

Valentine's Day Center Lunch

Thursday, Feb. 14 at 11 am

Bring your sweetheart, family, friends or just come and enjoy the fellowship at this month's luncheon.

Our entertainment is center favorite Nancy Liker. Nancy's first CD, "What's The Use in Crying" is a sentimental journey of songs from the 1940's. Nancy performs in and around the Nashville area.

Her musical training started in Cleveland, OH, leading to performances in many musicals in there and then onto New York City.

While performing in New York, Nancy had her first charted record in country music.

Nancy is now enjoying her love of the great music of Gershwin, Cole Porter and Johnny Mercer just to name a few. She just released her new cd "The Lady in Black's Not Blue".

The Donelson Café will be serving a delicious lunch. The cost for the entertainment and lunch is only \$8.

Sign up with a staff member or volunteer.

AARP Tax Aide

The AARP Tax-Aide Program will prepare income taxes at Donelson Station starting February 4. Qualifying individuals should be aged 60 and over with a total family income of \$53,000 or less. Please remember that rental properties and farm income are outside the scope of this program. There is no charge for this service but donations to Donelson Station are greatly appreciated.



Appointments are available Mon/ Wed/ & Fri from 9 am-1:00 pm starting Feb.4 -April 12.

Please be sure to bring any/all the items below that pertain to you and filing your taxes:

- Social Security card
- Photo ID such as a driver's license or passport
- Last tax year's tax return

Income Statements including

- Social Security
- Pensions (1099-R)
- IRA distributions (1099-R)
- Interest/Dividends (1099 -INT & 1099-DIV)
- Stock Activity (usually shown on broker statements or 1099-B)
- Unemployment (1099-G)
- Gambling Winnings
- Self Employment Earnings (1099-MISC plus all business expenses

Call us at 615-883-8375 to set up an appointment or stop by our office and make an appointment with a staff member or volunteer. We do require a 24 hours advance notice if you need to cancel your appointment.



Center Hours: Mon.-Thurs. 7:30 am-6:30 pm, Fri. 7:30 am-5 pm, Saturday 9 am-1pm. Office Opens Monday-Friday at 8 am.



Established in 1956, FiftyForward supports, champions and enhances life for those 50 and older.



In Our Facility...

Three Fitness Rooms

- **Cardio Room**-Treadmills, elliptical, stationary bikes, weights, TV and music.
- **Resistance Training**- Stationary weight machine, single station equipment.
- **Exercise Room**-TRX bands, bosu balls, dumbbells, resistance bands and more to use with the classes offered.

Pool Room

Three pool tables, cues and balls.

Computer Lounge

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

SOCIAL HALL

Enjoy coffee with friends. Play cards, Bingo or Mah Jong. Vending machines, microwave and refrigerator available.

RENTAL SPACE

Having a party? Need a venue? We rent our space. Call for availability and pricing.

Free Wi-Fi Look for the FiftyForward Guest Network on your device and use 50Forward as the password.

Cell Phone Recycling

Old cell phones can help raise money for the center.

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

Second Harvest

Drop off non-perishable foods to help others.

DONELSON CAFE

Open M-F 11 am-2 pm

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



LADIES AND GENTS SALON

FULL SERVICE HAIR/NAIL SALON



Haircuts
Color and Highlights
Waxing Services
Manicures/Pedicures
Perms

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!

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 \$144 annually or \$12 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.

Many thanks to our sponsors:



Charlie Cardwell, Metro Trustee



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/Volunteer Manager
Kelly Lavelly
klavelly@fiftyforward.org

Office Assistant

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:

I am constantly amazed at the community that is FiftyForward Donelson Station. More than 20 volunteers have expressed interest in volunteering! Volunteers are such a key part of our center. Please reach out to Kelly if you want to get involved!

Second Harvest recently let us know that in 2018, our barrel in the lobby resulted in the donation of 1,586 pounds of food to help feed 200+ families per month! Thank you so much for caring.

Please remember that membership fees have gone up to \$144 annually or \$12 per month via bank draft. We are requiring new membership forms and new bank draft forms for everyone. Those on bank draft will be notified when their membership has expired. Without a new bank draft form, membership will be canceled. Please call or come by if you have questions.

