

www.FiftyForward.org

108 Donelson Pike • Nashville, TN 37214 • (615) 883-8375

CAUTION! NOT FOR THE EASILY OFFENDED!

★ *Faye* ★ THE GRANDMOTHER FROM HELL! ★
WOODROOF



Center Luncheon

Wednesday, Aug. 28, 11 a.m.

She's baaaaaack!!! Faye Woodroof will be gracing our stage once again with her utterly, hilarious comedy act that is **NOT** for the faint of heart. She's the sassiest and naughtiest grandma in America. Faye's comedy routine is legendary among audiences everywhere and she always leaves the audience buckled over with laughter.

Enjoy a delicious lunch from the Donelson Café. The cost is \$8 for both members and nonmembers. Sign up with staff or a volunteer.

SKANSKA

Skanska Soccer Stadium
Presentation
Friday, August 23

Join us at FiftyForward Knowles to learn all about the new soccer stadium opening at the Fairgrounds. This program will feature representatives from Skanska and the Fairgrounds regarding this Expo project and Nashville's growth. We **MAY** be able to tour the new EXPO buildings depending on how close they are to being finished.

This event is **FREE** and includes a **FREE** lunch! The cost for the van is \$5. Space is limited so sign up quickly with a staff member or volunteer.

Eddie K. and the Donelson Ukesters

Featuring the music of Barry Manilow and Neil Diamond

Aug. 14, 2 p.m.

Enjoy popular hits from legends Neil Diamond and Barry Manilow with a tribute show from Montgomery Gentry's very own Eddie Kilgallon and a special guest appearance from Donelson Station's own ukulele group, The Ukesters. This is a **FREE** concert and everyone is welcome. There will be snacks and tons of door prizes. Sign up quickly!



Center Hours: Mon.–Thurs. 7:30 a.m.-6:30 p.m., Fri. 7:30 a.m.-5 p.m.,
Saturday 9 a.m.-1p.m. **Office Opens Monday-Friday at 8 a.m.**



In Our Facility...

Three Fitness Rooms

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

Billiards Room

Three 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, 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.

The Little Library

Take a book or donate one!

DONELSON CAFE

Open M-F 10:30 a.m.-2 p.m.

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 on the website at 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
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Office/Volunteer Manager

Kelly Lavelly
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Office Assistant

John Martin (Saturday)
jmartin@fiftyforward.org

FiftyForward Travel

Travel Coordinator
Janice Judd
jjudd@fiftyforward.org

Center Hours:

Monday-Thursday
7:30 a.m.-6:30 p.m.

Friday
7:30 a.m.-5 p.m.

Office Opens at 8 a.m.
Mon.-Fri.

Saturday 9 a.m.-1 p.m.

615-883-8375

www.fiftyforward.org

Like us on Facebook!

[www.facebook.com/
FiftyForwardDonelsonStation/](http://www.facebook.com/FiftyForwardDonelsonStation/)

Center Director Notes...

Dear Friends:

I hope you are enjoying your summer! We have lots for you to do!

Thanks to all those who donated to the Spring Campaign. These donations help offset the center costs not covered by membership fees, grants and fundraisers.

Speaking of fundraisers, mark your calendars for Thursday, Sept. 19 when we have our third Casino Night! This event was such fun last year with so many people learning to play fun games such as Roulette, Craps and Black Jack! More info soon!

We will need lots of donations for the Silent Auction. If you have a favorite business that might support our fundraiser, please see me for a donation letter. Let us know if you can help.

Once again FiftyForward Donelson Station will compete in the Senior Brain Games! The Donelson Dames will compete this month. This group completed last year and have been practicing since! I can't wait to watch them compete and cheer them on!

Thanks to Lisa, Kelly and our wonderful volunteers for holding down the fort while I was on leave. They did a wonderful job, and I appreciate them and you!!

As always, let me know if you have any suggestions or ideas on how to make YOUR center the BEST!! Thanks!

Sincerely,

Angela Bryan

Program Director Notes....

Hi Gang!

Be sure to check out our "On the Road with FiftyForward" trips! These are one-day trips planned by the different Program Directors from each center. In September we will be going to the Chattanooga Aquarium and in December to the Unclaimed Baggage in Scottsboro, Alabama. Both are fantastic trips and will fill up quickly.

