

**Donelson Station's *Casino Night*
September 20 from 6pm-10pm**

Join us for a fun filled night of Craps, Blackjack, Poker, Texas Hold 'em, Roulette and Slot Machines. If you don't know how to play, the dealer will teach you! If you don't want to play, you can still win prizes! The cost is \$75 per person which includes two drink tickets, live jazz entertainment from the Cliffnotes, heavy hors d'oeuvres and 10,000 in playing chips. Your drink tickets will get you wine, a mixed drink or a non-alcoholic beverage. Tickets can be purchased in the office or by calling 615-883-8375.

There will also be a Silent Auction where you can bid on fabulous items including hotel stays, entertainment, restaurants, jewelry and more. Bidding will start online and in the center the week of the 20th. However, you must be at Casino Night to make sure your bid is the winning one!



CASINO NIGHT

All proceeds from this fundraiser will help keep FiftyForward Donelson Station offering great programming and services to members at a low cost. Don't miss this once a year celebration and fun event! We count on our members for their support. Thank you for helping us keep Donelson Station the place to be!

Center Luncheon

Wednesday, Sept. 19 at 11 am

David Erwin has performed with famous acts such as Percy Sledge, Marvin Gaye, Tiny Tim, Brenda Lee and the The Judds. He has been on stage at The Grand Ole Opry and appeared on the country show Hee Haw. As a guitarist, he is a perfectionist.

Don't miss his performance! There will also be a delicious lunch served by The Donelson Café. The cost is \$8. Sign up with a staff person or a volunteer.

New Member Orientation

Wednesday, September 12 at 10 am

New members are invited to a reception and fellowship on Wed., Sept. 12 at 10 am. You will be greeted by a few of our



Advisory Council members, instructors and staff. Take this opportunity to learn more about the center's offerings. Light refreshments will be served. Sign up for this event in the front office, at the volunteer desk or by calling the center!

CENTER MEMBERSHIP

FiftyForward Donelson Station is one of five lifelong learning centers in Davidson County and two in Williamson County. These centers offer various programs, classes and events monthly as well as access to the center amenities.

Membership is \$120 annually or \$10 via monthly bank draft. We also accept Silver&Fit® and Silver Sneakers® reimbursement through some Medicare supplement plans. Check to see if you're eligible.

Membership at Donelson Station also allows you to access most of the other FiftyForward centers. Look for the Forward Focus paper in the center or www.fiftyforward.org for other centers' information.

IN OUR FACILITY...

Three Fitness Rooms

Cardio Room-Treadmills, elliptical, stationary bikes, weights, TV and music.

Resistance Training-Stationary weight machine, single station equipment.

Strength Training-TRX bands, bosu balls, dumbbells, resistance training bands, and more.

Pool Room

Three pool tables, cues and balls. Monthly pool tournaments, too!



Computer Lounge

Check your email and Facebook on the four PCs available to members only. Big screen TV, too!

SOCIAL HALL

Enjoy coffee with friends. Play cards, Bingo on Wednesdays or tailgate Fridays. Vending machines and kitchenette available.

RENTAL SPACE

Having a party? Need a venue? We rent the auditorium, conference room, social hall, or art room. Call for availability and pricing.

Many thanks to our sponsors:



Charlie Cardwell, Metro Trustee



OTHER SERVICES

DONELSON CAFÉ

Open M-F 11 am-2 pm

Daily homemade specials! Enjoy different entrée and sides, deli sandwiches, fresh salads and soups served daily. Catering services also available. Call 615-812-3802 for pricing.

LADIES AND GENTS SALON FULL SERVICE HAIR/NAIL SALON & BARBER



Haircuts
Color and Highlights
Waxing Services
Manicures/Pedicures
Perms
Shaves

Stylists' Phone Numbers:

Eva 615-406-6583 Thom 615-337-4252
Tonya 615-579-0108 Gwen 615-243-5371
Iva 615-593-7602

Discounts to FiftyForward members!

Recycling—Money for your Center!

Recycle newspaper, magazines and copy paper in the bins at the railroad side of the building.

Cell Phones—Money for your Center!

Bring in your old cell phones to be recycled.

Lions Club—Glasses for someone else!

Recycle reusable prescription eye glasses in the yellow bin located on the front porch.

Second Harvest Donations for the needy

Non-perishable foods needed to help others.

Call Reassurance for the Homebound

Do you know an older adult who would like to get weekly calls to check on them? Please let staff know. This is for anyone, not just members.

