

November 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
3 8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10a Functional Strength Training 11a Yoga Stretch 11:30a Metro Meals* 1p SAIL 1:30p Facebook 101*	4 8:30a Fitness Ctr 8:30a Games & Billiards 9a Ascension Mobile Mammogram Unit* 9a Gentle Mat Yoga 9a Chair Yoga 11:30a Metro Meals* 12p Tai Chi 1p Music Jam 1p Knit & Crochet 1:15p Line Dancing 1:30p ENCORE Choir	5 8:30a Fitness Ctr 8:30a Games & Billiards 9a Morning Stretch 9:30a Veterans Breakfast* 10a Mahjong 10a Silver & Fit Video 11:30a Metro Meals* 12:30p Arthritis Exercise 12:30p Tech Help* 1p Knit & Crochet 1p BINGO	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 10:00a TRIP-Tennessee State Museum* 1p SAIL	7 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/ Kris* 5p Evening Music Jam
10 8:30a Fitness Ctr 8:30a Games & Billiards 9a GNRC Annual Enrollment Counseling* 10a Quilting 10a Functional Strength Training 11a Yoga Stretch 11:30a Metro Meals* 1p SAIL 1:30p Facebook 101*	11 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	12 8:30a Fitness Ctr 8:30a Games & Billiards 9a Morning Stretch 10a Advisory Council 10a Mahjong 10a Silver & Fit Video 10:30a Novembering* 11:30a Metro Meals* 12p Karaoke 12:30p Arthritis Exercise 12:30p Tech Help* 1p Knit & Crochet 1p BINGO	13 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- Film* 11a Bible Study 11:30a Second Harvest Food Truck 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL	14 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 10a TRIP-L & L Market* 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise 12:30p Personal Training w/ Kris*
17 8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10a Functional Strength Training 11a Yoga Stretch 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 10a TRIP-Miss Lucille's* 11:30a Metro Meals* 12p Tai Chi 1p Music Jam 1p Knit & Crochet 1:15p Line Dancing 1:30p ENCORE Choir	19 8:30a Fitness Ctr 8:30a Games & Billiards 9a Legal Aid* 9a Morning Stretch 10a Game-a-thon* 10a Mahjong 10a Silver & Fit Video 11:30a Metro Meals* 12:30p Arthritis Exercise 12:30p Tech Help* 1p Knit & Crochet 1p BINGO	20 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Office Hrs. 9a Gentle Mat Yoga 9a Body Sculpting 10 Friendsgiving Feast* 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL	21 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 10:30a TRIP-Lunch with the Center Director* 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise 12:30p Personal Training w/ Kris* 4p Sundown Social*
24 8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10a TRIP-Christmas at Gaylord-Opryland* 10a Functional Strength Training 11a Yoga Stretch 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 11:30a Metro Meals* 12p Tai Chi 1p Music Jam 1p Knit & Crochet 1:30p ENCORE Choir	26 8:30a Fitness Ctr 8:30a Games & Billiards 9a Morning Stretch 10a Silver & Fit Video 10a Mahjong 10:30a Monthly Medicare Counseling 11:30a Metro Meals* 12:30p Arthritis Exercise 1p Knit & Crochet	All FiftyForward Centers & Offices Closed	
			Happy Thanksgiving!	

FiftyForward Madison PROGRAM INFORMATION



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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. *Group Fitness Room.*



Advisory Council Wednesday, November 12th 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 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 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, November 5th, Wednesday, November 12th, & Wednesday, November 19th at 1p. Join us for our monthly BINGO! Sponsored by Bobby Chen w/ UHC, AVIVA Maybelle Carter, Jon Maves & Centerwell. *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 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. *Group Fitness Room*

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, November 7th, 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! 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. *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*



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, November 19th 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 12:30p. No Class Nov. 25th. 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: chair, Second hour: beginner. Third hour: advanced.** *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 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. **No Metro Meals November 27th or November 28th.** *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. *Group Fitness Room*

Tai Chi Tuesdays 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:

Personal Training w/ Kris Fridays in November. Intermediate session at 12:30p. Beginner session at 1:30p. Cost: \$40 (includes 3 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*

ENCORE Choir Tuesdays at 1:30p-3p. 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*

Tech Help Wednesdays in November, 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*

Tech Q&A Wednesdays in November at 1p. Got a tech question? Drop by and get answers to anything from taking photos and posting on Facebook to downloading apps and more. Bring your device and your questions, the G.O.D. International students are here to help! *Conference Room*

Facebook 101 Monday November 3rd & 10th at 1:30p. Register in advance. Whether you're brand new to social media or just want to feel more confident online, this 6-week class series will cover the basics of Facebook and give you the chance to get all your social media questions answered. Laptops will be provided for you to use during class, just bring yourself and your curiosity! *Classroom 1*

