

**Deloitte Impact Day
Thursday, June 6
10 am-1 pm**

Deloitte will host their 20th Anniversary Impact Day offering one-on-one assistance with phones, tablets, computers, Facebook, etc. They will offer workshops which include on-line security, social media, Word, Excel and PowerPoint tips.

Bring your technical device (phone, camera, laptop) with you and receive assistance from a Deloitte employee. They only come once a year, so make sure to take advantage of this service. There is no need to sign up, just show up.

Here is a list of the other centers that they will be visiting in case you can't make it to Donelson Station on June 6.

FF Bordeaux Center 3315 John Mallette Dr	June 5 from 9 am –12 pm
FF College Grove 8607 Horton Hwy	June 12 from 10 am– 1pm
FF J.L. Turner 8101 Hwy 100	June 7 from 10am - 1pm
FF Knowles Center 174 Rains Ave	June 7 from 10 am-1 pm
FF Madison Station 301 Madison St	June 12 from 10 am–1pm
FF Martin Center 960 Heritage Way	June 5 from 10 am –1pm

Deloitte.

**Center Luncheon Staring Jerry Fox
Wednesday, June 26 at 11 am**

Enjoy 90 years of country music, a musical retrospective from the 1920's to today, presented by singer, songwriter and guitarist, Jerry Fox and band. This fast-paced show for all musical tastes will bring you back in time and up to date on the latest in country music. Do not miss this show!

The Donelson Café will provide a delicious lunch. The fee for lunch and the entertainment is \$8. Sign up with staff or a volunteer.

Aging Mastery Program (AMP)

The National Council on Aging created this Aging Mastery Program as a guide to building a playbook for aging well and making the most of the gift of longer life. AMP is a fun approach to positive aging and encourages mastery in developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

By participating, you will make and maintain impactful changes in your health behaviors, financial well-being, and enrichment in later life; get real incentives and rewards for taking small steps that can improve your well-being and meet new friends, provide support and encouragement to your peers and become more involved in your community.

This program is **FREE** for members and \$60 for non-members. Donelson Station classes will be on Tuesdays starting June 25-August 27 from 2 pm-3:30 pm. Other centers are offering AMP as well. There is limited space, so sign up quickly with a volunteer or staff member.



Aging Mastery Program[®]

National Council on Aging



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 10:30 am-2 pm

Daily homemade specials! Enjoy different entrées 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 Gwen 615-243-5371
Tonya 615-579-0108 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:



GRACEFUL AGING
legal services, PLLC

Humana



Charlie Cardwell,
Metro Trustee



WILSON
Bank & Trust



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:

June is here! Thanks to Lisa for continuing to provide an awesome variety of activities, trips and fun! Don't miss anything!

Thanks to all of you who completed a membership survey. This info will help the Advisory Council, staff and FiftyForward Board decide where to focus on improvements for your center.

Beginning June 11, Donelson Station will once again have an Opportunity NOW intern through the Mayor's office, giving high school students the opportunity to work for part of the summer for pay. Our intern, Regan Shelton, is a student MLK Magnet School and should be helpful to us this summer! Please welcome her!

Please consider supporting your center in this year's Spring Campaign. You should get a letter showcasing all FiftyForward does for older adults. Unfortunately, donations will not be matched this year. Donations help cover the gap membership fees, grants and fundraisers leave. We appreciate your help.

We hope to send the emailed newsletter out via an online email program next month. Please watch for this new format.

A special thanks to all our volunteers for their hard work making our gardens beautiful! Be sure to check out the Bargain Basement on June 15—another volunteer led success! We will have a new volunteer driver in June. Amber Brothers is a member and drives for the airport. Please welcome her! Thank you to all of our volunteers! We appreciate everything you do!

Sincerely,

Angela Bryan, Center Director

Program Director Notes....

Hi Gang!

I was lucky enough to be able to participate in this year's 20th Anniversary Donelson Hermitage Business Leadership class. I am so grateful for the experience and all of the wonderful people I have met. Our class was required to do a project that would benefit the community. We chose to build and maintain "Little Libraries" to be installed at FiftyForward Donelson Station and the Donelson YMCA. These libraries will contain "used" books for adults and kids. If you have extra books that you would like to donate to this project, please bring them to my office. I am also looking for a couple of members who would like to help maintain the "Little Library" by making sure that it is stocked. Come see me if you are interested.