Our Staff:

Center Director
Angela Bryan
abryan@fiftyforward.org

Program Director
Lisa Maddox
lmaddox@fiftyforward.org

Theatre Administrator
Jamie London
jlondon@fiftyforward.org

Travel Coordinator
Janice Judd
jjudd@fiftyforward.org

Office Assistants
Emily Conder
econder@fiftyforward.org

John Martin (Saturday)
jmartin@fiftyforward.org

Center Hours:
Monday-Thursday
7:30 am-6:30 pm

Friday
7:30 am-5 pm
Office Opens at 8 am
Mon.-Fri.

Saturday 9 am-1 pm
615-883-8375
www.fiftyforward.org

Center Director Notes...

Dear Friends:

Fall is on its way! We hope with cooler weather, more members will get to the center to partake in all the exciting happenings.

You will note in this Depot several pleas for your hard earned funds. We hear some members talk about not being able to pay for their membership and support the center in other ways (Bargain Basement or Casino Night).

Please understand that if we didn't have to ask for financial support, we wouldn't. We are all about having fun and keeping members active. Unfortunately, it costs more money to run this center than just the membership fees and grants we get. As costs for insurance, utilities, and building repairs rise, we are left to raise the money elsewhere. We hope you understand and continue to support FiftyForward Donelson Station despite the increase in membership fees.

Be sure to check out the Bargain Basement on Saturday, September 15. Some volunteer groups helped update the space with new paint. Member volunteers have worked to make sure the items are ready for your home! The sale will be from 9 am-1 pm. The Donelson Cafe will be serving breakfast too!!

Thanks to all our volunteers and staff for pitching in and helping make our center the best in the area! Let us know if you have program ideas or have a class you would like to teach!

Sincerely,
Angela Bryan

Program Director Notes....

Hi Gang!

I am excited for some Fall weather. Hope you all come out and support Donelson Station at our Casino Night Fundraiser! Remember, we are only able to offer and to continue to offer our great programming with the success of our fundraisers. If you cannot make Casino Night, but would still like to donate to this event we would be very appreciative.

Check out our **FREE** Silver Sneakers Exercise Class on Friday, September 28 at 2 pm. We are offering this to see if it would be successful at our center so I need your feedback after you take the class. Please let me know what you think. Thank you!!!!

Warm regards,
Lisa Maddox

FiftyForward Travel 2018

Call Janice at 615-231-1235 or email jjudd@fiftyforward.org
or visit Diamond Tours at www.grouptrips.com/fiftyforwardtravel



♦ **Sept. 2-12 Alaska Cruise Tour** See breathtaking Anchorage, Mt. McKinley, Hubbard Glacier, Glacier Bay National Park, Vancouver, B.C. and much more!

- ♦ **Oct. 6-14 Cape Cod, Martha's Vineyard & Plymouth** Experience 17th century historic Plymouth, the Cape Cod Windmills, the Outercape, JFK Museum and so much more!
- ♦ **Nov. 12-16 New Orleans** Visit the French Quarter and the National WW II Museum and cruise the mighty Mississippi on a riverboat! View float building for Mardi Gras up close.
- ♦ **Dec 3-7 Branson Holiday Show Extravaganza** See seven fabulous Branson shows and ride the *Branson Belle* Showboat!
- ♦ **Jan. 21-26, 2019 Orlando** Includes admission to the Holy Land Experience, Exploration Tower, Morse Museum and Gatorland. Visit the historic cocoa Beach Pier.
- ♦ **Feb. 9-16 , 2019 Hawaii** Fly to Honolulu and embark on a 8 day cruise of the islands.
- ♦ **March 27-April 6, 2019 Greece: in the footsteps of Paul the Apostle.** Includes a 3-night cruise , Athens, Mykonos, Ephesus, Patmos, Santorini and more!
- ♦ **April 23-May 1, 2019 Texas!** Visit Dallas, San Antonio and Houston! Too much to list!
- ♦ **May 6-16, 2019 Ireland, Iceland, Scotland Cruise.** Port Stops include Dublin, Belfast, Northern Ireland, Reykjavik, Iceland, Akureyri, Iceland, Lerwick/Shetland, Scotland.
- ♦ **June 6-12 Oregon Trails & the Portland Rose Festival** Fly to this breath taking area to see Mt. St. Helens monument, the Pacific Coast, Multnomah Falls, a winery and much more!
- ♦ **July 5-17 Nova Scotia, Prince Edward Island and New Brunswick** Visit the National Civil War Museum, Hershey's Chocolate World, Canada's most famous lighthouse and more!
- ♦ **Aug. 25-31, 2019 Mackinac Island** Tour the beautiful island and city in Norther Michigan.
- ♦ **Sept. 9-12 Hannibal, MO** Visit the Mark Twain theatre and boyhood home; the Haunted Hannibal trolley and tour the city.
- ♦ **October 7-17 Panama Canal** This Princess Cruise has several ports of call including the Dominican Replublic, Cartagena, Columbia, Panama, Jamaica and Jamaica! "Yah, mon!"
- ♦ **Nov. 3-10, 2019 National Parks & Canyons of the Southwest** Visit the Grand Canyon West, Zion & Bryce Canyon National Parks. Dare to walk out on the Grand Canyon Skywalk!

