

## February 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
27	28	29	30	31
3 8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 11:30a Metro Meals* 1p SAIL	4 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a NEW! Body Sculpting 10a NEW! Chair Yoga 11:30a Metro Meals* 12p NEW! Tai Chi 1p Music Jam 1:15p Line Dancing	5 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a Vanderbilt Nursing* 9:45a TRIP- NMAAM & Lunch* 11:30a Metro Meals* 12:30p Arthritis Exercise 12:30p Tech Help* 1p BINGO 1p Knit & Crochet	6 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Hrs. 9a Gentle Mat Yoga 9a NEW!- Body Sculpting 10a Quilting 11a Bible Study* 11:30a Metro Meals* 11:30a NEW! Tai Chi 12p Ukulele Learning Lab Concert* 1p SAIL	7 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise 1:30p NEW! Personal Training w/ Chris* 5p Evening Music Jam
10 8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 11:30a Metro Meals* 12:30p TRIP- Sip & Strokes at AVIVA Maybelle Carter* 1p SAIL	11 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Body Sculpting 10a Chair Yoga 11:30a Metro Meals* 10:30a TRIP- Mystery Lunch w/ Kelly* 12p Tai Chi 1p BINGO 1p Music Jam 1:15p Line Dancing	12 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a Vanderbilt Nursing* 10a Advisory Council 11:30a Metro Meals* 12p Karaoke 12:30p Arthritis Exercise 12:30p Tech Help* 1p Knit & Crochet	13 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Hrs. 9a Gentle Mat Yoga 9a Body Sculpting 10a Quilting 11a Bible Study* 11:30p Second Harvest Food Truck 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL	14 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise 1:30p Personal Training w/ Chris*
17 8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 9a Madison Station Support Group* 10:30a TRIP- Belmont Mansion Tour & Lunch* 11:30a Metro Meals* 1p SAIL	18 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Body Sculpting 10a Chair Yoga 10:30a Lunch & Learn w/ Kennie Dozier* 11:30a Tasty Tuesday* 12p Tai Chi 1p Music Jam 1:15p Line Dancing	19 8:30a Fitness Ctr 8:30a Games & Billiards 9a Legal Aid* 10:30a Vanderbilt Nursing* 11:30a Metro Meals* 12:30p Arthritis Exercise 12:30p Tech Help* 1p BINGO 1p Knit & Crochet	20 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Hrs. 9a Gentle Mat Yoga 9a Body Sculpting 10:30a TRIP- Marathon Motor Works & Lunch* 10a Quilting 11a Bible Study* 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL	21 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11a Lunch & Learn- Heart Health* 11:30a Metro Meals* 12:30p Arthritis Exercise 1:30p Personal Training w/ Chris*
24 8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 11:30a Metro Meals* 1p SAIL	25 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Body Sculpting 10a Chair Yoga 10a TRIP- Lunch at Monell's* 11:30a Metro Meals* 12p Tai Chi 1p BINGO 1p Music Jam 1:15p Line Dancing	26 8:30a Fitness Ctr 8:30a Games & Billiards 10:30a Vanderbilt Nursing* 10:30a Monthly Medicare Counseling 11a Valentine's Party* 11:30a Metro Meals* 12:30p Arthritis Exercise 12:30p Tech Help* 1p Knit & Crochet	27 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Hrs. 9a Gentle Mat Yoga 9a Body Sculpting 10a Quilting 11a Bible Study* 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL	28 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise 1:30p Personal Training w/ Chris*

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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, February 12th 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*

**Beginner Dance Fridays in February at 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 February at 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 Wednesday, February 5th, Tuesday, February 11th, Wednesday, February 19th, and Tuesday, February 25th at 1pm.** Join us for our monthly BINGO! Sponsored by Aviva Maybelle Carter, Juan Beraldi Insurance, Centerwell, and CaptionCall. *Social Room.*

**NEW! Body Sculpting Tuesdays and Thursdays at 9am.** Led by fitness instructor Chris, use gentle muscle conditioning to sculpt stronger and leaner arms and legs. Carve your core, lubricate your joints, and build a more elastic you! *Group Fitness 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!

**NEW! Chair Yoga Tuesdays at 10am.** Experience the benefits of yoga in a safe and supportive environment. This class focuses on gentle stretching, breathing exercises, and relaxation techniques, all performed while seated or using a chair for support. Perfect for improving flexibility, balance, and overall well-being, this class offers a welcoming space for all fitness levels to enjoy the calming and rehabilitating effects of yoga. *Group Fitness Room*

**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 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 meet virtually for the month of February.** *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, February 19th, 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.** 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*

**NEW! Personal Training with Chris Fridays at 1:30pm. Cost: \$30** **Advanced registration required. Maximum 5 participants per cycle. 4 week series.** Join Chris for a personalized fitness journey tailored to your individual needs! In these four-week sessions, she will provide targeted personal training to help you achieve your specific fitness goals, whether it's muscle building, improving endurance, or enhancing overall health. With a focus on personalized attention and expert guidance, you'll receive the motivation and support needed to transform your fitness routine. Sessions are designed to adapt to all fitness levels, ensuring everyone can progress at their own pace. *Fitness Center.*