Thank you to all of our wonderful members and all you do to make this center the best!

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

◆ **June 6-12, 2019 Oregon Trails & the Portland Rose Festival** See Mt. St. Helen's monument, the Pacific Coast, Multnomah Falls, a winery and more!

◆ **June 18-28, 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** SOLD OUT!~~

◆ **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. SOLD OUT!~~

◆ **October 7-17, 2019 Panama Canal** This Princess Cruise has several ports of call including the Dominican Republic, Cartagena, Columbia, Panama, and Jamaica! "Yah, mon!"

◆ **October 29-31, 2019 Mystery Tour** Take a chance to a "destination unknown". The fun part is not knowing where you are going and experiencing the excitement when you get there.

◆ **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

◆ **Dec. 10-12 Pigeon Forge** Stay at the country Cascades Hotel. See the Hatfield & McCoy Dinner Feud, Country Tonite, the Smoky Mountain Opry, the Comedy Barn as well as free time in Gatlinburg and The Island to do some Christmas shopping.

◆ **Dec. 30-Jan. 4. Rose Parade New Year's** Stay in Irvine, CA. View the Tournament of Roses Parade from reserved grandstand seats, Rodeo Drive, Grauman's Chinese Theatre, San Diego Harbor Cruise, and more, including a New Year's Eve party!

Casino Trips: Tropicana— Aug. 8, Oct. 21. Harrah's—May 9, July 2, Sept. 5.

Cost is \$15 for members and \$20 for non-members.

More on the Road with FiftyForward Trips to be announced soon!

Mastering the Art of Writing Class

Monday, June 10 at 1 pm

Is there a writer in you wanting to come out? Have you ever considered writing and publishing a book? Critically acclaimed author, Tennessean columnist, professional writing coach and professor, Jim Palmer, will be leading a six-week class on mastering the craft of writing. Find your voice, discover the secrets to powerful and spellbinding writing, and learn the process of getting published.

Whether you've dreamed of writing a book, have an interest in exploring the craft of writing as a hobby, or want to express yourself more effectively through the written word, this class is for you.

Participants will identify their own individual writing project and receive personal feedback and input from Jim as a professional writing coach. Each class covers a different aspect of writing, with an in-class writing exercise for developing greater writing skills. You don't have to be an experienced writer to take this class. It's going to be a fun, invigorating and rewarding experience! The cost is \$60 for members and \$120 for non-members. Sign up with staff or a volunteer or staff member.

2019 Book Club Schedule

Calling all book lovers!
The Book Club meeting will meet Monday, June 24 at 10:30 am.

The group will discuss Reading Lolita in Tehran by Azur Nafisi
All interested book lovers are welcome!!



2019-2020 SEASON!

Alfred Uhry's



DRIVING MISS DAISY

August 15-31, 2019

BY ARRANGEMENT WITH DRAMATIST PLAY SERVICES



LITTLE SHOP OF HORRORS

October 10-26, 2019

BY ARRANGEMENT WITH MUSIC THEATRE INTERNATIONAL



It's a Wonderful Life

The Musical

December 5-22, 2019

BY ARRANGEMENT WITH BROADWAY LICENSING

AUDIENCE FAVE

TBA June 16!

BENNY ANDERSSON & BJÖRN ULVAEUS'

MAMMA MIA!

THE SMASH HIT MUSICAL BASED ON THE SONGS OF ABBA®

April 16-May 2, 2020

BY ARRANGEMENT WITH MUSIC THEATRE INTERNATIONAL

Disney **THE LITTLE MERMAID**



June 11-27, 2020

BY ARRANGEMENT WITH MUSIC THEATRE INTERNATIONAL

The **LARRY KEETON** Theatre

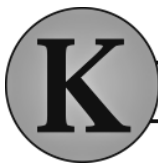
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thelarrykeetontheatre.org

 **TENNESSEE ARTS COMMISSION**
Cultivate. Create. Participate.

METRO ARTS





THE LARRY KEETON THEATRE

Wizard of Oz June 13-29

After a tornado whisks away a young Kansas farm girl, Dorothy, to the magical land of Oz, she starts her quest to find the mighty Wizard of Oz who has the power to send her home. Along the way she meets a Scarecrow, a Tin Woodsman and a Cowardly Lion who help her on the journey. This version includes many of the songs from the famous MGM musical. This is appropriate for all ages. Rated G. 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 29th 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.