Tropicana Casino Trips: Sept. 20 (sold out) and Nov. 8.

\$10 for members and \$15 for nonmembers includes lunch and a \$10 voucher for slot play.

For more trip info, visit the FiftyForward Travel display in the center.

Bargain Basement Grand Re-Opening

Saturday, September 15 (9am-1pm)

Check out our new and improved freshly painted Bargain Basement located in the back of our building and packed with lots of items at bargain prices.

Come and enjoy a delicious breakfast made by The Donelson Café before or after you shop. Don't miss out!!



Senior Symposium

Wed., September 26 from 2 pm-3:30 pm

Plan to attend our Senior Symposium which will include a panel of guests who represent companies that help seniors. There will be a question session at the end of the presentation. There will be light refreshments and \$25 gift cards to be given away! The panel will include

Senior Ride of Nashville **Mobility Works**

Kindred Hospice **Middle TN Pharmacy**

BlueSky **Verble Estate**

Brookdale Home Health **Life Care**

This is a **FREE** event! Sign up with staff or a volunteer.

K THE LARRY KEETON THEATRE

The 25th Annual Putnam County Spelling Bee Oct. 11-27

A musical comedy centering on a fictional spelling bee set in a geographically ambiguous Putnam Valley Middle School. Six quirky adolescents compete in the Bee, run by three equally quirky grown-ups. This Tony award sweeping show is sure to test your spelling, coax a sentimental moment while tickling your funny bones. This is rated PG-15. All ages are allowed but Children under 15 must be accompanied by an adult due to mild biological reference.

Shows are Thursday, Friday and Saturday at 7 pm and Sundays at 2 pm. Enjoy dinner and show for \$30. Show only options are also available as is a salmon upgrade and veggie only meal.

October 11th's show is Show Only.

Ask about group pricing for 15 or more.

**Tickets available at www.thelarrykeetontheatre.org
or by calling 615-883-8375**

Contact Us

Senior Center for the Arts
615-883-8375

Jamie London
SCA Administrator
615-231-1231

jlondon@fiftyforward.org

www.thelarrykeetontheatre.org

Located inside FiftyForward
Donelson Station.

3-Pack Special

**Any 3 shows for
\$85!!**

MTGMS JEWELRY CLASSES



Middle Tennessee Gem and Mineral Society offers more than 30 jewelry classes **quarterly** at FiftyForward Donelson Station. To be added to

the Constant Contact email list, email John Martin at classes@mtgms.org.

Classes include silversmithing, faceting, lapidary, wire-wrapping, basic stone carving, delft clay casting, chain maille and many 1-2 day workshops. Discounted prices range from \$10 to \$25 per class to FiftyForward members. **Signups for Fall classes will be Saturday, September 15.** Rock and gem meeting at 3 pm on the 3rd Sunday. Everyone is welcome!

For more information on classes visit www.mtgms.org.

FIFTYFORWARD CARE TEAM

The Care Team provides older adults and caregivers access to services.

You or your loved one will benefit from:

- ◆ A personalized, comprehensive needs assessment
- ◆ Development of a plan of care
- ◆ Guidance/advocacy to access services
- ◆ Monitoring of care

Call **615-743-3416** for info. A social worker will contact you within 24 hours.

Care Manager Emily Eriamiatoe is available at FiftyForward Donelson Station on Mondays from 9 am-noon. No appointment needed.



