remove shred items and unneeded prescriptions from your vehicle so you do not have to park or get out of your car. This is a first-come, first-serve event. Once the shred truck is full no other shred items will be accepted.

**Halloween Party**, **Tuesday, October 31, 12:00 p.m., sign up in advance.** Come in your favorite costume as we celebrate Halloween. Enjoy Halloween themed trivia, karaoke and a costume contest for the best dressed. It is sure to be a ghostly good time!

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## DAY TRIPS:

### Registering and Payments for your Trips-

As we move forward, payments and registrations will be made by the member via our new portal, which can be accessed either at home or at the kiosk located at the center.

Payments must be made at the time of registration to successfully hold your spot and sign up for day trips and events that have a cost. This new portal can be accessed from the convenience of your home by visiting: <https://fiftyforward.org/member/>

### FiftyForward Fall Health & Wellness Fair at Donelson Station

Wednesday, October 2, 9:45 a.m.

Cost: Free

**Registration is required.** Join us for the fall FiftyForward Health and Wellness Fair at Donelson Station. Visit with vendors from medical groups, insurance companies, and more!

### Tennessee Craft Fair

Friday, October 11, 10:00 a.m.

Cost: \$15 + lunch

**Registration is required.** Visit this Nashville tradition of celebrating and supporting American handmade craft at this premier event on the lawn in Centennial Park. Shop one-of-a-kind, finely crafted artwork directly from the juried, award-winning artists. While shopping, you'll meet the artists, learn what inspires them and how they take raw materials like clay, wood, metal and glass and transform them into fine craft.! We will have lunch at Urban Cookhouse.

### Amish Village Tour, Shopping and lunch (FULL)

Thursday, October 17th, 9:00 a.m.

Cost: \$25 + lunch

**Registration is required.** Hope on the bus as we drive to the Amish Community in Ethridge, TN. Shop Amish produce, wood work, canned and baked goodies and much more! We will stop for lunch at Shaffer Farms Texas BBQ and Meat Market for lunch on our way home! **CASH ONLY for buying Amish products please!**

### Music for Seniors Concert featuring John Donahoe and Friends

Tuesday, October 22, 10 a.m.

Cost: \$15

**Registration is required by October 15.** The next Music for Seniors daytime concert headliner is John Donahoe and friends, performing at the Delmas Long Community Center. With decades of experience in the world of bluegrass music, the band is sure to get your toes tapping and maybe even have you singing along!

### Mystery Lunch with Kelly

Thursday, Oct 24, 10:30 a.m.

Cost: \$15 + lunch

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

### Lunch and Bowling at Pinewood Social

Tuesday, Oct 29, 10:30 a.m.

Cost: \$25+ lunch

**Registration is required.** It's time to strike out as we visit one of the FF Madison member's favorite lunch spots, Pinewood Social. We will be having lunch and bowling at their beautiful bowling alley! Cost includes transportation, lanes and shoes.

## TRIP GUIDELINES

**Minimum number**— Trips not meeting the minimum number (6 people unless otherwise noted) will be cancelled at least 24 hours in advance. Refunds will be issued.

**Departure Time** - Trips will leave at the stated departure time, so it is best if you arrive at least 10 minutes prior to departure.

**Cancellations and No Shows** - A refund will be issued if a cancellation is given within 24 hours of a trip's scheduled departure. For trips involving pre-ordered tickets or reservations, a refund will be given only if your seat can be filled.

**Attendance:** Cancelling or not showing up for three or more trips within a month will result in being placed on a waiting list the following month.

**Exceptions:** Exceptions may be considered by center staff in extreme situations.