We're actually starting to feel winter's cold breath upon us. Remember to call the center before you get out in the event of inclement weather. Safety for our staff, volunteers and members is the most important thing! Stay safe and warm!

Sincerely,

Angela Bryan
Center Director

Program Director Notes....

Hi Gang!

I am excited that the Pharmacist at Walgreens is going to help us out the next few months and discuss nutrition. This month learn how important protein is for your body and what types are the best as far as nutritional value go.

I am even more excited that the "On the Road Trips" are now being planned by the Program Directors from each center. Madison Station is doing the Irish Festival and Parade in Erin, TN on March 16. I am planning and going with you to tour Brushy Mountain State Prison in Wartburg, TN on May 16. This is going to be awesome. Be sure to sign up asap because I anticipate this trip to sell out. Details are inside this newsletter.

Again, thank you for making my job so much fun!!!! I couldn't do it without all of you and your involvement and participation in this center.

Warm wishes,

Lisa Maddox
Program Director

FiftyForward Travel 2019

For more information, call Janice at 615-231-1235 or email jjudd@fiftyforward.org or visit Diamond Tours at www.grouptrips.com/fiftyforwardtravel



- ♦ **Feb. 9-16 , 2019 Hawaii** Fly to Honolulu for an 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 and Iceland Cruise.** Ports of call include Dublin, Ireland; Belfast, Northern Ireland; Reykjavik, Iceland; Akureyri, Iceland; Cork, Ireland.
- ♦ **June 6-12, 2019 Oregon Trails & the Portland Rose Festival** Fly to this breathtaking area to see Mt. St. Helen's monument, the Pacific Coast, Multnomah Falls, a winery and more!
- ♦ **June 19-28, 2019 Memorials of WWII** London, Paris & WWII themed city tours.
- ♦ **July 5-17, 2019 Nova Scotia, Prince Edward Island and New Brunswick** Visit the National Civil War Museum, Hershey's Chocolate World, and Canada's most famous lighthouse!
- ♦ **Aug. 25-31, 2019 Mackinac Island** Tour the beautiful island and city in Northern Michigan.
- ♦ **Sept. 9-12, 2019 Hannibal, MO** Visit Mark Twain's theatre and boyhood home, ride the Haunted Hannibal trolley and tour the city.
- ♦ **Oct. 5-13: Cape Cod Attractions** include Boston, Quincy Market, Plymouth, Sandwich, Hyannis, Martha's Vineyard and a Hyannis Harbor cruise with view of the Kennedy compound.
- ♦ **October 7-17, 2019 Panama Canal** This Princess Cruise has several ports of call including the Dominican Republic, Cartagena, Columbia, Panama, Jamaica and Jamaica! "Yah, mon!"
- ♦ **Nov. 3-9, 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

On the Road Trips

* **Irish Day Parade and Arts & Crafts Festival, Erin, TN-Saturday, March 16, 2019.**

Relive the spirit of St. Patrick with a parade, 100+ craft vendors, food vendors, a carnival and live music. Lunch is on your own while you shop and explore.

- **Brushy Mountain State Prison, Wartburg, TN-Thursday, May 16.** This famous prison housed James Earl Ray, who assassinated Martin Luther King. Hear stories from former prison guards who will be on site. Dine at the Warden's Table.



The Nail Spot
Monday, February 25
From 9 am-3 pm
FREE pedicures or toenail trimming for seniors **ONLY** at The Nail Spot across the street from Donelson Station at 113 Donelson Pike. Faiza Goff, owner, will offer this monthly on a first come first serve basis.

No appointment needed, just show up!



Bridge Class
Beginning Tues., Feb. 5 at 2 pm
(4 weeks)

Longtime member and Bridge player, Betty Allen, will teach a four-week Bridge Class to those wanting to learn and join the other Bridge players on Tuesdays. No prior Bridge experience needed. This is for beginners.

Food for thought:

Bridge is good for the mind.
It is a mental workout unlike any other and is one of the few activities to stimulate both halves of the brain in equal measure.

Sign up for this class with a staff member or volunteer.

2019 Book Club
Schedule

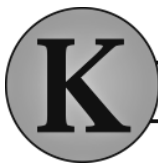
Calling all book lovers!
 The Book Club meeting will meet Monday, February 25 at 10:30 am.