**Bordeaux Community Fish Fry
Friday, September 14**

Help us support our FiftyForward Bordeaux Center by attending their Community Fish Fry on September 14. We will be driving our bus and it is **FREE** to the first 14 people that sign up. The menu and prices are as follows:

- \$7 Sandwich and 2 hush puppies
- \$10 Two pc plate w/coleslaw, spaghetti or white beans & two hush puppies
- \$1 Cold Drink / \$2 desserts

We will leave the center at 10:30 am. Sign up with a volunteer or a staff member. If our bus is full, anyone is welcome to meet us there. They are located at 3315 John Mallette Drive.

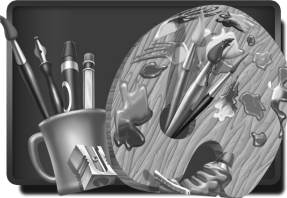


Art Classes

Start October 2 and 3

Roberta Steinmetz will be opening up her fall art classes to members starting Tuesday, October 2 for Beginner's Art and Wednesday October 3 for her Advanced Art Workshop for seasoned artists (must have approval from Roberta to participate in the art workshop). Both classes are 10 weeks. The cost for the Beginners class is \$60 for members and \$120 for non-members. The Advanced Art Workshop is \$25 for members and \$50 for non-members. Each class is from 9 am until 11:30 am. The Beginner's Art class is designed for those with little to no experience. The medias you will explore are oil, acrylic, pastels and pencil. The Advanced Art Workshop will work on a project of their choice.

There are only ten spots available in each class. Sign up with a staff member or a volunteer.



ART CLASS

Basic Computer Classes

FREE to Members!

Starts Wednesday, September 12

We will be launching an eight-week **FREE** Basic Computer Course which covers the following: learning basic PC hardware, becoming familiar with basic computer parts, software, using the mouse, desktop, utilities, creating, opening and saving documents, editing (cut, copy, paste), and printing. We have four open spots to use our PC's. We also have room for those who would like to use their own laptops (No Macs/only PC laptops). This can be a refresher course for some and is also for those who have no idea how to turn a computer on. Sign up with a staff member or a volunteer.

Rummykub

We have a few people interested in starting up a group to play Rummykub. If you are interested in playing, see Lisa Maddox, Program Director, and she will get you in touch with the contact person. This is a tile game that is a combination of Rummy and Mah Jong. This is also a great way to keep your mind active.



Revised 2018 Book Club Schedule

- 9/24 An American Marriage by Tayari Jones
- 10/22 Leaving Time by Jodi Picoult
- 11/26 Sarah's Key by Tatiana de Rosnay

Meet @ 10:30 AM
December meeting TBD.
All interested book lovers are welcome!!



SEPTEMBER TRIPS AND EVENTS

*****TO SIGN UP FOR A CLASS, CALL OR COME BY THE CENTER. PAYMENT IS EXPECTED AT REGISTRATION AND CAN BE TAKEN OVER THE PHONE WITH A CREDIT CARD*****

Pet Community Center-Sat., Sept. 1 from 9 am until 1 pm. The Pet Community Center's Mobile Unit will park in our lot offering low cost vaccinations, microchips, flea and tick prevention, heartworm medication and more. No appointment necessary. See their packages at www.petcommunitycenter.org.

Tech Help-Tues., Sept. 4 from 10 am-12 pm. Tech savvy member Cheryl Harris will help members with their tech devices for **FREE**. Bring your laptop, iPad, tablet, iPhone or Android device with you to receive one-on-one help. Make a 30-minute appointment by phone or in person with staff or a volunteer.

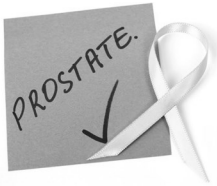
Victory Over Crime Scam Presentation- Wed., Sept. 5 at 10 am. Older adults are often a target for scams and abuse. FiftyForward's Victory Over Crime team along with the Elder Justice Task Force will explain signs of elder abuse, how to report it and the latest scams that impact older adults. This is **FREE!** Sign up with a staff member or a volunteer.

Medicare Presentation-Thurs., Sept. 6 at 10 am. Dee Stoffer, licensed insurance consultant for American Republic Insurance Services, will discuss general Medicare information and answer questions. She is unbiased and works with all insurance companies. This is **FREE!** Sign up with staff or a volunteer.

Nordstrom Rack/TJ Maxx Shopping Trip--Fri., Sept. 7. The bus is headed to Brentwood to shop at Nordstrom Rack and TJ Maxx. Enjoy lunch at McAlister's Deli, Kalamatas or City Café. You will be allotted a certain amount of time to do your shopping and have lunch. The cost for the bus is \$6. Leave the center at 9:30 am. Sign up with a volunteer or staff member.

