

August 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 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12p Watercolor Painting* 12:30p Personal Training w/ Kris* 5p Evening Music Jam
4 8:30a Fitness Ctr 8:30a Games & Billiards 10a Sam's Club Pop-up 10a Quilting 10 Functional Strength Training 11a Yoga Stretch 11:30a Metro Meals* 1p SAIL	5 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 11:30a Metro Meals* 12p Senior Helpers Seminar* 12p Tai Chi 1p Music Jam 1p Knit & Crochet 1:15p Line Dancing	6 8:30a Fitness Ctr 8:30a Games & Billiards 9a Morning Stretch 10a Mahjong 10a Silver & Fit Video 10a Basic Computing* 11:30a Metro Meals* 12p Eye Health Lunch & Learn* 1p Knit & Crochet 1p BINGO	7 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Office Hrs. 9a Gentle Mat Yoga 9a Body Sculpting 10:30a Frist Textile Workshop* 11a Bible Study* 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL	8 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12p TRIP-Tomato Art Festival* 12:30p Personal Training w/ Kris*
11 8:30a Fitness Ctr 8:30a Games & Billiards 10a TRIP-McKay's & Lunch* 10a Quilting 10 Functional Strength Training 11a Yoga Stretch 11:30a Metro Meals* 1p SAIL 1p Let's Talk About Scams*	12 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	13 8:30a Fitness Ctr 8:30a Games & Billiards 9a Morning Stretch 10a Advisory Council 10a Mahjong 10a Silver & Fit Video 10a Basic Computing* 10:30a TRIP-Music for Seniors Concert* 11:30a Metro Meals* 12p Karaoke 1p Knit & Crochet	14 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Office Hrs. 9a Gentle Mat Yoga 9a Body Sculpting 10:30a Frist Textile Workshop* 11a Bible Study* 11:30a Metro Meals* 11:30a Tai Chi 11:30a Second Harvest Food Truck 1p SAIL	15 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12p CRASE Training* 12:30p Personal Training w/ Kris* 5p Sundown Social*
18 8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10 Functional Strength Training 11a Yoga Stretch 11a FiftyForward Pool Tournament* 11:30a Metro Meals* 1p SAIL	19 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 1:30p ENCORE Choir*	20 8:30a Fitness Ctr 8:30a Games & Billiards 9a Legal Aid* 9a Morning Stretch 10a Silver & Fit Video 10a Mahjong 10a Basic Computing* 10:30a TRIP-Mystery Lunch w/ Kelly* 11:30a Metro Meals* 1p Knit & Crochet 1p BINGO	21 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Office Hrs. 9a Gentle Mat Yoga 9a Body Sculpting 10:30a Frist Textile Workshop* 11a Bible Study* 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL	22 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Personal Training w/ Kris* 5p TRIP-Titans Game!*
25 8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10 Functional Strength Training 11a Yoga Stretch 11:30a Metro Meals* 1p SAIL	26 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 10a TRIP-Parthenon & Lunch* 11:30a Metro Meals* 12p Tai Chi 1p Music Jam 1p Knit & Crochet 1:15p Line Dancing 1:30p ENCORE Choir*	27 8:30a Fitness Ctr 8:30a Games & Billiards 9a Morning Stretch 10a Mahjong 10a Silver & Fit Video 10a Basic Computing* 10:30a Monthly Medicare Counseling 11:30a Metro Meals* 1p Knit & Crochet 1p BINGO	28 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Office Hrs. 9a Gentle Mat Yoga 9a Body Sculpting 10:30a Frist Textile Workshop* 11a Bible Study* 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL	29 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Personal Training w/ Kris*


FiftyForward Madison PROGRAM INFORMATION




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RECURRING CLASSES, ACTIVITIES, & GROUPS

AEA Arthritis Foundation Exercise Program– Arthritis Exercise will not meet for the month of August. Class will resume in September.

 **Advisory Council** Wednesdays, August 13th 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 August at 11a. Discover the joy of movement with Princecilla 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 August 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 Wednesday, August 6th, Tuesday, August 12th, Wednesday, August 20th, and Wednesday, August 27th at 1p. Join us for our monthly BINGO! Sponsored by Ellie Mental Health, Juan Beraldi Insurance, Jon Maves & Centerwell, and True Love Healthcare. *Social Room*.

Body Sculpting Tuesdays at 10a and Thursdays at 9a. Let's welcome back Kris as she uses 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 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.