**Season Tickets on
Sale Now!**

\$150 for six shows!

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!

Signups for Summer Quarter will be held Saturday, June 15!

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

Help a child succeed!

Did you know that 65% of America's fourth graders do not read at a proficient level? How about the fact that one out of six children who do not read at age level by the end of third grade will not graduate from high school?

FiftyForward FLIP program, Friends Learning In Pairs, is seeking volunteers to help children grades K-4 who need assistance in reading or math. With all of the growth here in Donelson we are currently seeking **10 Volunteers** from our center to join this program. Time commitment includes a once a week visit at your student's school for 2 hours throughout the 2019-20 school year.



Please contact Kelly Lavelly at 615-883-8375 klavelly@fiftyforward.org to learn more!

World Elder Abuse Awareness Day

FiftyForward's Victory Over Crime is partnering with Adult Protective Services by participating in a cleaning supply drive. Donated supplies will benefit APS' homemaker program that assists some older adults they serve. If you would like to donate supplies, bring them to our front office throughout the month of June.



June 15th

In recognition of this day, we are asking members and staff to wear purple on June 14 to support this cause.

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:

- **New Policy: Signups are limited to two per person.**
- 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.
- **CREDITS ARE 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.

PLEASE READ!!! NEW TRIP POLICY!

FiftyForward Donelson Station will only allow individuals to sign up two people for trips at a time. To clarify, you may call and sign up you and your husband or wife or you and a friend but it is limited to **ONLY** two people.

You may **NOT** call up, stop in, sign up for or pay for more than two people. This has caused some problems with one person taking up multiple spots on the van and then often canceling.

We are trying to be fair to all members that enjoy taking trips. This has been approved by the Advisory Council and the Program Committee. If you have questions, contact Program Director Lisa Maddox. Thank you for understanding.

ATTENTION!

**NEW
POLICY!**

Bible Study

New Meeting Time!

Saturday, June 22 10 am.

All members are welcome to join our bible study class led by Davene Johnson on the 4th Saturday of each month at 10 am. This is **FREE!**

Gather to learn, encourage, enjoy fellowship and grow in your personal relationship with your God. Everyone is welcome!



JUNE TRIPS AND EVENTS

*****TO SIGN UP FOR A CLASS, CALL, COME BY THE CENTER OR VISIT
WWW.MYACTIVECENTER.COM (FREE EVENTS ONLY). PAYMENT IS EXPECTED AT
REGISTRATION AND CAN BE TAKEN OVER THE PHONE WITH A CREDIT CARD*****

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

Pet Community Center Weekly Wednesday Clinic-Wednesdays from 10 am—4pm. The Mobile Pet Unit will be in our parking lot every Wednesday offering low cost services for your pets including vaccinations, microchips, flea and tick treatment and more. No appointment needed.

Deloitte Impact Day-Thurs., June 6 from 10 am-1 pm. Take advantage of this annual event where Deloitte employees help our members with their technological devices. Receive one-on-one help with your laptop, phone, iPad, and other devices. If you have always wanted to learn how to use social media, this is your chance! No need to make an appointment, just show up.

Equipment Orientation-Fri., June 7 at 10 am. Certified Senior Fitness Instructor Ronald Ruffin will conduct a training on our exercise equipment located in the cardio room and the resistance training room. This is a great time to learn how to use the equipment properly and ask any questions about getting started. This is **FREE!** Sign up with a volunteer or staff.

Victory Over Crime Presentation-Mon., June 10 at 10 am. Learn about scams that are affecting seniors and how **NOT** to become a victim. Every month it seems there is a new scam out there targeting seniors. The VOC team will also discuss the DNA swab tests that test for cancer. Some of the companies out there are not legitimate and may try to bill you for these services that Medicare will NOT cover. Be sure if you have had a swab test to listen to this presentation. We have NOT had anyone receive a bill from these tests but want you to be aware of the process in case something like this happens. This is **FREE!** Sign up with a staff member or volunteer.



Mastering the Art of Writing Class- Starts Mon., June 10 at 1 pm. This 6-week writing class is taught by acclaimed author and Tennessean columnist, Jim Palmer. Jim thrives on sharing his love for writing with others and shows you how to find your voice as a writer and navigate through the proper channels to be published. Participants will create their own writing project and receive feedback and coaching from Jim. The cost is \$60 for members. Sign up with staff or a volunteer.

