

April 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</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Madison Station Coffee Club* 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 11:30a Metro Meals* 12p Tai Chi 1p Music Jam 1:15p Line Dancing</p>	<p>2</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Advisory Council 10a TRIP-The Lotz House Museum* 10a SS Classic Video 11a SS Yoga Video 11:30a Vanderbilt Nursing* 11:30a Metro Meals* 12:30p Arthritis Exercise 12:30p Tech Help* 1p Knit & Crochet</p>	<p>3</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Office Hrs. 9a Gentle Mat Yoga 9a Body Sculpting 10a Nashville PBS Screening* 11a Bible Study* 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL</p>	<p>4</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12p Watercolor Painting* 12:30p Arthritis Exercise 12:30p Personal Training w/ Chris* 5p Evening Music Jam</p>
<p>7</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9:30a TRIP-State Capitol Tour* 10a Quilting 10a SS Classic Video 11a SS Yoga Video 11:30a Metro Meals* 1p SAIL</p>	<p>8</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 11a Fitness Room Orientation* 11:30a Metro Meals* 12p Tai Chi 1p BINGO 1p Music Jam 1:15p Line Dancing</p>	<p>9</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a SS Classic Video 11a SS Yoga Video 11:30a Vanderbilt Nursing* 12p Karaoke 12:30p Arthritis Exercise 12:30p Tech Help* 1p Knit & Crochet</p>	<p>10</p> <p>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 Second Harvest Food Truck 1p SAIL</p>	<p>11</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12p Gouache Painting* 12:30p Arthritis Exercise 12:30p Personal Training w/ Chris*</p>
<p>14</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10a SS Classic Video 11a SS Yoga Video 11:30a Metro Meals* 12p April Showers Bring May Flowers* 1p SAIL</p>	<p>15</p> <p>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</p>	<p>16</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Legal Aid* 9:30 TRIP-Martin Health & Wellness Fair* 10a SS Classic Video 11a SS Yoga Video 11:30a Vanderbilt Nursing* 11:30a Metro Meals* 12:30p Tech Help* 12:30p Arthritis Exercise 1p BINGO 1p Knit & Crochet</p>	<p>17</p> <p>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</p>	<p>18</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise 12:30p Personal Training w/ Chris* 5p NEW!-Sundown Social*</p>
<p>21</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9:30a Madison Gardeners* 10a Quilting 10a SS Classic Video 11a SS Yoga Video 11:30a Metro Meals* 1p SAIL</p>	<p>22</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 11:30a Metro Meals* 12p Tai Chi 1p Music Jam 1p BINGO 1:15p Line Dancing</p>	<p>23</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a SS Classic Video 10:30a Monthly Medicare Counseling 11a SS Yoga Video 11:30a Metro Meals* 11:30a Vanderbilt Nursing* 12:30p Tech Help* 12:30p Arthritis Exercise 1p Knit & Crochet</p>	<p>24</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Office Hrs. 9a Gentle Mat Yoga 9a Body Sculpting 9:15a TRIP-Nashville Symphony* 11a Bible Study* 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL</p>	<p>25</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9:30a TRIP-Nashville Flea Market* 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise 12:30p Personal Training w/ Chris*</p>
<p>28</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10a SS Classic Video 11a SS Yoga Video 11:30a Metro Meals* 1p SAIL</p>	<p>29</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 10:30a TRIP-Mystery Lunch w/ Kelly 11:30a Metro Meals* 12p Tai Chi 1p Music Jam 1:15p Line Dancing</p>	<p>30</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a SS Classic Video 11a SS Yoga Video 11:30a Metro Meals* 12:30p Arthritis Exercise 12:30p Tech Help* 1p BINGO 1p Knit & Crochet</p>		

FiftyForward Madison PROGRAM INFORMATION



If you are interested in participating in any program virtually, please reach out to the hosting center for more information.



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, April 2nd 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 April 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 April 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 Tuesday, April 8th, Wednesday, April 16th, Tuesday, April 22nd, and Wednesday, April 30th at 1pm. Join us for our monthly BINGO! Sponsored by Juan Beraldi Insurance, Centerwell, Caption Call, 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, April 4th, 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, April 16th, 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 with Debbie Howell as sub, 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: Experienced Beginner.** *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 April 15th.** *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*

SS Classic Video Mondays and Wednesdays 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 and Wednesdays 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*

FiftyForward Madison PROGRAM INFORMATION



If you are interested in participating in any program virtually, please reach out to the hosting center for more information.