The Bluebird Café-Mon., Sept. 10. Join us for a **FREE** concert at the Famous Bluebird Café. The Bluebird's performances never disappoint. Enjoy **FREE** donuts and coffee, too! The cost for the bus is \$5. Leave the center at 9:15 am. Sign up with a staff member or a volunteer.

Flexibility Class with The Wellness Center Of Franklin-Mon., Sept. 10 at 11 am. With a degree in Exercise Science, Lisa Lis is a Certified Personal Trainer & Certified Health & Lifestyle Coach with over 25 years of experience in the wellness industry. Try her gentle stretching exercises to improve your flexibility. She'll bring handouts for home practice. This upbeat class will keep you smiling and laughing while improving your flexibility to maintain mobility. This is **FREE!** Sign up with a volunteer or staff.



Men's Health Network: Prostate Cancer Presentation-Tues., Sept. 11 at 10 am.

Since September is Prostate Cancer Awareness month, Tennessee Men's Health Network will host a presentation on men's health and prostate cancer. The presentation will include an interactive dialogue on issues that are important to men and their families. All are welcome to attend this **FREE** informative discussion. Sign up with staff or a volunteer.

Summit Audiology- Tues., Sept. 11 at 11:15 am. Audiologist Mitch Vest will offer **FREE** hearing exams. Summit has advanced technologies and a three-year complete service warranty with damage/loss coverage. Get a 30-day trial, free in-office cleanings, repairs/adjustments and free annual testing. They also accept many insurances. Make an appointment with a volunteer or staff.

New Member Meet & Greet-Wed., Sept. 12 at 10 am. New members are invited to join staff, other members and instructors for fellowship and to learn more about our center. Light snacks will be served.

Walgreens Health Talk "Hypertension"-Wed., Sept. 12 at 2 pm. The Pharmacist from Walgreens will be here to discuss hypertension (another name for high blood pressure). Hypertension can lead to severe complications and increases the risk of heart disease, stroke, and death. Acute causes of high blood pressure include stress but it can also result from an underlying condition. Learn more about this and how to keep it under control. This is **FREE!** Sign up with staff or volunteer.

Basic Computer Classes-Starts Wed., Sept. 12 at 2 pm. Learn the basics of turning a computer on, working with the mouse to editing and saving documents. This is **FREE** to our members. This is an eight week course which ends on October 31. There are four open spots that will utilize our PC's and four open spots to those that have their own laptop. Sign up with a staff member or a volunteer.

TRIPS/EVENTS CONTINUED...

Mystery Lunch-Thurs., Sept. 13. Join us as we head to an undisclosed location for a delicious lunch. This is always a “surprise” and fills up quickly. The cost is \$6 for the bus. Leave the center at 10:45 am. Sign up with a staff member or volunteer.

Bordeaux Community Fish Fry-Fri., Sept. 14. We are heading to our FiftyForward Bordeaux center to enjoy a delicious fish fry. There is no charge for the bus but bring money to purchase your meal. Costs range from \$7-\$13. Sign up with staff or volunteer. Leave the center at 10:30 am.

Canvas painting with Kara-Fri., Sept. 14 at 2 pm. Enjoy painting your own canvas creation (pictured here) with professional artist, Kara Williamson. Kara patiently explains each step in completing your finished product that you will take home to hang. No prior experience necessary. The cost is \$25 for all of the supplies. Sign up with staff or a volunteer.



Grand Re-Opening of the Bargain Basement-Sat., Sept. 15 from 9 am-1 pm. Check out all of the bargains in our newly painted Bargain Basement. Shop and then enjoy a homemade breakfast at The Donelson Café. Hope to see you there!

Humana Medicare Orientation-Wed., Sept. 19 at 9:45 am. Join Humana Rep, Juan Beraldi, for an overview on Medicare. Bring your questions. This is **FREE!** Sign up with staff or a volunteer.

Center Lunch-Wed., Sept. 19 at 11 am. Don't miss Singer/Guitarist David Erwin who will be performing live on our stage. David will bring back the oldies and share some of his original songs too! Enjoy a wonderful lunch from the Donelson Café. The cost is \$8. Sign up with staff or a volunteer.