Lunchbunch to 5 Chefs-Tues., June 11. The historic Gossett House in Portland is home to Occasions Gift Shop and 5 Chefs. The original home was built in the early 1900's and is gorgeous. Enjoy a variety of sandwiches, burgers, sliders and wraps as well as their delicious cakes and tortes for dessert. After lunch, browse through their HUGE gift shop that includes, clothes, shoes, jewelry, and decorations for your home. The cost is \$7 for the bus. Leave the center at 10:45 am. Sign up with staff or a volunteer.

Summit Audiology- Tues., June 11 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.

HELLO!



MEET THE TEAM

Meet and Greet-Wed., June 12 at 10 am. Meet our staff, Advisory Council members and class instructors and learn about all of our programs. Enjoy light refreshments and bring any questions you have regarding your membership, our center or FiftyForward. We are a thriving center and each member is very important to us. Please RSVP to a staff member or volunteer

Walgreens Bingo Day-Wed., June 12 at 2 pm. This month the Walgreen's Pharmacist will present a "fun day" of Bingo to kick off the summer! Everyone is welcome to join. Win prizes and enjoy fellowship with others and get to know the Walgreen's Pharmacist who does monthly health presentations. This is a **FREE!** Sign up with staff or a volunteer.

TRIPS/EVENTS CONTINUED...



Flood/Tornado Information and Drill-Wed., June 12 at 2 pm. Join Toby Swagger with “Walk With Swagger” for an informational presentation on how to prepare for a disaster including floods and tornados. Toby will share the simple steps to disaster preparedness and walk you through the process of knowing how and where to get help. We will also have an actual tornado drill so that you can be prepared in case that situation arises. This is **FREE** and very important to know. Sign up with a volunteer or staff.

Blue Heron Cruise-Thurs., June 13. The nature cruise Pioneer of Middle Tennessee is now boarding at Fate Sanders Marina in Mt. Juliet. Enjoy a 90 minute peaceful pontoon boat ride on Percy Priest Lake while admiring the beautiful scenery and wildlife. The large birds are plentiful. The cost is \$20 and includes your boat and bus ride. Leave the center at 10 am. You will need extra money for lunch after your boat ride.

Prudential Social Security Benefits Presentation-Thurs., June 13 at 11 am. Attend a **FREE** informational meeting on Social Security benefit options and how they may influence your retirement decisions. Find out about variable annuities, a retirement income strategy which provides a steady income stream to bridge gaps. Guest speakers will include a financial planner and annuities guru. Sign up with staff or a volunteer.

Remington College-Thurs., June 13 at 2 pm. The students from Remington College will be here to host a dental hygiene community event offering **FREE** oral cancer screenings, blood pressure screenings, clinic board presentations and lots of freebies. This is open to everyone! Bring your friends and family. No need to sign up, just show up!

Shopping at the Beehive and Phoenix Flea Market-Fri., June 14. Let’s hunt for treasures at the Phoenix Flea Market which is home to vintage antiques, collectibles and so much more. We will also explore the Beehive (both located in Old Hickory) where you will find home and garden gifts made by local artisans as well as foodstuffs like jam and jellies. There’s a little something for everyone in this adorable shop. First we will have lunch at 5 Agaves Mexican restaurant. Leave the center at 10:45 am. The cost for the bus is \$6.

Bargain Basement Sale-Sat., June 15 from 8 am - 1 pm. Check out the goodies in our Bargain Basement which volunteers have stocked and priced. Everyone always walks away with something. We will also have breakfast served by the Donelson Café from 8 am-10 am. Enjoy an omelet before or after shopping. Invite your friends and family. This is open to all.

Author Presentation-Mon., June 17 at 10 am. Donelson Station member, Pat Gates, will be presenting her book, A Golden Opportunity. This book is about the important lessons learned and the beautiful and not-so-beautiful experiences encountered as her elderly mother’s primary caregiver. She talks about the generation faced with the balancing act of still working, helping children, or grandchildren through school, paying off a mortgage and planning for retirement. She wants people to have hope for the many issues that our aging populations faces. This help includes the importance of keeping humor and joy in our lives in challenging situations. This is **FREE!** Sign up with staff or a volunteer.

“Picnic in the Park “- Mon., June 17. Come celebrate with the “All of Us” Research Program with a free party in Centennial Park. FiftyForward will be providing lunch, games, prizes and, of course, birthday cupcakes! An event shelter has been reserved which has its own restroom facilities. Wear your walking shoes if you want to walk on the pathways. The bus is **FREE!** Sign up with staff or a volunteer. Leave the center at 11:30 am.



