

June 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.</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Frist Digital Art Workshop* 10a Beginner Sewing and Quilting 10:40a "Never Stop Moving" 11a Chair 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 9:30a Craft Circle 10:30a TRIP: Bowling* 11:30a Metro Meals* 11:30a Tai Chi 12:30p Music Jam 12:30a Chair Dancing 1p Beginner Line Dance 2p Improver Line Dance</p>	<p>3.</p> <p>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 1p BINGO</p>	<p>4.</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Body Sculpting 9:30a-12p Care Manager Office Hrs. 11p Lunch and Learn* 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL</p>	<p>5.</p> <p>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 1p "Google Basics and Online Searches" Tech Workshop* 4p Evening Music Jam</p>
<p>8.</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Frist Digital Art Workshop* 10a Beginner Sewing and Quilting 10:30a TRIP: Mystery Lunch* 10:40a "Never Stop Moving" 11a Chair Yoga Stretch 11:30a Metro Meals* 1p SAIL 2p "AI Image Generators" Tech Workshop*</p>	<p>9.</p> <p>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 2p Improver Line Dance</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 10:40a "Never Stop Moving" 11:30a Metro Meals* 12:30p Arthritis Exercise 1p BINGO</p>	<p>11.</p> <p>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 10a "Navigating The Unknown" Seminar 11:30a 2nd Harvest Food Truck 11:30a Metro Meals* 11:30a Tai Chi 12p Beaded Jewelry* 1p SAIL</p>	<p>12.</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Scrapbooking Club 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals*</p> <p><i>*Center Closes at 1 pm*</i></p> <p>5p "Dancing Through The Decades" Dance</p>
<p>15.</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Frist Digital Art Workshop* 10a Beginner Sewing and Quilting 10:40a "Never Stop Moving" 11a Chair 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 9a Chair Yoga 9:30a Craft Circle 10a Body Sculpting 11p Bonus BINGO 11:30a Metro Meals* 11:30a Tai Chi 12:30p Music Jam 12:30a Chair Dancing 1p Beginner Line Dance 2p Improver Line Dance</p>	<p>17.</p> <p>8:30a Fitness Ctr 8:30a Games/Billiards 9a Morning Stretch 9a Legal Aid* 9:30a Knit & Crochet 10a Town Hall Meeting 10a Mahjong 10:40a "Never Stop Moving" 11:30a Metro Meals* 12:30p Arthritis Exercise 1p BINGO</p>	<p>18.</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Body Sculpting 9:30a-12p Care Manager Office Hrs. 10a Father's Day Brunch* 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi 12p Beaded Jewelry* 1p SAIL</p>	<p>19.</p> <p style="text-align: center;">OFFICES CLOSED FOR JUNETEENTH</p>
<p>22.</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Frist Digital Art Workshop* 10a Beginner Sewing and Quilting 10:30a Advisory Council Lunch* 10:40a "Never Stop Moving" 11a Chair Yoga Stretch 11:30a Metro Meals* 1p SAIL</p>	<p>23.</p> <p>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</p>	<p>24.</p> <p>8:30a Fitness Ctr 8:30a Games/Billiards 9a Morning Stretch 9:30a Knit & Crochet 9:30a TRIP: Country Music Hall of Fame- Puppet Show* 10a Mahjong 10:40a "Never Stop Moving" 11:30a Metro Meals* 12:30p Arthritis Exercise 1p BINGO 1:30p Medicare Counseling*</p>	<p>25.</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 9a Gentle Mat Yoga 9a Body Sculpting 9:30a-12p Care Manager Office Hrs. 10a Nashville PBS Movie Screening* 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi 12p Beaded Jewelry* 1p SAIL</p>	<p>26.</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Scrapbooking Club 10:30a TRIP: Blue Moon Waterfront Grill* 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise</p>
<p>29.</p> <p>8:30a Fitness Ctr 8:30a Games & Billiards 10a Frist Digital Art Workshop* 10a Beginner Sewing and Quilting 10:40a "Never Stop Moving" 11a Chair Yoga Stretch 11:30a Metro Meals* 1p SAIL 1p Fashion Show</p>	<p>30.</p> <p>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</p>			



Fifty Forward Madison PROGRAM INFORMATION

ML Denotes member led program

RECURRING CLASSES, ACTIVITIES, & GROUPS

Activities Committee Tuesday, June 9 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, June 10 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. *Note: No class on June 1**

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*
Note: No class on June 1

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, June 5, 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, June 17, 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.