The group will discuss *The Girl With 7 Names* by David John and Lee Hyeon-Seo.

The group will also plan the books and leaders for the rest of the year!

All interested book lovers are welcome!!





THE LARRY KEETON THEATRE

Sister Act

March 29-April 13

Delores Van Cartier is auditioning at her gangster boyfriends nightclub. Upset when he tells her she is not ready she decides to break up with him, but accidentally sees him kill one of his cronies. She runs to the police, who place her in hiding at a convent. Chafing against constraints she soon discovers the choir and everything changes. A joyous show using music to bring different communities and lifestyles together.

PG-15 -All ages allowed but 15 and under must be accompanied by an adult.

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.

March 29's show is Show Only (no dinner).

Ask about group pricing for 15 or more.

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

Contact Us

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!!**

Thanks to our sponsor!



**McKendree
Village**

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, chain maille and many 1-2 day workshops. Discounted prices range from \$10 to \$25 per class to FiftyForward members. Rock and gem meeting is at 3 pm on the 3rd Sunday. Everyone is welcome!

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

Volunteer with FiftyForward

Volunteering is proven in helping people live longer. FiftyForward has several opportunities:

Retired Senior Volunteer Program (RSVP): Engages adults 55+ in volunteering as Friends

Contact For RSVP: Robin Johnson

615-743-3424

Learning in Pairs (FLIP) tutors in local elementary schools, prepping/delivering meals with FiftyForward Fresh/Meals on Wheels and participating in events supporting area non-profits.

Contact for FLIP: Sandra Thomas

615-743-3422

Foster Grandparents: Low-income seniors receive a stipend through this program that works with elementary students.

Contact for Foster Grandparents:

**Penny Gammons:
615-743-3420**

Make A Difference



**VOLUNTEER
POWER!**

Volunteer Update

Thank you so much to all the members who joined us for our Volunteer Kick-Off Meeting. We had 20 people wanting to help in the office, the gardens and more. **WOW!**

If you would like to volunteer, it's never too late. Stop by the office to say hello to Kelly Lavelly, Office/Volunteer Manager, and she will fill you in on all the opportunities at Donelson Station.

Beginner's Line Dancing Class

Starts Wed., Feb. 5 at 11 am (6 weeks)

Our Line Dancing instructor, Mary Jane Pelz, has offered to teach a six-week beginner's Line Dancing class. Learn the basic steps and then join her Wednesday morning class at 9:30 am.

Plan to attend each class to keep up with the steps so you can easily join the other dancers. This is **FREE!** Sign up with staff or a volunteer. Please be sure you show up for at least five of the six classes.

**I ♥
LINE
DANCE**

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.**
- 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.



On The Road Again With FiftyForward Brushy Mountain State Prison

Thursday, May 16, 2019-Leave at 7:30 am from Donelson Station

The stories live on at Brushy. The voices echo down "3 Walk."

This will be an experience like no other. It will surprise you. Terrify you. Make you wonder what it would've been like to be locked up here for the rest of your life in the former maximum security prison that housed some of the most evil and dangerous criminals in the country like James Earl Ray, Martin Luther King's assassin.

Tours are self-guided with former prison guards nearby to answer questions and share stories. Visit 14 stations to learn what happened in those spots. Some will talk of violent acts, killings. Others about the moments family members visited. And, still others will give you a glimpse inside the troubled minds of the hardened criminals that served time at Brushy.

Lunch will be served at The Warden's Table located inside the prison. The cost is \$63 and includes your bus ride, tour and your lunch.

(vegetarian meals available upon request).

****Make sure to also bring a \$1-\$2 cash tip for the bus driver.**

FEBRUARY 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*****

Tech Help-Tues., Feb. 5 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 get one-on-one help. Make a 30-minute appointment by phone or in person.

Medicare Changes to Advantage Plans-Tues., Feb. 5 from 8 am—4 pm. If you switched your insurance to an Advantage Plan during the open enrollment period and would like to make changes (switching back or changing your plan entirely), make an appointment with Lauren Cheever with American Senior Benefits. Lauren is happy to help you with changes or any questions that you have about your Medicare plan. Sign up with a staff member or volunteer.



