

November 2024 FiftyForward Madison 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 for programs & trips, go to <https://fiftyforward.org/member/>

Mon	Tue	Wed	Thu	Fri
				1 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 10a Choose How You Move* 10:30a TRIP- E.T. Mobile Tech Unit* 11:30a Metro Meals 12:30p Arthritis Exercise 5p Evening Music Jam
4 8:30a Fitness Ctr 8:30a Games & Billiards 9a TRIP- Radnor State Park* 10a Quilting 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 1p SAIL	5- ELECTION DAY 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 11 :30a Metro Meals* 1p Music Jam 1p Paper Bead Jewelry* 1 :15p Line Dancing	6 8:30a Fitness Ctr 8:30a Games & Billiards 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12:30p Arthritis Exercise 12:30-2:30p Tech Help* 1p Knit & Crochet	7 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9 :45a English Language Learning* 10a SS Classic 11a Gentle Chair Yoga 11a Bible Study* 11:30a Metro Meals* 1p Veterans Celebration* 1p SAIL	8 8:30a Fitness Ctr 8:30a Games & Billiards 9:30a TRIP- Coffee Cupping at Frothy Monkey 10a Dance Blast 11:30a Metro Meals* 12p Beginner Watercolor Class* 12:30p Arthritis Exercise
11 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	12 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 11a Centerwell Thanksgiving Seminar & Games* 11 :30a Metro Meals* 1p BINGO 1p Music Jam 1p Paper Bead Jewelry* 1 :15p Line Dancing	13 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	14 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9 :45a English Language Learning* 10a SS Classic 11a Gentle Chair Yoga 11a Bible Study* 11:30a Metro Meals* 12p Second Harvest Food Truck 1p SAIL	15 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 10:30a TRIP- Mystery Lunch with Kelly* 11:30a Metro Meals* 12p Beginner Gouache* 12:30p Arthritis Exercise
18 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	19 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	20 8:30a Fitness Ctr 8:30a Games & Billiards 9a Legal Aid* 10a SS Classic 10:30a Monthly Medicare Counseling 11a SS Yoga Stretch 11:30a Metro Meals* 12:30p Arthritis Exercise 12:30-2:30p Tech Help* 1p BINGO 1p Knit & Crochet	21 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga TRIP- Clarksville Customs House Museum* 9 :45a English Language Learning* 10a SS Classic 11a Gentle Chair Yoga 11a Bible Study* 11:30a Metro Meals* 1p SAIL 5p Madison Revival Art Crawl	22 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11:30a Metro Meals* 12p Christmas Boxes* 12:30p Arthritis Exercise
25 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	26 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 9:30a TRIP- Leiper's Fork* 11 :30a Metro Meals* 1p Music Jam 1p BINGO 1p Paper Bead Jewelry* 1 :15p Line Dancing	27 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	28 Thanksgiving FiftyForward Centers & Offices CLOSED	29 FiftyForward Centers & Offices CLOSED

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Denotes member-led program

RECURRING CLASSES, ACTIVITIES, & GROUPS:

AEA Arthritis Foundation Exercise Program Wednesdays & Fridays at 12:30pm. Member Karen Scott-Priester leads this group exercise program that includes a variety of exercises that can be performed seated 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, November 12th, Wednesday, November 20th at 1pm, and Tuesday, November 26th. Join us for our monthly BINGO games sponsored by CenterWell, and Aviva Maybelle Carter. *Social Room.*

Cards, Puzzles, Billiards, Dominoes Monday-Friday, 8:30am - 3:30pm. Stop by the center to play cards, tackle a puzzle, play Mexican Train Dominoes, or play a game of billiards!

Computer Lab Monday-Friday, 8:30am - 3:30pm. Stop by our Multipurpose Room to use a complimentary Google Chromebook as needed.