**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*

**NEW! Tai Chi Tuesdays at 12pm and Thursdays at 11:30am.** Discover the graceful, flowing movements of Tai Chi with Bruce. This gentle form of exercise focuses on improving balance and flexibility through slow, controlled movements and deep breathing. Perfect for all fitness levels, this class provides a calming, low-impact way to enhance both physical and mental health in a supportive and relaxing environment. *Group Fitness Room*

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## SPECIAL PROGRAMS & EVENTS:

**Vanderbilt Nursing Students Wednesdays in February, 10:30am-12pm.** 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. *Social Room*

**Ukulele Learning Lab Concert Thursday, February 6th at 12pm.** Come and enjoy a heartwarming concert featuring the talented members of the Ukulele Learning Lab, brought to us by Music for Seniors! These dedicated musicians will showcase their newfound skills through a variety of lively and familiar tunes. Join us for an fun performance that celebrates the joy of music, community, and lifelong learning. It’s an event sure to leave you smiling. *Social Room*

**Tech Help Wednesdays in February, 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*

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

**Second Harvest Food Truck Thursday, February 13th, 11:30 am.** 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*

**FiftyForward Madison Station Support Group Third Monday of the month, Monday, February 17th, 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*

**Tasty Tuesday Tuesday, February 18th, 11:30am. Cost \$10, sign-up in advance.** At Tasty Tuesday you’ll enjoy a lunch sponsored by Creekside Rehabilitation and Healing. The meal will be catered by Sidekicks Café this month. ***Tickets must be purchased by Wednesday, February 12th. All proceeds benefit Madison Station.*** *Social Room*

**Lunch & Learn with Kenny Dozier Tuesday, February 18th at 10:30am. Register in advance.** Kennie Playhouse Theatre’s mission is to create a platform that gives the underserved acting community an opportunity to perform for a diverse audience. Producing high quality theatrical productions that are entertaining, historical, stimulating and educational commemorating the African American experience. Engaging and inspiring the dreams of youth through education. *Social Room*

**Heart Health Education Lunch & Learn Friday, February 21st at 11am.** Join us for an engaging Lunch & Learn with Summit Health as they share valuable insights on heart health education. Learn practical tips for maintaining a healthy heart and improving your overall well-being. Creekside Rehabilitation will provide a delicious heart-healthy lunch to complement the discussion. Don’t miss this opportunity to nourish both your body and mind! *Social Room*

**Monthly Medicare Counseling with TN SHIP Wednesday, February 26th, 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*

**Valentine’s Party Wednesday, February 26th at 11am.** Dollar General is back to host another exciting Valentine’s Day Party! This popular event will feature fun games, festive activities, and meaningful information about African American history in honor of Black History Month. *Social Room*

**Jill Mayo will not be holding art classes in 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/>**

### National Museum of African American Music & Lunch

**Wednesday, February 5th at 9:45am**

**Cost \$10 + Lunch, advance registration required.**

Enjoy a day trip to the National Museum of African American Music (NMAAM) in Nashville, exploring the rich history of African American music. Afterward, indulge in diverse cuisines at Assembly Food Hall, offering a variety of delicious options in downtown Nashville.

### Sip & Strokes at AVIVA Maybelle Carter

**Monday, February 10th at 12:30pm**

**Cost: FREE, advance registration required.**

Join us at Aviva Maybelle Carter for a special Sip & Strokes event, where an artist will guide you in creating Valentine's Day-themed art. Enjoy a relaxing evening of painting, sipping your favorite drinks, and celebrating the season of love with creativity.

### Mystery Lunch with Kelly

**Thursday, February 11th at 10:30am**

**Cost \$10 + Lunch, advance registration required.**

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

### Belmont Mansion Tour & Lunch

**Monday, February 17th at 10:30am**

**Cost \$25 + Lunch, advance registration required.**

Experience the historic charm of Belmont Mansion, a beautifully preserved home in Nashville. As you explore its elegant rooms and picturesque gardens, you'll uncover the fascinating history of the Acklen family and the mansion's significance in Southern culture. Following the tour, enjoy a flavorful Caribbean lunch at Riddim n Spice.

### Marathon Motor Works & Lunch

**Thursday, February 20th at 10:30am**

**Cost \$10 + Lunch, advance registration required.**

Explore the historic Marathon Motor Works, a vibrant complex with unique shops and attractions. This rescheduled trip from January includes a visit to this iconic site, followed by a delicious lunch at a nearby eatery, blending history and great food.

### Lunch at Monell's in Germantown

**Tuesday, February 25th, at 10am**

**Cost \$10 + Lunch, advance registration required.**

Enjoy a hearty Southern lunch at Monell's in Germantown, where communal dining meets classic comfort food. Savor a variety of dishes, from fried chicken and biscuits to country ham and seasonal sides, all served family-style in a warm, welcoming atmosphere. Monell's is the perfect spot to experience traditional Southern hospitality and flavors in the heart of Nashville's historic Germantown neighborhood

## 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.