Bridge Class-Starts Tues., Feb. 5 at 2 pm (4 weeks). Have you always wanted to learn to play Bridge? This is your chance! Betty Allen, avid Bridge experienced player, will teach you the game from the very beginning. This is such a great way to stimulate your mind and get involved with the other Bridge players who play every Tuesday. This is **FREE!** Sign up with a staff member or volunteer.

Fifth Third Empowerment Mobile E-Bus-Wed., Feb. 6 from 9 am-3 pm. Hop on the e-Bus for assistance viewing your credit report, financial decision tools, fraud awareness and prevention, bill payment demonstrations, home ownership seminars and how to avoid foreclosure. This is all **FREE!** They will be in our parking lot ready to assist you. No need to sign up, just show up!

Beginner's Line Dancing-Wed., Feb. 6 at 11 am (6 weeks). Our Line Dancing instructor, Mary Jane Pelz, will teach those who are "new" to line dancing the beginning steps to the line dances used in the line dancing classes on Wednesdays at 9:30 am. You will need to attend all six classes to be able to "graduate" to the other class! This is **FREE!** Sign up with staff or volunteer.

Mystery Lunch-Thurs., Feb. 7. Enjoy a delicious lunch at an undisclosed location. This "surprise" trip fills up quickly, so sign up soon. The bus cost is \$6. Leave the center at 10:45 am.

DIY Spring Cleaning Seminar-Sat., Feb. 9 at 10 am. Michele Mazzu, District 15's Beautification Commissioner, will teach you how to freshen up your home by avoiding harsh chemicals, toxic cleaners, and save monthly. Learn how to make your own products for just pennies. This is **FREE!** Sign up with staff or volunteer.



Canvas Painting With Kara-Mon., Feb. 11 at 3 pm. Paint your own Valentine's canvas with artist Kara Williamson. Kara will give you step-by-step instructions. Kara is a locally based, well-known portrait artist. The cost is \$25 and includes all supplies. Sign up with staff or volunteer. (See inside this newsletter for the picture of what you will be painting).

Home Fire Safety Class-Tues., Feb. 12 at 10 am. Jason Campbell with the Nashville Fire Dept. will inform you about the importance of home fire safety. He will discuss kitchen and cooking safety, smoke detectors, and slip, trip and fall prevention. Learn how to get a smoke detector installed for **FREE**. He will be handing out gifts to each participant and fire safety pamphlets. This is **FREE!** Sign up with a staff member or volunteer.

Summit Audiology- Tues., Feb. 12 at 11:15 am. Audiologist Mitch Vest offers **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 accept many insurances. Make an appointment with a volunteer or staff.

Walgreens Health Presentation-Wed., Feb. 13 at 2 pm. The Walgreen's pharmacist will continue the nutrition discussion from January and focus on proteins. Learn the right foods to eat that contain enough protein. Learn how much protein you need each day and why it is so important to your body. This is a **FREE** presentation. Sign up with staff or a volunteer.

TRIPS/EVENTS CONTINUED...

Basics Of Medicare Thurs., Feb. 14 at 10 am. Learn the ABC's of Medicare. Dee Stoffer from American Republic Insurance, a non-biased provider, will educate you on Medicare Plans and choosing the best plan for YOU. If you are new to Medicare or getting ready to signup, make sure to attend this presentation. Sign up with staff or a volunteer. This is **FREE!**

Center Luncheon-Wed., Feb. 14 at 11 am. Nancy Liker will star at our center lunch. Nancy sings all over Nashville and is known for her sultry voice. She will share songs from Patsy Cline and other country stars. Bring your sweetheart, friends, and family to enjoy Nancy's performance. Wear red!!! The cost is \$8 and includes lunch provided by the Donelson Café. Sign up with staff or volunteer.



Southern Alliance For People and Animal Welfare Presentation-Tues., Feb. 19 at 10 am. SAFPAW works with homeless pet owners as well as local area homeless pets. Along with Nashville Cat Rescue, they transport adoptable cats and kittens to and from foster homes. They need volunteers to be cat transport coordinators 1-2 days weekly for about an hour each day. Volunteers need to have a car and be able to drive within a 20 mile radius. Come listen to this presentation for more details. This is **FREE!** Sign up with staff or a volunteer.