Casino Night-Thurs., Sept. 20 from 6 pm—10 pm. Support our center by attending our 2nd annual “Casino Night” fundraiser. The cost is \$75 per person and includes heavy hors d'oeuvres, two drink tickets and 10,000 in playing chips that can be used to win fabulous prizes. The money raised helps us continue to offer our wonderful programming and services at a low cost. Casino Night will be packed with so much to do from playing Roulette, Slot Machines, Craps and Blackjack. Don't forget our Silent Auction items too! Reserve your spot with a staff member/volunteer or call 615-883-8375.

All of US Research Program Enrollment-Tues., Sept. 25 from 10 am-2:30 pm. This new program, through the National Institutes of Health, seeks to enroll 1 million participants from all backgrounds to improve the health of future generations. If you are interested but have questions or need help enrolling, FiftyForward staff will offer monthly one-on-one appointments at Donelson Station on the 4th Tuesday monthly from 10 am-2:30 p.m. Sign up with staff or a volunteer.

Lunchbunch-Tues., Sept. 25. Our Lunchbunch group will visit Bricktops on West End. Their vast menu includes lobster bisque, jumbo crab cakes, fish & chips, grilled chicken, ribs, cheeseburgers and assorted flatbreads. The cost for the bus is \$6. Leave the center at 10:45 am.

Senior Symposium-Wed., Sept. 26 from 2 pm until 3:30 pm. Our first Senior Symposium will include a guest panel from companies that help seniors (see list of companies on another page). Light refreshments will be served and \$25 gift cards will be given out too! Sign up with staff or volunteer. This is **FREE!**

Flu Shots-Thurs., Sept. 27 from 9 am until 12 pm. Affordable Pharmacy will be offering flu shots. If you have insurance, bring your insurance card with you. The cost is \$29 for those without insurance. Make an appointment with a staff member or volunteer.



Supper Club-Thurs., Sept. 27 Head to Candy Fork River Valley Grille where you can start out with Fried Pickle Chips or Frog Legs then move onto your entrée from land or sea. Try their Grilled Tilapia, Steak and Gator, Fried Shrimp Po'Boy, then finish off with a heart warming dessert of Campfire S'mores. Prices range from \$10-\$25 depending on what you order. Leave the center at 5 pm. The cost for the bus is \$7.

Important Class/Event Information-Please READ!!!!

New Information and Something for Everyone....

- ♦ **Chair Yoga** will NOW be on Wednesdays at 7:45 am starting September 5.
- ♦ **The Walking Club** will NOW meet on Wednesdays at 8:15 am at the Kohl's Trailhead.
- ♦ **Flexibility Class** will be on Mon., September 10 at 11 am.
- ♦ **Summit Audiology** will be here on the 2nd **Tuesday** of each month at 11:15 to offer **FREE** hearing exams.
- ♦ **Chess Club** meets on **Tuesdays** at 1 pm. All are welcome!
- ♦ **Weight Watchers** meets on Tuesday evenings at 5:30 pm.
- ♦ **Book Club** meets September 24 at 10:30 am to discuss An American Marriage by Tayari Jones
- ♦ **Texas Hold 'Em** is on Tuesdays at 4 pm. We **NEED** players!
- ♦ **Mah Jong** meets **Thursdays** at 10 am and can take a few more players.
- ♦ **Digital Camera Club, Computer Club and IPAD/Tablet** groups welcome everyone. Just bring your gadgets! Groups meet the 2nd and 3rd **Tuesday** at 10 am & 11 am.
- ♦ "A More Positive You" support group meets the 4th Tuesday at 6 pm. Focus on you!
- ♦ **Grief and Loss Group** meets the 1st Sunday at 2 pm at St. Phillips' Church, 85 Fairway Dr. They play cards the 4th **Thursday** at Donelson Station at 9:30 am.
- ♦ Members with a **September Birthday** are invited to join us for cake on **Thursday, September 27** at 1 pm sponsored by **Senior Helpers** and **Wilson Bank and Trust**.
- ♦ **Ukulele Class** meets **Fridays** at 10 am. If you want to learn to play, just show up.
- ♦ **Sing Along Choir** meets **Fridays** at 11 am. Have fun singing old songs and hymns. Travel to nursing homes to bring a little joy. Just show up and sing along!
- ♦ **Tailgating** Share snacks with the aerobics group **Fridays** after class! 9:30 am.
- ♦ **Let's Bowl!** Join us the 1st and 3rd **Fridays** at 2 pm at the Strike & Spare in Donelson located at 2710 Old Lebanon Rd. Shoe rental \$1 and \$1 per game! Wow!
- ♦ **Bible Study** meets the 4th **Friday** of the month at 10 am.

