

June 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
2 8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10a SS Classic Video 11a SS Yoga Video 11:30a Metro Meals* 1p SAIL	3 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 1p BINGO 1:15p Line Dancing	4 8:30a Fitness Ctr 8:30a Games & Billiards 10a SS Classic Video 11a SS Yoga Video 11a Lunch & Lyrics w/ Music for Seniors* 11:30a Metro Meals* 12:30p Arthritis Exercise 1p Knit & Crochet	5 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	6 7:30a TRIP– Churchill Downs* 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 5p Evening Music Jam
9 8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10a SS Classic Video 11a SS Yoga Video 11a Podcast Talk w/ Steve* 11:30a Metro Meals* 1p SAIL	10 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 9:45a TRIP– Forever Young Fest* 10a Body Sculpting 11:30a Metro Meals* 12p Tai Chi 1p Music Jam 1p Knit & Crochet 1p BINGO 1:15p Line Dancing	11 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 Knit & Crochet	12 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 11:30a Second Harvest Food Truck 1p SAIL	13 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12p A Day for Dad* 12:30p Arthritis Exercise
16 8:30a Fitness Ctr 8:30a Games & Billiards 9a TRIP– Bluebird Café* 10a Quilting 10a SS Classic Video 11a SS Yoga Video 11:30a Metro Meals* 1p SAIL	17 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	18 8:30a Fitness Ctr 8:30a Games & Billiards 9a Legal Aid* 10a SS Classic Video 10:30a TRIP– Nelsons Greenbriar Distillery* 11a SS Yoga Video 11:30a Metro Meals* 12:30p Arthritis Exercise 1p Knit & Crochet 1p BINGO	Center Closed in Observance of Juneteenth	
23 8:30a Fitness Ctr 8:30a Games & Billiards 9a Madison Station Support Group* 10a Quilting 10a SS Classic Video 11a SS Yoga Video 11:30a Metro Meals* 1p SAIL 1p FiftyForward Talent Show*	24 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 10:30a TRIP– Mystery Lunch* 12p Tai Chi 1p Music Jam 1p Knit & Crochet 1:15p Line Dancing 1p BINGO	25 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* 12:30p Arthritis Exercise 1p Knit & Crochet	26 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– Music City Puppet Show* 11a Bible Study* 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL	27 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise 5p Sundown Social*
30 8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10a SS Classic Video 10:30a Frist Art Trunk* 11a SS Yoga Video 11:30a Metro Meals* 1p SAIL				

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Denotes member-led program

RECURRING CLASSES, ACTIVITIES, & GROUPS

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, June 11th 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 June at 11a. 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 June at 11a. Our member Brenda Greer continues leading a Bible study group with this series focusing on the book "Spiritual Warfare". Open discussion is encouraged! Please bring a notepad and Bible of your choice (NIV Bible recommended). *Conference Room*

BINGO Tuesday, June 3rd, Tuesday, June 10th, Wednesday, June 18th, and Tuesday, June 24th at 1p. Join us for our monthly BINGO! Sponsored by Ellie Mental Health, Juan Beraldi Insurance, Centerwell, and Senior Helpers. *Social Room.*

Body Sculpting Tuesdays at 10a and Thursdays at 9a. 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! **Video substitute this month.** *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.

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. 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. **This month, Karen Scott-Priester will sub.**
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, June 6th, 5p-7p. It's our popular Music Jam—after dark! Bring your voice, instrument, or listening ears for an evening jam session. Come see special guest singer-songwriter Alissa Moreno. 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! Led by Kate Joy. *Art Room*

Legal Aid Wednesday, June 18th, 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 June 17th or June 19th.** *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 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 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 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*



Quilting Mondays at 10a. Whether you're an experienced quilter or just getting started, our group, led by Norma Deal, offers a welcoming space to learn, share, and stitch alongside kindred spirits. This group meets weekly to work on personal and group quilts, exchange tips, and create something beautiful together! *Art Room*

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SPECIAL PROGRAMS & EVENTS:

Lunch & Lyrics w/ Music for Seniors Wednesday, June 4th at 11a. Sign-up in advance. Join us for a toe-tapping, heartwarming hour of live music and good company! Enjoy a complimentary lunch while talented musicians, brought to you by Believe/Tunecore in partnership with Music for Seniors, take turns serenading you with your favorite tunes. With three rotating performers, you're in for a delightful mix of songs and styles that are sure to make your afternoon shine! *Social Room*

Watercolor Painting Friday, June 6th 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*

Podcast Talk w/ Steve Monday, June 9th at 11a, register in advance. Curious about podcasts but not sure where to start? Join us for an interactive session with our very own Steve Bianchi, who will guide you through the wonderful world of podcasts! You'll learn how to search for shows you'll love, listen with ease, and explore features that make podcasts fun and accessible. *Classroom 1*

