

March 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/>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 8:30a Fitness Ctr 8:30a Games & Billiards 9a POUND 10a Quilting 10a SS Classic Video 11a SS Yoga Video 11:30a Metro Meals* 1p SAIL	4 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 11:30a Metro Meals* 12p TRIP: Music for Seniors Concert* 12p Tai Chi 1p Music Jam 1:15p Line Dancing	5 8:30a Fitness Ctr 8:30a Games & Billiards 10a Bites of Wisdom with Centerwell* 10:30a Vanderbilt Nursing* 11:30a Metro Meals* 12:30p Arthritis Exercise 1p Knit & Crochet	6 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Office Hrs. 9a Gentle Mat Yoga 9a Body Sculpting 11a Bible Study* 11:30a Metro Meals* 11:30a Tai Chi 1p BINGO 1p SAIL	7 8:30a Fitness Ctr 8:30a Games & Billiards 9a TSU SNAP-Ed* 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12p Watercolor Painting* 12:30p Arthritis Exercise 1:30p Personal Training w/ Chris* 5p Evening Music Jam	8
9	10 8:30a Fitness Ctr 8:30a Games & Billiards 9a POUND 10a Quilting 10a SS Classic Video 11a SS Yoga Video 11:30a Metro Meals* 1p SAIL	11 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 9:15a TRIP: The Mint Casino* 10a Body Sculpting 11:30a Metro Meals* 12p Tai Chi 1p BINGO 1p Music Jam 1:15p Line Dancing	12 8:30a Fitness Ctr 8:30a Games & Billiards 10a Advisory Council 10:30a Vanderbilt Nursing* 11:30a Metro Meals* 12p Karaoke 12:30p Arthritis Exercise 1p Knit & Crochet	13 Center Closed for 25th Annual WhistleStop! 12p Second Harvest Food Truck	14 8:30a Fitness Ctr 8:30a Games & Billiards 9a TSU SNAP-Ed* 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12p Gouache Painting* 12:30p Arthritis Exercise 1:30p Personal Training w/ Chris*	15
16 2p Monthly LGBTQ+ Peer Group Event*	17 8:30a Fitness Ctr 8:30a Games & Billiards 9a POUND 9:30a Madison Station Support Group* 10a Quilting 10a SS Classic Video 11a SS Yoga Video 11a Women's History Lunch & Learn* 11:30a Metro Meals* 1p SAIL	18 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 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* 10:30a TRIP: Thistle Farms Shop & Cafe* 11:30a Metro Meals* 12:30p Tech Help* 12:30p Arthritis Exercise 1p BINGO 1p Knit & Crochet	20 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Office Hrs. 9a Gentle Mat Yoga 9a Body Sculpting 11a Bible Study* 11:30a Metro Meals* 11:30a Tai Chi 12p Spring Forward with UHC* 1p SAIL	21 8:30a Fitness Ctr 8:30a Games & Billiards 9a TSU SNAP-Ed* 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12p 3-D Greeting Cards* 12:30p Arthritis Exercise 1:30p Personal Training w/ Chris*	22
23	24 8:30a Fitness Ctr 8:30a Games & Billiards 9a POUND 10a Quilting 10a SS Classic Video 11a SS Yoga Video 11:30a Metro Meals* 1p SAIL	25 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 10:30a TRIP: Mystery Lunch with Kelly* 11:30a Metro Meals* 12p Tai Chi 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 11:30a Metro Meals* 12:30p Tech Help* 12:30p Arthritis Exercise 1p BINGO 1p Knit & Crochet	27 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Office Hrs. 9a Gentle Mat Yoga 9a Body Sculpting 11a Bible Study* 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL	28 8:30a Fitness Ctr 8:30a Games & Billiards 9:30a TRIP: Adopt-a-Grandparent* 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12p Jewelry Making Class* 12:30p Arthritis Exercise 1:30p Personal Training w/ Chris*	29
30	31 8:30a Fitness Ctr 8:30a Games & Billiards 9a POUND 9:30a TRIP- Hike at Percy Warner Park* 10a Quilting 10a SS Classic Video 11a SS Yoga Video 11:30a Metro Meals* 1p SAIL					

FiftyForward Madison PROGRAM INFORMATION



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Denotes member-led program

RECURRING CLASSES, ACTIVITIES, & GROUPS:

Advisory Council Wednesday, March 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 March 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 March at 11am.** Our member Brenda Greer continues leading a Bible study group with this series focusing on the book "Fruits of the Spirit". Open discussion is encouraged! Please bring a notepad and Bible of your choice (NIV Bible recommended). *Conference Room*

BINGO Thursday, March 6th, Tuesday, March 11th, Wednesday, March 19th, and Wednesday, March 26th at 1pm. Join us for our monthly BINGO! Sponsored by Aviva Maybelle Carter, Juan Beraldi Insurance, Centerwell, and Vanderbilt Nursing. *Social Room.*

Body Sculpting Tuesdays at 10am 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!

Chair Yoga Tuesdays at 9am. 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, March 7th, 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. *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, March 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 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! **First hour—beginner, second hour—intermediate.** *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. **No Metro Meals March 13th.** *Social Room*

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

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.*

POUND Mondays in March at 9am. Rock your workout with POUND, a fun, low-impact fitness class using lightweight drumsticks to turn drumming into exercise! Enjoy seated or standing movements that improve strength, balance, and coordination, all set to energizing music. No experience needed—just bring your rhythm and have fun! **Please bring a mat if you have one!** *Group Fitness Room*

SS Classic Video Mondays at 10am. This class focuses on strengthening muscles and increasing range of movement for daily life activities. Equipment and a chair will be provided. *Group Fitness Room*

SS Yoga Stretch Video Mondays at 11am. In this fitness video, 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.*

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 March, 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*

[Bites of Wisdom](#) Wednesday, March 5th at 10am. Join CenterWell Senior Primary Care & Jon Moves for our Bites of Wisdom Series featuring valuable & educational health topics! Learn how to be empowered with knowledge about your health and enjoy a complimentary lunch as you learn with us! *Classroom 1*

[TSU SNAP-Ed Class](#) Fridays in March at 9am, beginning March 7th.

