

March 2021 Donelson Station Program Calendar

Our centers are offering indoor programs beginning Feb. 1. Carefully read the program description page to learn more about each offering. You MUST register in advance if you wish to participate in any of indoor programs. To register, please email ecurtis@fiftyforward.org or call **FiftyForward Donelson Station** at 615-883-8375 to sign up. We follow CDC guidelines. Programs with times listed in green are virtual programs.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8 a.m.-2 p.m. Billiards 8 a.m.-2 p.m. Cardio Fitness Rm 8 a.m.-2 p.m. Strength Room 10 a.m. Meditation with Kelly	2 8 a.m.-2 p.m. Billiards 8 a.m.-2 p.m. Cardio Fitness Rm 8 a.m.-2 p.m. Strength Rm 9 a.m. FB Gentle Yoga 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba 1:15 p.m. Outdoor Strength	3 8 a.m.-2 p.m. Billiards 8 a.m.-2 p.m. Cardio Fitness Rm 8 a.m.-2 p.m. Strength Rm 10 a.m. Outdoor Low Impact Aerobics	4 8 a.m.-2 p.m. Billiards 8 a.m.-2 p.m. Cardio Fitness Rm 8 a.m.-2 p.m. Strength Rm 9 a.m. FB Gentle Yoga 10 a.m. Crafty Corner 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba 1:15 p.m. Outdoor Strength	5 No in-center programming 10 a.m. Facebook Low Impact Aerobics	6
7	8 8 a.m.-2 p.m. Billiards 8 a.m.-2 p.m. Cardio Fitness Rm 8 a.m.-2 p.m. Strength Room 10 a.m. Meditation with Kelly	9 8 a.m.-2 p.m. Billiards 8 a.m.-2 p.m. Cardio Fitness Rm 8 a.m.-2 p.m. Strength Room 9 a.m. FB Gentle Yoga 11 a.m. Arthritis Chair Exer. 12:15 p.m. Zumba 1:15 p.m. Outdoor Strength Training	10 8 a.m.-2 p.m. Billiards 8 a.m.-2 p.m. Cardio Fitness Rm 8 a.m.-2 p.m. Strength Room 10 a.m. Outdoor Low Impact Aerobics 11 a.m.-12 p.m. Summit Audiology	11 8 a.m.-2 p.m. Billiards 8 a.m.-2 p.m. Cardio Fitness Rm 8 a.m.-2 p.m. Strength Rm 9 a.m. FB Gentle Yoga 10 a.m. Crafty Corner 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba 1:15 p.m. Outdoor Strength Training	12 No in-center programming 10 a.m. Facebook Low Impact Aerobics	13
14	15 8 a.m.-2 p.m. Billiards 8 a.m.-2 p.m. Cardio Fitness Rm 8 a.m.-2 p.m. Strength Room 10 a.m. Meditation with Kelly	16 8 a.m.-2 p.m. Billiards 8 a.m.-2 p.m. Cardio Fitness Rm 8 a.m.-2 p.m. Strength Rm 9 a.m. FB Gentle Yoga 10 a.m. Zoom Chicos "Fun Fashion" 11 a.m. Arthritis Chair Exer. 12:15 p.m. Zumba 1:15 p.m. Outdoor Strength Training	17 8 a.m.-2 p.m. Billiards 8 a.m.-2 p.m. Cardio Fitness Rm 8 a.m.-2 p.m. Strength Rm 10 a.m. Outdoor Low Impact Aerobics 11 a.m.-12 p.m. Classroom Bingo	18 8 a.m.-2 p.m. Billiards 8 a.m.-2 p.m. Cardio Fitness Rm 8 a.m.-2 p.m. Strength Rm 9 a.m.-11 a.m. Tech Help 9 a.m. FB Gentle Yoga 10 a.m. Crafty Corner 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba 1:15 p.m. Outdoor Strength Training	19 No in-center programming 10 a.m. Facebook Low Impact Aerobics	20
21	22 8 a.m.-2 p.m. Billiards 8 a.m.-2 p.m. Cardio Fitness Rm 8 a.m.-2 p.m. Strength Room 10 a.m. Meditation with Kelly 10:30 a.m. Book Club	23 8 a.m.-2 p.m. Billiards 8 a.m.-2 p.m. Cardio Fitness Rm 8 a.m.-2 p.m. Strength Rm 9 a.m. FB Gentle Yoga 11 a.m. Arthritis Chair Exer. 12:15 p.m. Zumba 1:15 p.m. Outdoor Strength Training	24 8 a.m.-2 p.m. Billiards 8 a.m.-2 p.m. Cardio Fitness Rm 8 a.m.-2 p.m. Strength Rm 10 a.m. Outdoor Low Impact Aerobics	25 8 a.m.-2 p.m. Billiards 8 a.m.-2 p.m. Cardio Fitness Rm 8 a.m.-2 p.m. Strength Rm 9 a.m. FB Gentle Yoga 10 a.m. Crafty Corner 11 a.m. Arthritis Chair Exer. 12:15 p.m. Zumba 1:15 p.m. Outdoor Strength Training	26 No in-center programming 10 a.m. Facebook Low Impact Aerobics	27
28	29 8 a.m.-2 p.m. Billiards 8 a.m.-2 p.m. Cardio Fitness Rm 8 a.m.-2 p.m. Strength Rm 10 a.m. Meditation with Kelly 10 a.m. Canvas Painting	30 8 a.m.-2 p.m. Billiards 8 a.m.-2 p.m. Cardio Fitness Rm 8 a.m.-2 p.m. Strength Rm 9 a.m. FB Gentle Yoga 11 a.m. Arthritis Chair Exer. 12:15 p.m. Zumba 1:15 p.m. Outdoor Strength Training	31 8 a.m.-2 p.m. Billiards 8 a.m.-2 p.m. Cardio Fitness Rm 8 a.m.-2 p.m. Strength Rm 10 a.m. Outdoor Low Impact Aerobics			

