

April 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
		<p>1. 8:30a Fitness Ctr 8:30a Games/Billiards 9a Morning Stretch 9:30a Knit & Crochet 10a Mahjong 10:40a "Never Stop Moving" 11a Notary Services 11:30a Metro Meals* 12:30p Arthritis Exercise 12:15 Tech Help* 1p BINGO</p>	<p>2. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Body Sculpting 9a TRIP: Tulip Festival* 9:30a-12p Care Manager Office Hrs. 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL</p>	<p>3. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Scrapbooking Club 10a Dance Blast 11a Beginner Dance 11a Good Friday Party 11:30a Metro Meals* 12p Watercolor w/Jill* 12:30p Arthritis Exercise 4p Evening Music Jam</p>
<p>6. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Beginners Billiard's 10a Beginner Sewing and Quilting 10:40a "Never Stop Moving" 11a Chair Yoga Stretch 11:30a Metro Meals* 1p SAIL</p>	<p>7. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 10a Art Trunk 1* 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</p>	<p>8. 8:30a Fitness Ctr 8:30a Games/Billiards 9a Morning Stretch 9:30a Knit & Crochet 10a Mahjong 10:40a "Never Stop Moving" 11:30a Metro Meals* 12:15 Tech Help* 12:30p Arthritis Exercise 1p BINGO</p>	<p>9. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Body Sculpting 9:30a-12p Care Manager Office Hrs. 11a Bible Study 11:30a 2nd Harvest Food Truck 11:30a Metro Meals* 11:30a Tai Chi 1p Polymer Clay Jewelry* 1p SAIL</p>	<p>10. 8:30a Fitness Ctr 8:30a Games & Billiards 9:30a TRIP: Frist Art Museum* 10a Scrapbooking Club 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise 1p "Telehealth and Online Services" Tech Workshop*</p>
<p>13. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Volunteer Appreciation Breakfast 10a Beginners Billiard's 10a Beginner Sewing and Quilting 10:40a "Never Stop Moving" 11a Chair Yoga Stretch 11:30a Metro Meals* 1p SAIL</p>	<p>14. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 9:30a Craft Circle 10a Body Sculpting 10a Activities Committee 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</p>	<p>15. 8:30a Fitness Ctr 8:30a Games/Billiards 9a Morning Stretch 9a Legal Aid* 9:30a Knit & Crochet 10a Advisory Council 10a Mahjong 10:40a "Never Stop Moving" 11:30a Metro Meals* 12p Lunch and Learn* 12:15 Tech Help* 12:30p Arthritis Exercise 1p BINGO</p>	<p>16. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Body Sculpting 9:30a-12p Care Manager Office Hrs. 10:30a "Laughlines" Improv Comedy Show 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi 1p Polymer Clay Jewelry* 1p SAIL</p>	<p>17. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Scrapbooking Club 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise 4:00p Madison Social</p>
<p>20. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Beginners Billiard's 10a Beginner Sewing and Quilting 10:30a TRIP: Mystery Lunch #1* 10:40a "Never Stop Moving" 11a Chair Yoga Stretch 11:30a Metro Meals* 1p SAIL</p>	<p>21. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 10a Art Trunk 2* 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</p>	<p>22. 8:30a Fitness Ctr 8:30a Games/Billiards 9a Morning Stretch 9:30a Knit & Crochet 10a Mahjong 10:30a TRIP: Mystery Lunch #2* 10:40a "Never Stop Moving" 11:30a Metro Meals* 12:30p Arthritis Exercise 12:15 Tech Help* 1p BINGO 1:30p Medicare Counseling</p>	<p>23. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Body Sculpting 9:30a-12p Care Manager Office Hrs. 10a Standup Comedy Show 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi 1p Polymer Clay Jewelry* 1p SAIL</p>	<p>24. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Scrapbooking Club 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise 12:30p "Beyond The Brochure" Documentary</p>
<p>27. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Frist Digital Art Workshop 10a Beginners Billiard's 10a Beginner Sewing and Quilting 10:40a "Never Stop Moving" 11a Chair Yoga Stretch 11:30a Metro Meals* 1p SAIL 2p "Finding Things On the Internet" Tech Workshop*</p>	<p>28. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 9:30a Craft Circle 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</p>	<p>29. 8:30a Fitness Ctr 8:30a Games/Billiards 9a Morning Stretch 9:30a TRIP: Health Fair* 9:30a Knit & Crochet 10a Mahjong 10:40a "Never Stop Moving" 11:30a Metro Meals* 12:30p Arthritis Exercise 12:15 Tech Help*</p>	<p>30. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Body Sculpting 9:30a-12p Care Manager Office Hrs. 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL</p>	