Exercise Classes for All Intensity Levels and Abilities

Low—Low or no impact exercise. Great for beginners or those with mobility issues.

- * Low Impact Aerobics on Monday, Wednesday and Friday at 8:45 am
- * Arthritis Foundation Class on Tuesdays and Thursdays at 11 am—seated class
- * Qi Gong Class on Mondays at 9:45 am—great for improving balance.
- * Tai Chi on Tuesdays at 1:30 pm—great for improving balance.
- * Chair Yoga on Wednesdays at 7:45 am

Moderate—You will breathe harder but can still carry on a conversation. You may sweat.

- * Zumba Gold on Tuesdays and Thursdays at 12:15 pm.
- * Beginner's Strength Training on Tuesdays and Thursdays at 3 pm.
- * Yoga with Richard on Fridays at 7:45 am
- * Line Dancing on Wednesdays at 9:30 am.
- * Walking Club on Wednesdays at 8:15 am—good for all levels; walkers choose intensity

High—Breathing becomes more rapid making it difficult to talk. You will sweat.

- * Advance Strength Training on Tuesdays/Thursdays at 8:15 am or Saturdays at 9:15 am.

Note: This is a general guide. We encourage you to talk to your doctor to insure you are healthy enough to exercise. Stop exercising if you are in pain or short of breath.

September Trips Continued.....

TSU Presents “Preserving Family History”-Thurs., Sept. 27 at 10 am. Rodney Freeman, Assistant Professor/Library Coordinator at Tennessee State University, works to preserve family history. He will host a scan-a-thon for our members. Bring old photos and documents to the center, and he will scan them onto a flash drive for preservation so you can pass your electronic history on to family members. All participants will receive a free flash drive and all physical and digital images are returned to you. You can pick up your items by 2 pm. Sign up with a staff member/volunteer.

FREE Pop-Up Silver Sneakers Exercise Class-Fri., Sept. 28 at 2 pm. A Silver Sneakers fitness instructor will be teaching a **FREE** 45 minute exercise class open to **ALL** members. Donelson Station is thinking of incorporating some Silver Sneakers Classes into our schedule and this class is a test. Sign up with a volunteer or staff member if you are interested in participating.

Membership Fees to Increase January 1, 2019

Effective January 2019, FiftyForward center membership fees will increase to \$12* a month via bank draft or \$144 annually. Our centers offer lifelong learning and engaging programs (arts, exercise and education) and access to resources to live true to the FiftyForward mission: to support, champion and enhance life for those 50 and older.

Five of the seven FiftyForward lifelong learning centers (including Donelson Station) are among the elite 1% of US centers, recognized by the National Institute of Senior Centers, for quality and effectiveness.

As a nonprofit agency, we rely on proceeds from annual membership and program fees, special events, local government grants and funders, active volunteers and other thoughtful and generous community supporters to provide engagement opportunities for older adults. FiftyForward has not raised membership rates in eight years. This increase will offset the costs we are seeing to maintain our lifelong learning centers and programs.

**FiftyForward College Grove rates (due to a community partnership with the Williamson County Department of Recreation) will increase to \$9 a month.*

TRIPS AND EVENTS POLICIES

To ensure members have adequate opportunity to attend trips and events and that staff time and center resources are properly utilized, the following policies must be followed:

- All trips require a minimum of five people. Trips not meeting the minimum number will be cancelled 24 hours in advance and credit will be given to those already signed up.
- **If you choose to meet the bus at a destination, you will be charged \$2 to offset the bus fee. This fee does not apply if the bus is full.**
- When you sign up for a trip or presentation/event, you are making a commitment to this activity and are responsible for putting it on your calendar and showing up on time.
- If you cancel 24 hours before a trip occurs, you will receive a credit toward another trip.
- **NEW POLICY: CREDITS WILL BE AVAILABLE ONLY FOR 90 DAYS. Current credits will expire 90 days from this publishing on Saturday, November 17.**
- A ticketed trip/event will not be refunded or credited **unless someone takes your place from the waiting list or by someone you recruit.**
- 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 for all trips.
- Please note the bus departure time and arrive on time. Drivers will not wait!
- There are no cash refunds for any trips/events.
- Exceptions may be considered by the Center Director in extreme situations.