Humana Presentation “Habits of Happy People”-Tues., June 18 at 10 am. Humana representative, Juan Beraldi, will present “Positive Thinking: When Life Gives you Lemons”. Learn about the many health benefits associated with positive thinking including increased life span, lower rates of depression, lower levels of stress and better coping skills. This is **FREE!** Sign up with staff or a volunteer.

JUNE TRIPS AND EVENTS Continued..

Conservancy Speaker– June 20 at 10 am. Listen to a wonderful presentation on “The Parthenon & Centennial Park: Yesterday, Today, & Tomorrow” from the Conservancy Speaker Bureau. Learn about this historic building and plans for the future of Centennial Park. Find out what is happening today that might surprise you and learn more about what we have to look forward to as the plan for Centennial Park takes shape. There will be a \$5 charge (paid directly to the speaker) for this program which goes back to this non-profit bureau so that they are able to continue doing these programs. Sign up with staff or a volunteer.



Dining With Diabetes Program- June 21, 28 and July 5 at 10 am. This **FREE** three week program is taught by Family and Consumer Sciences Agent, Elizabeth Sanders. Dining With Diabetes is a hands on learning program designed to teach practical needs to comply with the health care provider’s instructions. There will be food demonstrations included in each lesson to teach quick-and-healthy cooking techniques. Participants also learn how to count the amount of carbohydrates in food, how to modify recipes to reduce calories, and carbs. Diabetes is serious and learning how to manage and eat healthy is essential to your well-being. Sign up with staff or a volunteer.

Beginner’s Billiards Lessons-Fri., June 21 at 2 pm. Learn the basics of how to play with one of our experienced pool players, Ralph Bristol. This is **FREE** to members and \$5 for non-members. Sign up with staff or a volunteer.

“All of Us” Enrollments-Tues., June 25 from 10 am-12:30 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.

Ageing Mastery Program (AMP)-June 25-August 27 at 2 pm. This program designed by The National Council on Aging, will teach you a fun approach to positive aging and encourages mastery in developing behaviors that will improve your overall health and well being. This 10-week class is **FREE** to members. Sign up with a staff member or volunteer.

Center Luncheon-Wed., June 26 at 11 am. Do not miss this performance by Jerry Fox and his band. Jerry will be playing all the favorite country tunes from the 1920’s until today. This hour long performance is followed by a delicious lunch provided by the Donelson Café. The cost is \$8. Sign up with staff or a volunteer. Bring your family and friends.

Dr. Ming Wang Presentation-Thurs., June 27 at 2 pm. Renowned eye surgeon and Harvard graduate, Dr. Ming Wang, will teach you about eye care and the latest in LASIK procedures. He will talk about cataract care, glaucoma care and so much more. His personal story from poverty to success is a must hear! Do not miss this presentation. This is **FREE**. Sign up with staff or a volunteer.

Supper Club-Thurs., June 27. Amanda and the supper club gang are headed to Metro Diner in Madison, TN. This diner won the Official Readers Choice Award in 2017 for the “Best Fried Chicken.” Enjoy braised beef tips over mashed potatoes, chicken parmesan, shrimp and grits, fried chicken, burgers, sandwiches and even breakfast for dinner. The cost is \$6 for the bus. Leave the center at 5 pm.

Mystery Lunch-Fri., June 28. Enjoy a delicious lunch at a surprise spot. This trip fills up quickly, so sign up soon. The bus cost is \$6. Leave the center at 10:45 am.

2019-2020 SEASON!

Alfred Uhry's



DRIVING MISS DAISY

August 15-31, 2019

BY ARRANGEMENT WITH DRAMATIST PLAY SERVICES



LITTLE SHOP OF HORRORS

October 10-26, 2019

BY ARRANGEMENT WITH MUSIC THEATRE INTERNATIONAL



It's a Wonderful Life

The Musical

December 5-22, 2019

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Disney **THE LITTLE MERMAID**



June 11-27, 2020

BY ARRANGEMENT WITH MUSIC THEATRE INTERNATIONAL

The **LARRY KEETON** Theatre

108 Donelson Pike • 615-883-8375

thelarrykeetontheatre.org

 **TENNESSEE ARTS COMMISSION**
Cultivate. Create. Participate.

METRO ARTS



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....

