

February 2026 FiftyForward Madison Program Calendar

Please carefully read the program description page to learn more about each activity. Events with an asterisk* require advanced registration. To register for programs & trips, go to <https://fiftyforward.org/member/>

Mon	Tue	Wed	Thur	Fri	Sat
2. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Beginner Sewing and Quilting 10:40a Never Stop Moving Exercise Class 11a Chair Yoga Stretch 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* 11:30a Tai Chi 12:30a Chair Dancing 1p Beginner Line Dance 1p Music Jam 1:30p ENCORE rehearsal 2p Improver Line Dance	4. 8:30a Fitness Ctr 8:30a Games/Billiards 9a Morning Stretch 9:30a Knit & Crochet 9:30a TRIP: National Museum of African American Music* 10a Mahjong 10:40a Never Stop Moving Exercise Class 11:30a Metro Meals* 12:30p Arthritis Exercise 12:15 Tech Help* 1p BINGO	5. 8:30a Fitness Ctr 8:30a Games & Billiards 8:30a-12p Care Manager Office Hrs. 9a Gentle Mat Yoga 9a Body Sculpting 10a Past is Prologue Movie Screening 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL	6. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 11:30p Personal Training w/ Kris* 12:00p Watercolor w/Jill* 12:30p Arthritis Exercise 12:30p Afternoon Movie 5p Evening Music Jam	7.
9. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Beginner Sewing and Quilting 10:40a Never Stop Moving Exercise Class 11a Chair Yoga Stretch 11:30a Metro Meals* 1p SAIL	10. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 9a TRIP: Kennie's Playhouse Show- I am a Shepherdess* 10a Body Sculpting 11:30a Metro Meals* 11:30a Tai Chi 12:30a Chair Dancing 1p Beginner Line Dance 1p Music Jam 1:30p ENCORE rehearsal 2p Improver Line Dance	11. 8:30a Fitness Ctr 8:30a Games/Billiards 9a Morning Stretch 9:30a Knit & Crochet 10a Mahjong 10a Advisory Council 10:40a Never Stop Moving Exercise Class 11a Nashville in Harmony Concert 11:30a Metro Meals* 12:30p Arthritis Exercise 12:15 Tech Help* 1p BINGO	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 Second Harvest Food Truck 11:30a Metro Meals* 11:30a Tai Chi 12:00p Wired Jewelry Art Class* 1p SAIL 1p Presentation on Aging Seminar	13. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11a Valentines Day Party 11:30a Metro Meals* 11:30p Personal Training w/ Kris* 12:30p Arthritis Exercise 12:30p Afternoon Movie	14..
16. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Beginner Sewing and Quilting 10:40a Never Stop Moving Exercise Class 11a Chair Yoga Stretch 11:30a Metro Meals* 1p SAIL	17. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 9a Metro Meals Meeting 10a Body Sculpting 11:30a Metro Meals* 11:30a Tai Chi 11:30a Lunch and Learn* 12:30a Chair Dancing 1p Beginner Line Dance 1p Music Jam 1:30p ENCORE rehearsal 2p Improver Line Dance	18. 8:30a Fitness Ctr 8:30a Games/Billiards 9a Morning Stretch 9a Legal Aid* 9:30a Knit & Crochet 10a Mahjong 10:40a Never Stop Moving Exercise Class 11:30a Metro Meals* 12:30p Arthritis Exercise 12:15 Tech Help* 1p BINGO	19. 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 11a TRIP: MYSTERY LUNCH* 11:30a Metro Meals* 11:30a Tai Chi 12:00p Wired Jewelry Art Class* 1p SAIL	20. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 11:30p Personal Training w/ Kris* 12:30p Arthritis Exercise 1p Avoiding Computer Scams Workshop 2:00p Madison Social	21.
23. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Beginner Sewing and Quilting 10:40a Never Stop Moving Exercise Class 11a Chair Yoga Stretch 11:30a Metro Meals* 1p SAIL	24. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 10a Activities Committee 10a Body Sculpting 11:30a Metro Meals* 11:30a Tai Chi 12:30a Chair Dancing 1p Beginner Line Dance 1p Music Jam 1:30p ENCORE rehearsal 2p Improver Line Dance	25. 8:30a Fitness Ctr 8:30a Games/Billiards 9a Morning Stretch 9:30a Knit & Crochet 10a Mahjong 10a AbleHelpers Home Care Seminar* 10:40a Never Stop Moving Exercise Class 11:30a Metro Meals* 12:15p Arthritis Exercise 12:15 Tech Help* 1p BINGO	26. 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 12:00p Wired Jewelry Art Class* 1p SAIL	27. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 11:30p Personal Training w/ Kris* 12:30p Arthritis Exercise 12:30p Afternoon Movie	28.