Property Tax Relief/Tax Freeze Program-Tues., Feb. 19 at 10 am. The Tax Relief Program is available to those over age 65 with limited income or a disability. To qualify for Tax Relief your annual income must **NOT** exceed \$29,270. To freeze your property taxes your annual household income must **NOT** exceed \$41,780. Income sources include Social Security, retirement, IRA's, pensions, VA benefits, workers comp, salaries, dividends, royalties and income from properties. If you qualify, sign up **NOW** with staff or volunteer.

Shopping and Lunch at One Bellevue Place-Thurs., Feb. 21. Shop Ulta Beauty, Ross, Off Broadway Shoes, Home Goods, Michaels and much more at One Bellevue Place. Enjoy lunch at one of the many restaurants including Bar Louie, The Halal Guys, or Chicken Salad Chick. This cost is \$6 for the bus. Leave the center at 9:30 am. Sign up with staff or volunteer.

Movie at Rutland Place-Fri., Feb. 22. We are headed to Rutland Place, a beautiful independent living facility in Mt. Juliet, to watch "The Greatest Showman" which tells the story of the legendary P.T. Barnum. Enjoy popcorn, candy and drinks for **FREE** too! The cost for the bus is \$5. Leave the center at 12:30 pm. Sign up with staff or volunteer.

"All of Us" Research Program Enrollment-Tues., Feb. 26 from 10 am-2:30 pm. Have you signed up yet? The National Institutes of Health is seeking to enroll a million participants from all backgrounds to improve the health of future generations. If you have questions or need help enrolling, FiftyForward staff offers individual appointments the 4th Tuesday monthly at Donelson Station. Sign up with staff or a volunteer.

Lunchbunch to Catch 22-Tues., Feb. 26. We will head to Catch 22 Gastropub in Mt. Juliet. Start with roasted corn guacamole or bacon fried Brussel sprouts, and then try one of their delicious burgers, a Cuban sandwich, a blackened tuna sandwich or fish & chips! The cost for the bus is \$6. Leave the center at 10:45 am. Sign up with staff or volunteer.

Cooking With Kevin-Wed., Feb. 27 at 3 pm. Enjoy a cooking demonstration with Chef Kevin from the Donelson Café. Learn how to make some of his fabulous dishes. He will show you step-by-step and you even get to eat the finished product and receive the recipe. The cost is \$8. Sign up with staff or a volunteer.



Supper Club-Thurs., Feb. 28. Volunteer Amanda is headed to BrickTop's on West End. Start with lobster bisque, spinach and artichoke dip and then add a juicy ribeye or filet mignon. They also have burgers and salads. Dinners range from \$16-\$34. The cost for the bus is \$7.

FiftyForward Services

Care Management Services:
This no-cost service for older adults with low incomes offers in-home assessments to connect with services that meet their needs (food, health care, etc.) Call Emily at (615) 622-5409 or visit her at the Center Mondays 9 am-noon.

Care Team Services: For a fee, this service supports older adults and caregivers by assessing needs, helping purchase services, monitoring care and much more. Call 615-743-3436.

Conservatorship: This program makes decisions when an older adult can no longer do so and has no one to help. Through court appointment, FiftyForward can serve as conservator of a person and/or finances. Call 615-743-3436.

Adult Day Services: A program for those with cognitive, memory, or physical needs. Call 615-463-2266.

Meals on Wheels: Provides meals for those unable to prepare them (limited area). Call 615-463-2264.

Victory Over Crime: Are you a victim of a crime? Need counseling, help in court or more? Call (615) 743-3417.

www.fiftyforward.org

Important Class/Event Information

New Information and Something for Everyone....