Dance Blast w/ Jack Fridays at 10am. Let's welcome back Jack as he returns for this upbeat exercise! 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, November 1st, 5pm-7pm. 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*

Fitness Center Monday-Friday, 8:30am - 3:30pm. Use any of the cardio or strength-training machines in our fitness center.

Gentle Chair Yoga w/ Lisa Thursdays at 11am. Led by Lisa Cotton, chair support is offered for seated and standing yoga poses. *Group Fitness Room*

Gentle Mat Yoga w/ Jan Tuesdays and Thursdays at 9am. Led by certified registered yoga instructor Jan Cronin, this is a traditional yoga class. Please bring your own yoga mat or blanket to use. Participants must be able to get up and down from the floor. *Group Fitness Room on Tuesdays and Multipurpose Room on Thursdays.*

Knitting & Crochet Wednesdays at 1pm. 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, November 20th, 9am-10am. 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 1:15pm. 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 and slides are not recommended for this class. Let's boot, scoot, and boogie! *Group Fitness Room*

Metro Meals Monday-Friday, 11:30am -12:30pm. No Metro Meals on Nov. 19th. Metro Meals offers their free lunch program to interested and approved seniors age 60+. See main office for application and information on how to apply. *Social Room*

Music Jam Tuesdays at 1pm. Bring your voice, instrument, or listening ears for a jam session. *Multipurpose Room*

S.A.I.L.– Stay Active & Independent for Life Mondays & Thursdays at 1pm. 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 10:30am. 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 10am. 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 Wednesday and Lisa Cotton on Thursdays. *Group Fitness Room*

SilverSneakers Stress Reduction and Breathing Mondays at 11:30am. 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 11am. 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.*

[*Interested in being a part of a writer's group? See Ally for details on an upcoming Writer's Workshop Series!](#)

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SPECIAL PROGRAMS & EVENTS:



[Paper Bead Jewelry Class](#) Tuesdays in November, 1pm. 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 very own jewelry! (earrings or bracelets) *Art Room*

[Tech Help](#) Wednesdays in November, 12:30pm-2:30pm, 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 in November, 9:45am. \$8 per class, sign up in advance. Join us as we partner with G.O.D. International for 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*



[Bible Study with Brenda Greer](#) Thursdays in November, 11am. 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*

[Choose How You Move](#) Friday, November 1st, 10am, sign-up in advance. This session, presented by hubNashville, will cover essential resources, programs, and services designed to enhance mobility and independence for older adults. Learn about local transportation solutions, safety tips, and how to navigate available services. *Classroom 1*

[Veterans Celebration Concert](#) Thursday, November 7th, 1pm, sign-up in advance. Join us for a heartfelt Veterans Day Concert and Celebration honoring those who have served our country. Enjoy a live performance from Music for Seniors and inspiring speeches that pay tribute to our veterans. Come together to celebrate and show gratitude for the sacrifices made by our heroes. *Social Room*

[Beginner Watercolor Painting— Painting Snowy Mailboxes](#) Friday, November 8th, 12pm-3pm. 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 snow covered holiday mailboxes.** *Art Room*

[Centerwell Thanksgiving Seminar & Games](#) Tuesday, November 12th, 11am, advance sign-ups encouraged. Celebrate the spirit of Thanksgiving with us at this festive event! Enjoy fun games, and engaging activities. Plus, don't miss a special presentation from Centerwell, where you can learn more about their services and support. It's a wonderful opportunity to gather, give thanks, and connect with the community! *Social Room*



[Karaoke](#) Wednesday, November 13th, 12pm-1pm. 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, November 14th, 12 pm. 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 Gouache Painting— Painting Winter Landscape](#) Friday, November 15th, 12pm-3pm. 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 a snowy winter landscape.** *Art Room*

[FiftyForward Madison Support Group](#) Third Monday of the month, Monday, November 18th, 9:30am, 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*