Fifty Forward Madison PROGRAM INFORMATION

If you are interested in participating in any program virtually, please reach out to the hosting center for more information



ML 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 Studio.*

Advisory Council Wednesday, January 14th 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 ML*

Afternoon Movie Fridays at 12:30p. Enjoy an afternoon at the movies with a different monthly theme. This month we'll be watching ROM COMs!! We'll also be serving popcorn and soft drinks. Feel free to bring your lunch! *TV Room ML*

Bible Study with Brenda Greer Thursdays at 11a. Come participate in a weekly Bible Study led by Brenda Green! *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 Studio*

Beginner Sewing and Quilting Mondays at 10a. Whether you're an experienced quilter or just getting started, our group, led by Norma Deal and Teresa Birdsong, 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 ML*

BINGO Wednesday, February 4, 11, 18, and 25 at 1p. Join us for BINGO! Sponsored by our center, Juan Beraldi Insurance, Jon Maves & Centerwell, and Madison Funeral Home *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! **Note: No class on 1/22.** *Group Fitness Studio.*

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 Studio*

Chair 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. *Classroom 1*

Dance Blast w/ Jack Fridays in January 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 Studio*

Evening Music Jam - Madison Station Music Makers First Friday night of the month, January 2, 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 ML*

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 ML*

Legal Aid Wednesday, January 21, 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 ML*

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!

12:30p: Chair Dancing, 1p: Beginner Line Dance, 2p: Improver Line Dance
Group Fitness Studio

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 ML*

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*

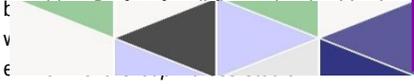
Morning Stretch Wednesdays at 9a. Get moving with seniors across the country in this fun virtual workout from Senior Planet! Stretching and breathing exercises have shown to reduce anxiety and stress. This daily class will guide you through 30 minutes of simple stretches and breathing meditations to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

"Never Stop Moving" Exercise Class Mondays & Wednesdays at 10:40a. . Get your heart pumping and energy flowing with this fun, low-impact cardio workout designed for active older adults!. Led by Kris Colt *Group Fitness Studio*

Music Jam Tuesdays at 1p. Bring your voice, instrument, or listening ears for a jam session. *Multipurpose Room ML*

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 Studio*

Tai Chi Tuesdays 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



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SPECIAL PROGRAMS & EVENTS:

Personal Training w/ Kris Fridays in February: Private Pilates Personal Training session at 11:30p. Personal Chair Pilates at 12:30p. 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*

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 from 12:15 to 2:15p. Do you have a tech question or issue you need help with? Is your phone, tablet, or laptop acting up and you don't know what's going on? Bring it to our Tech Help sessions with students from the Institute of G.O.D *Conference Room*

"The Past Is Prologue" Movie Screening: Thursday, February 5 at 10a Many of our members grew up during the Civil Rights Movement and saw through young eyes how neighborhoods and communities were effected. Mary Owens is one of our members whose Class of 1969 at Cameron High School created a documentary; 40 minutes of history and a peek into one of Nashville's almost forgotten stories. *Classroom 1 ML*

