

May 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
			1 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Office Hrs. 9a Gentle Mat Yoga Video 9a Body Sculpting 11a Bible Study* 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL	2 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11a Stroke Awareness Lunch & Learn* 11:30a Metro Meals* 12p Watercolor Painting* 12:30p Arthritis Exercise 12:30p Personal Training w/ Chris* 5p Evening Music Jam
5 8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10a SS Classic Video 10:30a TRIP- Downtown Broadway Shopping* 11a SS Yoga Video 11:30a Metro Meals* 1p SAIL	6 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga Video 9a Chair Yoga 10a Body Sculpting 11:30a Metro Meals* 12p Tai Chi 1p Music Jam 1p Knit & Crochet 1p BINGO 1:15p Line Dancing	7 8:30a Fitness Ctr 8:30a Games & Billiards 10a SS Classic Video 11a SS Yoga Video 11:30a Metro Meals* 12p Hats Off to Mothers* 12:30p Arthritis Exercise 1p Knit & Crochet	8 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	9 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 10:30a TRIP- Mystery Lunch w/ Ally* 11a Beginner Dance 11:30a Metro Meals* 12p Gouache Painting* 12:30p Arthritis Exercise 12:30p Personal Training w/ Kris*
12 8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10a SS Classic Video 11a SS Yoga Video 11:30a Metro Meals* 1p SAIL	13 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 Knit & Crochet 1:15p Line Dancing	14 8:30a Fitness Ctr 8:30a Games & Billiards 10a Advisory Council 10a SS Classic Video 11a SS Yoga Video 11:30a Metro Meals* 12p Karaoke 12:30p Arthritis Exercise 1p BINGO 1p Knit & Crochet	15 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 1:15p TRIP- Music for Seniors Concert*	16 8:30a Fitness Ctr 8:30a Games & Billiards 9:15a TRIP- Veterans Benefits Lunch & Learn* 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise 12:30p Personal Training w/ Kris* 5p Sundown Social*
19 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	20 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 1p Knit & Crochet 1:15p Line Dancing	21 8:30a Fitness Ctr 8:30a Games & Billiards 9a Legal Aid* 10a SS Classic Video 11a SS Yoga Video 11:30a Metro Meals* 12:30p Arthritis Exercise 1p Knit & Crochet 1p BINGO	22 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Office Hrs. 9a Gentle Mat Yoga 9a Body Sculpting 11a TRIP- Bowling at Eastside Bowl* 11a Bible Study* 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL	23 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/ Kris*
26 Closed for Memorial Day	27 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 Knit & Crochet 1:15p Line Dancing	28 8:30a Fitness Ctr 8:30a Games & Billiards 10a SS Classic Video 9:30a TRIP- Nashville Zoo* 10:30a Monthly Medicare Counseling 11a SS Yoga Video 11:30a Metro Meals* 12:30p Arthritis Exercise 1p Knit & Crochet	29 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 1p BINGO	30 8:30a Fitness Ctr 8:30a Games & Billiards 10a Six Triple Eight Screening* 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise 12:30p

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, & GROUP

AEA Arthritis Foundation Exercise Program Wednesdays & Fridays at 12:30p. 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, May 14th at 10a.** 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 May at 11a. Discover the joy of movement in this fun, beginner-friendly dance class led by Princecilla. 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 May at 11a.** 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, May 6th, Wednesday, May 14th, Wednesday, May 21st and Thursday May 29th at 1pm. Join us for our monthly BINGO! Sponsored by Aviva Maybelle Carter, Juan Beraldi Insurance, Centerwell, and United Healthcare.
Social Room.

Body Sculpting Tuesdays at 10a and Thursdays at 9a. Led by fitness instructor Kris, 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, 8:30a -12p FiftyForward Care Manager Emily Eriamatoe 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, 8:30a- 3:30p. Stop by the center to play cards, tackle a puzzle, play Mexican Train Dominoes, or play a game of billiards!

Chair Yoga Tuesdays at 9a. Experience the benefits of yoga in a safe and supportive environment with Kris. 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, 8:30a - 3:30p. Stop by our Multipurpose Room to use a complimentary Google Chromebook as needed.

Dance Blast w/ Jack Fridays at 10a. Join Jack 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, May 2nd, 5p-7p. 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, 8:30a - 3:30p. Use any of the cardio or strength-training machines in our fitness center.

Gentle Mat Yoga w/ Jan Tuesdays and Thursdays at 9a. 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 Tuesdays and Wednesdays at 1p.** 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, May 21st, 9a-10a. 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 1:15p. Led by Valerie Ertell Priszner with Debbie Howell and Kim Weiss as subs, 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, 11:30a -12:30p. 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 May 20th or May 26th.** *Social Room*

 **Music Jam Tuesdays at 1p.** 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 1p. 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 10a. This fitness video 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 11a. 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 12p and Thursdays at 11:30a. Discover the graceful, flowing movements of Tai Chi with Master 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:

Personal Training with Kris Fridays at 12:30p & 1:30p. 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. 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. **Advanced session: 12:30p, Beginner session: 1:30p** Fitness Center.