FiftyForward Donelson Station PROGRAM INFORMATION



Program offered on Zoom



Denotes member-led program



Denotes Facebook program

To register for any of these events, please email ecurtis@fiftyforward.org.

Billiards Monday-Thursday, 8 a.m.–2 p.m. The Donelson Station center Pool Room will be available for games from 8 a.m.-2 p.m. in two-hour time slots.

Cardio Fitness Room Monday-Thursday, 8 a.m.–2 p.m. The Donelson Station center Cardio Fitness Room will be available to use for exercise from 8 a.m.-2 p.m. in one-hour time slots.


Strength Room Monday-Thursday, 8 a.m.–2 p.m. The Donelson Station center Strength Room will be available to use for exercise from 8 a.m.-2 p.m. in one-hour time slots.

Meditation with Kelly Mondays, 10 a.m. Join FiftyForward Donelson Station Office Manager, Kelly Lavelly, for a relaxing guided meditation session to increase mindfulness and release stress.

Arthritis Chair Exercise Tuesdays and Thursdays, 11 a.m. A low impact, seated exercise program to help strengthen parts of the body affected by arthritis.

Zumba Tuesdays and Thursdays, 12:15 p.m. A cardio fitness program that combines Latin and international music with dance moves.

Outdoor Strength Training Tuesdays and Thursdays, 1:15 p.m. A full body 40-minute workout with cardio and dumbbells, working on the upper and lower body. Led by FiftyForward Donelson Station Center Director Lisa Maddox.

 **Outdoor Low Impact Aerobics Wednesdays, 10 a.m.**
Led by Janice Judd, this 30-minute low impact aerobics class gets your body moving to great music!

Crafty Corner Thursdays, 10 a.m. Bring your own individual craft projects to craft and safely socialize together.

Summit Audiology Wednesday, March 10th, 11 a.m.-12 p.m. Receive a FREE hearing exam from Summit Audiology audiologists. By appointment with appointments every 15 minutes.

Classroom Bingo Wednesday, March 17th, 11 a.m.-12 p.m. Join Officer Payne for a free scam presentation followed by a fun St. Patrick's Day Bingo game.

Tech Help Thursday, March 18th, 9 a.m.—11 a.m. FREE tech help with FiftyForward Donelson Station Assistant Center Director, Beth Curtis. By appointment in 30 minute time slots.



Book Club Monday, March 22, 10:30 a.m. Join us to discuss our book of the month: “Book of Lost Friends” by Lisa Wingate. New members welcome!

Canvas Painting Monday, March 29, 10 a.m. Follow step-by-step instructions on how to paint a canvas with professional artist Kara Williamson. The cost is \$25 and includes all materials.

VIRTUAL EVENTS



Gentle Yoga Tuesdays and Thursdays, 9 a.m. This 30-45 minute Gentle Yoga class is led by certified registered yoga instructor, Jan Cronin. The only requirement is that you must be able to get on the ground and be able to get back up.



Low Impact Aerobics Fridays, 10 a.m. Led by Janice Judd, this 30-minute low impact aerobics class gets your body moving to great music!



Chicos “Fun Fashion” Tuesday, March 16, 10 a.m.
Join Chicos clothing store for a fun fashion show to view outfits and accessories available for purchase! Everyone who shops through this event will receive a discount of 10% on their purchase. Call the store following the event to arrange for pickup, including the option for curbside pickup.