Watercolor Painting w/ Jill Friday, February 6 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*

Wired Jewelry Art Class w/ Jill Dates: February 12, 19, and 26. Cost: \$30 (includes supplies), sign-up in advance. Led by Jill Mayo. Make jewelry with this impressive wirework technique. A variety of techniques will be covered and you'll make beautiful handmade jewelry that would make a great gift for a friend or yourself! *Art Room* ***Note* Signup for class by Feb 11**

Nashville In Harmony Concert Wednesday, February 11 at 11a. Come to the social room to enjoy a free choir concert from Nashville in Harmony. *Social Room*

Presentation on Aging Seminar with Dr. Jill Chafetz Thursday, February 12 at 1p. Getting older is better than you think! Come participate in this seminar where one of our members, Jill Chafetz will discuss many myths society has about senior citizens, and share the truths related to them. *Classroom 1*

Second Harvest Food Truck Thursday, February 12 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*

Valentines Day Party Friday, February 13 at 11a. Come celebrate Love with all of your favorite people and our friends from Dollar General! Our Valentines Day party will include games, a hot cocoa bar, and hopefully YOU! *Social Room*

Metro Meals Meeting: Tuesday, February 17 at 9:30a. Please join us for a informational meeting regarding our metro meals program. This is for anyone who volunteers or participates in the meals program. *Social Room*

Lunch and Learn: Tuesday, February 17 at 11:30a. Come hear from Dr. Tanavin from TN Heart and Vascular speak about Heart Health. There will also be booths with heartcare related resources and lunch will be provided by TriStar Medical Center. **Please register in advance.** *Classroom 1*

Avoiding Computer Scams Workshop Friday, February 20 at 1p. Online Scammers get smarter, but so can you! Learn more about spotting scam red flags, recognizing phishing attempts, avoiding fake links and pop ups, and protecting your personal online information. Workshop is led by Sydney Mattern with the Martha O'Bryan Center *Classroom 1*

Madison Social Friday February 20 from 2 to 4p. Cost: \$5 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. **Optional Theme: Wear Red for Valentines Day!** *Social Room*

"AbleHelpers Home Care" Seminar Wednesday, February 25 at 10a. AbleHelpers Home Care offers a variety of services such as medication reminders, companionship and supervision, mobility assistance, meal prep, and transportation. Light refreshments provided *Classroom 1*

DAY TRIPS

Registering and Payments for your Trips-

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.

The portal can be accessed from the convenience of your home by visiting:

<https://fiftyforward.org/member/>

National Museum of African American Music

Wednesday, February 4 at 9:30a

Cost: \$10 + ("Pay what you can" for tickets)

Register in advance

The National Museum of African American Music is the only museum dedicated to preserving and celebrating the legacies of many music genres created and inspired by African Americans, from spirituals and gospel to jazz, blues, hip-hop, and R&B. *Every First Wednesday their tours are "pay what you can" so please plan accordingly*

Kennie's Playhouse: I Am A Shepherdess

Tuesday, February 10 at 9a

Cost: \$35 (\$10 for shuttle, \$25 for ticket)

Register in advance *****BY FEB 2*****

"A Christian Bride is set to marry her Muslim Groom but his mama shows up at the wedding with a different opinion about the matter." We're excited to see another amazing show at Kennie's Playhouse. We're buying tickets in advance, so please signup BY Feb 2.

Mystery Lunch

Thursday, February 19 at 10:30a

Cost: \$10 + Lunch (\$25-\$60)

Register in advance

Mystery Lunches are back with more mystique than ever! Come out and eat with us! Show up, get in the bus, and we'll take you...somewhere with food! Destination unknown, til we pull in the parking lot. *For this month's destination, you could get a meal for \$25-30, or you could go big for something \$60ish if you want!*