As Angela mentioned, we are gearing up for "Casino Night" on September 19. This event is our biggest fundraiser of the year, and helps support the wonderful programming we offer! Please plan to attend to support your center. We hope you can make it!

As always, my door is open for trip and event suggestions. Stop on by or leave me a note. Thanks!

Lisa Maddox
Program Director



FiftyForward Travel 2019

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

♦ 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, 2019: Cape Cod** Attractions include Boston, Quincy Market, Plymouth, Hyannis, Martha's Vineyard and a Hyannis Harbor cruise to view 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, 2019: Pigeon Forge** Stay at the 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, 2019-Jan. 4, 2020: 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—Sept. 5.
Cost is \$15 for members and \$20 for nonmembers.

2020 Trips

- ♦ **April 3-10: Cherry Blossom Time at Our Nation's Capital**
- ♦ **April 28-May 6: Springtime Tulip River Cruise**
- ♦ **May 14-16: Billy Graham Library, Charlotte, NC**
- ♦ **June 8-11: Creation Museum/Ark Encounter**
- ♦ **September 14-17: Everything Elvis**



On the Road with FiftyForward

Sept. 19: The Chattanooga Aquarium and Big River Grille Trip

Leave the **FiftyForward Knowles Center** (174 Rains Ave.) at 7:30 a.m.

Explore the Chattanooga Aquarium and enjoy lunch at Big River Grille. Cost:

\$70 for entry into the aquarium and bus ride. You will need to pay for your lunch and bring cash (\$1-\$2) to tip the bus driver. You can sign up at any center. We will return around 4 p.m.



Dec. 3. Unclaimed Baggage Trip. Join us as we venture to Scottsboro, Alabama to visit the only store in America that buys and sells unclaimed baggage from airlines. It is one of the busiest tourist attractions in Alabama and boasts more than a million visitors each year. Thousands of items arrive in the store every day so there are always treasures to be found. Leave the **FiftyForward Martin Center** (960 Heritage Way, Brentwood) at 7:30 a.m. You will arrive around 9:30 a.m. in Scottsboro. You will depart at 1 p.m. and return to the Martin Center around 3 p.m. The cost is \$30 per person. Bring your own money for shopping and lunch. There is a café located inside Unclaimed Baggage. Sign up at any center. For more information contact Brittany Campagna at 615-376-4331.



THE LARRY KEETON THEATRE

Driving Miss Daisy August 15-31, 2019

Driving Miss Daisy is a play by American playwright Alfred Uhry, about the relationship of an elderly white Southern Jewish woman, Daisy Werthan, and her African-American chauffeur, Hoke Coleburn, from 1948-1973. The play was the first in Uhry's Atlanta Trilogy, which deals with white Jewish residents of that city in the early 20th century.

Includes some mild adult language.

Shows are Thursday, Friday and Saturday at 7 p.m. and two Sunday matinees at 2 p.m. Enjoy dinner and show for \$30.

Show only options are also available as is a salmon upgrade (\$7) and veggie only meal.

Ask about group pricing for 15 or more.

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

Season Tickets on Sale until Aug. 29!
\$150 for six shows!

2019-2020 Season
Driving Miss Daisy
Aug. 15-31

Little Shop of Horrors
Oct. 10-26

It's A Wonderful Life
Dec. 5-22

Joseph and the Amazing Technicolor Dreamcoat
Feb. 13-29, 2020

Mamma Mia!
April 16-May 2, 2020

The Little Mermaid
June 11-27, 2020

Thanks to our sponsor!



McKendree Village

MTGMS JEWELRY CLASSES



Middle Tennessee Gem and Mineral Society offers 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-\$30 per class for FiftyForward members.

Rock and gem meeting is at 3 p.m. on the 3rd Sunday. Everyone is welcome! **Signups for Fall Quarter will be held Saturday, September 14!**

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?** Or 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 Friends Learning In Pairs (FLIP) program is seeking volunteers to help children grades K-4 who need assistance in reading or math. With all the growth in Donelson we are currently seeking **10 Volunteers** 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 or visit FiftyForward.org to learn more!