- ♦ **Meditation** classes are on Tuesdays at 9:30 am. (This was formerly chair yoga).
- ♦ **Book Club** meets **Monday**, Feb. 25 at 10:30 am to discuss *The Girl With 7 Names* by David John and Lee Hyeon-Seo.
- ♦ **Summit Audiology** is here on the 2nd **Tuesday** each month at 11:15 to offer **FREE** hearing exams.
- ♦ **Chess Club** meets on **Tuesdays** at 1 pm. All are welcome—beginners and experienced!
- ♦ **Weight Watchers** meets on Tuesday evenings at 5:30 pm for Weight Watchers members.
- ♦ **Texas Hold 'Em** is on **Tuesdays** at 4 pm. Join the group of fun players!
- ♦ **The Walking Club** will NOW meet on **Wednesdays** at 8:15 am at the Kohl's Trailhead. It it's too cold, the group meets at Opry Mills in front of the Rain Forest Café.
- ♦ **Rummikub** is on **Wednesdays** at 1:30 pm. New players are welcome.
- ♦ **Mah Jong** meets **Thursdays** at 10 am. New players welcome.
- ♦ **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.
- ♦ **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 **February Birthday** are invited to join us for cake on **Thursday, February 28** 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 Levels and Abilities

Symbols are used on Calendar for Exercise Classes

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

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

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

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.



Performers Wanted

Save the Date!!!! TALENT SHOW

Tuesday, April 30 at 2:30 pm

Calling all performers!! Bring your talent to our stage and share it with an audience.

The last talent show was two years ago with lots of talents including singing, group choreographed dancing, puppetry, ukulele, swing dancing, comedy, stand-up and so much more. Everyone is welcome.

Judges will award prizes to the top two winners. We would love to have a large audience so bring your friends and family. The cost will be \$2 to watch the show. We will have snacks and drinks available for purchase as well. You can already sign up with a staff member or volunteer.

Interested in performing? Sign up with Program Director Lisa Maddox. We are so excited!!!!

Property Tax Relief/Tax Freeze

Tues., Feb. 19 at 10 am

Are you 65 with a limited income or totally and permanently disabled? Qualified property owners who have an income limit of \$29,270 can receive tax relief. Eligible tax payers can also lock their tax rate if their total household income does not exceed \$41,780. If you think you qualify for either of these programs, sign up with a volunteer or staff member to meet with Davidson County Tax Assessor Charlie Cardwell on February 19 at 10 am.

Wills and Powers of Attorney

Elder Attorney April Jackson is available to provide Wills and Powers of Attorney for members on a sliding fee scale based on income. You will need to set up a phone meeting with her prior to the construction of your documents. Those documents will be returned by appointment at Donelson Station on March 19 between 9:30 am-4:30 pm. All fees **MUST** be paid to April by February 26. The sliding fee scale is as follows:

Monthly Household Income	Wills	POA's
<\$1,353	\$40	\$10
\$1,353-\$1,804	\$60	\$15
\$1805-\$2256	\$80	\$20
\$2,257-\$2,707	\$100	\$25
\$2,708-\$3,200	\$120	\$30

\$3,200+ do NOT qualify for sliding scale rate
Call attorney Jackson's office at 615-863-3063 for your phone interview.

After your interview, make an appointment with a volunteer or staff for March 19 to pick up your completed Wills/POA's.



Canvas Painting Class Monday, Feb. 11 at 3 pm

Love is in the air! Come and paint this Valentine's picture on canvas with professional artist, Kara Williamson. Kara will teach you step-by-step how to easily paint this picture. You do not have to have any art experience. Everyone is welcome. The cost is \$25 and includes all of your supplies. Sign up with a staff member or volunteer.

Inclement Weather Policy

If Metro schools are closed, we will **NOT** have our regular daytime programming, classes, events or scheduled trips. However, our office **will** still open, although possibly on a delayed schedule.



Classes may restart before Metro reopens schools as long as the roads and our facility are safe. Staff and member safety is most important.

Call before driving to the Center 615-883-8375.

