

To register for programs & trips, go to <https://fiftyforward.org/member/>

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Fifty Forward Madison PROGRAM INFORMATION

RECURRING CLASSES, ACTIVITIES, & GROUPS

ML Denotes member led program

Activities Committee The Activities Committee won't be meeting during the month of October but we will reconvene on November 10th!

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, October 14 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 Oct 16***

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 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*** ***No Class on Oct 15***

BINGO Wednesdays at 1p. Join us for BINGO **Note: NEW GAME RULES! We'll have 5 winners each round, and fewer BINGO formations.** Come play! *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*.

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*

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. *Group Fitness Studio*

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, October 21, 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! *Gym Back Room ML*

Medicare Counseling Wednesday, October 28, 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 approved seniors. See front 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*

Scrapbooking Club Mondays at 3 pm and 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*

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* ***Note: No Class on Oct 15***

BIG NEWS! The Center is now open until 5 pm every Monday! We'll be offering an additional Scrapbooking Club meeting (3 to 5 pm) and enjoy extra time in the gyms, pool hall, puzzle room, and more!



Fifty Forward Madison PROGRAM INFORMATION

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.

Forever Young Fest with Centerwell

Thursday, October 8 at 9:45 am

Cost: \$10

Register in advance

Come enjoy a classic car cruise-in, games, music, food, community, vendors, and exciting raffles. Come connect with local resources, enjoy the festivities, and celebrate being Forever Young. (Event runs from 10 to 1 pm and we'll leave the center at 9:45 am)

Mystery Lunch

Monday, October 19 at 10:30a

Cost: \$15

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

The Mint Casino Trip

Tuesday, October 27 at 9:30a

Cost: \$15 + 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 for lunch as well!

SPECIAL PROGRAMS & EVENTS:

AgeWell RESET Benefits Check Thursday October 22, 9a to 12p Join us at the RESET Enrollment Event for a free and confidential benefits check that many save you money. Come see if you are eligible and get free help applying for SNAP, emergency rent/utility assistance, NES energy credits, as well as prescription drugs and Medicare insurance premium discounts! Get a Free AgeWell Directory of Service at the event! *Classroom 1*

Animal Beaded Broches Jewelry Class w/ Jill Thursday October 8, 15, and 22 at 12p. Cost: \$45 (includes supplies), sign-up in advance. Led by Jill Mayo. Create handmade beaded animals to wear with pride. This is an advanced class; some beading experience is recommended. *Art Room* ****Sign up for classes by Tuesday, October 6****

"Battling the Aging Brain" Health Talk with Jon Maves Monday, October 5, 10 am. How do you know when a memory lapse is just aging verses something to bring up to a doctor? This session covers how the brain changes over time, the difference between normal and concerning signs, and simple daily habits. *Classroom 1*

Dave Nicks Concert Thursday, October 1, 10a. Come enjoy the country and blues music stylings of Dave Nicks for a fun daytime concert at FiftyForward Madison! *Social Room*

Evening Music Jam Friday, October 2, 4p-6p. Every First Friday of the Month, our Music Jam has a bigger Jam in the social room and all are welcome to come! Come and bring your voice, an instrument, a listening ear, and a snack to share! *Social Room*

Fall Health and Resources Fair Thursday, October 15, 10a – 12p. Come and learn about health and community resources and connect with organizations that support your well being. Please share this with your family and friends or anyone who may be interested in attending! *Social Room*

Golden Games CHAMPIONSHIP Tuesday, October 20 at 9:15a. It's time to see who the "best senior citizens in all of FiftyForward" are. Representing the Madison Center are Patricia Jones, Norma Yarbrough, Patricia Martin, Yvonne Taylor, and Teresa Birdsong. **We'll leave from the Madison Center at 9:15 to drive to FiftyForward Knowles.** (And we'll return as champions!)

Halloween Party Monday, October 26 at 12p. Join us for our HALLOWEEN PARTY! It's a potluck, so bring your favorite dish (signup at the front office!) and Halloween Costumes are optional but Highly Encouraged! (There will be a contest!) We also have Lynda Drewry coming in to facilitate a Murder Mystery Theater Event at the party so come and try to figure out Who Done It! *Social Room*

Hispanic History Celebration Tuesday, October 13, 11a. Did you know that September 15 through October 15 is Hispanic History Celebration month? This is a time to celebrate Hispanic Culture and local businesses, and that's exactly what we're going to do at this event! *Social Room*

Lunch and Learn: National Seating and Mobility Monday, October 12, 12p. Come enjoy a presentation and lunch sponsored by National Seating and Mobility *Social Room*

Notary Services Wednesday, October 7 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, October 7 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, October 8 at 11:30a. Second Harvest will have a food distribution truck stationed in our parking lot to give away food items to anyone in need. Food is distributed between 12 to 1, and lines start forming way sooner. We welcome strong-backed volunteers to help serve the food! *FiftyForward Parking Lot*

Seated Dance Class Wednesdays at 2 pm for a limited time, *Seated Dance Class* is a 50-minute movement experience for older adults of all mobility levels, done entirely from a chair or wheelchair. Led by dancer and choreographer Lyle Oberman, classes use rhythmic music, counting exercises, and dynamic movement patterns to gently engage body and mind. More than exercise, it's an artistic, communal space where participants are defined not by age or limitation, but by rhythm, humanity, and movement. *Note: Class will run from October 14 to November 18*** *Group Fitness Studio***

Sip & Paint with Amy Wheeler Thursday, October 29 at 10a. 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 Monday October 26**** *Social Room*

Sip & Sing! Friday, October 16 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, October 12**** *Social Room*

SPIRIT WEEK! October 5-8 During the week of October 5-8 we're encouraging all members to come to the center with all the "school spirit" and support the following themes! **MONDAY- Music Monday, TUESDAY- Decades Day, WEDNESDAY- Sports Day, THURSDAY- Jammies Day.** Why? Because it's fun!

"Streaming and Smart TV's" Tech Workshop with Danny Oliver Monday, October 19 at 2p. Danny Oliver from the Nashville Public Library is back with a new tech workshop! This month he'll be teaching us about the wonderful world of streaming and Smart TV's. *Classroom 1*

Tech Help with Moody Tuesday, October 6, 10 am. Bring your device and bring your questions! Moody Molavi will share some helpful phone tech tips and then open the floor up for questions and offer personal help. No question is too basic! *Classroom 1*

Watercolor Painting w/ Jill Friday, October 2 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 30****