Chair Yoga Tuesdays in August at 9a. Join Kris in a class that 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*

Dance Blast w/ Jack Fridays in August 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, August 1st, 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*

Functional Strength Training Mondays at 10a. Stay active and engaged with a virtual fitness class hosted by Senior Planet with moderation done by Ally! It is never too late to stop rebuilding muscle. Using bodyweight, bands, and dumbbells, we will build strength to make all of your daily activities easier...and have some fun too! *Group Fitness Room*

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*




Denotes member-led program

 **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, August 20th 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

 **Mahjong** Wednesdays at 10a. Join our new Mahjong group led by the wonderful Norma Deal! Whether you're brand new to the game or pro, this is the perfect place to learn, laugh, and play. No experience needed just bring your curiosity and a willingness to have fun! *Social 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. *Social Room*


Morning Stretch Wednesdays at 9a. Get moving with seniors across the country in this fun virtual workout from Senior Planet! Stretching and breathing exercises have shown to reduce anxiety and stress. This daily class will guide you through 30 minutes of simple stretches and breathing meditations to help you start your day with a sense of calm.
Group Fitness 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*

Silver & Fit Workout Video Wednesdays at 10a. Get your heart pumping and energy flowing with this fun, low-impact cardio workout designed for active older adults! The Silver & Fit 30-Minute Cardio Workout combines simple movements with upbeat music to help improve cardiovascular endurance, coordination, and overall vitality. This video is a great way to get moving at your own pace. *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. *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*

Yoga Stretch Mondays at 11a. Join Jan Cronin for a revitalizing session of Yoga Stretch, where you'll engage in a dynamic seated yoga exercise designed to boost your energy and improve flexibility. This session blends gentle stretching with aerobic movement, all while staying comfortably seated. *Group Fitness Room*

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SPECIAL PROGRAMS & EVENTS:

Basic Computing– For New Students Wednesdays in August from 10a-12p. Register in advance. Work with Steve Bianchi to learn basic digital skills on a Chromebook laptop in this 8 week digital class series. Participants who attend all 15 hours of class will be able to keep the Chromebook. **Class is full.** Classroom 1

Frist Textile Workshop Thursdays in August at 10:30a. Explore your creativity in this special 9-week textile art class series led in partnership with the Frist Art Museum! Participants will learn a variety of textile techniques and create original pieces throughout the course. At the end of the series, your artwork will be featured in a special exhibit at the Frist and we'll take a group trip to see it on display! **Class is full.** Art Room

Personal Training w/ Kris Fridays in August. Intermediate session at 12:30p. Beginner session at 1:30p. Cost: \$50 (includes 4 sessions). Register in advance. Reach your fitness goals with Personal Training with Kris! Whether you're just starting out or looking to take your workouts to the next level, Kris provides personalized guidance, motivation, and support every step of the way. Get stronger, feel better, and build a routine that works for you! Fitness Center

Watercolor Painting Friday, August 1st 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

Sam's Club Pop-up Monday, August 4th from 10a-2p. Stop by the lobby for a special pop-up event with Sam's Club! They'll be offering exclusive \$20 memberships just for our members and staff. Enjoy free snacks, ask questions, and learn more about all the savings and perks that come with a Sam's Club membership. Lobby

Senior Helpers Seminar Tuesday, August 5th at 12p. Sign-up in advance. Amy Walters from Senior Helpers will be joining us to present on the GUIDE Program, which offers education, support, and personalized care plans for individuals and families navigating memory loss. Whether you are a caregiver or simply curious about dementia care resources, this presentation offers helpful insight. Classroom 1.

Eye Health Lunch & Learn Wednesday, August 6th at 12p, Sign-up in advance. Our eyes change as we age, but vision problems don't have to slow us down. Join the experts from Wang Vision Institute for an in-depth presentation on common age-related eye conditions and what can be done to maintain good eye health. This special Lunch & Learn will also include a catered meal from Donelson Café! Social Room



Denotes member-led program

Let's Talk About Scams Monday, August 11th at 1p. Sign-up in advance. Don't fall victim to the latest scams! Join us for an informative and engaging presentation led by Clarke Lewis, who will walk us through some of the most common scams and fraudulent schemes that target older adults today. There will be time for Q&A, so bring your questions and concerns. Classroom 1.