[Tasty Tuesday](#) Tuesday, November 19th, 11:30am. Cost \$10, sign-up in advance. At Tasty Tuesday you'll enjoy a lunch sponsored by Creekside Rehabilitation and Healing and catered by Donelson Café. This month, we'll welcome Dan Orsborn whose music is sure to create an unforgettable atmosphere. **Tickets must be purchased by Friday, November 15th. All proceeds benefit Madison Station.** *Social Room*

[Monthly Medicare Counseling with TN SHIP](#) Wednesday, November 20th, 10:30am. 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*

[Madison Revival Art Crawl](#) Thursday, November 21st, 5pm. Come see local artists showcase their incredible talents! Stroll through vibrant venues, explore diverse artworks, and engage with the creators behind the pieces. FiftyForward is just one stop on this crawl, featuring artists ages 50+. This community event is a fantastic opportunity to support local artists and immerse yourself in the thriving scene at Madison Station. Enjoy a night of creativity, inspiration, and connection in a warm and welcoming atmosphere. *Social Room*

[Creating Christmas Boxes](#) Friday, November 22nd, 12pm-3pm. Cost: \$25 (includes supplies), sign-up in advance. Led by Jill Mayo, you'll learn to create beautiful Christmas boxes! Get creative with fun techniques and materials while making unique gifts or décor just in time for the holiday season. Perfect for all skill levels—bring your holiday spirit and let's craft together! *Art Room*

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DAY TRIPS



Denotes member-led program

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/>

FREE- Enabling Technology Mobile Unit

Friday, November 1st, 10:30am.

Cost: FREE, Registration is required.

During the tour of DDA's Enabling Technology Model Home, you will see demonstrations of many different types of technology, in a home-like setting, which can support a person to live more independently, and provide freedom to control their living environment. You will learn about many different types of smart home technology, remote supports, and helpful applications, as well as see different devices which can help with home safety, medication management, fall risk mitigation, and much more.

Hike at Radnor State Park & Breakfast

Monday, November 4th, 9:00am.

Cost: \$15 + Breakfast, Registration is required.

Join us for a delightful morning adventure! We'll start with a cozy stop for coffee and breakfast at a local café, where you can savor delicious pastries and your favorite brew. Afterward, we'll head to Radnor State Park for a refreshing stroll amidst beautiful nature trails. Enjoy the serene landscape, listen to the sounds of the outdoors, and maybe spot some wildlife along the way.

Coffee Cupping & Lunch at Frothy Monkey

Friday, November 8th, 9:30am.

Cost: \$30 + Lunch, Registration is required.

Calling all coffee lovers! Dive into the world of flavor at our exciting coffee cupping event at Frothy Monkey. Join us for a hands-on experience where you'll learn about different coffee varieties and tasting techniques from our expert baristas. Sample a range of unique brews, and discover the nuances of each flavor profile. As a special treat, every participant will take home their very own bag of freshly roasted coffee to enjoy.

Mystery Lunch with Kelly

Friday, November 15th, 10:30 am.

Cost: \$15 + lunch cost, Registration is required.

Join Madison Station Center Director Kelly for a lunch trip to a mystery destination!

Clarksville Customs House Museum & Cultural Center

Thursday, November 21st, 9:30am.

Cost: \$25 + Lunch, Registration is required.

Experience the vibrant world of art at the Clarksville Customs House Museum, where our very own Jill Mayo has her stunning exhibit on display! Discover Jill's creative vision and unique style as you explore the museum's rich offerings of art and history. This is a wonderful opportunity to celebrate local talent, connect with fellow history lovers, and enjoy an enriching day in a beautiful setting.

Leiper's Fork Holiday Shopping

Tuesday, November 26th, 9:30am.

Cost \$15 + Lunch & Shopping, Registration is required.

Get ready for a festive getaway to Leiper's Fork for a delightful day of holiday shopping! The charming town will be beautifully decorated, capturing the magic of the season. Stroll through quaint boutiques and local shops, where you'll find unique gifts and handmade treasures perfect for everyone on your list. It's the perfect way to kick off your holiday season and support local artisans!

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.