- ◆ **Bible Study** will now meet on the 4th Saturday of each month.
- ◆ **Exercise Equipment Orientation** meets Friday, June 7 at 10 am
- ◆ **The Nail Spot** will offer **FREE** toe nail clippings and pedicures to disabled/elderly folks **ONLY** on June 3 from 9 am until 3 pm.
- ◆ **NO Meditation** classes in June, July or August. The next class will begin on Tuesday, September 10 at 9:30 am. (This was formerly chair yoga).
- ◆ **Book Club** meets **Monday**, June 24 at 10:30 am to discuss Reading Lolita in Tehran by Azur Nafisi
- ◆ **Summit Audiology** is here on the 2nd **Tuesday** each month at 11:15 to offer **FREE** hearing exams.
- ◆ **Chess Club** will **NOT** meet this summer. They will be back in September.
- ◆ **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** meets on **Wednesdays** at 8:15 am at the Kohl's Trailhead. If it's raining, the group meets at Opry Mills in front of the Rain Forest Café.
- ◆ **Rummikub** is **Wednesdays** at 1:30 pm. New players 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 Dodson Chapel United Methodist Church at 4107 Dodson Chapel Court, Hermitage. They play cards the 4th **Thursday** at Donelson Station at 9:30 am.
- ◆ Members with a **June Birthday** are invited to join us for cake on **Thursday, June 27** at 1 pm sponsored by **Senior Helpers**.
- ◆ **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 is \$1 and \$1 per game! Wow!

Exercise Classes for All Levels and Abilities

Symbols are used on the 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.

Bargain Basement Sale

Saturday, June 15 from 8 am - 1 pm

Check out all of the great deals on our “gently used” items (you might even find “brand new” items with the tag still attached). Volunteers have been very busy prepping the basement and tagging donated items. You never know what you kind of gem you will find down there. This is open to the public so invite your friends, neighbors and families. All proceeds raised go directly back to the center to benefit our wonderful programming. See you there!

Pool Lessons

June 21 from 2 pm - 4 pm

Have you always wanted to learn how to play the game of pool??? Learn from seasoned player Ralph Bristol on June 21 from 2 pm until 4 pm. You do not need to bring your own pool cue. We have extra cues available. Space is limited so be sure to sign up quickly with staff or a volunteer.

Non-members pay \$5.

June Canvas Painting Monday, June 17 at 2 pm

Paint this beautiful canvas painting pictured below. Professional artist, Kara Williamson, will teach you step-by-step instructions on how to complete this picture and take it home the same day. You do not need any previous art experience. The cost is \$25 and includes all materials. Sign up with a staff member or volunteer.



Dr. Ming Wang

Thursday, June 27 at 2 pm

Dr. Ming Wang, of Nashville based Wang Vision 3D Cataract and LASIK Center, will be presenting an informative and educational talk about “Vision Care” to our members and guests.

Dr. Wang will offer suggestions on how to take care of your vision. He will also discuss individual vision care concerns from the audience. Further, he will explain the most updated state-of-the-art LASIK technology available should vision corrective procedures become necessary.

Additionally, attendees will receive a special gift certificate good for discounts toward the enhancement procedures that he performs.

The Doctor’s remarkable real life story inspired a character in the nationally acclaimed book, God’s Not Dead. In 2014 this

interesting book became a blockbuster movie and Dr. Wang’s character was also

included in the film version. An autobiography about his life has also just been released and he will have a supply of the books on hand to autograph for the attendees of this seminar. Don’t miss this annual visit from Dr. Wang. This is **FREE!** Sign up with a staff member or volunteer.



Pet Community Center Weekly Wednesday Clinic

We are excited to announce that The Pet Community Center Mobile Unit will now be here every Wednesday starting June 5 in our parking lot from 10 am until 4 pm. The PCC offers low cost services such as vaccinations, microchips, flea and tick treatments, and heartworm tests and treatments. Walk-ups are welcome, and patients will be served in order of their arrival. There is a \$5 mobile clinic visit fee for all wellness visits.

