

January 2025 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>1- <u>New Year's Day</u></p> <p>FiftyForward Centers and Offices Closed</p>	<p>2</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 11:30a Metro Meals* 1p SAIL</p>	<p>3</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11:30a Metro Meals* 12:30p Arthritis Exercise 5p Evening Music Jam</p>
<p>6</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10a TRIP-Civil Rights Room & Farmer's Market* 10:30a SS Circuit 11:30a Metro Meals* 11:30a SS SR&B 1p SAIL</p>	<p>7</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 11 :30a Metro Meals* 1p Music Jam 1p Paper Bead Jewelry 1:30p Frist Art Trunk* 1:15p Line Dancing</p>	<p>8</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a-1p Vanderbilt Nursing* 10a Advisory Council 10a SS Classic 11a SS Yoga Stretch 11a New Member Orientation* 11:30a Metro Meals* 12:30p Arthritis Exercise 1p Knit & Crochet 1:30p Line Dancing</p>	<p>9</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 11a Bible Study* 11:30p Second Harvest Food Truck 11:30a Metro Meals* 12p Ukulele Learning Lab* 1p SAIL</p>	<p>10</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 10a TRIP- Marathon Motor Works & Lunch* 11a NEW!- Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise</p>
<p>13</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10:30a SS Circuit 11a TRIP- Lunch at Arnold's Country Kitchen* 11:30a Metro Meals* 11:30a SS SR&B 1p SAIL</p>	<p>14</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 11:30a Metro Meals* 12p Town Hall 1p BINGO 1p Music Jam 1p Paper Bead Jewelry 1:15p Line Dancing</p>	<p>15</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a-1p Vanderbilt Nursing* 9a Legal Aid* 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12p Karaoke 12:30p Arthritis Exercise 12:30p Tech Help* 1p Knit & Crochet 1:30p Line Dancing</p>	<p>16</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Hrs. 9a Gentle Mat Yoga 9:30a TRIP-Frist Art Museum* 10a Quilting 10a SS Classic 11a Gentle Chair Yoga 11a Bible Study* 11:30a Metro Meals* 12p Ukulele Learning Lab* 1p SAIL</p>	<p>17</p> <p>FiftyForward Centers and Offices Closed for Staff Retreat</p>
<p>20- <u>MLK Jr. Day</u></p> <p>FiftyForward Centers and Offices Closed</p>	<p>21</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 11 :30a Tasty Tuesday* 1p Music Jam 1p Paper Bead Jewelry 1:15p Line Dancing</p>	<p>22</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a-1p Vanderbilt Nursing* 10a SS Classic 10:30a Monthly Medicare Counseling 11a SS Yoga Stretch 11:30a Metro Meals* 12:30p Arthritis Exercise 12:30p Tech Help* 1p BINGO 1p Knit & Crochet 1:30p Line Dancing</p>	<p>23</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 TRIP- Mystery Lunch with Kelly* 11a Gentle Chair Yoga 11a Bible Study* 11:30a Metro Meals* 12p Ukulele Learning Lab* 1p SAIL</p>	<p>24</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a TRIP-Nashville Symphony* 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise</p>
<p>27</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>28</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 11:30a Metro Meals* 1p BINGO 1p Music Jam 1p Paper Bead Jewelry 1:15p Line Dancing</p>	<p>29</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a-1p Vanderbilt Nursing* 10a SS Classic 11a SS Yoga Stretch 11:30a Metro Meals* 12:30p Arthritis Exercise 12:30p Tech Help* 1p Knit & Crochet 1:30p Line Dancing</p>	<p>30</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 11a Bible Study* 11:30a Metro Meals* 12p Ukulele Learning Lab* 1p SAIL</p>	<p>31</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise 5p Glow Party!*</p>

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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, January 8th 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. *Conference Room*

NEW!- Beginner Dance Fridays in January beginning Jan, 11am. Discover the joy of movement in this fun, beginner-friendly dance class! Learn a variety of styles from salsa, to swing, to waltz. Stay active, make friends, and enjoy the rhythm of life. No partner needed! *Group Fitness Room*

 **Bible Study with Brenda Greer Thursdays in January starting Jan 9th, 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, January 14th, Wednesday, January 22nd at 1pm, and Tuesday, January 28th at 1pm. Join us for our monthly BINGO! Sponsored by Juan Beraldi Insurance, 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, January 3rd, 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. *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, January 15th, 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 and Wednesdays at 1:30. 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! **Beginner lessons held on Tuesday and intermediate lessons held on Wednesday.** *Group Fitness Room*

Metro Meals Monday-Friday, 11:30am -12:30pm. No Metro Meals on Jan 1st, Jan 17th, Jan 20th. 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 January, 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. *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:

Vanderbilt Nursing Students Wednesdays in January, 9am-1pm.

