

December 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
<p>2</p> <p>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</p>	<p>3</p> <p>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 1:30p Movie at the Belcourt Theatre– Gilda*</p>	<p>4</p> <p>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</p>	<p>5</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Hrs. 9a Gentle Mat Yoga 10a Quilting 10a SS Classic 11a Intro to AI 11a Gentle Chair Yoga 11a Bible Study* 11:30a Metro Meals* 12p Ukulele Learning Lab* 1p SAIL</p>	<p>6</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 10:30a 12 South Shopping & Lunch* 11:30a Metro Meals* 12:30p Arthritis Exercise 5p Evening Music Jam</p>
<p>9</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 12p Carol Orsborn Book Launch* 12p Holiday Ornaments* 1p SAIL</p>	<p>10</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 11 :30a Metro Meals* 1p BINGO 1p Music Jam 1p Paper Bead Jewelry 1:15p Line Dancing</p>	<p>11</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Advisory Council 10a SS Classic 11a SS Yoga Stretch 10a Psychology of Aging Seminar* 11:30a Metro Meals* 12:30p Arthritis Exercise 1p Knit & Crochet</p>	<p>12</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Hrs. 9a Gentle Mat Yoga 10a Quilting 10a SS Classic 10:30a Writer's Workshop* 11a Gentle Chair Yoga 11:30a Metro Meals* 12p Holiday Fairy Ornaments* Truck 1p SAIL</p>	<p>13</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 9:30a Capitol Tour & Lunch* 11:30a Metro Meals* 12p Watercolor Painting* 12:30p Arthritis Exercise</p>
<p>16</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Madison Station Support Group* 10a Quilting 10:30a Medicare Counseling 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 1p SAIL</p>	<p>17</p> <p>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 2p Donelson Christmas Party*</p>	<p>18</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a SS Classic 10:30a Mystery Lunch w/ Kelly* 11a SS Yoga Stretch 11:30a Metro Meals* 12p Karaoke 12:30p Arthritis Exercise 1p BINGO 1p Knit & Crochet</p>	<p>19</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Hrs. 9a Gentle Mat Yoga 10a Quilting 10a SS Classic 11a Gentle Chair Yoga 1p SAIL</p>	<p>20</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11:30a Metro Meals* 12p Gauache Painting* 12:30p Arthritis Exercise</p>
<p>23</p> <p><u>FiftyForward Centers & Offices Closed</u></p>	<p>24- <u>Christmas Eve</u></p> <p><u>FiftyForward Centers & Offices Closed</u></p>	<p>25- <u>Christmas Day</u></p> <p><u>FiftyForward Centers & Offices Closed</u></p>	<p>26</p> <p><u>FiftyForward Centers & Offices Closed</u></p>	<p>27</p> <p><u>FiftyForward Centers & Offices Closed</u></p>
<p>30</p> <p>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</p>	<p>31- <u>New Years Eve</u></p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 1p Music Jam 1p Paper Bead Jewelry</p>	<p>1- <u>New Year's Day</u></p> <p><u>FiftyForward Centers & Offices Closed</u></p>		

FiftyForward Madison PROGRAM INFORMATION




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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.*

 **Advisory Council Wednesday, December 11th at 10am.** Each month, a board of FiftyForward Madison members meets with staff to foster collaboration, exchange ideas, and keep everyone involved in the latest developments at the center.

 **Bible Study with Brenda Greer Thursday December 5th, 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*


BINGO Tuesday, December 10th and Wednesday, December 18th at 1pm. Join us for our monthly BINGO! Sponsored by Centerwell and Aviva Maybelle Carter. *Social Room.*

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.

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, December 6th, 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. Class will be a video on Tuesdays. *Multipurpose Room*


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, December 18th, 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 Dec. 19th, Dec 23th-Dec 27th, Dec 31st, Jan 1st. 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*

 **Paper Bead Jewelry Class Tuesdays in December, 1pm. 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*

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. **Kathleen's SS Holiday party for her class will be December 11th during class.** *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.*

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SPECIAL PROGRAMS & EVENTS:

[Tech Help](#) Wednesday, December 4th, 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*

[Intro to AI Class](#) Thursday, December 5th at 11am. In this course, our very own Steve Bianchi will guide you through simple, easy-to-understand concepts, including what AI is, how it works, and how it's used in everyday life. No prior experience with technology is required— just an open mind and a curiosity to learn! *Classroom 1*

[Intermediate Ukulele Learning Lab](#) Thursday, December 5th at 12pm. Join Music for Seniors at FiftyForward: Madison Station for our weekly Intermediate Ukulele Learning Lab series, sponsored by AARP. Music for Seniors Teaching Artist, Donna Frost leads this 6-week series of hands-on learning sessions. Music for Seniors has loaner ukuleles available for use for students needing an instrument. Each Learning Lab session builds on the session before. **Classes will pick back up January 9th.** *Multipurpose Room*