Welcome Desk volunteers needed! We are currently seeking smiling faces to work our Welcome Desk on Tuesday and Thursday afternoons, 12-4 p.m. It is a great chance to meet members, help visitors learn about our center and be a part of all the exciting things happening in our center. Contact Kelly Lavelly at 615-883-8375 or email her at klavelly@fiftyforward.org.

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 polices 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.

FiftyForward Victory Over Crime

This **FREE** program supports older adults who have been a victim of crime. Caring professionals help victims overcome traumatic crimes such as neglect, financial exploitation, domestic violence, sexual assault, mail/phone fraud, burglary and physical abuse.

Services provided include:

Care Management

- ◆ Needs assessments
- ◆ Connection to local services and safety planning

Legal Advocacy

- ◆ Assistance with obtaining an Order of Protection
- ◆ Assistance with completing eligible criminal injuries compensation applications
- ◆ Transportation to or information on court proceedings

Counseling Support

- ◆ Crisis intervention
- ◆ Dealing with anxiety and depression

For more information, call 615-743-3417

**Sing- Along Choir
Fridays at 11 a.m.**

Do you like to sing? Join our choir on Fridays at 11 a.m. This is a wonderful way to meet others, and enjoy fellowship while doing something you enjoy. This group shares their love for singing by performing at local assisted and independent living centers. Their next performance is on Aug. 16 at The Waterford in Hermitage. No need to sign up, just show up!



AUGUST TRIPS AND EVENTS

*****TO SIGN UP FOR A CLASS, CALL, OR 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., Aug. 6, 10 a.m.-12 p.m. 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 Clinic- Wednesdays in August, 10 a.m.-4 p.m.

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.



Music For Seniors Concert Featuring The Ukedelics:

Tues., Aug. 6. Check out Nashville's premiere ukulele band, The Ukedelics! Forget what you thought you knew about the ukulele—this little

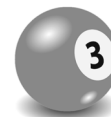
instrument can jam! The set includes uked-up versions of a wide range of musical genres including jazz, blues, pop, rock and country. This concert will be awesome! The cost is \$5. Sign up with staff or a volunteer. Leave the center at 10 a.m. to travel to Delmas Long Community Center in Goodlettsville.

Beginner's Bridge Class-Tuesdays in August and September, 2 p.m. Bridge guru, Betty Allen, will be teaching those who would love to learn the game of Bridge. You do not have to have any experience. Sign up with staff or a volunteer. This is **FREE!**

Lunchbunch to The Grilled Cheeserie: Thurs., Aug. 8. This establishment was featured on *Diners, Drive-Ins and Dives* and also on The Cooking Channel's *Eat St.* It was voted Best Food Truck in *The Nashville Scene* eight years running. Enjoy gourmet grilled cheese melts and nostalgic treats featuring seasonally inspired, responsibly sourced products. Some of their specialties include pimento mac & cheese, spinach and artichoke melt, make your own melts, entrée salads and sides including tater tots, cheesy tots and Deep River Kettle Chips. The cost is \$6 for the bus. Leave the center at 10:45 a.m. Sign up with staff or a volunteer.

Equipment Orientation: Friday, Aug. 9, 10 a.m. 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.

Billiards Lessons: Friday, Aug. 9, 2 pm-4pm. Donelson Member and seasoned pool player, Ralph Bristol, will teach you the proper way to hold a pool cue, and the rules of the game so that you will be able to jump in and enjoy a game of pool. This is **FREE** to members. Nonmembers pay \$5. Sign up with staff or volunteer.



Summit Audiology- Tuesday, Aug. 13, 11:15 a.m. 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.

Eddie K Concert featuring Barry Manilow and Neil Diamond Music : Wed., Aug. 14, 2 p.m. Don't miss this **FREE** concert presented from Montgomery Gentry's very own band member Eddie K. All of the songs will be from legendary artists, Barry Manilow and Neil Diamond, with a special performance from our very own ukulele group, The Ukesters. There will be **FREE** snacks and lots of door prizes from sponsors. Sign up with staff or a volunteer.

Walgreens Health Presentation-Wednesday, Aug. 14, at 2 p.m. This month the Walgreen's Pharmacist will talk about proper skin care regimes and remedies. Enjoy fellowship with others and get to know the Walgreen's Pharmacist who does monthly health presentations. This is **FREE!** Sign up with staff or a volunteer.