Each week, nursing students from Vanderbilt University will visit our center to provide education and assistance with the “5 Wishes” document, a vital advance directive tool. Each session will walk through a different “wish” to help articulate personal, medical, and spiritual preferences. So be sure to sign-up for the whole series! With compassion and expertise, the students will offer one-on-one support and answer any and all questions. *Classroom 1*

Frist Art Trunk Tuesday, January 7th, 1:30pm-3:00pm, **sign-up in advance**. The magic of the Frist Art Museum is coming to FiftyForward! These mobile kits are packed with fun videos, hands-on activities, and creative lesson plans inspired by past and present exhibitions. Perfect for all ages, they make exploring art exciting and accessible anywhere! *Art Room*

New Member Orientation Wednesday January 8th, 11am, **advance sign-ups encouraged**. Calling all new members! Stop by to learn more about the programs offered and dive into what it means to be a FiftyForward member. Light refreshments will be served. *Social Room*


Intermediate Ukulele Learning Lab Thursday, Jan 9th, Jan 16th, Jan 23rd, Jan 30th at 12pm, **sign-up in advance**. 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. *Multipurpose Room*

Second Harvest Food Truck Thursday, January 9th, 11:30 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*

Town Hall Tuesday, January 14th, 12pm. Come meet the FiftyForward Advisory Council and staff as we discuss the ins-and-outs of how our center operates as well as answer any questions you may have. Look for a questions/suggestions box up at the front desk. *Social Room*

Tech Help Wednesdays in January beginning Jan 15th, 12:30pm -2:30pm, **advance sign-ups encouraged**. Students from G.O.D. International 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*

Monthly Medicare Counseling with TN SHIP Wednesday, January 22nd, 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*

 Karaoke Wednesday, January 15th, 12pm-1pm. Karaoke is back, thanks to our member, Brenda Jones! Stop by the social room to belt your favorite classics. *Social Room*

Tasty Tuesday Tuesday, January 21nd, 11:30am. Cost \$10, **sign-up in advance**. At Tasty Tuesday you'll enjoy a lunch sponsored by Creekside Rehabilitation and Healing. This month, we'll welcome the improv group Laugh Lines whose entertaining performance will be sure to make us all laugh. **Tickets must be purchased by Thursday, January 16th. All proceeds benefit Madison Station.** *Social Room*

Glow Party! Friday, January 31st, 5pm. Cost \$20, **advance sign-ups encouraged**. Kick off the new year with a fun celebration! Join us for an afternoon of vibrant fun featuring music, dancing, appetizers, and light refreshments. Wear your brightest neon or white attire to shine under the blacklights. *Social Room*

Jill Mayo will not be holding art classes in January or February of 2025. All classes will resume in March of 2025

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DAY TRIPS

Registering and Payments for your Trips-

Beginning January, 2025, Day Trips will start at \$10

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/>

The Civil Rights Room & Farmer's Market

Monday, January 6th at 10am

Cost: \$10, advance registration required.

Join us for an inspiring day in Nashville as we visit the Civil Rights Room at the Nashville Public Library, a space dedicated to the history of the Civil Rights Movement. Explore powerful exhibits and learn about the pivotal events that shaped our nation's progress toward equality. Afterward, we'll head to the bustling Nashville Farmers Market for a delicious lunch, offering a variety of cuisines and fresh, local flavors.

Marathon Motor Works & Lunch

Friday, January 10th at 10am

Cost \$10, advance registration required.

Step back in time with a visit to Marathon Motor Works, a historic site that once housed the Marathon Motor Car factory. Today, it's a vibrant destination featuring artisan shops, galleries, and unique attractions. Explore the rich history of this iconic Nashville landmark while enjoying its blend of industrial charm and creative energy.

Mystery Lunch with Kelly

Thursday, January 23rd at 10:30am

Cost \$10, advance registration required.

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

Lunch at Arnold's Country Kitchen

Monday, January 13th at 11am

Cost \$10, advance registration required.

Join us for a delicious outing to Arnold's Country Kitchen, a Nashville institution known for its iconic "meat-and-three" meals. Savor hearty Southern favorites in a warm and welcoming atmosphere that's been loved by locals and visitors alike for decades. Don't miss this opportunity to enjoy classic comfort food and great company.

The Frist Art Museum

Thursday, January 16th at 9:30am

Cost \$10, advance registration required.

Immerse yourself in the beauty and culture of Japan with a trip to the Frist Art Museum's newest exhibit. Discover captivating artworks that showcase Japan's rich artistic traditions, from classical pieces to modern expressions. After exploring the exhibit, take time to enjoy the museum's stunning architecture and peaceful ambiance. This cultural outing promises to be a feast for the senses and a celebration of artistic excellence.

The Nashville Symphony

Friday, January 24th at 9am

Cost \$10, advance registration required.

Experience the magic of music in the making with a special trip to the Nashville Symphony's rehearsal of *Flower Power & Beethoven*. Witness the precision of the musicians as they fine-tune their performance in preparation for the big night. This behind-the-scenes opportunity offers a unique glimpse into the world of orchestral music and is sure to be an unforgettable outing for all music lovers.

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.