

May 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
				1. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Scrapbooking Club 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12p Watercolor w/Jill* 12:30p Arthritis Exercise 4p Evening Music Jam
4. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Frist Digital Art Workshop* 10a Beginner Sewing and Quilting 10:40a "Never Stop Moving" 11a Chair Yoga Stretch 11:30a Metro Meals* 1p SAIL	5. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 9:30a Craft Circle 10a Body Sculpting 10:30a TRIP: Mystery Lunch* 11:30a Metro Meals* 11:30a Tai Chi 12:30p Music Jam 12:30a Chair Dancing 1p Beginner Line Dance 1:30p ENCORE rehearsal 2p Improver Line Dance	6. 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* 12:15 Tech Help* 12:30p Arthritis Exercise 1p BINGO	7. 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 12p Polymer Clay Jewelry 2* 1p SAIL	8. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Scrapbooking Club 10a Dance Blast 11a Beginner Dance 11p Mother's Day Tea* 11:30a Metro Meals* 12:30p Arthritis Exercise
11. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Frist Digital Art Workshop* 9:30a TRIP: Casino Trip* 10a Beginner Sewing and Quilting 10:40a "Never Stop Moving" 11a Chair Yoga Stretch 11:30a Metro Meals* 1p SAIL	12. 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 12:30p Music Jam 12:30a Chair Dancing 1p Beginner Line Dance 1:30p ENCORE rehearsal 2p Improver Line Dance	13. 8:30a Fitness Ctr 8:30a Games/Billiards 9a Morning Stretch 9:30a Knit & Crochet 10a Advisory Council 10a Mahjong 10:40a "Never Stop Moving" 11:30a Metro Meals* 11p Lunch and Learn* 12:30p Arthritis Exercise 1p BINGO	14. 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 12p Polymer Clay Jewelry 2* 1p SAIL **Social Room being used by Madison Chamber from 11:30a to 1p**	15. 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
18. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Frist Digital Art Workshop* 10a Beginner Sewing and Quilting 10:40a "Never Stop Moving" 11a Chair Yoga Stretch 11:30a Metro Meals* 1p SAIL	19. 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 12:30p Music Jam 12:30a Chair Dancing 1p Beginner Line Dance 2p Improver Line Dance	20. FRIENDS AND FAMILY FUN DAY! 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" 11:30a Metro Meals* 12:30p Arthritis Exercise 1p BINGO	21. 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 12p Polymer Clay Jewelry 2* 1p SAIL 2p "Exploring SeniorPlanet.org" Tech Workshop*	22. 8:30a Fitness Ctr 8:30a Games & Billiards 10a Scrapbooking Club 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12p The Drama Buffs Show 12:30p Arthritis Exercise
25. OFFICES CLOSED: MEMORIAL DAY	28. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Chair Yoga 9:30a Craft Circle 10a Body Sculpting 10:30a TRIP: General Jackson Showboat* 11:30a Metro Meals* 11:30a Tai Chi 12:30p Music Jam 12:30a Chair Dancing 1p Beginner Line Dance 2p Improver Line Dance	27. 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* 11:30p Lunch and Learn* 12:30p Arthritis Exercise 1p BINGO	28. 8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Body Sculpting 10a Songwriting 101* 9:30a-12p Care Manager Office Hrs. 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL	29. 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 1:30p Talent Show



Fifty Forward Madison PROGRAM INFORMATION

ML Denotes member led program

RECURRING CLASSES, ACTIVITIES, & GROUPS

Activities Committee Tuesday, May 12 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, May 13 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 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 Wednesdays 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..*

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 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*

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, May 1, 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, May 20 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 12:30p. 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*

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

Tuesday, May 5 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

The Mint Casino Trip

Monday, May 11 at 9:30a

Cost: \$10 + Lunch and Gambling

Register in advance

Come on a fun trip to the Casino and enjoy the games, the food, and the overall experience! We'll be going to The Mint Gaming Hall in Franklin, KY. Bring money to gamble with but make sure to bring extra to eat lunch out as well!

General Jackson Boat Trip

Tuesday May 26 at 10:30a

Cost: \$80 (\$15 for bus, \$65 for ticket)

****Register in Advance by May 7****

Spend an afternoon or an evening on the General Jackson with live musical performances from Nashville's best artists, breathtaking river views, and a taste of Southern hospitality that shines day or night. **Your ticket will cover lunch and a show! We have to purchase tickets early so please register by May 7**



Fifty Forward Madison PROGRAM INFORMATION

SPECIAL PROGRAMS & EVENTS:

ML Denotes member led program

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

Beginner Billard's with Ted Souris Have you ever wanted to learn the basics of pool? Set up some time with Ted Souris and he'll teach you the basics of billiards and how to play! **Call Ted directly to set up an appointment, 404-682-8088**

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. Encore semesters run for 15 weeks that culminate with a performance that is free and open to the public. *Social Room* **Last Practices for the Season: May 5, May 12**

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. *Classroom 1* ****NOTE: Registration has already ended for this class**

Watercolor Painting w/ Jill Friday, May 1 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*

Tech Help Wednesday, May 6, 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**

Notary Services Wednesday, May 6 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*

Polymer Clay Jewelry 2 w/ Jill Thursday, May 7, 14, and 21 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 and a continuation from last month! *Art Room* **Signup for class by Tuesday, May 5**

Mother's Day Tea Friday, May 8 at 11a. Come join us for food, fun activities, and celebration at our monthly holiday party. This month we are celebrating mothers with a Mother's Day Tea! Feel free to wear your favorite hat! *Social Room*

Lunch and Learn: Stop the Bleed Wednesday, May 13 at 11a. Join us for a hands-on class that teaches simple, lifesaving steps to control severe bleeding in an emergency. This session offers clear guidance, practical demonstrations and time to practice skills like applying pressure, packing a wound and using a tourniquet in a supportive setting. *Social Room* ***Register in advance by Sunday May 10***

Second Harvest Food Truck Thursday, May 14 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*

Madison Social! Friday, May 15 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:** Pastel Colors to celebrate Spring!

FiftyForward Friends and Family Day! Wednesday, May 20 Do your family and friends know about how awesome FiftyForward is? Invite them to come hang with us on May 20 for a big fun day! The more the merrier!

"Exploring SeniorPlanet.Org" Tech Workshop Thursday, May 21 at 2pm. SeniorPlanet.org a website that offers free, live virtual and in-person technology classes, health/wellness sessions, and social activities and our very own, Steve Bianchi is leading a tech workshop to help you navigate this amazing resource! *Classroom 1*

The Drama Buffs Show Friday, May 22, 12p. The FiftyForward Knowles Drama Buff will be going on the road to share their talents with other FiftyForward Centers. This group is here to entertain you with several short skits that will have you laughing out loud. Come enjoy a fun and free show! *Social Room*

Lunch and Learn: Medicare Basics Wednesday, May 27 at 11:30a. Do you have a medicare related question or would like to learn more? Come out to this informative lunch led by Tom Fox who is available each month to advise on Medicare! *Social Room* ***Register in advance by Monday May 25***

Songwriting 101 Thursday, May 28, 10a Learn more about songwriting and country music history! Explore shared histories and stories through Country Music Hall of Fame and Museum artifacts while also working with a professional songwriter to craft an original group song. *Classroom 1*

Talent Show Friday, May 29, 1:30p Calling all musicians, poets, dancers, and FiftyForward Madison Members with any kind of performative talent. We want to see you on stage! Come perform at our talent show, or come and enjoy a great show! **If you're interested in performing please reach out to Drew!** (DDavis@fiftyforward.org) there are limited spaces! *Social Room*