December 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 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 1p Wills vs Trusts Workshop	2. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Art Trunk: Pixel Collage 10a Intermediate Mahjong 11:30a Metro Meals* 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. 10a Musical Memories 10a "A Tacky and Crafty Event" 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi	4. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Dance Blast 11:30a Metro Meals* 12:30p Arthritis Exercise 2p Spades 4p Evening Music Jam **Center Open Til 7 pm** **No Beginner's Dance**
7. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9:30a TRIP: Christmas at Gaylord* 10a Beginner Sewing and Quilting 11a Chair Yoga Stretch 11:30a Metro Meals*	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: Advanced Mahjong 12p Christmas Party* 12:30p Music Jam 12:45p Line Dancing	9. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Intermediate Mahjong 10a Advisory Council 11:30a Metro Meals* 11:30a "Aging in Place" Presentation 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. 10:30a Bible Study 11:30a 2nd Harvest Food Truck 11:30a Metro Meals* 11:30a Tai Chi	11. 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 **Center Open Til 7 pm**
14. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Beginner Sewing and Quilting 11a Chair Yoga Stretch 11:30a Metro Meals*	15. 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 12:30p "Steeping Into Wellness" Presentation 12p: Advanced Mahjong 12:30p Music Jam 12:45p Line Dancing 2p Danny Oliver Tech Workshop- Online Shopping	16. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Legal Aid* 10a Intermediate Mahjong 11:30a Metro Meals* 12:30p Arthritis Exercise 11:45a Silver Notes Big Band Christmas Concert 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. 10a Advisory Council Fundraiser Planning Meeting 11a Bible Study 11:30a Metro Meals* 11:30a Tai Chi	18. 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 "Carols and Karaoke" (Sip & Sing)* **Center Open Til 7 pm**
21. **CENTERS**	22 **CLOSED**	23. **FOR**	24. **CHRISTMAS**	25. **BREAK**
28.. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Beginner Sewing and Quilting 11a Chair Yoga Stretch 11:30a Metro Meals*	29. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 9a Gentle Mat Yoga 9a Chair Yoga 9:30a TRIP: Mint Casino Trip 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	30. 8:30a Fitness Ctr 8:30a Games/Billiards/Puzzles 10a Intermediate Mahjong 11:30a Metro Meals* 12:30p Arthritis Exercise 1p BINGO 1:30p Medicare Counseling 2p Presentation on Estate Planning with Carter Moore	31. 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	***Please Note, Guests and Basic Members must pay $5 for all non-fitness related events.*** ***Including BINGO and Music Jam****

Fifty Forward Madison PROGRAM INFORMATION

RECURRING CLASSES, ACTIVITIES, & GROUPS

ML Denotes member led program

Activities Committee Meeting : We don't have a meeting this month. Our next one will be on Tuesday, January 12 at 10 am

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, December 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*

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* ***Note: No Class on December 4***

Beginner Mahjong We don't have a Beginner's Mahjong class this month. Another one will be offered in January!

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, December 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. Low Impact Tai Chi is not meeting during the month of December, but we will be back in January!

Medicare Counseling Wednesday, December 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*

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***

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

Christmas at Gaylord

Monday, December 7 at 10a
Cost: $15 + Lunch, register in advance
Celebrate the magic of the season with a festive trip to Gaylord Opryland! Wander through the stunning holiday displays, twinkling lights, and beautiful decorated atriums while enjoying the sights, sounds and smells of Christmas. ***If this trip fills up, please ask staff to be put on the waiting list. If we get 12 folks, we'll book another trip in December ***

The Mint Casino Trip

Tuesday, December 29 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! ***This is a repeat trip from October and priority has been given to members who were on the waiting list***

SPECIAL PROGRAMS & EVENTS:

"Wills vs Trusts" Presentation **Tuesday, December 1 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*

Art Trunk with the Frist Art Center **Wednesday, December 2 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 Pixel Collages *Art Room*

Music Memories **Thursday, December 3,10a** Representatives from the Country Music Hall of Fame return to the center to teach us about playing the ukulele and connecting music to memories. *Classroom 1*

A TACKY and CRAFTY Event! **Thursday, December 3,10a** In preparation for our upcoming Christmas Party, Latonya Henderson will be leading an Ugly Sweater decorating party! We'll have some supplies to decorate your sweater masterpiece with, but we also encourage you to bring your own stuff to decorate with. *Art Room*

Evening Music Jam **Friday, December 4, 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*

Christmas Party! **Tuesday, December 8 at 12p.** Come celebrate Christmas with us at our annual Christmas Party! We'll have a hot chocolate bar and snacks, an ugly sweater contest, fun games, and DJ Damon will be coming to rock the tunes! *Social Room*

"Aging In Place Presentation **Wednesday, December 9,10a**
Join SeniorHelpers for a friendly conversation about aging in place, where we'll share a few surprising statistics, talk about when it might be time to ask for help, introduce our Life Profile Assessment, and explore resources and ways to help pay for services as your needs change. Come with your questions, leave with ideas, and discover how a little planning today can give you more choices tomorrow! *Classroom 1*

Second Harvest Food Truck **Thursday, December 10 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*

"Steeping Into Wellness "with Tea and London Brewster **Tuesday, December 15 at 12:30p.** What better way to celebrate National Tea Day then getting together and drinking tea and learning about fitness from London Brewster with 412 Fitness. Come learn about the importance of social and sensory engagement, and more! *Social Room*

"Online Shopping": Tech Workshop with Danny Oliver **Tuesday, December 15 at 2p.** Danny Oliver from the Nashville Public Library is back with a new tech workshop! This month he'll be teaching us about online shopping, just in time for last minute Christmas presents! *Classroom 1*

Silver Notes Big Band Christmas Concert **Wednesday, December 16 at 11:45a.** The Silver Notes is a Big Band made up of senior citizens, and they started right here at FiftyForward Madison! Come join Kim Yearwood and her band for a wonderful Christmas concert! *Social Room*

"Carols and Karaoke": Sip & Sing CHRISTMAS Edition! **Friday, November 20 at 4p.** Let's kick off Christmas Break with a joyful and merry BANG! Come party, eat, drink, and be merry with DJ Damon and FiftyForward as we cut up and karaoke. Bring your own wine or other beverage! ****There is a $10 cover to attend. Please Register by Monday, December 14**** *Social Room*

Presentation on Estate Planning with Carter Moore **Wednesday, December 30 at 2p.** Carter Moore is an estate planning attorney and the founder of Moore Estate Planning, PLLC, a solo law firm he recently opened here in Middle Tennessee. Come learn more about estate planning and the services that Carter offers! *Classroom 1*