November 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
2. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Beginner Sewing and Quilting 10a New Member Orientation* 11a Chair Yoga Stretch 11:30a Metro Meals* 1p Low Impact Tai Chi	3. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 10a Scrapbooking Club 10:45 TRIP: Mystery Lunch 11:30a Metro Meals* 11:30a Tai Chi 12p: Advanced Mahjong 12:30p Music Jam 12:45p Line Dancing	4. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a: Beginner Mahjong* 9:30a Royal Rubies Red Hatters Meeting* 10a Intermediate Mahjong 10a ArtTrunk- Embodied Paintings* 11:30a Metro Meals* 12p Season of Caring Envelope Party* 12:30p Arthritis Exercise 1p BINGO 2p Seated Dance Class	5. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9a Body Sculpting 9:30a-12p Care Manager Office Hrs. 10a Songwriting 101* 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi	6. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise 2p Spades 4p Evening Music Jam **Center Open Til 7 pm**
9. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9:30a TRIP: Hike to Radnor Lake 10a Beginner Sewing and Quilting 11a Chair Yoga Stretch 11:30a Metro Meals* 1p Low Impact Tai Chi 2p Tech Workshop: Cloud Storage and Data Centers	10. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9a Chair Yoga 10a Body Sculpting 10a Scrapbooking Club 10a Activities Committee 11:30a Metro Meals* 11:30a Tai Chi 12p: Advanced Mahjong 12:30p Music Jam 12:45p Line Dancing	11. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a: Beginner Mahjong* 9:30a: Royal Rubies Red Hats Meeting 10a Intermediate Mahjong 10a Advisory Council 11a Veterans Day Service 11:30a Metro Meals* 12:30p Arthritis Exercise 1p BINGO 2p Seated Dance Class	12. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9a Body Sculpting 9:30a-12p Care Manager Office Hrs. 10a Joyful Noise Concert 10:30a Bible Study 11:30a 2nd Harvest Food Truck 11:30a Metro Meals* 11:30a Tai Chi	13. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise 2p Spades 2p HEAL Project Presentation 4:30p Games and Crafts with Amy Wheeler* **Center Open Til 7 pm**
16. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Beginner Sewing and Quilting 10a Safe Falls Class* 11a Chair Yoga Stretch 11:30a Metro Meals* 12p Thanksgiving Party* 1p Low Impact Tai Chi	17. 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 Lunch and Learn: Vita Nova* 12p: Advanced Mahjong 12:30p Music Jam 12:45p Line Dancing	18. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a: Beginner Mahjong* 9a Legal Aid* 10a Intermediate Mahjong 10:15a TRIP: Music for Seniors Concert 11a Notary Services 11:30a Metro Meals* 12:30p Arthritis Exercise 1p BINGO 2p Seated Dance Class	19. 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 & Knowledge- Mediterranean Diet 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi	20. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Dance Blast 11a Beginner Dance 11:30a Metro Meals* 12:30p Arthritis Exercise 2p Spades 4p Sip & Sing* **Center Open Til 7 pm**
23. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Beginner Sewing and Quilting 10a Tech Workshop: Phones and Smart Devices 11a Chair Yoga Stretch 11:30a Metro Meals* 1p Low Impact Tai Chi	24. 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: Advanced Mahjong 12:30p Music Jam 12:45p Line Dancing	25. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a: Beginner Mahjong* 10a Intermediate Mahjong 11:30a Metro Meals* 12:30p Arthritis Exercise 1p BINGO 1:30p Medicare Counseling	26. **CENTERS CLOSED: THANKSGIVING BREAK**	27. **CENTERS CLOSED: THANKSGIVING BREAK**
30.. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Beginner Sewing and Quilting 11a Chair Yoga Stretch 11:30a Metro Meals* 1p Low Impact Tai Chi				

Fifty Forward Madison PROGRAM INFORMATION

RECURRING CLASSES, ACTIVITIES, & GROUPS

ML Denotes member led program

Activities Committee Committee Tuesday, November 10 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*

NEW! **Advanced Mahjong Tuesdays at 12p.** Come play Mahjong with us every Tuesday! Note: There are no instructors in the advanced class. If you'd like to learn how to play, please come to intermediate or sign up for the beginner's class. *Game Room* ***ML***

Advisory Council Wednesday, November 11 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*

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.*

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! *Game Room* ***ML **Note: Space limited to 4 members****

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****

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*

Intermediate Mahjong Wednesdays at 10a. Join our Mahjong group led by the wonderful Norma Deal! Norma is available to give instructions but for brand new players, please take the Beginner's class! *Game Room* ***ML***

Legal Aid Wednesday, November 18, 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***

Medicare Counseling Wednesday, November 25, 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 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***

NEW! **Spades Tuesdays at 2p.** Come play Spades with us every Friday at 2 pm. Activity led by Lisa Gunner. *Game Room* ***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*

BIG NEWS! **The Center is now open until 7 pm every Friday! We hope to add additional evening programming, and members can enjoy extra time in the gyms, pool hall, and puzzle room!**

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

Mystery Lunch
Tuesday, November 3 at 10:45a
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

Hike at Radnor Lake Park & Lunch at Green Hills Grille
Monday, November 9 at 9:30a
Cost: $15
Projected Lunch Cost ($20-25)
Register in advance
Join us for a hike at Radnor Lake State Park followed by a lunch at Green Hills Grille. This trip is perfect for you if you are okay with walking and being out in nature!