Karaoke Wednesday, August 13th at 12p. Karaoke is back, thanks to our member, Brenda Jones! Summertime is here, so stop by to belt out your favorite summer classics. Social Room

Second Harvest Food Truck Thursday, August 14th, 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

CRASE Training Friday, August 15th, 12p. CRASE training stands for Civilian Response to Active Shooter Events. It's a program designed to equip civilians with the knowledge and skills to survive an active shooter situation. The training focuses on a strategy called "Avoid, Deny, Defend" and provides guidance on what to do before, during, and after an active shooter event. Group Fitness Room

Sundown Social Friday, August 15th from 5p-7p. Cost \$10, sign-up in advance Roll out the white carpet and join us for a night of chic summer vibes and effortless elegance! This month's theme is: **White Out!** Come dressed in your best all-white attire and celebrate the season in style: think Hamptons garden party meets summer soirée. Enjoy an evening of upbeat music from DJ Damon King, fabulous photo ops, and great company. This is a potluck-style event, so bring your favorite summer dish to share. Social Room

Pool Tournament Monday, August 18th from 11a-1p. Register in advance. Calling all pool players! Join us for a bracket-style, traditional 8-ball tournament at the center. Whether you're a seasoned player or just in it for the fun, this friendly competition is the perfect chance to show off your skills, connect with others, and enjoy a lively day at the pool table. Spectators are welcome to come cheer on your friends! Pool Room

ENCORE Choir Tuesdays at 1:30p-3p. Begins August 19th. Sign-up through the QR code posted around the center! Encore Creativity for Older Adults ensembles are non-auditioned chorales for adults 55 and older. No experience or auditions are needed for an Encore program— just a love for singing and a desire to join a welcoming community! Encore semesters run for 15 weeks that culminate with a performance that is free and open to the public. Social Room

Monthly Medicare Counseling with TN SHIP Wednesday, August 27th, 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



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/>

Tomato Art Festival

Friday, August 8th at 12p

Cost: \$15 + Lunch, register in advance

Join us for a fun-filled outing to East Nashville's *Tomato Art Festival*! This beloved local tradition celebrates all things tomato with quirky art, live entertainment, and a variety of unique vendors and activities. Enjoy browsing booths, taking in the festive atmosphere, and grabbing a bite from one of the many delicious food trucks and stands (food available for purchase). Don't forget to wear red to show your tomato spirit!

McKay's & Lunch

Monday, August 11th at 10a

Cost: \$15 + Lunch, register in advance.

Book lovers and bargain hunters, this one's for you! We're heading to McKay's, Nashville's favorite used bookstore, for a relaxed morning of shopping. Browse shelves packed with books, movies, music, and more, you never know what treasures you'll find! Afterward, we'll enjoy a delicious lunch together at Mestizos Mexican Restaurant, known for its flavorful dishes.

Music for Seniors Concert

Wednesday, August 13th at 10:30a

Cost: \$15, register in advance

Join us for a special *Music for Seniors* concert at the Tennessee State Museum, featuring award-winning musician Craig Duncan! Known for his lively bluegrass performances, Craig brings energy, talent, and toe-tapping fun to the stage. This is a wonderful chance to enjoy live music in a beautiful venue, surrounded by good company. Come ready to clap along, smile big, and soak in the sounds of classic Appalachian tradition.

Mystery Lunch w/ Kelly

Wednesday, August 20th at 10:30a

Cost: \$15 + Lunch, register in advance

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

Titans Game! (FULL)

Friday, August 22nd at 5p

Cost: \$60, register in advance

Get ready for some football! We're heading to Nissan Stadium to watch the Tennessee Titans take on the Minnesota Vikings in an action-packed preseason game. This is your chance to experience the excitement of live NFL football and cheer on the home team alongside fellow fans. Show your Titans spirit by wearing your two-tone blue and bring your game day energy! It's sure to be a fun evening full of big plays, team pride, and unforgettable memories.

Please note: Nissan Stadium enforces a **clear bag policy**. All bags must be transparent and meet stadium size requirements. Plan accordingly to ensure smooth entry.

Parthenon & Lunch

Tuesday, August 26th at 10a

Cost: \$15 + Lunch, register in advance

Step into history with a guided visit to Nashville's iconic Parthenon Museum, a full-scale replica of the ancient Greek temple. Explore the impressive architecture, admire the towering statue of Athena, and enjoy the museum's art exhibits and rich history. After the tour, we'll head to Ted's Montana Grill for a delicious lunch.

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.