

July 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/Puzzles 10a Mahjong 11a Independence Day Party* 11a Notary Services 11:30a Metro Meals* 1p BINGO	2. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9:30a-12p Care Manager Office Hrs. 10a Guitar Workshop 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL	3. <div style="text-align: center;">OFFICES CLOSED FOR 4TH OF JULY WEEKEND</div>
6. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Beginner Sewing and Quilting 11a Chair Yoga Stretch 11:30a Metro Meals* 1p SAIL 2pm "Using Google Gemini" Tech Workshop	7. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 11:30a Metro Meals* 11:30a Tai Chi 12:30p Music Jam 12:30a TRIP: Monthly Movie* 1p Beginner Line Dance	8. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 8:45a Advisory Council Service Project/Meeting 10a Mahjong 11:30a Metro Meals* 12:30p Arthritis Exercise 1p BINGO	9. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9a Body Sculpting 9:30a-12p Care Manager Office Hrs. 10:30a Bible Study 11:30a 2nd Harvest Food Truck 11:30a Metro Meals* 11:30a Tai Chi 12p Beaded Jewelry 2* 1p SAIL	10. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Scrapbooking Club 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12p Lunch & Learn* 12:30p Arthritis Exercise
13.. 7:00a CENTER CLEANUP DAY 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Beginner Sewing and Quilting 11a Chair Yoga Stretch 11:30a Metro Meals* 1p SAIL	14. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 10a Activities Committee 11:30a Metro Meals* 11:30a Tai Chi 12:30p Music Jam 1p Beginner Line Dance	15. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Legal Aid* 9:30a TRIP: Connye Florence Concert* 10a Mahjong 11:30a Metro Meals* 12:30p Arthritis Exercise 1p BINGO	16. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9a Body Sculpting 9:30a-12p Care Manager Office Hrs. 10a Cumberland Bluff Concert 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi 12p Beaded Jewelry 2* 1p SAIL	17. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Scrapbooking Club 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise 1p Frist Art Activity* 4p Sip and Sing*
20. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Beginner Sewing and Quilting 11a Chair Yoga Stretch 11:30a Metro Meals* 1p SAIL	21. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 10:30a TRIP: Mystery Lunch* 11:30a Metro Meals* 11:30a Tai Chi 12:30p Music Jam 1p Beginner Line Dance	22. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Mahjong 11:30a Metro Meals* 12:30p Arthritis Exercise 1p BINGO 1:30p Medicare Counseling 2p Nibbles & Knowledge*	23. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9a Body Sculpting 9:30a-12p Care Manager Office Hrs. 10a The Golden Games* 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi 12p Beaded Jewelry 2* 1p SAIL	24. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Scrapbooking Club 10a Dance Blast 11:30a Metro Meals* 12:30p Arthritis Exercise
27. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Beginner Sewing and Quilting 11a Chair Yoga Stretch 11:30a Ice Cream Social* 11:30a Metro Meals* 1p SAIL	28.. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 11:30a Metro Meals* 11:30a Tai Chi 12:30p Music Jam 1p Beginner Line Dance	29. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Mahjong 11:30a Metro Meals* 12:30p Arthritis Exercise 1p BINGO	30. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9:30a-12p Care Manager Office Hrs. 10a "Ask a Social Worker" Workshop 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi 1p SAIL	31. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9:30a TRIP: Summer Fun Fair at FiftyForward Knowles* 10a Scrapbooking Club 10a Dance Blast 11:30a Metro Meals* 12:30p Arthritis Exercise

Fifty Forward Madison PROGRAM INFORMATION

ML Denotes member led program

RECURRING CLASSES, ACTIVITIES, & GROUPS

Activities Committee Tuesday, June 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. Note: There is no class on July 1st*

Advisory Council Wednesday, July 8 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. **This month we will be serving with 2nd Harvest Food Bank as part of our meeting*** *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 Note: No Class on the 24th and 31st*

Beginner Line Dancing Tuesdays at 1p. 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! *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*

Bible Study with Brenda Greer Thursdays at 11a. Come participate in a weekly Bible Study led by Brenda Green! *Conference Room ML *Note every 2nd Thursday Bible Study starts at 10:30 am**

BINGO Wednesdays at 1p. Join us for BINGO! Officiated by Red Senior Glen Senior Living, Juan Beraldi Insurance, Eric Fondren, 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 July 2, 7, 28, and 30**

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 July 7 and 28**

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 There is no Music Jam as we are closed for the first Friday of the month. We'll see you in August! 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*

Legal Aid Wednesday, July 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*

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! *Gym Back Room ML*

Medicare Counseling Wednesday, July 22, 1:30-2:30p. Do you have a Medicare related question? Tom Fox, our Medicare representative, is available every 4th Wednesday for any of your Medicare quandaries! *Lobby*

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*

Music Jam Tuesdays at 12:30p. 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. 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.

Monthly Movie Matinee

Tuesday, July 7 at 12:30a

Cost: \$10

Bring \$6 for a Movie Ticket + Money for Concessions

Register in advance

Let's go to the movies! This month we're going to be seeing Young Washington at the Neighborhood Movie Cinema in Gallatin. The movie ticket is only \$6, and don't forget to bring extra \$\$\$ for snacks!