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
				1 9 am-1 pm AARP Tax Service 9:30 am Tailgate Fridays 10 am Ukulele Lessons 11 Sing-Along Choir 2 pm Bowling	2 3
4 9 am-1 pm AARP Tax Service 1 pm Brain Games	5 8 am—4 pm Medicare Changes to Advantage Plans (Open Enrollment) 9 am Beginner's Art Class (1 st Class) 10 am Bridge 10 am Tech Help 1 pm Chess Club 2 pm Bridge Class 4 pm Texas Hold 'Em 5:30 pm Weight Watchers	6 9 am-1 pm AARP Tax Service 9am-3 pm Fifth Third e-Bus 12:30 pm Bingo with UnitedHealthcare 1:30 Rummikub	7 10 am Mah Jong 10:45 Mystery Lunch	8 9 am-1 pm AARP Tax Service 9:30 am Tailgate Fridays 10 am Ukulele Lessons 11 Sing-Along Choir	9 10 10 am DIY Spring Cleaning Seminar
11 9 am-1 pm AARP Tax Service 11 am Program Committee 1 pm Brain Games 1 pm Writer's Workshop 3 pm Canvas Painting Class	12 9 am Beginner's Art Class 10 am Fire Safety Class with NFD 10 am Bridge 10 am Digital Camera Club (2 nd Tues.) 11:15 am Summit Audiology (by appt.) 1 pm Chess Club 2 pm Bridge Class 4 pm Texas Hold 'Em 5:30 pm Weight Watchers	13 9 am-1 pm AARP Tax Service 9 am Art Workshop 12:30 pm Bingo with Bright Health 1:30 pm Rummikub 2 pm Walgreens Nutrition Presentation (Proteins)	14 10 am Mah Jong 10 am Basics of Medicare 11 am Center Luncheon	15 9 am-1 pm AARP Tax Service 9:30 am Tailgate Fridays 10 am Ukulele Lessons 11 am Sing-Along Choir performing at Charter Senior Living in Hermitage 2 pm Bowling	16 17
18 9 am-1 pm AARP Tax Service 1 pm Brain Games 1 pm Writer's Workshop	19 9 am Beginner's Art Class 10 am Bridge 10 am SAFPAW Presentation 10 am Computer Club (3 rd Tues.) 10 am PropertyTax Relief/Freeze Program 11 am Ipad/Tablet Group (3 rd Tues.) 1 pm Chess Club 2 pm Bridge Class 4 pm Texas Hold 'Em 5:30 pm Weight Watchers	20 9 am-1 pm AARP Tax Service 9 am Art Workshop 12:30 pm Bingo Sponsored by Groogan Insurance 1:30 Rummikub	21 9:30 am Trip to One Bellevue Place 10 am Mah Jong	22 9 am-1 pm AARP Tax Service 9:30 am Tailgate Fridays 10 am Ukulele Lessons 10:30 Bible Study 11 am Sing Along Choir 12:30 pm Movie at Rutland Place	23 24
25 9 am-3 pm FREE Pedicures at The Nail Spot 9 am-1 pm AARP Tax Service 10:30 am Book Club 1 pm Brain Games 1 pm Writer's Workshop (last class)	26 9 am Beginner's Art Class 10 am Bridge 10am - 2:30 pm "All of Us" Enrollments 10:45 am Lunchbunch to Catch 22 1 pm Chess Club 2 pm Bridge Class 4 pm Texas Hold 'Em 5:30 pm Weight Watchers 6:45 pm Meet at Los Chilaquiles for Trivia **Due Date For Payments of Wills/POA's	27 9 am-1 pm AARP Tax Service 9 am Art Workshop 12:30 pm Bingo Sponsored by Shipley's Donuts 1:30 Rummikub 3 pm Cooking With Kevin	28 10 am Mah Jong 11:30 Advisory Council 1 pm Birthday Party 5 pm Supper Club to BrickTop's		

Exercise Classes

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>	<u>Saturdays</u>
7:45 am Yoga with Richard ♥♥ 8:45 am Low Impact Aerobics ♥ 9:45 am Qi Gong ♥ 5:15 Yoga ♥♥ ♥Low; ♥♥Moderate; ♥♥♥High Intensity	8:15 am Adv. Strength Training ♥♥♥ 9:30 am Mediation ♥ 11 am Arthritis Foundation Class ♥ 12:15 pm Zumba Gold ♥♥ 1:30 pm Tai Chi ♥	8:15 am Walking Club-Meets at the Kohl's Greenway ♥♥ 8:45 am Low Impact Aerobics ♥ 9:30 am Line Dancing ♥♥ 11 am Beg. Line Dancing (6 weeks)	8:15 am Adv. Strength Training ♥♥♥ 11 am Arthritis Foundation Class ♥ 12:15 pm Zumba Gold ♥♥ 3 pm Beginners Strength Class ♥♥	7:45 am Yoga With Richard ♥ ♥ 8:45 am Low Impact Aerobics ♥	9 am Adv. Strength Training ♥♥♥