Register in advance. This free 6-week series is designed to help you make healthier food choices on a budget. Each week, you'll learn practical tips on meal planning, shopping smart, cooking nutritious meals, and staying active. Classes are interactive, fun, and tailored to real-life needs, empowering you to build lasting healthy habits. Join us to gain valuable skills and resources for a healthier lifestyle! **Class does not meet March 28th.** *Classroom 1*

[Watercolor Painting](#) Friday, March 7th at 12pm. 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. *Art Room*

[Tech Help](#) Wednesdays in March, 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. **Beginning March 19th.** *Social Room*

[Karaoke](#) Wednesday, March 12th, 12pm-1pm. Karaoke is back, thanks to our member, Brenda Jones! Show off your St. Paddy's Day spirit by dressing in your best green attire. Stop by the social room to belt your favorite classics. *Social Room*

[Second Harvest Food Truck](#) Thursday, March 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*

[Gouache Painting](#) Friday, March 14th at 12pm. 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. *Art Room*

[FiftyForward Madison Station Support Group](#) Third Monday of the month, Monday, March 17th, 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*

[Monthly LGBTQ+ Peer Group Event](#) Sunday, March 16th from 2pm-5pm at Homegrown Taproom in Donelson. Please join us for St Patrick's Day Festivities at this month's LGBTQ+ peer group event. Enjoy the delicious food and brews of this locally owned restaurant and we look forward to seeing you there. Questions? Email Kelly at kdonovan@fiftyforward.org.

[Women's History Lunch & Learn](#) Monday, March 17th at 11am.

Register in advance. Join Nashville Public Library as we explore the history of women's fight for equal pay. From the early labor movements to the passing of the Equal Pay Act and beyond, we'll dive into the challenges, victories, and ongoing efforts for wage equality. Enjoy a thought-provoking discussion while connecting with others passionate about women's history and workplace equity. *Classroom 1*

[Tasty Tuesday](#) Tuesday, March 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. **Tickets must be purchased by Wednesday, March 12th. All proceeds benefit Madison Station.** *Social Room*

[Spring Forward](#) Thursday, March 20th at 12pm. Sign-up in advance. Celebrate the first day of spring with us at our Spring Forward event in partnership with UHC! Welcome the new season with a fun and creative arts & crafts activity, perfect for embracing the fresh start that spring brings. *Social Room.*

[3-D Greeting Cards](#) Friday, March 21st at 12pm. Cost \$25 (includes supplies), sign up in advance. You asked for it, here it is... The 3-D Card Making Class! Make beautiful three dimensional cards and all the techniques you need. Easy and fun to keep or give to someone special. A new card design each month. Each class will include a handout, cutouts, and decorative elements. No previous skills required. *Art Room*

[Monthly Medicare Counseling with TN SHIP](#) Wednesday, March 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*

[Jewelry Making Class](#) Friday, March 28th at 12pm. Cost \$25 (includes supplies), sign up in advance. Led by Jill Mayo, you'll learn the basics of creating beautiful, handcrafted pieces. In this hands-on session, Jill will guide you through essential techniques, tools, and design tips to craft your own unique jewelry. Perfect for beginners, this class is a fun and creative way to explore a new hobby—no experience needed! *Art Room*

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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/>

Music for Seniors Concert

Tuesday, March 4th at 12pm

Cost \$15, advanced registration required.

Join us for a fun-filled trip to the Music for Seniors Mardi Gras Concert! Get ready to enjoy live New Orleans-style jazz, festive decorations, and a lively celebration full of music, dancing, and good company. Wear your best Mardi Gras colors, and let the rhythm take you away!

The Mint Casino

Tuesday, March 11th at 9:15am

Cost \$15, advanced registration required.

Get ready for an exciting trip to The Mint Casino. Enjoy a day of gaming, food, and great company as we join the Donelson Center to try our luck at the slots. Whether you're a seasoned player or just going for the fun atmosphere, there's something for everyone. Relax, socialize, and see if it's your lucky day!

Thistle Farms Shop & Café

Wednesday, March 19th at 10:30am

Cost \$15, advanced registration required.

Experience the peaceful charm of Thistle Farms and Café! Explore their beautiful building, where women are empowered through holistic programs, and enjoy a delicious meal at the café, offering locally sourced dishes. From handmade products to heartwarming stories, this visit promises an inspiring and uplifting experience.

Mystery Lunch with Kelly

Tuesday, March 25th at 10:30am

Cost \$10 + Lunch, advance registration required.

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

Adopt-a-Grandparent with Meharry

Friday, March 28th at 9am

Cost \$10, advanced registration required.

The Adopt-a-Grandparent Luncheon at Meharry offers a wonderful opportunity for seniors to enjoy a delicious lunch while learning about dental health. Meharry College students will provide valuable education on maintaining healthy smiles, and there's a chance for some seniors to receive free dental care through this program. It's a day of good food, great company, and important health information!

Hike at Percy Warner Park & Lunch

Monday, March 31st at 9:30am

Cost \$15 + Lunch, advance registration required.

Take in the scenic trails, shaded woodlands, and peaceful surroundings as you explore the park's rolling hills and lush landscapes. It's the perfect way to enjoy the outdoors, get some light exercise, and unwind in one of Nashville's most beautiful parks. Afterwards we will enjoy lunch at North Italia.

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.