TRIPS/EVENTS CONTINUED...



Cooking With Lorna: Thursday, Aug. 15, 2 p.m. Learn how to make empanadas with a side of fresh cucumbers and tomatoes with Filipino cook, Lorna Young. Lorna

will show you step-by-step how to make this dish. The best part is that you get to eat the finished product! The cost is \$5. Sign up with staff or a volunteer.

Canvas Painting: Monday, Aug. 19, 2 p.m.

Follow step-by-step instructions on how to paint this month's canvas with professional artist Kara Williamson. A colored picture of your project is inside this newsletter. The cost is \$25 and includes all materials. Sign up with staff or a volunteer.

Lunch & Learn with Nashville Funeral Home

Tuesday, Aug. 20, 10:30 a.m. Jerry Poindexter from Nashville Funeral Home will share about his services including a complete cremation for \$785 (not including death certificates which are \$15/certificate). Jerry would like to present this to you along with a **FREE** lunch from the Donelson Cafe. Sign up a staff member or volunteer.

Mystery Lunch: Thursday, Aug. 21. Join us as we head to an undisclosed location for a delicious lunch. This fills up quickly, so sign up fast. The cost is \$6. Leave the center at 10:45 am. Sign up with staff or a volunteer.

Saltine

Fine food & drink

Supper Club: Thursday, Aug. 22. Let's try Saltine, a modern restaurant and bar with a creative menu selection, located in

downtown Nashville. Start with roasted oysters, fish tacos, shrimp and crab dip or a jumbo lump crab cake. Entrees include Rack of Lamb, braised short ribs, shrimp and crab pasta, fish & chips and so much more. The cost is \$6 for the bus. Leave the center at 5 p.m. Sign up with staff or a volunteer.

Skanska Presentation at FiftyForward

Knowles: Friday, Aug. 23. Join representatives from Skanska and The FairGrounds Nashville regarding the new soccer stadium. Learn about this project and also enjoy a **FREE** lunch. Space is limited so sign up quickly with staff or a volunteer. The cost is \$5 for the bus. Leave the center at 11 a.m.

Caregiver Support Group

Monday, Aug. 26, 5:30 p.m. Do you take care of a family member or friend? Do you need some support and fellowship with others that are in the same situation? If yes, please join us to learn how to care for others while taking care of yourself. The group leader, Pat Gates, is a published author who has lots of experience in caregiving and can also aid in offering support. This group is open to the community so if you know someone who needs this, please invite them. The group will meet in the 4th Monday of each month. Sign up with staff or a volunteer.

"All of Us" Enrollments: Tuesday, Aug. 27, 10

a.m.-12:30 p.m. 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.

Center Luncheon: Wednesday, Aug. 28, 11

a.m. FiftyForward Donelson Station member Faye Woodroof will be back on our stage presenting her stand-up comedy act. Get ready to laugh until you cry! Faye has been traveling and taking her show on the road for years. You do not want to miss her performance. The Donelson Café will provide a delicious lunch, too. The cost for both is \$8. Bring your friends and family. Sign up with staff or a volunteer.

Cheekwood Trip: Thursday, Aug. 29. Enjoy this

self-guided tour of the beautiful grounds of Cheekwood. Cheekwood has 55 acres of majestic, cultivated gardens, a woodland sculpture trail, world-class art exhibitions, the historic Cheek family home and an art museum. You will tour the grounds on your own and then enjoy lunch at Café 29. This café is operated by the French-American bar and restaurant, Sea Salt, and is located inside the newly restored Frist Learning Center Courtyard. They offer soups, sandwiches, salads, smoothies, and baked goods. Leave the center at 9 a.m. The cost for your tour ticket and the bus is \$20. Be sure to bring money for lunch too. Sign up with staff or a volunteer.



FiftyForward Services

FiftyForward Living at Home 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 a.m.-noon.

FiftyForward Care Team: 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.

FiftyForward 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.

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

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

FiftyForward 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....