Bowling At Strikes and Spares

Tuesday, June 2 at 10:30a

Cost: \$10 + Bowling (\$15) + Lunch (\$20-30)

Register in advance

Come bowl with us at Strikes and Spares in Hendersonville! Bring enough money for admission, shoes, and lunch!

Mystery Lunch

Monday, June 8 at 10:30a

Cost: \$15 + Lunch (\$20-25)

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

Country Music Hall of Fame: String City Puppet Show

Wednesday, June 24 at 9:30 am

Cost: \$10

****Register in Advance by June 12****

String City tells the story of country music as it relates to Nashville's transformation into Music City. Experience this exciting story through nearly one hundred puppets, ranging from the Staple Singers to Johnny Cash to Taylor Swift. We have to purchase tickets early so please register by June 12

Blue Moon Waterfront Grille

Friday, June 26 at 10:30a

Cost: \$10 + Lunch and Gambling

Register in advance

Blue Moon Waterfront Grille is Nashville's favorite waterfront dining destination. Located on the Cumberland River this restaurant has a laid-back, island-esque attitude, seafood inspired menu and amazing atmosphere. *We will leave right at 10:30 because they do not take reservations and we want to get in before it gets busy*



Fifty Forward Madison PROGRAM INFORMATION

SPECIAL PROGRAMS & EVENTS:

[Beginner Billiard'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**

[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**

[Notary Services](#) Wednesday, June 3 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*

[Lunch and Learn: Madison Funeral Home](#) Thursday, June 4 at 11a. You might have met Kay Kunningham when she's called Bingo, or partied with us at the Madison Social. Come out to this lunch and learn and listen to Kay share about Madison Funeral Home and services they offer! *Social Room* ***Register in advance by Monday June 1***

[Watercolor Painting w/ Jill](#) Friday, June 5 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* ***Signup for class by Wednesday June 3***

["Google Basics and Online Searches" Tech Workshop](#) Friday, June 5 at 1p What's the best thing to type or say to Google to get most accurately find what you're looking for? Come to this tech workshop led by Sydney Mattern from the Martha O'Bryan Center learn the basics and maybe a trick or two about Google basics and online searches. *Classroom 1*

["AI Image Generators" Tech Workshop](#) Monday, June 8 at 2pm. Are you interested in learning more about how to make images with nothing but AI and your imagination? Come learn the ins and outs of AI Image Generators at this tech workshop led by Danny Oliver from the Nashville Public Library. *Classroom 1*

[Beaded Jewelry w/ Jill](#) Thursday, June 11, 18 and 25 at 12p. Cost: \$45 (includes supplies), sign-up in advance. Led by Jill Mayo. Learn to make unique bead jewelry in your favorite colors. This is a 3 week progressive class and a continuation from last month! *Art Room* ***Signup for class by Tuesday, June 9***

[Father's Day Celebration](#) Thursday, June 18 at 11a. Come join us for food, fun activities, and celebration at our monthly holiday party. This month we are celebrating dads and all our guys at FiftyForward! *Social Room*

[Second Harvest Food Truck](#) Thursday, June 11 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*

["Navigating the Unknown" Seminar](#) Thursday, June 11 at 10a. What happens as we get older and how can we prepare for it to achieve more peace of mind? Come listen to this seminar led by Barbara Moss from Elder Law in Nashville *Classroom 1*

[Dancing Through The Decades Fundraisers](#) Friday, June 12 at 5p. 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*

[Bonus Bingo with Justin Grubb](#) Tuesday, June 16 at 1p Maxim healthcare is an organization that supports veterans with specialized care. Their organization does a lot, including to lead a special "bonus" game of bingo this month! Come out and join the fun! *Social Room*

[Nashville PBS Movie Screening](#) Thursday, June 25 at 10a. "Come to Fifty Forward Madison Station to learn from Nashville PBS' newest movie in their AGING MATTERS series. After the screening, stay for conversation and enjoy light refreshments." *Classroom 1*

[FiftyForward Fashion Show](#) Monday, June 29 at 1p Come watch our stylish members strut their stuff and model their favorite looks! Our fashion show will be emceed by former Bingo officiating legend, Shawna from Centerwell **If you're interested in modeling please reach out to Drew! (DDavis@fiftyforward.org) there are limited spaces!** *Social Room*