

September 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
	1. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a TRIP: Shelby Park & Frothy Monkey* 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 10a Scrapbooking Club 11:30a Metro Meals* 11:30a Tai Chi 12:30p Music Jam 12:45p Line Dancing	2. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a: Beginner Mahjong 9:30a Royal Rubies Red Hats Meeting* 10a Mahjong 11a Notary Services 11:30a Metro Meals* 12p New Membership Model Meeting 12:30p Arthritis Exercise 1p BINGO	3. 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 12p Lunch & Learn: Tristar Skyline* 1p: Standup Comedy Class	4. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12p Watercolor w/ Jill* 12:30p Arthritis Exercise 4p Evening Music Jam ANNIVERSARY
7. Center Closed for Labor Day	8. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 10a Scrapbooking Club 11:30a Metro Meals* 11:30a Tai Chi 12p Labor Day Party* 12:30p Music Jam 12:45p Line Dancing	9. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a: Beginner Mahjong 10a Mahjong 10a Advisory Council 11:30a Metro Meals* 12:30p Arthritis Exercise 1p BINGO	10. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9a Body Sculpting 9:30a-12p Care Manager Office Hrs. 10a "Navigating the Unknown" Presentation 10:30a Bible Study 11:30a 2nd Harvest Food Truck 11:30a Metro Meals* 11:30a Tai Chi 12p Silk Shibori Jewelry Class* 1p: Standup Comedy Class	11. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise
14. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Memoirs Writing Class 10a Beginner Sewing and Quilting 10a "How to Register for Events/Trips" Workshop 11a Chair Yoga Stretch 11:30a Metro Meals* 1p Low Impact Tai Chi	15. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 10a Activities Committee 10a Scrapbooking Club 11:30a Metro Meals* 11:30a Tai Chi 12:30p Music Jam 12:45p Line Dancing	16. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Legal Aid* 9a: Beginner Mahjong 10a Mahjong 11:30a Metro Meals* 12:30p Arthritis Exercise 1p BINGO	17. 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 12p Silk Shibori Jewelry Class* 12p Lunch & Learn: Forest Lawn Funeral Home* 1p: Standup Comedy Class	18. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise 4p Sip & Sing*
21. 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	22. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 10a Scrapbooking Club 11:30a Metro Meals* 11:30a Tai Chi 12:30p Music Jam 12:45p Line Dancing 1p Sip and Paint with Amy *Note: No Chair Yoga and Body Sculpting*	23. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a: Beginner Mahjong 10a Mahjong 10a TRIP: Nashville Riverboat Sight Seeing Cruise 11:30a Metro Meals* 12:30p Arthritis Exercise 1p BINGO	24. 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 12p Silk Shibori Jewelry Class* 1p: Standup Comedy Class	25. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise
28. 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	29. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 10a Scrapbooking Club 10a TRIP: Mystery Lunch 11:30a Metro Meals* 11:30a Tai Chi 12:30p Music Jam 12:45p Line Dancing	30. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a: Beginner Mahjong 10a Mahjong 11:30a Metro Meals* 12:30p Arthritis Exercise 1p BINGO 1:30p Medicare Counseling		

RECURRING CLASSES, ACTIVITIES, & GROUPS

ML Denotes member led program

Activities Committee Tuesday, September 15 at 10a. FiftyForward members meet with Drew and plan upcoming activities and share new ideas. This is an open meeting, and any member can participate. *Conference Room*

Arthritis Exercise Wednesdays & Fridays at 12:30pm. Certified Trainer 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, September 9 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*

Beginner Mahjong Wednesdays at 9a. Want to learn the very fun game of Mahjong that has taken over senior centers all across the country? Come learn how to play by one of the very best, Norma Deal! *Gym Back Room ML*

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, and sometimes Drew with FiftyForward! *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 September 22**

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 September 22

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*

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, September 16, 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*

Line Dancing Tuesdays at 12:45p. 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*

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, September 30, 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* **Note: This month Tom is coming on the 5th Wednesday, not the 4th.**

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*

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 Tuesdays 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 ML* ***Note: Group now meets on Tuesday, not Friday***

Standup Comedy Class Thursdays at 1 pm. Come learn the art AND skill of standup comedy from the world's funniest Program Coordinator, Drew Davis. In this class we'll learn how to write jokes, tighten material, and we will perform it! This is a perfect class for anyone who likes to laugh. *Classroom 1*

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.