Music for Seniors Concert: Metro Nashville Chorus
Wednesday, November 18 at 10:15a
Cost: $15
Register in advance
Ride with us to Brentwood United Methodist Church to catch another fantastic Music for Seniors Concert. This time, we'll be enjoying music from the Metro Nashville Chorus.

Fifty Forward Madison PROGRAM INFORMATION

SPECIAL PROGRAMS & EVENTS:

Art Trunk with the Frist Art Center **Wednesday, November 4 at 10 am.** Art teachers from the Frist Art Museum return to lead us in a craft. This month participants will be working on and learning about Embodied Paintings. *Art Room*

"Cloud Storage and Data Centers" Tech Workshop with Danny Oliver **Monday, November 9 at 2p.** Danny Oliver from the Nashville Public Library is back with a new tech workshop! This month he'll be teaching us about cloud storage and data centers. *Classroom 1*

Evening Music Jam **Friday, November 6, 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*

Games & Crafts with Amy Wheeler **Friday, November 13 at 4:30p.** Come join Amy Wheeler as she us in games, BINGO, decorating wooden ornaments, and having FUN! ****Please sign up in advance by Monday November 9**** *Social Room*

HEAL Project Presentation **Friday, November 13 at 2p**. The HEAL Project from Vanderbilt University will be presenting its work to advance health equity at the end of life. They will provide an accessible overview of end-of-life, advance care, financial, and funeral planning, and palliative and hospice care explanations. Additionally, they will share planning resources, study information, and ways to get involved! *Classroom 1*

Joyful Noise Concert **Thursday, November 12 at 10a**. Come enjoy the musical stylings of Joyful Noise, a band made up of Jill Speering, Vern Wilder, Randy Hoover Dempsey, and Bob Smith. It's a free concert but tips for the band are appreciated! *Social Room*

Nibbles & Knowledge: Mediterranean Diet **Thursday, November 19 at 10a** Come hear a presentation from Melissa Standley about eating healthy and sample a wonderful homemade Mediterranean cuisine. *Social Room* ****Please register for this event by Monday, Nov 16****

Lunch and Learn: Vita Nova **Tuesday, November 17, 12p**. Come enjoy a presentation and lunch sponsored by Vita Nova! *Social Room* ****Please register for this event by Wednesday, Nov 11****

New Member Orientation **Monday, November 2 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*

Notary Services **Wednesday, November 18 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, November 4 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*

Safe Falls Class **Monday, November 16 at 10a** Falling in a way that minimizes injury is a skill. The Kupuna Aikido Method allows you to learn falling in a progressive method that starts with sitting on the ground and ends with falling from a standing position. This method has been taught to thousands and saved a large number of them from serious injury. *Multipurpose Room*

Season of Giving Envelope Party! **Wednesday, November 4 at 12p.** FiftyForward is preparing for our annual Season of Caring end-of-year mailing and can use your help! Volunteers are needed to help us hand-address the envelopes that will be mailed in late November. If you have neat, legible handwriting and some time to spare. Light refreshments provided! *Classroom 1*

Second Harvest Food Truck **Thursday, November 12 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*

Songwriting 101 **Thursday, November 5,10a** Learn more about songwriting and country music history! Explore shared histories and stories through Country Music Hall of Fame and Museum artifacts while also working with a professional songwriter to craft an original group song. *Classroom 1*

Sip & Sing! **Friday, November 20 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, November 16**** *Social Room*

Thanksgiving Party **Monday, November 16 at 12p**. Come celebrate friends and fun with us for our annual Thanksgiving party. Instead of spending money on making a dish like usual, there will be a $10 cover which will cover a meal from Honey Baked Ham. Come be thankful with us! *Social Room*

Veteran's Day Service **Wednesday, November 11 at 11a.**Join us for a special Veteran's Day Service where we honor those who has served our country. **Please feel free to bring a picture or item that has a memory or send a picture to Drew (ddavis@fiftyforward.org, or bring it to the center) for a special presentation. Also if you'd like to publicly share a story or memory about your veteran, please reach out to Drew before Nov 9*** Social *Room*