Fifty Forward Madison PROGRAM INFORMATION

RECURRING CLASSES, ACTIVITIES, & GROUPS

Activities Committee Tuesday, April 14 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, April 15 at 10a. Each month, the FiftyForward Madison Advisory Council 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 Billiard's Mondays at 10a. 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, April 1, 8, 15, and 22 at 1p. Join us for BINGO! Officiated by Red Senior Glen Senior Living, Juan Beraldi Insurance, Jon Maves & Centerwell, and Madison Funeral Home *Social Room. *Note* There is No BINGO on April 29.*

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.*

Craft Circle Tuesdays April 14 and 28 at 9:30a. Come Craft in Community with Kate Joy and friends! Bring your projects (quilt, sewing, crocheting, embroidery, plastic canvas, etc.) Bring your own materials. *Art Room ML*

Care Manager Office Hours, Thursdays, 9:30a-12p: FiftyForward Care Manager Emily Eriamiatoe will be available for brief (up to 30-minute) consultations to answer questions related to benefits, housing, food resources, and other essential services. Some needs may require additional scheduled appointments for assessments, paperwork, or application assistance. Walk-ins are welcome from 9:30a-12p.

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*

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*

ML Denotes member led program

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, 4p-6p. 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 *Art Room ML*

Legal Aid Wednesday, April 15, 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 *Social Room on Monday, Group Fitness Studio on Wednesday*

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. *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! *Art Room and Conference Room (1st Friday only) 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*

SPECIAL PROGRAMS CONT.

Frist Digital Art Workshop Classes are every Monday at 10a from April 27 to June 29: Explore your creativity, learn a new skill, and create art with an iPad in this free digital art-making workshop at FiftyForward Madison Station, presented in partnership with the Frist Art Museum. Participants will explore digital art-making skills and develop new forms of creative expression using technology. Using iPads and the ProCreate app, the class will learn new skills each week and gain tools for creative expression while developing community and engaging with the Frist's exhibitions and programs. Participants also receive a complimentary one-year membership to the Frist Art Museum. All materials are provided, and there is no charge for the class. *Art Room*
****NOTE: This class is open to the public and only has 18 spots, so signing up ASAP is highly recommended****

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.

Tulip Festival at Lucky Ladd Farms

Thursday, April 2 at 9:00a (Return to center 2-3ish)

Cost: \$30 + Lunch (\$20-30)

****Register in advance by March 29****

Located in the heart of Middle Tennessee, Lucky Ladd Farms has created the largest you-pick tulip farm experience in the Southeastern United States to provide a family-friendly event, offering both an authentic tulip picking experience on the farm and an extraordinary photography backdrop, located in Eagleville TN. Lunch will follow at Sorrelles Italian Restaurant

Frist Art Museum

Friday April 10 at 9:30a

Cost: \$10

Register in Advance

Join us for a guided tour at the Frist Art Museum through the exhibit, "In Her Place". This exhibit draws attention to the prominent position of women artists in our region and beyond through the presentation of nearly 100 paintings, sculptures, textiles, and installation works made by an intergenerational group of 28 celebrated Nashville-based women artists.