Next Month's Trips Are Available To Sign Up On Givehub every 3rd Thursday of the Month

Shelby Park and Frothy Monkey

Tuesday September 1 at 9am

Cost: \$10

Projected Snack/Coffee Cost (\$10-15)

Register in advance

Join us in East Nashville as we go to Shelby Park to walk their nature trail and then afterward will stop by Frothy Monkey for a coffee, snack, or brunch. This trip is perfect for you if you are okay with walking and being out in nature!

Nashville Riverboat Sightseeing Cruise

Wednesday, September 23 at 10a

Cost: \$50 (\$10 for shuttle + \$40 for boat ticket)

Bringing extra money for snacks and drinks is advised

Register in advance

Members from Donelson Station, Madison Station, Martin, Turner, and Knowles will enjoy a sightseeing cruise on a riverboat along the Cumberland River. Enjoy viewing the skyline, riverbanks, shore birds, and water life on an hour and a half relaxing cruise. Drinks and snacks can be purchased onboard

Mystery Lunch

Tuesday, September 29 at 10:00a

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



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**

Evening Music Jam SPECIAL ANNIVERSARY SHOW First Friday night of the month, **September 4, 4p-7p**. In celebration and appreciation of the 5 year anniversary of when Music Jam returned to FiftyForward Madison, we are having a special addition that will have more musicians, and an extra hour of jamming! *Social Room*

"How to Register for Events/Trips" Workshop Monday, **September 14 at 10a**. Be the first to register for Trips! Learn how FiftyForward's event/trip registration system works and how to do it yourself. You can use it from home on a computer or phone or at FiftyForward on the available kiosk. Led by Steve Bianchi. *Classroom 1*

Labor Day Party: Tuesday **September 8 at 12p**. Let's celebrate Labor Day by not working, grilling hot dogs, and hanging out with the coolest people you know. Come party with us! *Social Room*

Lunch and Learn: Tristar Skyline Thursday, **September 3 at 12p**. Stepping Into Fall - Fall Prevention and Patient Safety. Participants will learn tips to decrease falls, recognize potential hazards in your home, and identifying your risk for falls. *Social Room* ***Register in advance by Monday August 30***

Lunch and Learn: Forest Lawn Funeral Home Thursday, **September 17 at 12p**. It's never too early to start learning about end-of-life arrangements, and who'd you contact for those services. And why not do it over lunch? Come meet our friends at Forest Lawn Funeral Home and learn more about their business. *Social Room* ***Register in advance by Monday September 14***

"Navigating the Unknown" with Adam Berk Thursday **September 10 at 10a**. There are a lot of questions that come with getting older! Concerns surrounding our finances, family, health, home care, and more. Join Adam Berk with Elder Law in this presentation that addresses many of these concerns and more. *Classroom 1*

New Membership Model Meeting: Wednesday, **September 2 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*

Notary Services Wednesday, **September 2 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*

"Royal Rubies" Red Hats Meeting Wednesday, **September 2 at 9:30a**. Join the Madison Station chapter of the Red Hats Club led by Queen Yvonne Taylor. This group meets every first Wednesday at 9:30 am. *Classroom 1*

Second Harvest Food Truck Thursday, **September 10 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*

Silk Shibori Jewelry Class w/ Jill Thursday **September 10, 17, and 24 at 12p**. Cost: **\$45 (includes supplies), sign-up in advance**. Led by Jill Mayo. Silk Shibori jewelry are beautiful and unique textile art pieces that you will learn how to make in this class! This is an advanced class and some experience and extra supplies will be needed. Contact Jill or Drew to get the full supply list! *Art Room*
****Signup for classes by Tuesday, September 8****

Sip & Paint with Amy Wheeler Tuesday, **September 22 at 1p**. Come join Amy Wheeler as she leads members in a relaxing painting experience. Follow her instructions, or paint whatever comes to mind. Be ready to enjoy snacks, nonalcoholic mimosas, and chill and peaceful vibes! All art supplies are provided! ****Please sign up in advance by September 18**** *Social Room*

Sip & Sing! Friday, **September 18 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 provided, bring your own wine (to share!) ****There is a \$10 cover to attend. Please Register by Monday, September 14**** *Social Room*

Watercolor Painting w/ Jill Friday, **September 4 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, September 2****