

March 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	
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 11a TRIP: Mystery Lunch* 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 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 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL 5p Jan Cronin Concert	6. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Scrapbooking Club 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 11:30p Personal Training w/ Kris* 12p Watercolor w/Jill* 12:30p Arthritis Exercise 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 2p "Everyday Use of AI" Tech workshop*	10. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 10a Activities Committee 11a "Be Red Cross Ready" Workshop 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 11:30a Metro Meals* 12p Paper Bead Jewelry II Art Class* 12:30p Arthritis Exercise 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 *Center Closes at 1 pm* 6p "Dancing Through The Decades" Dance	13. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Scrapbooking Club 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 11:30p Personal Training w/ Kris* 12:30p Arthritis Exercise 5p Line Dancing Party	14.
16. 8:30a Fitness Ctr 8:30a Games & Billiards 9:30a TRIP: Popstroke* 10a Beginners Billiard's 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 11a St Patrick's Day Party 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	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 11a Lunch and Learn* 11:30a Metro Meals* 12:30p Arthritis Exercise 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 10a Gameathon! 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi 12p Paper Bead Jewelry II Art Class* 1p SAIL	20. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Scrapbooking Club 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 11:30p Personal Training w/ Kris* 12:30p Arthritis Exercise 2:00p Madison Social	21.
23. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Beginners Billiard's 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 9a WeGo Public Transit Presentation* 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 10:40a Never Stop Moving Exercise Class 11:30a Metro Meals* 12:30p 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 10a Scam Prevention Presentation* 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi 12p Paper Bead Jewelry II Art Class* 1p SAIL	27. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Scrapbooking Club 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 11:30p Personal Training w/ Kris* 12:30p Arthritis Exercise 12:30p "Beyond The Brochure" Documentary	28.
30. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Beginners Billiard's 10a Beginner Sewing and Quilting 10:40a Never Stop Moving Exercise Class 11a Chair Yoga Stretch 11:30a Metro Meals* 1p SAIL	31. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 9a TRIP: Durci Chocolate* 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				



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

Activities Committee Tuesday, March 10 at 10a. FiftyForward members meet with Drew and plan upcoming activities and share new ideas *Conference Room*

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, March 11 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*

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

Beginner's Billard's Mondays at 10a, starting March 16. Ladies and Guys! Have you ever wanted to learn the basics of pool? Come learn the basics of the game, how to play different games, make friends, and have a lot of fun with us! Class is taught by Ted Souris and no prior pool experience is needed. *Social Room- Pool Hall ML*

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. Let's create something beautiful together! *Art Room ML*

BINGO Wednesday, February 4, 11, 18, and 25 at 1p. Join us for BINGO! Officiated by Drew Davis, 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!. *Group Fitness Studio. No class on 3/17*

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 levels to enjoy. *Group Fitness Studio No class on 3/17*

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 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, March 6, 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*

Knit & 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 (Beverly Wiley is filling in for Kate this month!). *Art Room ML*

Legal Aid Wednesday, March 18, 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 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 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 weekly 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*

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

"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*

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. 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*

Scrapbooking Club Fridays at 10 am. Come join our fun and creative scrapbooking club led by Brenda Jones! Bring your memories to life in a friendly and support group. Please bring your own book and scraps! *Conference Room ML*

Tai Chi Tuesdays and Thursdays at 11:30a. 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 Studio*



Fifty Forward Madison PROGRAM INFORMATION

DAY TRIPS

Registering and Payments for your Trips-

Payments and registrations will be made by the member via our 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/>

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.

Mystery Lunch

Monday, March 2 at 11a

Cost: \$10 + Lunch (\$20-25)

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, until we pull in the parking lot

Popstroke Mini golf

Monday, March 16 at 9:30a

Cost: \$10 + Lunch (\$20-30) + \$20 (If you want to play mini golf)

Register in advance

Popstroke is a hot new spot in Nashville that has minigolf, a restaurant, and a bar. Come join us on this trip if you'd like to play mini golf, and/or if you'd like to eat, drink, and hang out with a fun bunch! Bus fare is \$10, and then you will want to bring extra money to eat, drink, and/or play putt putt.