Check out their website for more services including spay/neuter:

www.petcommunitycenter.org

JUNE 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/
					1 2
3 9 am—3 pm Nail Spot (ONLY for disabled and elderly that cannot do their own toes) 12 pm American Mah Jong 1 pm Brain Games	4 10 am Bridge 10 am Tech Help (By Appointment Only) 2 pm Bridge Class 4 pm Texas Hold 'Em 5:30 pm Weight Watchers	5 10 am-4 pm Pet Community Center Mobile Unit (Parking Lot) 12:30 pm Bingo Sponsored by United HealthCare 1:30 Rummikub	6 10 am Mah Jong 10 am Deloitte Impact Day 1 pm Spanish Class	7 9:30 am Tailgate Fridays 10 am Exercise Equipment Orientation 10 am Ukulele Lessons 11 am Sing-Along Choir 2 pm Let's Bowl at Strike and Spare	8 9
10 10 am Victory Over Crime Presentation 11 am Program Committee 12 pm American Mah Jong 1 pm Brain Games 1 pm Writing Class (New Class)	11 10 am Bridge 10 am Digital Camera Club (2 nd Tues.) 10:45 am Lunchbunch to 5 Chefs 11:15 am Summit Audiology (by appt.) 2 pm Bridge Class 4 pm Texas Hold 'Em 5:30 pm Weight Watchers	12 10am-4pm Pet Community Center Mobile Unit (Parking Lot) 10 am Meet and Greet 12:30 pm Bingo 1:30 pm Rummikub 2 pm Walgreens Bingo 2 pm Flood/Tornado Disaster Preparedness	13 10 am Mah Jong 10 am Blue Heron Trip 11 am Prudential Presentation on Social Security Benefits 1 pm Spanish Class 2 pm Remington College Health Screenings 7 pm Wizard of Oz	14 9:30 am Tailgate Fridays Presentation 10 am Ukulele Lessons 10:45 am Beehive & Flea Market 11 am Sing-Along Choir at Waterford in Hermitage 2 pm Bowling 7 pm Wizard of Oz	15 8 am-1 pm Bargain Basement Sale & MTGMS Class Signups 7pm Wizard of Oz 16 2 pm Wizard of Oz
17 10 am Author Presentation 11:30 am "All of Us" Picnic in the Park Trip 12 pm American Mah Jong 1 pm Brain Games 1 pm Writing Class 2 pm Canvas Painting	18 10 am Bridge 10 am Computer Club (3 rd Tues.) 10 am Humana Presentation 11 am iPad/Tablet Group (3 rd Tues.) 2 pm Bridge Class 4 pm Texas Hold 'Em 5:30 pm Weight Watchers	19 10 am- 4pm Pet Community Center Mobile Unit (Parking Lot) 12:30 pm Bingo Sponsored by Groogan Insurance 1:30 pm Rummikub	20 10 am Mah Jong 10 am Parthenon Presentation 1 pm Spanish Class 7 pm Wizard of Oz	21 9:30 am Tailgate Fridays 10 am Ukulele Lessons 10 am Dining With Diabetes 11 am Sing Along Choir 2 pm Billiards Lessons 2 pm Let's Bowl at Strike and Spare 7 pm Wizard of Oz	22 10 am Bible Study 7 pm Wizard of Oz 23 2 pm Wizard of Oz
24 10:30 am Book Club 12 pm American Mah Jong 1 pm Writing Class 1 pm Brain Games	25 10 am Bridge 10am - 12:30 pm "All of Us" Enrollments 2 pm Aging Mastery Program (1st class) 2 pm Bridge Class 4 pm Texas Hold 'Em 5:30 pm Weight Watchers	26 10 am-4 pm Pet Community Mobile Unit (Parking Lot) 11 am Center Luncheon 12:30 pm Bingo Sponsored by Shipley's Donuts 1:30 pm Rummikub	27 9:30 am Grief and Loss Group (cards) 10 am Mah Jong 11:30 Advisory Council 1 pm Birthday Party 1 pm Spanish Class 2 pm Dr. Ming Wang Presentation 5 pm Supper Club Metro Diner in Madison 7 pm Wizard of Oz	28 9:30 am Tailgate Fridays 10 am Dining With Diabetes 10:45 am Mystery Lunch 10 am Ukulele Lessons 11 am Sing Along Choir 7 pm Wizard of Oz	29 30 7 pm Wizard of Oz

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 Meditation ♥ 11 am Arthritis Foundation Class ♥ 12:15 pm Zumba Gold ♥♥ 1:30 pm Tai Chi ♥ 3 pm Beginners Strength Training ♥♥	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 (8 weeks) 5:15 pm Yoga ♥♥	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 ♥♥♥