SEPTEMBER 2017

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|---|
| | | | | 1 9:30 am Tailgate Fridays 10 am Crafty Corner 10 am Ukulele Lessons 11 am Sing Along Group 2 pm Bowling | 2 7 pm Big River |
| 4 Labor Day The Center is Closed | 5 10 am Bridge (beginners welcome) | 6 9 am Art Workshop 9 am Diabetes information (hallway) 10:45 am Mystery Lunch 12:30 pm Bingo w/ Vanderbilt Stallworth 2 pm NPL Basic Computer Class | 7 10 am Mah Jong 10 am National Museum of African American Music | 8 9:30 am Tailgate Fridays 10 am Crafty Corner 10 am Ukulele Lessons 11 am Sing Along Group | 9 8 am MTGMS Jewelry Class Sign Up Bargain Basement Open 8 am-1 pm |
| 11 9 am Quilting Club 11 am "Fill the Truck" event at Kroger in Donelson 11 am Program Committee 1 pm Beginner's Spanish | 12 9 am Beginner's Art Class 9 am Advanced Spanish 10 am Digital Camera Club (2 nd Tues.) 10 am Bridge (beginners welcome) 10 am Tech Help (by appointment) | 13 9 am Art Workshop 10 am Humana 10 am Nutrition Presentation 12:30 pm Bingo-Sponsored by Wilson Bank & Trust 1 pm Beginners Spanish 2 pm NPL Basic Computer Class 2 pm Walgreen's Health Talk | 14 10 am Mah Jong 9 am Advanced Spanish 9:45 am Tour of The Gardens at Opryland Hotel 8-10 pm Trivia Night at Homegrown | 15 The Center is closed for staff retreat | 16 |
| 18 9 am Quilting Club 9:30 am Dr. Tyler Holmes Presentation and FREE Oral Cancer Screenings 1 pm Beginner's Spanish | 19 9 am Beginner's Art Class 9 am Advanced Spanish 9:30 am Pool Tournament (3 rd Tues.) 10 am Bridge (beginners welcome) 10 am Computer Club (3 rd Tues.) 11 am iPad/Tablet Class (3 rd Tues.) 11 am Center Luncheon | 20 9 am Art Workshop 10:30 Lunch & Learn with Benchmark Physical Therapy 12:30 pm Bingo with Wilson Bank & Trust 1 pm Beginner's Spanish 1:15 Summit Audiology 2 pm NPL Basic Computer Class | 21 9 am Advanced Spanish 9:30 am Grief & Loss 10 am Mah Jong 11:30 am Advisory Council 1 pm September Birthday Party 5 pm Supper Club to FiftyFirst Kitchen | 22 9:30 am Tailgate Fridays 10 am Crafty Corner 10 am Ukulele Lessons 10 am Bible Study 10:30 Sing Along at Provision Living in Hermitage 10:45 Lunchbunch to Thai Esane 1 pm Beginner's Spanish | 23 |
| 25 9 am Quilting Club 10:30 Book Club "Small Great things" by Jodi Picoult 1 pm Beginner's Spanish | 26 9 am Beginner's Art Class 9 am Advanced Spanish 9:45 am "Smart Money" 10 am Bridge (beginners welcome) 6:30 pm Caregivers Support Group | 27 9 am Art Workshop 9:45 am Belmont School Pharmacy 12:30 pm Bingo with Rutland Place 1 pm Beginner's Spanish | 28 9 am Advanced Spanish 10 am Mah Jong 6-10 pm Casino Night | 29 9:30 am Tailgate Fridays 10 am Crafty Corner 10 am Ukulele Lessons 11 am Sing Along Group 1 pm Beginner's Spanish | 30 |

Exercise Classes

| <u>Mondays</u> | <u>Tuesdays</u> | <u>Wednesdays</u> | <u>Thursdays</u> | <u>Fridays</u> | <u>Saturdays</u> |
|---|---|--|--|--|-------------------------|
| 8:45 am Low Impact Aerobics 9:45 Qi Gong | 8:15 am Adv. Strength Training 10 am Ballroom Dancing (2 nd & 4 th Tues.) 11 am NEW AFEP Class-starts 9/12 12:15 pm Zumba Gold 1:30 pm Tai Chi | 7:45 am Yoga With Richard 8:45 am Low Impact Aerobics 9:30 am Line Dancing | 8:15 am Adv. Strength Training 11 am NEW AFEP Class 12:15 Zumba Gold 3 pm Beginners Strength Class | 8:15 am Walking Club-Meets at the Kohl's Greenway (if raining meet at the Rainforest Café Entrance at Opry mills) 8:45 am Low Impact Aerobics | 9 am Strength Training |