Karaoke Wednesday, June 11th, 12p-1pm. Karaoke is back, thanks to our member, Brenda Jones! Summertime is here, so stop by to belt out your favorite summer classics. *TV Room*

Second Harvest Food Truck Thursday, June 12th, 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*

A Day for Dad Friday, June 13th at 12p. Register in advance. Join us for a fun-filled Father's Day Celebration honoring the amazing dads, granddads, and father figures in our lives! Cool off with delicious Root Beer Floats, and enjoy a selection of light snacks while spending time in great company. Whether you're a dad yourself or just celebrating someone who is, this event is all about appreciation, and good old-fashioned fun. *Social Room*

Tasty Tuesday Tuesday, June 17th, 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 entertainment by singer-songwriter Nancy Liker. Nancy will sing classics that will have everyone singing along as well as a few originals. ***Tickets must be purchased by Wednesday, June 11th. All proceeds benefit Madison Station.*** *Social Room*

Madison Station Support Group Monday, June 23rd at 9a. 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*

FiftyForward Talent Show Monday, June 23rd at 1p, sign-up in advance. Get ready for an afternoon of fun, flair, and fabulous talent! The Second Annual FiftyForward Talent Show is back, and we want *you* to be part of the spotlight. Whether you sing, dance, juggle, tell jokes, or have a unique talent to share, all acts are welcome on our stage! Interested in performing? Let Ally know by **June 18th** to reserve your spot in the show! *Social Room*

Monthly Medicare Counseling with TN SHIP Wednesday, June 25th, 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*

Sunset Social Friday, June 27th from 5p-7p. Cost \$10, sign-up in advance. Get ready to boogie down at this month's Sunset Social. We're throwing it back with a **DISCO theme!** Break out the bell bottoms, shine up those dancing shoes, and get ready for a night full of funky fun. We'll have karaoke for all the disco divas and rockstars out there, plus our very own Soul Train, so bring your best moves and strut your stuff! Whether you're singing, dancing, or just soaking in the good vibes, you won't want to miss this groovy good time. This is a potluck style event so bring your favorite dish to share! *Social Room*

Frist Art Trunk Monday, June 30th at 10:30a. Register in advance. Join us for a creative and engaging art experience led by a teaching artist from the Frist Art Museum! In this hands-on workshop, you'll explore artistic traditions connected to the exhibition *Venice and the Ottoman Empire* while creating your own unique piece of art. All materials will be provided, and the instructor will guide you step by step with no prior experience needed. The workshop lasts about an hour and a half and is a wonderful opportunity to learn, create, and connect through art. *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/>

Churchill Downs Senior Day

Friday, June 6th at 7:30a

Cost: \$25, register in advance

Get ready for an unforgettable afternoon at the legendary Churchill Downs, where the thrill of live horse racing meets timeless Southern charm! Feel the excitement as the horses thunder down the track and cheer on your favorites in the heart of racing history. As part of this special Senior Day experience, we'll enjoy a delicious lunch served on Millionaire's Row, offering incredible views and an upscale dining atmosphere that makes the day even more memorable. **We will leave at 2:00p.**

Forever Young Fest

Tuesday, June 10th at 9:45a

FREE, register in advance

Get ready for a day of music, fun, games, tours, and prizes at Centerwell's Forever Young Fest: a celebration designed especially for our vibrant older adult community! Enjoy live entertainment and interactive activities.

Bluebird Café

Monday, June 16th at 9a

Cost: \$15, register in advance

Take a trip to the iconic Bluebird Cafe, Nashville's legendary listening room known for its intimate atmosphere and world-class live music. Enjoy performances by talented songwriters and musicians in a cozy, welcoming setting that captures the heart of country music.

Nelsons Greenbriar Distillery

Wednesday, June 18th at 10:30a

Cost: \$35 + Lunch, register in advance

Join us for a fascinating trip to Nelson's Green Brier Distillery, a true Tennessee treasure! Enjoy a guided tour of the historic distillery and learn about the rich legacy behind their handcrafted spirits. After the tour, take part in an optional tasting for those who wish to sample their award-winning creations. We'll wrap up the experience with a relaxing lunch on-site.

Mystery Lunch

Tuesday, June 24th at 10:30a

Cost: \$15 + Lunch, register in advance

Join us for a lunch trip to a mystery destination!

Music City Puppet Show & Lunch

Thursday, June 26th at 9:15a

Cost: \$15 + Lunch, register in advance

Marionettes, rod puppetry, animation, and an ever-changing set tell the story of country music as it relates to Nashville's transformation into Music City at The Country Music Hall of Fame. Experience this exciting performance featuring nearly one hundred puppets, from the Staple Singers and Johnny Cash to Taylor Swift. After the show, enjoy a self-guided tour of the museum, followed by lunch on-site to complete this fun and musical day out.

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.