Mystery Lunch (2 Dates, Same Destination)

Monday, April 20 at 10:30a

Wednesday, April 22 at 10:30a

Cost: \$10 + Lunch (\$20-30)

Register in advance

Come 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

****We are trying 2 dates so more people can attend, please ONLY sign up for one Mystery Lunch (We'll be going to the same place)****

Health Fair At FiftyForward Martin

Wednesday, April 29 at 9:30a

Cost: No Charge + Lunch (\$20-25)

Register in advance

Join us for our annual Spring Health & Resources Fair! There will be information on fitness, nutrition, mental health, and caregiver needs, along with medical screenings, door prizes, and vendor goodies. There will also be taco and pizza food truck

Fifty Forward Madison PROGRAM INFORMATION

SPECIAL PROGRAMS & EVENTS:

Personal Training w/ Kris Kris's personal training is taking a break for April and May, but will be back in June!

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 Wednesdays in April, 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* **Note: Please sign up in advance for a 30 minute appointment via the signup sheet at the Conference Room**

Watercolor Painting w/ Jill Friday, April 3 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*

Polymer Clay Jewelry w/ Jill April 9, 16, and 23 at 12p. Cost: \$45 (includes supplies), sign-up in advance. Led by Jill Mayo. Learn to make unique bead jewelry in your favorite colors out of Polymer Clay. This is a 3 week progressive class! *Art Room* **Signup for class by April 8**

Notary Services Wednesday, April 1 from 11a to 1p. Do you have something that needs to be Notarized? Notary, Donna Mobley comes to the center every first Wednesday of the month and will notarize your documents for \$25. *Social Room*

Good Friday Party Friday, April 3 at 11a. Come join us for food, fun activities, and celebration at monthly holiday party. This month we are celebrating Good Friday, and our party will be a potluck. Signup to bring a dish at our center office. There will also be an awesome concert! *Social Room*

Art Trunk 1 April 7 at 10a. An art teacher from the Frist Art Museum will lead us in a personal collage activity inspired by artist Lakesha Calvin. Participants will identify colors, images, and symbols important to them and use materials like watercolors, stamps, magazine images, and fabric to create collages. *Art Room* **Note: You can sign up to do both Art Trunks!**

Second Harvest Food Truck Thursday, April 9 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*

Telehealth & Online Services Tech Workshop Friday, April 10 at 1 pm Does having to deal with all of the online portals stress you out? Come to this tech workshop, led by Sydney Mattern with the Martha O'Bryan Center, to cover the basic steps of using medical portals and other online services *Classroom 1*

Volunteer Appreciation Breakfast Monday, April 13 at 9a. Calling everyone who volunteers! (working the desk, serving metro meals, leading a class/group, etc.) We'd like to treat you to a breakfast and appreciate you! Please register in advance so we have an idea of how much food to prepare. *Classroom 1*

Lunch and Learn: Wednesday, April 15 at 12p. Shaunda and our friends at Centerwell are sponsoring a Lunch & Learn for us this month. Come have lunch with us and learn more about diabetes and hypertension. *Social Room* ***Register in advance by Monday April 13***

Laughlines Improv Comedy Show Thursday, April 16 at 10:30a Laughlines is an Improv Comedy Group from FiftyForward Donelson led by member Lynda Drewry. Come enjoy "Games, skits, and silly stuff presented by FUNNY OLD FOGIES" *Social Room*

Madison Social! Friday, April 17 from 4 to 6p. 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. *Social Room* **Optional Dress Theme: "Boots on the Ground!"** Wear your cowboy hat, boots, jeans, and best western giddup!

Art Trunk 2 Tuesday April 21 at 10a. An art teacher from the Frist Art Museum returns to lead us in creating expressive sculpture inspired by artist Vadis Turner. Participants will use materials like wire, packing peanuts, fabric, etc. to create unique sculptures. *Art Room* **Note: You can sign up to do both Art Trunks!**

Standup Comedy Show Thursday, April 23 at 10a Drew Davis brings members of the Clean Comedy Collective to put on a standup comedy show in the social room! Come laugh at our free comedy hour at the center or join us in Donelson the night before for the full experience. Ask Drew for more details! *Social Room*

"Beyond the Brochure" Travel Testimonies Friday April 24 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*

"Finding Things on the Internet" Tech Workshop Monday, April 27 at 2p Do you look up things on the internet? Would you like to learn how to be more efficient? Come to this workshop and learn how to define and refine your internet searches! Danny Oliver with the Nashville Public Library returns to share this awesome tech workshop! *Social Room*