

December 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	Sat
<p>1</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10a Functional Strength Training 11a Yoga Stretch 11:30a Metro Meals* 1p SAIL</p>	<p>2</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 10a Christmas at Gaylord 11:30a Metro Meals* 12:40p Chair Dance w/ Valerie 1p Music Jam 1:15p Beginner line dance w/Valerie 1:30p ENCORE Choir* 2:15p Experienced line dance w/Valerie</p>	<p>3</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Morning Stretch 9:30a Knit & Crochet 10a Mahjong 10a Silver & Fit Video 11:30a Metro Meals* 12p Karaoke Christmas Sing a long 12:30p Arthritis Exercise 1p BINGO 12:30p Tech Help*</p>	<p>4</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Office Hrs. 9a Gentle Mat Yoga 9a Body Sculpting 10:30a Nashville Puppet Truck* 11:30a Metro Meals* 1p SAIL</p>	<p>5</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:00p Watercolor w/Jill* 12:30p Arthritis Exercise 12:30p Personal Training w/ Kris* 5p Evening Music Jam</p>	<p>6</p> <p>2p Nashville Youth Jazz Ensemble from 2p-4p</p>
<p>8</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10a Functional Strength Training 11a Yoga Stretch 11:30a Metro Meals* 1p SAIL</p>	<p>9</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 11:30a Metro Meals* 12:40p Chair Dance w/ Valerie 1p Music Jam 1:15p Beginner line dance w/Valerie 2:15p Experienced line dance w/Valerie</p>	<p>10</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Morning Stretch 9:30a Knit & Crochet 10a Advisory Council 10a Mahjong 10a Silver & Fit Video 11:30a Holiday Party w/ Silver Notes Big Band* 12:30p Arthritis Exercise 1p Knit & Crochet</p>	<p>11</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Office Hrs. 9a Gentle Mat Yoga 11:30a Second Harvest Food Truck 11:30a Metro Meals* 1p SAIL</p>	<p>12</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise</p>	<p>13</p>
<p>15</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10a Functional Strength Training 11a Yoga Stretch 11:30a Metro Meals* 1p SAIL</p>	<p>16</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 11:30a Metro Meals* 12:40p Chair Dance w/ Valerie 1:15p Beginner line dance w/Valerie 1p Music Jam 2:15p Experienced line dance w/Valerie</p>	<p>17</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Morning Stretch 9a Legal Aid* 9:30a Knit & Crochet 10a Mahjong 10a Silver & Fit Video 11:30a Metro Meals* 12:30p Arthritis Exercise 1p BINGO</p>	<p>18</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Office Hrs. 9a Gentle Mat Yoga 9a Body Sculpting 10:00a TRIP- Kennie's Playhouse - Musical CROWN 11:30a Metro Meals* 1p SAIL</p>	<p>19</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/ Kris*</p>	<p>20</p>
<p>22</p> <p>All FiftyForward Centers & Offices Closed</p>	<p>23</p> <p>Happy Holidays!</p>	<p>24</p> 	<p>25</p> 	<p>26</p> 	<p>27</p>
<p>29</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Quilting 10a Functional Strength Training 11a Yoga Stretch 11:30a Metro Meals* 1p SAIL</p>	<p>30</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 11:30a Metro Meals* 12:30p Line Dancing 1p Music Jam</p>	<p>31</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Morning Stretch 9:30a Knit & Crochet 10a Mahjong 10a Silver & Fit Video 11:30a Metro Meals* 12:30p Arthritis Exercise</p>			

FiftyForward Madison PROGRAM INFORMATION



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Denotes member-led program

RECURRING CLASSES, ACTIVITIES, & GROUPS

AEA Arthritis Foundation Exercise Program Wednesdays & Fridays at 12:30pm. 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. *Group Fitness Room.*



Advisory Council Wednesday, December 10th at 10a. Each month, the FiftyForward Madison Board members meet with staff to foster collaboration, exchange ideas, and keep everyone involved in the latest developments at the center. *Conference Room*

Beginner Dance Fridays in December 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 Has been cancelled for the month of December. It will resume in January.

BINGO Wednesday, December 3rd, Wednesday, December 17th at 1p. Join us for our monthly BINGO! Sponsored by Ellie Mental Health, Juan Beraldi Insurance, Jon Maves & Center well, and True Love Healthcare. *Social Room.*

Body Sculpting Tuesdays at 10a and Thursdays at 9a. Join 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 December 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. *Group Fitness Room*

Dance Blast w/ Jack Fridays in December 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, December 5th, 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*

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 Wednesdays at 9:30a. 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, December 17th 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. 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, 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. **No Meals December 22nd-26th** *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 and Thursdays at 11:30a. Class is still Cancelled until further notice. 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 December. 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*

Nashville Puppet Truck– Goldilocks Thursday, December 4th at 10:30a. Register in advance.

Watercolor Painting Friday, December 5th 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*

Karaoke Wednesday, December 10th at 12p. Karaoke is back, thanks to our member, Brenda Jones! The holidays are here, so stop by to sing some of your favorite classics. *Social Room*

Second Harvest Food Truck Thursday, December 11th at 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*

ENCORE Choir Tuesdays December 2nd at 1:30p-3p. Sign-up through the QR code posted around the center! Will resume in January. 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*

Holiday Party Wednesday, December 10th at 11:30a With Silver Notes Big Band

Tech Q&A Wednesdays in December 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*

Tech Help Wednesdays in December, 12:30p-2:30p, 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*

Madison Social Friday December 19. Cost \$10, register in advance. Fridays at 2p-4p. Join us for a fun evening of music, dancing and community as DJ Damon spins all your favorite hits. Please bring a dish to share for our potluck. *Social Room*



Nashville Youth Jazz Ensemble Concert

Saturday December 6th at 2p-4p.

Cost: \$10

The Nashville Jazz Youth Ensemble is an educational and performing jazz band for students grades 8-12 in the Middle Tennessee area. It is a community based non-profit organization dedicated to the cause of nurturing the love of jazz among young people.



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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/>

Christmas at Gaylord

Tuesday, December 2 at 10a

Cost: \$10 + Lunch, register in advance

Celebrate the magic of the season with a festive trip to Gaylord Opryland! Wander through the stunning holiday displays, twinkling lights, and beautiful decorated atriums while enjoying the sights, sounds and smells of Christmas.

Kennie's Playhouse

Thursday, December 18th at 9a we will depart for a 10a show

Cost: \$35, Please register in advance

'Crowns is a soul- stirring journey through music, memory, and the magnificent power of woman hood.

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.