

August 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	Thurs	Fri
3. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Memoirs Writing Class 10a New Member Orientation* 10a Beginner Sewing and Quilting 11a Chair Yoga Stretch 11:30a Metro Meals* 1p Low Impact Tai Chi	4. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 11:30a Metro Meals* 11:30a Tai Chi 12p National Chocolate Chip Cookie Day Party* 12:30p Music Jam 1p Beginner Line Dancing	5. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Mahjong 10a Royal Rubies Red Hats Meeting 10:45a TRIP: Mystery Lunch* 11a Notary Services 11:30a Metro Meals* 12:30p Arthritis Exercise 1p BINGO	6. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 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 Wills vs Trusts Presentation	7. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Scrapbooking Club 10a Dance Blast 11:30a Metro Meals* 12p Watercolor w/ Jill* 12:30p Arthritis Exercise 4p Evening Music Jam
10. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Memoirs Writing Class 10a Beginner Sewing and Quilting 10:00a TRIP: Monthly Movie* 11a Chair Yoga Stretch 11:30a Metro Meals* 1p Low Impact Tai Chi	11. 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 Dancing	12. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Mahjong 10a Advisory Council 11:30a Metro Meals* 12:30p Arthritis Exercise 1p BINGO	13. 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 Jewelry Refresh Class*	14. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Scrapbooking Club 10a Dance Blast 10a Nashville Puppet Truck 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise
17. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Memoirs Writing Class 10a Beginner Sewing and Quilting 10:00a TRIP: Beach Haven Winery & Lunch* 11a Chair Yoga Stretch 11:30a Metro Meals* 1p Low Impact Tai Chi	18. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 11:30a Metro Meals* 11:30a Tai Chi 12p Lunch & Learn-Centerwell* 12:30p Music Jam 1p Beginner Line Dancing	19. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Legal Aid* 10a Mahjong 11:30a Metro Meals* 12p New Membership Model Meeting 12:30p Arthritis Exercise 1p BINGO	20. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9a Body Sculpting 9:30a-12p Care Manager Office Hrs. 10a Nibbles N' Knowledge-Hamilton Capital* 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi 12p Jewelry Refresh Class*	21. 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 4p Sip & Sing*
24. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Memoirs Writing Class 10a Beginner Sewing and Quilting 11a Chair Yoga Stretch 11:30a Metro Meals* 1p Low Impact Tai Chi 2p "AI Image Generators" Tech Workshop	25. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 10a CRASE: Active Shooter Training 11:30a Metro Meals* 11:30a Tai Chi 12:30p Music Jam 1p Beginner Line Dancing	26. 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 "Using Emails" Tech Workshop	27. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9a Body Sculpting 9:30a TRIP Lane Motor Mousam & Lunch* 9:30a-12p Care Manager Office Hrs. 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi 12p Jewelry Refresh Class*	28. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Scrapbooking Club 10a Dance Blast 10a FiftyForward Funnies Standup Comedy Show 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise
31. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Memoirs Writing Class 10a Beginner Sewing and Quilting 11a Chair Yoga Stretch 11:30a Metro Meals* 1p Low Impact Tai Chi				

Fifty Forward Madison PROGRAM INFORMATION

ML Denotes member led program

RECURRING CLASSES, ACTIVITIES, & GROUPS

Activities Committee Tuesday, August 11 at 10a. FiftyForward members meet with Drew and plan upcoming activities and share new ideas. *Conference Room*

Arthritis Exercise 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, August 12 at 10a. Each month, the FiftyForward Madison Station Advisory Council members meet with staff to foster collaboration, exchange ideas, and keep everyone involved in the latest developments at the center. *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 August 7.**

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 Greer! *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 August 18**

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.

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 August 18**

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, August 7, 4p-6p. It's our popular Music Jam! 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*

Legal Aid Wednesday, August 19, 9a-10a. Appointments are 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*

NEW! Low Impact Tai Chi Mondays at 1 pm. Learn Tai Chi designed to help with Arthritis developed by Dr Paul Lamb. Low Impact and not fast paced, led by Bob McMahon . . *Group Fitness Studio ML*

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, August 26, 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*

NEW Memoirs Writing Class Mondays at 9a. Learn to write about your life experiences. Each member will bring a page description of your specific experience and read it aloud to the class. We will also learn how to deliver your writing to the class as a speaker. You will be able to compile these writings and share them with your children and grandchildren. Led by Kim Yearwood. *Classroom 1 ML*

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 way to enhance both physical and mental health in a supportive and relaxing environment. Led by Bruce Linville. *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

Wednesday, August 5 at 10:45a

Cost: \$10

Projected Lunch Cost (\$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

Monthly Movie Matinee- Spiderman

Monday, August 10 at 10a

Cost: \$10

\$16 for a Movie Ticket + Money for Concessions

Register in advance

Let's go to the movies! This month we're going to be seeing *Spider-Man: Brand New Day* at the Regal Movie Theatre in Hendersonville. The movie ticket is only \$16 (including senior discount and tax) and don't forget to bring extra \$\$\$ for snacks!