WeGo Public Transit Presentation & Trip

Tuesday March 24 at 9a

Cost: Lunch (\$25-30)

Register in Advance by March 20^{**}: There is Paperwork to fill out

We are offering a free WeGo Travel Training orientation where general information and guidance is provided on how to use the WeGo Public Transit. a hybrid combination of an "in-the-field" group travel training after the led by WeGo Transit Navigator, Michelle Prather. Following the presentation, participants are driven downtown to get a bus pass and stopping at Food Assembly Hall for lunch. Register in advance by Monday March 23 because there is paperwork you will need to fill out. Meet in the *Social Room*

Durci Chocolate Tour, Tasting, and Lunch

Tuesday, March 31 at 9a

Cost: \$25 (\$10 for shuttle +\$15 chocolate tour), Lunch (\$20-25)

Register in advance by March 27^{**}

Join us for a chocolate tour and tasting at Durci Chocolate in Lebanon. Durci Chocolate works with local farmers to create artisan chocolate, and they also have a restaurant connected to their facility. If you like lunch and chocolate, this will be a sweet trip for you to check out.

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

SPECIAL PROGRAMS & EVENTS:

Personal Training w/ Kris Fridays in March: **Private Pilates Personal Training session at 11:30p. Personal Chair Pilates at 12:30p. Cost \$40 (includes 4 sessions) Register in advance.** 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 to participate through the ENCORE website!** 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! Encore semesters run for 15 weeks that culminate with a performance that is free and open to the public. *Social Room*

Tech Help March 4 and March 25, 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*

Watercolor Painting w/ Jill Friday, March 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*

Paper Bead Jewelry 2 w/ Jill March 11, 19, and 26. **Cost: \$30 (includes supplies), sign-up in advance.** Led by Jill Mayo. January's Paper Bead Jewelry class went so well, we're having a sequel! Newcomers are welcome too! This is a 3 week continuation course. Come make beautiful jewelry! *Art Room* **Signup for class by March 10**

Jan Cronin Concert Thursday, March 5 at 5p. Join us for a jazz concert in the social room led by the wonderful Jan Cronin and her band. Jan has performed at the John F. Kennedy Center for Performing Arts and won the title of "Best Female Vocalist" at a contest from the Nashville Palace. *Social Room*

"Everyday Uses of AI" Workshop Monday, March 9 at 2p. Are you curious about AI? Would you like to know more about what it does and how it can help you with your daily life? Come join Danny Oliver with Nashville Public Library and learn how AI is currently being used in different industries as well as how AI can help us in our daily lives! *Classroom 1*

"Be Red Cross Ready" Workshop Tuesday, March 10 at 11a Join us for a seminar by the Red Cross designed to teach people how to prepare for and respond appropriately to disasters such as fires, earthquakes, tornadoes, etc. Through this workshop you'll get a kit, make a plan, and be more informed about natural disaster readiness. *Classroom 1*

Second Harvest Food Truck Thursday, March 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*

Dancing Through The Decades Fundraisers Thursday, March 12 at 6p. **Cost \$40 (for members)** This year Madison, Nashville community, and FiftyForward members will gather for an evening of dancing and celebration as we "Dance Through The Decades". Guests will enjoy music spanning multiple eras, hors d'oeuvres, and the joy of coming together in support of FiftyForward Madison Station. *Social Room*

Line Dancing Party Friday, March 13 at 5p. FiftyForward Line Dancing classes unite for a dance party! Come enjoy food, friends, and line dances led by Valerie and Deborah! **Please bring a dish you'd like to share!** *Social Room*

St Patrick Day Party Tuesday, March 17 at 11a. Come join us for food, fun activities, and celebration as at our monthly holiday party. This month we're bringing the luck of the Irish with our St Patty's Day Party! *Social Room*

Lunch and Learn: Wednesday, March 18 at 11a. The HEAL Project is a team of researchers at Vanderbilt University working to understand end-of-life care access. The team will be sharing valuable information about the importance of advance care planning, hospice and palliative care, and local community resources that can aid in planning for later life. ***Register in advance by Monday March 16*.** *Classroom 1*

GAMEATHON! Thursday March 19 from 10a to 2p. Come join us in the social room for all the fun and games! We'll have tables set up with some of our favorite games, and members ready to teach you to play! Or, if you'd like to run a game, reach out to Drew and reserve a table and bring your game to our center! *Social Room*

Madison Social! Friday March 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 Dress Theme: Green or Mardi Gra!* *Social Room*

Scam Prevention Workshop Thursday March 26 at 10a Educating yourself is the best protection against potential scams. Come learn about deceptive business practices, which scams target older adults, and what resources can help you. Led by Anna Smith *Classroom 1*

"Beyond the Brochure" Travel Testimonies Friday March 27 at 12:30p Come enjoy a short travel documentary about a different destination each month, followed by a testimony from one of our members. This month, we'll be going to Scotland and our center director Latonya Henderson will be sharing about her trip and experience. *Social Room*