Stroke Awareness Lunch & Learn Friday, May 2nd at 11a, **register in advance.** Sponsored by TriStar Health and Creekside Rehabilitation Center. Enjoy a complimentary lunch while gaining valuable knowledge about stroke prevention, warning signs, and recovery. Medical professionals will be on hand to answer your questions and provide expert insight into maintaining brain and heart health. Don't miss this opportunity to learn how to protect yourself and your loved ones. *Social Room*

Watercolor Painting Friday, May 2nd at 12p. 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*

Hats Off to Mothers Wednesday, May 7th at 12p, **register in advance.** Join CenterWell Senior Primary Care & Jon Maves for a heartwarming Mother's Day celebration honoring mothers and caregivers with an elegant gathering filled with light refreshments, cherished family photos, and many laughs. Dress to impress for our delightful hat fashion show as we share memories, love, and appreciation for those who nurture and care for us. *Social Room*

Second Harvest Food Truck Thursday, May 8th, 11:30a. 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, May 9th at 12p. 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*

Karaoke Wednesday, May 14th, 12p-1p. Karaoke is back, thanks to our member, Brenda Jones! Spring is here, so we will be singing everyone's favorite feel good hits. Dress in florals, pastels, or springtime chic! *Social Room*

April Showers Bring May Flowers– Part II Monday, May 19th at 12p. Let your creativity bloom! In this second class, we'll be turning the beautiful flowers we pressed last month into unique canvas art. Join us for a relaxing and fun crafting session as we celebrate spring through art and nature. *Conference Room.*

Sundown Social Friday, May 16th at 5p. Cost \$10, **register in advance.** This new monthly 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: Jazz Night!** Enjoy live jazz music while dressed to impress in your best themed attire; think flapper flair, fedoras, and classic elegance. It's an evening of music, style, and timeless fun you won't want to miss! *Social Room*

Tasty Tuesday Tuesday, May 20th, 11:30a. 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 with music by our very own Jill Speering and Vern Pilder! **Tickets must be purchased by Wednesday, May 14th. All proceeds benefit Madison Station.** *Social Room*

Monthly Medicare Counseling with TN SHIP Wednesday, May 28th, 10:30a. 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*

Six Triple Eight Screening Friday, May 30th at 10a, **register in advance.** Join us for a special screening of *The Six Triple Eight*, presented by the Nashville Public Library. This powerful 90-minute documentary tells the inspiring story of the only all-Black, all-female battalion deployed overseas during WWII. Enjoy a popcorn bar during the film, and stay afterward for a thoughtful discussion with library representatives. Don't miss this opportunity to honor history and heroism. *Multipurpose 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.

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/>

Downtown Broadway Shopping & Lunch

Monday, May 5th at 10:30a

Cost \$15 + Lunch, advance registration required. Get ready for a day of shopping and strolling on Broadway! We'll explore classic western shops full of boots, hats, and Nashville flair, perfect for finding that iconic country look. This outing includes lots of walking, so please wear comfy shoes! We'll wrap up the adventure with lunch at Assembly Food Hall.

Mystery Lunch with Ally

Friday, May 9th at 10:30a

Cost \$15 + Lunch, advance registration required.

Join Madison Station Program Coordinator Ally for a lunch trip to a mystery destination!

Music for Seniors Concert

Thursday, May 15th at 1:15p

Cost \$15, advanced registration required.

Get ready to tap your toes and sing along! Join us for a fun-filled Music for Seniors concert featuring a high-energy performance by The SisselReid Band. Enjoy an afternoon of great music, good vibes, and classic tunes that are sure to get you moving!

Veterans Benefits Lunch & Learn

Friday, May 16th at 9:15a

Cost \$10 (FREE for Veterans & spouses).

Advance registration required.

Veterans are invited to join us for a Lunch & Learn at Centerwell, where we'll explore how to make the most of your available benefits. Experts will be on hand to provide valuable information, answer questions, and help you navigate your options. Complimentary lunch will be served as we honor and support those who've served.

Bowling at Eastside Bowl

Thursday, May 22nd at 11a

Cost \$15 + Lunch, advance registration required.

Let's roll! Join us for a fun-filled bowling trip just down the street at Eastside Bowl. Your ticket includes bowling and shoe rental, plus we'll enjoy a delicious lunch right there at the venue. It's a great way to have some fun while supporting a local favorite!

Nashville Zoo

Wednesday, May 28th at 9:30a

Cost \$35 + Lunch, advance registration required.

May is Older Americans Month, and what better way to celebrate than with a fun-filled day trip to the Nashville Zoo! This is a wonderful opportunity to connect with members from other centers while enjoying the beauty of nature and the wonders of wildlife. Walk among kangaroos, marvel at playful primates, and take in stunning exhibits from around the world. Stroll at your own pace, take in the stunning exhibits, and when you're ready for a break, grab a bite to eat at one of the zoo's cafés. This is the perfect way to embrace adventure, stay active, and celebrate the joy of lifelong learning and exploration!

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.