[Creating Holiday Ornaments](#) Monday, December 9th from 12pm-3pm. Cost \$25 (includes supplies), sign-up in advance. Led by Jill Mayo, in this class you will be making beautiful holiday ball ornaments. This is a no-sew project and you will have a beautiful ornament for your tree or to give as a gift. Come join us! *Art Room*

[Carol Orsborn Book Launch](#) Monday, December 9th at 12pm. Over the past three decades, nationally-known author and Madison Station FiftyForward member Carol Orsborn, Ph.D., has advanced the notion of aging as a spiritual experience, sharing her own challenges and discoveries through her books, blogs, and retreats. We invite you to join us for the launch of her 36th book, **[Spiritual Aging: Weekly Reflections for Embracing Life](#)**. Lunch will be served. *Social Room*

[Psychology of Aging Seminar](#) Wednesday, December 11th at 10am. FiftyForward Madison member Jill Chafetz will dive into the psychology behind the aging mind. She will highlight a variety of topics ranging from memory decline, to emotional resilience, offering insights into how aging impacts overall wellbeing. *Classroom 1*

[Writer's Workshop](#) Thursday, December 12th at 10:30am. Cost \$10. Come write with The Porch TN! In this generative class, we will work with prompts and forms to produce all kinds of writing and get your creative juices flowing. We will also read and analyze short fiction, short essays, and poems as jumping off points for our own writing. *Multipurpose room*

[Creating Holiday Fairy Ornaments](#) Thursday, December 12th, 12pm-3pm. Cost: \$25 (includes supplies), sign-up in advance. Led by Jill Mayo, you'll learn to create beautiful holiday fairy ornaments! 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*

[Second Harvest Food Truck](#) Thursday, December 12th, 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 Watercolor Painting— Painting a Strawberry Dessert](#) Friday, December 13th, 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 a strawberry pastry.** *Art Room*

[FiftyForward Madison Support Group](#) Third Monday of the month, Monday, December 16th, 9:00am, 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*

[Monthly Medicare Counseling with TN SHIP](#) Monday, December 16th, 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*

[Tasty Tuesday](#) Tuesday, December 17th, 11:30am. Cost \$10, sign-up in advance. At Tasty Tuesday you'll enjoy a lunch sponsored by Creekside Rehabilitation and Healing. A holiday ham will be served and catered by Donelson Café. This month, we'll welcome The Silver Notes Band whose music is sure to create an unforgettable atmosphere. **Tickets must be purchased by Friday, December 13th. All proceeds benefit Madison Station.** *Social Room*

[Karaoke](#) Wednesday, December 18th, 12pm-1pm. Karaoke is back, thanks to our member, Brenda Jones! Stop by the social room to belt your favorite holiday classics. *Social Room*

[Beginner Gouache Painting— Painting a Decadent Pie](#) Friday, December 20th, 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 decadent pie.** *Art Room*

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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/>

Movie at The Belcourt Theatre

Tuesday, December 3rd, 1:30 pm.

Cost: \$25 + concessions cost, Registration is required

Witness a special screening of *Gilda* at the historic Belcourt Theatre. This classic 1946 film noir, starring Rita Hayworth in her iconic role, combines mystery, romance, and suspense in a stunning film. Experience the timeless movie on the big screen!

12 South Shopping & Lunch

Friday, December 6th, 10:30 am.

Cost: \$15 + lunch and shopping, Registration is required

Experience a festive day of lunch and shopping in Nashville's charming 12 South neighborhood. Enjoy a delicious meal at one of the area's trendy eateries, then stroll through boutique shops decked out for the holidays. With its cozy atmosphere and unique local shops, 12 South is the perfect spot to enjoy the best food and artisans.

Tour of Capitol Building & Lunch

Friday, December 13th, 9:30 am.

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

Join us for a guided tour of the Tennessee State Capitol in downtown Nashville. Explore the rich history and stunning architecture of this building, learning about its role in the state government and the key events that shaped Tennessee's history. With expert guidance, you'll discover hidden gems and fascinating stories.

Donelson Christmas Party

Tuesday, December 17th, 2:00 pm.

Cost: Free, Registration is required.

FiftyForward Donelson hosts their annual Christmas Party and Angel Tree Event at the Donelson Center. There will be entertainment from FiftyForward performance groups and lots of holiday cheer! Only 10 available spaces. Must provide your own transportation

Mystery Lunch with Kelly

Wednesday, December 18th, 10:30 am.

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

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

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.