Mobile Mammogram Unit Tuesday, November 4th from 9a-2p. Sign-up in advance. Prioritizing your health is one of the most important things you can do and early detection saves lives. The mobile mammogram unit will be onsite all day offering quick, 15-20 minute breast cancer screenings. If you have insurance, your provider will be billed. If you're uninsured, grant funding is available to cover the cost. Please contact staff directly to schedule your free appointment. *FiftyForward Parking Lot*

Veterans Breakfast Wednesday, November 5th at 9:30a. Register in advance. Enhabit Hospice warmly invites all veterans and their spouses to join us for a complimentary breakfast. Enjoy a delicious meal while connecting with fellow veterans in a relaxed atmosphere. This is a special opportunity to share stories, celebrate your service, and spend time with others who understand the unique experiences of military life. *Social Room*



Karaoke Wednesday, November 5th at 12p. Karaoke is here, thanks to our member, Brenda Jones! Take a look through our songbook, and belt out your favorite tunes with friends. *Social Room*

Watercolor Painting Friday, November 7th 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*

GNRC Annual Enrollment Counseling Monday, November 10th from 9a-1p. Sign-up in advance. It's time for your yearly benefits review! A representative from GNRC will be on-site to provide individual enrollment counseling appointments. These sessions are a great opportunity to ask questions and ensure you're receiving the benefits you qualify for. *Conference Room*

Novembering Wednesday, November 12th at 12p. Sign-up in advance. Join us for a gentle and reflective gathering as we honor loved ones we've lost and hold space for the grief that can come with the holiday season. We'll share memories, light candles, and celebrate the lasting impact of those who are no longer with us. Guests are invited to share favorite holiday traditions, stories, or photos that bring comfort and connection. All are welcome whether you choose to speak or simply sit in remembrance. *Classroom 1*

Nashville PBS- Aging Matters Thursday, November 13th, 10a Register in advance. Join Nashville PBS newest Aging Matters film-AGING WITH HONOR. After the screening stay for conversation and enjoy light refreshments. *Classroom 1*

Second Harvest Food Truck Thursday, November 13th, 11:30a-12:30p. Second Harvest will have a food distribution truck stationed in our parking lot to give away food items to any members in need. Food is distributed on a first come first serve basis. *FiftyForward Parking Lot*

Game-a-thon Wednesday, November 19th from 10a-2p. Join us for a full day of fun and games! We'll have tables set up with a variety of favorites including Mahjong, Rummikub, and Mexican Train Dominoes plus plenty of space for other games to enjoy. Bring a snack to share with the group and get cozy. Hot cocoa will be provided to keep you warm while you play! *Social Room*.

Friendsgiving Feast Thursday, November 20th at 10a. Sign-up in advance. Gather with us for a cozy and heartfelt Friendsgiving celebration, sponsored by Kay Zwan with UnitedHealthcare. We'll share a delicious meal, reflect on the season, and take time to express what we're most thankful for this year. Come enjoy good food, great company, and the joy of community! *Social Room*

Sundown Social Friday, November 21st from 4p-6p. Cost \$10, register in advance. Who says pajamas can't be fabulous? Join us for a cozy-yet-glam evening where style meets comfort. Slip into your fanciest PJs, satin robes, or sparkly slippers and get ready for a night of fun! Bring a dish to share for our Potluck. *Social 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/>

Tennessee State Museum Tour

Thursday, November 6th at 10a

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

Discover Tennessee's rich history with a guided tour of the Tennessee State Museum, featuring exhibits on art, culture, and the state's unique past. After the tour, we'll walk over to the Nashville Farmers Market to enjoy lunch from a variety of local vendors.

L&L Market & Lunch

Friday, November 14th at 10a

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

Spend the day exploring the charming L&L Market, one of Nashville's trendiest spots for shopping and dining. Browse unique boutiques and enjoy lunch at one of the many delicious eateries, including options like Gerst Haus, Thai Ni Yom, Honest Coffee Roasters, and Five Daughters Bakery for a sweet treat. Whether you're in the mood for something savory, sweet, or just want to window shop, there's something for everyone!

Miss Lucille's

Tuesday, November 18th at 10a

Cost: \$20 + Lunch, register in advance.

Let's take a trip to explore vintage items to handmade goods, crafts and furniture along with a café! Feel free to eat lunch at your leisure.

Lunch with the Center Director

Friday, November 21st at 10:30a

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

Join Latonya, the new center director at Madison for a meet & greet lunch at Chef's Market.

Christmas at Gaylord-Opryland

Monday, November 24 at 10a

Cost: \$10+ Lunch, register in advance.

Celebrate the magic of the season with a festive trip to Gaylord Opryland! Wander through stunning holiday displays, twinkling lights, and beautiful decorated atriums while enjoying the sights, sounds and smells of Christmas. It's a joyful outing perfect for sharing the holiday spirit with friends. Have lunch at your leisure.

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.