- ◆ **NEW! Caregiver Support Group** meets 4th Mon. at 5:30 p.m.
- ◆ **Bible Study** will now meet on the 4th Saturday of each month.
- ◆ **Exercise Equipment Orientation** is Friday, Aug. 9, 10 am.
- ◆ **The Nail Spot** will return in September to offer toe nail clippings and pedicures to disabled/elderly folks **ONLY**. Stay tuned!
- ◆ **NO Meditation** classes in August. The next class will begin on Tuesday, Sept. 24, 9:30 a.m.
- ◆ **Book Club** meets **Monday**, Aug. 26, 10:30 a.m. to discuss A Piece of The World by Christina Baker Kline.
- ◆ **Summit Audiology** is here on the 2nd **Tuesday** each month, 11:15 a.m. to offer **FREE** hearing exams.
- ◆ **Chess Club** will **NOT** meet this summer. They will be back in September.
- ◆ **Weight Watchers** meets on **Tuesday** evenings, 5:30 p.m. for Weight Watchers members.
- ◆ **Texas Hold 'Em** is on **Tuesdays**, 4 p.m. Join the group of fun players!
- ◆ **The Walking Club** meets on **Wednesdays**, 8:15 a.m. 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**, 1:30 p.m. New players welcome.
- ◆ **Mah Jong** meets **Thursdays**, 10 a.m. 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**, 10 a.m. & 11 a.m.
- ◆ **Grief and Loss Group** meets the 1st **Sunday**, 2 p.m. at Dodson Chapel United Methodist Church at 4107 Dodson Chapel Court, Hermitage. They play cards the 4th **Thursday** at Donelson Station at 9:30 a.m.
- ◆ Members with an **August Birthday** are invited to join us for cake on **Thursday, Aug. 22**, 1 p.m. sponsored by **Senior Helpers**.
- ◆ **Ukulele Class** meets **Fridays**, 10 a.m. If you want to learn to play, just show up.
- ◆ **Sing Along Choir** meets **Fridays**, 11 a.m. 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 a.m.
- ◆ **Let's Bowl!** Join us the 1st and 3rd **Fridays**, 2 p.m 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. ♥♥♥

Bible Study

Saturday, Aug. 24, 10 am.

All FiftyForward members are welcome to join Donelson Station's bible study class led by Davene Johnson on the 4th Saturday of each month, 10 a.m. This is **FREE!**



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

Save the Date!!

Bargain Basement Sale

Saturday, Sept. 15 (8 a.m.-1p.m.)

Check out the deals in our Bargain Basement located in the back of our building. It is jam packed with loads of merchandise at bargain prices. Come and enjoy a delicious breakfast made by the Donelson Café before or after you shop. Don't miss out!!

August Canvas Painting

Monday, Aug. 19, 2 p.m.



Paint this beautiful canvas painting pictured at left. 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.

Recreational Games

FiftyForward Donelson Station offers a variety of recreational games available to all members. Research shows that engaging in these activities helps seniors improve cognitive functions. Check these out:

Mondays

American Mah-Jong at 12 p.m.
Brain Games (Trivia) at 1 p.m.

Tuesdays

Bridge at 10 a.m.
Texas Hold 'em at 4 p.m.
Bridge Class at 2 p.m.

Wednesdays

Bingo at 12:30 p.m.
Rummikub at 1:30 p.m.

Thursdays

Cribbage at 9 a.m.
Chinese Mah-Jong at 10 a.m.

Chess will be on Tuesdays, 1 p.m. in September.

Socialization is another key benefit that games offer older adults. If we don't use it, we lose it! Help yourself stay mentally sharp with something as simple as playing cards with friends. If you are interested in other games not listed above, see Program Director Lisa Maddox.

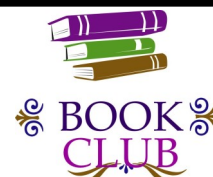
2019 Book Club Schedule

Calling all book lovers!

The Book Club meeting will meet Monday, Aug. 26, 10:30 a.m.

The group will discuss *A Piece of the World* by Christina Baker Kline.

All interested book lovers are welcome!!



Pet Community Center Weekly Wednesday Clinic

The Pet Community Center Mobile Unit will now be here every Wednesday during August in our parking lot from 10 a.m.-4 p.m. The PCC offers low cost services such as vaccinations, microchips, flea and tick treatments, and heartworm tests and treatments.

Walk-ups are welcome. 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