Beach Haven Winery and Lunch at PBody's

Monday, August 17 at 10:00a

Cost: \$15

\$10 for Winery and Projected Lunch Cost (\$20)

Register in advance

Take a trip with us to Clarksville to tour the Beach Haven Vineyards and Winery and have lunch beforehand at PBody's. At the winery, expect a wine tasting and tour of the vineyard (Walking will be involved, and some of it will be outside!) For the winery and lunch, it's suggested to bring at least \$30!

Lane Motor Museum and Lunch at Hugh Baby's

Thursday August 27 at 9:30a

Cost: \$10

Museum Ticket is \$10 and Projected Lunch cost (\$20)

Register in advance

Buckle up and start your engines as we go to Lane Motor Museum, which features the biggest collection of European cars and motorcycles in the US. Join us for a self-guided tour in the museum, followed by a self-guided tour of the food in Hugh Baby's Burgers and BBQ for lunch. Suggested Amount of Money to bring: \$30!

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, August 5 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 **Friday, August 7 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 August 5***

New Member Orientation: **Monday, August 3 at 10a.** Are you a new FiftyForward member and you'd like to learn the ins and outs of signing up for trips, meals, activities, and where everything is? Come join us for an official orientation to help you make the most of what the Madison Center has to offer! *Conference Room*

National Chocolate Chip Cookie Day Party **Tuesday, August 4 at 12p.** Come celebrate Chocolate Chip Cookies and Community with us! Also, if you dare, participate in our "Madison's Best Chocolate Chip Cookie" competition. Think you can bake the best cookies? Come prove it! Or just come eat and hang out with friends. *Social Room*

"Royal Rubies" Red Hats Meeting **Wednesday, August 4 at 10a.** Join the Madison Station chapter of the Red Hats Club led by Queen Yvonne Taylor. This group meets every first Wednesday at 10a. *Classroom 1*

"Wills vs Trusts" Presentation **Thursday, August 6 at 1p.** Join us for an informative session on Wills vs. Trusts. This presentation will break down the key differences between wills and trusts, explain how each works, and help you understand which option may best protect your assets and loved ones. *Classroom 1*

Second Harvest Food Truck **Thursday, August 13 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*

"Jewelry Refresh Class w/ Jill **Thursday, August 13, 20, and 27 at 12p. Cost: \$45 (includes supplies), sign-up in advance.** Led by Jill Mayo. This month we are finishing any project you started in previous classes! Beads, Paper Beads, Wire, or Polymer Clay. All projects are welcome! *Art Room* ***Signup for class by Tuesday, July 7***

Nashville Puppet Truck **Friday, August 14 at 10a.** The Nashville Public Library Puppet Truck returns with a new show! Come enjoy their performance of Hanzel and Gretel. *Social Room*

Lunch and Learn: Centerwell **Tuesday, August 18 at 12p.** Our friend Shanda Campbell with Centerwell is coming back to sponsor a lunch and share knowledge with us. This month's presentation is titled "Keeping Your Mind Sharp As You Age". Come join us for Lunch and Learn! *Social Room* ***Register in advance by Friday August 14***

New Membership Model Meeting: **Wednesday, August 19 at 12p.** Starting on October 1st, all FiftyForwards will have a new membership model! Come to this meeting to hear all about the changes and ask any questions! *Social Room*

Nibbles N' Knowledge: Hamilton Capital: **Thursday, August 20 at 10a.** Come hear a informative presentation from Hamilton CapTel about their hearing aid services, and enjoy some light snacks too! ****Please sign up for this event by Monday, August 17**** *Classroom 1*

Sip & Sing! **Friday, August 21 at 4p.** Start the weekend off right with wine, karaoke, snacks, and hanging out with the coolest people you know! Sip & Sing is 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. Please Register by Monday, August 17**** *Social Room*

"AI Image Generators" Tech Workshop **Monday, August 24 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*

CRASE Active Shooter Training **Tuesday, August 26 at 10a.** It's always good to be prepared. Join us for the Civilian Response to Active Shooter Events training led by our Metro Nashville Police Department. *Classroom 1*

"Using Emails" Tech Workshop **Wednesday, August 26 at 2p** There is a lot you can do with your email provider! Come review the basics and also learn a extra trick or two. This tech workshop is led by Sydney Mattern from the Martha O'Bryan Center. *Classroom 1*

FiftyForward Funnies: A Standup Comedy Show! **Friday, August 28 at 10a.** Join us in the social room for a hilarious standup comedy show with Drew Davis and friends from the Clean Comedy Collective. The event is free and the more the merrier. Come laugh! *Social Room*