Music for Seniors Concert- Connye Florence

Wednesday, July 15 at 9:30 am

Cost: \$15

Register in advance

Come to the Cheekwood Estate and Gardens with us to enjoy a Music for Seniors concert featuring singer/songwriter Connye Florence.

Mystery Lunch

Tuesday, July 21 at 10:30a

Cost: \$10

Projected Lunch Cost (\$15-25)

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

Summer Fun Fair at FiftyForward Knowles

Friday, July 31 at 9:30a

Cost: \$10

Bring \$5 for just ticket OR \$18 for ticket and meal

Register in advance

Our friends at FiftyForward Knowles have put together a Summer Fun Fair complete with games, food, photo booths, and a good time! Ticket that includes meal is \$18 and a ticket without food is \$5. **Please Let Drew know by July 24 if you are getting a meal so he can turn in a correct food count to make sure you have a meal**



Fifty Forward Madison PROGRAM INFORMATION

SPECIAL PROGRAMS & EVENTS:

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**

Notary Services Wednesday, July 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*

Watercolor Painting w/ Jill There is no watercolor class this month. Our next one is scheduled for Friday, August 7!

Independence Day Party Wednesday, July 1 at 11p. Come join us for food, fun activities, and celebration at our monthly holiday party. This month we are celebrating freedom with a potluck meal and live music from the band DATE NIGHT *Social Room*

Guitar Workshop Thursday, July 2 at 10a. Learn more about country music history and how to play guitar! Explore shared histories and stories through Country Music Hall of Fame and Museum artifacts while also learning guitar fundamentals. This workshop encourages participants to discover personal connections between music and lived histories and aims to foster social connectedness and well-being. *Classroom 1*

"Using Google Gemini" Tech Workshop Monday, July 6 at 2p So you've heard of AI, but have you used an AI App? In this workshop we'll practice chatting with Google Gemini using the mobile app and you'll learn tips and effective writing prompts to use AI effectively. This workshop is led by Danny Oliver from the Nashville Public Library. *Classroom 1* ***Bring your cell phone***

Second Harvest Food Truck Thursday, July 8 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*

Beaded Jewelry 2 w/ Jill Thursday, July 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. This is a 3 week progressive class and a continuation from last month! *Art Room* ***Signup for class by Tuesday, July 7***

Lunch and Learn: Spring Hill Funeral Home Friday, July 10 at 12p. Our friends at Spring Hill Funeral Home are coming back to sponsor a lunch and share their knowledge with us. Come join us for Lunch and Learn! *Social Room* ***Register in advance by Tuesday July 7***

Center Cleanup Day (Outside!) Monday, July 13 at 7a. We're going to take some time to clean up and fix up our yard and could use YOUR help! Do you like yardwork, trimming trees, and pulling weeds? We need you! Come join us at 7 am on July 13 and let's do some spring cleaning...in summer!

Cumberland Bluff Concert Thursday, July 16 at 10a. Come Enjoy our friends the Cumberland Bluff as they put in an amazing concert in the social room. Tell all your friends! The show is free for anyone, but tips to the band are appreciated! *Social Room*

Frist Art Activity: Automatic Drawing Friday, July 17 at 1p. Come enjoy an art project and learn something new with us as Art Instructors from the Frist Center return and lead us in an Automatic Drawing activity. Expertise not required, just come and create! *Social Room*

Sip & Sing! Friday, July 17 at 4p. Start the weekend off right with wine, karaoke, snacks, and hanging out with the coolest people you know! Sip & Sing is just a chance to wine down for the weekend and have fun with friends. Snacks provide, bring your own wine (to share!) ****There is a \$10 cover to attend**** *Social Room*

Nibbles & Knowledge: Tuesday, July 22 at 2p. Come hear a informative presentation from Robert Calhoun of Truist Bank, and enjoy some light snacks too! ****Please sign up for this event by Monday, July 20**** *Classroom 1*

THE GOLDEN GAMES! Thursday, July 23 at 10a. What do you get when you combine senior centers with the Olympics? The answer is The Golden Games! Come compete against each other in silly team games (of very little difficulty!) and see who the best Golden Games Team at FiftyForward Madison is. The winning team will compete against the other FiftyForward winning teams to decide who is the best in the land. ****Form your own teams of 4 or sign up independently. Or just come and watch!**** *Social Room*

Ice Cream Social Monday, July 27 at 11:30a. There is never a bad time to gather and eat ice cream together! Come join us during regular lunch time and we'll provide the ice cream bar! ***Please sign up in advance so we have an idea of how much ice cream to purchase*** *Social Room*

"Ask A Social Worker" Workshop Thursday, July 30 at 10a. Did you know that FiftyForward has an entire Care Management Program? Our very own Care Manager Emily Eriamiatoe will be available to answer any question that you have for a social worker. **Submit a question at the center, via email to DDavis@fiftyforward.org, or bring it with you and ask in person!** *Classroom 1*