Denotes member-led program

SPECIAL PROGRAMS & EVENTS:

[Vanderbilt Nursing Students](#) Wednesdays in April, 11:30am-12:30pm. 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*

[Tech Help](#) Wednesdays in April, 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*

[Personal Training with Chris](#) Fridays at 12:30pm. Cost: \$50 **Advanced registration required. Maximum 5 participants per cycle. 4 week series.** Join Kris 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. Sessions are designed to adapt to all fitness levels, ensuring everyone can progress at their own pace. **12:30pm class for beginner training, 1:30pm class for intermediate training.** *Fitness Center.*

[Madison Station Coffee Club](#) Tuesday, April 1st at 9am. Join us for the new Madison Station Coffee Club! Meeting on the first of each month, we'll take a leisurely walk down to MadTown Coffee to catch up, enjoy a drink, and maybe even grab some breakfast. With the lovely weather, it's the perfect opportunity to enjoy the outdoors while connecting with friends and fellow coffee lovers. *Lobby*

[Nashville PBS Screening](#) Thursday, April 3rd at 10am. Join us for a special screening of the latest episode from Nashville PBS's *Aging Matters* series! This powerful new episode dives deep into the issues that affect seniors today, offering insightful stories and expert perspectives on aging in our community. Watch, learn, and engage with others in an important conversation about the challenges and triumphs of growing older. *Classroom 1.*

[Watercolor Painting](#) Friday, April 4th 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*

[Fitness Room Orientation](#) Tuesday, April 8th at 12pm. Advance sign-ups encouraged. Join Kris for a fitness room orientation where you'll learn how to use gym machines safely and effectively. She will guide you through proper techniques, machine settings, and key safety tips to help you feel confident and get the most out of your workout. *Fitness Center*

[Karaoke](#) Wednesday, April 9th, 12pm-1pm. It's Karaoke time with Brenda Jones! In the spirit of spring, wear bright colors and florals. Stop by the social room to belt your favorite classics. *Social Room*

[Second Harvest Food Truck](#) Thursday, April 10th, 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, April 11th 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*

[April Showers Bring May Flowers](#) Monday, April 14th at 12pm. **Sign-up in advance.** Join Ally for a two-part class series where you'll learn the art of flower pressing and transform your pressed blooms into beautiful works of art. In the first session, you'll press fresh flowers, to preserve their vibrant colors and delicate shapes. In May, return for the second part, where Ally will guide you in turning your pressed flowers into stunning art pieces. *Art Room*

[Tasty Tuesday](#) Tuesday, April 15th at 11:30am. Cost \$10. At Tasty Tuesday you'll enjoy a lunch sponsored by Creekside Rehabilitation and Healing. We will have some wonderful entertainment brought to us by Music for Seniors and the meal will be catered by Sidekicks Café. **Tickets must be purchased by Wednesday, April 9th. All proceeds benefit Madison Station.** *Social Room*

NEW! [Sundown Social](#) Friday, April 18th from 5pm-7pm. Cost \$10. This new bimonthly event will bring the fun, music, and energy of a night out right to FiftyForward! Each night will feature a unique theme, with great tunes, dancing, potluck style dining, and BYOB. **This month's theme: Wild West!** Dust off your boots, grab your cowboy hat, and get ready for a roaring good time. Our line dancing troupe will teach you some fun steps, and we'll keep the music rolling. *Social Room*

[Madison Gardeners](#) Monday, April 21st at 9:30am. This is a group for those who love gardening and want to help revitalize our outdoor planters. Whether you're a seasoned gardener or just starting out, join us as we work together to beautify our community with vibrant plants and greenery. *Patio*

[Monthly Medicare Counseling with TN SHIP](#) Wednesday, April 23rd, 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*

FiftyForward Madison PROGRAM INFORMATION

If you are interested in participating in any program virtually, please



Denotes member-led program

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 Lotz House Museum & Lunch

Wednesday, April 2nd at 10am

Cost \$25 + Lunch, advance registration required.

Visit the Lotz House Museum in Franklin to explore Civil War history and the preserved Victorian home of Johann Lotz. After your tour, head to Puckett's Grocery & Restaurant for a delicious Southern lunch, offering favorites like smoked brisket, fried chicken, and homemade pie.

State Capitol Tour & Lunch

Monday, April 7th at 9:30am

Cost \$15 + Lunch, advance registration required

Take a guided tour of the Tennessee State Capitol to explore its stunning architecture and learn about the state's rich history. Afterward, enjoy a tasty lunch at the Nashville Farmers Market, where you can savor fresh, local dishes from a variety of food vendors in a vibrant, open-air setting.

Martin Center Health and Wellness Fair

Wednesday, April 16th at 9:30am

Cost \$15 + Lunch, advance registration required.

Attend the Martin Center Health and Wellness Fair for a day focused on health, fitness, and well-being. Explore various booths offering wellness resources, health screenings, fitness tips, and more. It's a great opportunity to learn, connect, and kickstart a healthier lifestyle! There will be a food truck on site for lunch.

Nashville Symphony

Thursday April 24th, at 9:15am

Cost \$10, advance registration required.

Join us at the Nashville Symphony full rehearsal where you'll get a sneak peek at the musicians preparing to perform Tchaikovsky's powerful Symphony No. 5. Experience the rich, emotional depth of this iconic piece as the orchestra fine-tunes every note for an unforgettable performance.

Nashville Flea Market & Lunch

Friday, April 25th at 9:30am.

Cost \$15 + Lunch, advance registration required.

Spend the day exploring the vibrant Nashville Flea Market, where you can browse unique antiques, vintage treasures, handmade goods, and eclectic finds. After a fun shopping experience, head over to Fenwick's for a delicious lunch. Known for its laid-back atmosphere and creative menu, Fenwick's serves up fresh dishes with a twist, making it the perfect spot to relax and refuel.

Mystery Lunch with Kelly

Tuesday, April 29th at 10:30am

Cost \$15 + Lunch, advance registration 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.