

May 2021 Donelson Station Program Calendar

Our centers are now offering indoor programs. Please 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 our indoor programs. To register, email ecurtis@fiftyforward.org or call **FiftyForward Donelson Station** at **615-883--8375** to sign up. We follow CDC guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Cardio Fitness Rm 8 a.m.-4 p.m. Strength Rm 9 a.m. Outdoor Gentle Yoga w/ Jan 10 a.m. Meditation w/ Kelly 10 a.m. Outdoor Low Impact Aerobics 11 a.m. Pickleball	4 8 a.m.-4p.m. Billiards 8 a.m.-4 p.m. Cardio Fitness Rm 8 a.m.-4 p.m. Strength Rm 9 a.m. Nutrition Class 10 a.m. Outdoor Strength Training 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba	5 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Cardio Fitness Rm 8 a.m.-4 p.m. Strength Rm 9 a.m. Outdoor Gentle Yoga w/ Jan 10 a.m. Outdoor Low Imp Aerobics 10 a.m.-12 p.m. Art Workshop 11 a.m. Line Dancing: Int. 12 p.m. Line Dancing: Beg. 6 p.m. ESL Class	6 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Cardio Fitness Rm 8 a.m.-4 p.m. Strength Rm 10 a.m. Crafty Corner 10 a.m. Outdoor Strength Training 11 a.m. Arthritis Chair Exercise 12 p.m. Cornhole 12:15 p.m. Zumba	7 No In-Center programming	8
9	10 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Cardio Fitness Rm 8 a.m.-4 p.m. Strength Rm 9 a.m. Outdoor Gentle Yoga w/ Jan 9 a.m.-11 a.m. Tech Help 10 a.m. Meditation w/ Kelly 10 a.m. Outdoor Low Impact Aerobics 11 a.m. Pickleball	11 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Cardio Fitness Rm 8 a.m.-4 p.m. Strength Rm 9 a.m. Nutrition Class 10 a.m. Outdoor Strength Training 10 a.m. Digital Camera Club (2nd Tues.) 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba	12 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Cardio Fitness Rm 8 a.m.-4 p.m. Strength Rm 9 a.m. Outdoor Gentle Yoga w/ Jan 10 a.m. Outdoor Low Imp Aerobics 10 a.m.-12 p.m. Art Workshop 11 a.m. Summit Audiology 11 a.m. Line Dancing: Int. 12 p.m. Line Dancing: Beg. 12 p.m. Classroom Bingo 6 p.m. ESL Class	13 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Cardio Fitness Rm 8 a.m.-4 p.m. Strength Rm 10 a.m. Crafty Corner 10 a.m. Outdoor Strength Training 11 a.m. Arthritis Chair Exercise 12 p.m. Cornhole 12:15 p.m. Zumba	14 No In-Center programming	15
16	17 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Cardio Fitness Rm 8 a.m.-4 p.m. Strength Rm 9 a.m. Outdoor Gentle Yoga w/ Jan 10 a.m. Meditation w/ Kelly 10 a.m. Outdoor Low Impact Aerobics 11 a.m. Pickleball 11 a.m. WeGo Public Transportation Training	18 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Cardio Fitness Rm 8 a.m.-4 p.m. Strength Rm 9 a.m. Nutrition Class 10 a.m. Outdoor Strength Training 10 a.m. Computer Club (3rd Tues.) 10 a.m. Name That Tune 11 a.m. iPad/Tablet Group (3rd Tues.) 11 a.m. Arthritis Chair Exercise 11 a.m. Tornado Disaster Drill 12:15 p.m. Zumba	19 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Cardio Fitness Rm 8 a.m.-4 p.m. Strength Rm 9 a.m. Outdoor Gentle Yoga w/ Jan 10 a.m. Outdoor Low Imp Aerobics 10 a.m.-12 p.m. Art Workshop 11 a.m. San Antonio Travel Pres. 11 a.m. Line Dancing: Int. 12 p.m. Line Dancing: Beg. 12 p.m. Outdoor Center Lunch 6 p.m. ESL Class	20 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Cardio Fitness Rm 8 a.m.-4 p.m. Strength Rm 9 a.m.-2 p.m. WWII Exhibit 10 a.m. Crafty Corner 10 a.m. Outdoor Strength Training 11 a.m. Arthritis Chair Exercise 12 p.m. Cornhole 12:15 p.m. Zumba 1 p.m. Cancer Support Group	21 No In-Center programming	22 10 a.m. Bible Study
23	24 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Cardio Fitness Rm 8 a.m.-4 p.m. Strength Rm 9 a.m. Outdoor Gentle Yoga w/ Jan 10 a.m. Meditation w/ Kelly 10 a.m. Canvas Painting 10 a.m. Outdoor Low Imp Aerobics 10:30 a.m. Book Club 11 a.m. Pickleball	25 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Cardio Fitness Rm 8 a.m.-4 p.m. Strength Rm 10 a.m. Outdoor Strength Training 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba	26 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Cardio Fitness Rm 8 a.m.-4 p.m. Strength Rm 9 a.m. Outdoor Gentle Yoga w/ Jan 10 a.m. Outdoor Low Imp Aerobics 10 a.m.-12 p.m. Art Workshop 11 a.m. Line Dancing: Int. 12 p.m. Line Dancing: Beg. 6 p.m. ESL Class	27 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Cardio Fitness Rm 8 a.m.-4 p.m. Strength Rm 10 a.m. Crafty Corner 10 a.m. Outdoor Strength Training 11 a.m. Arthritis Chair Exercise 12 p.m. Cornhole 12 p.m. Birthday Party 12:15 p.m. Zumba	28 No In-Center programming	29
30	31 FiftyForward Centers and Offices Closed for Memorial Day					

FiftyForward Donelson Station PROGRAM INFORMATION



To register for any of these events, please email ecurtis@fiftyforward.org or sign up in the Membership Portal.

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.

Pickleball Mondays, 11 a.m.-12 p.m. Come play pickleball with your peers or learn how to play if you're new to the game! Experienced players will be present to help instruct. No prior experience necessary.

Outdoor Gentle Yoga with Jan Mondays & Wednesdays, 9 a.m. This outdoor 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. Bring your own blanket to use.

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

Camera/Computer Club 2nd and 3rd Tuesday of the month, 10 a.m.-11 a.m. Join other photographers and computer users to discuss techniques, tips, and tricks of the hobby. The camera club meets on the 2nd Tuesday of the month and the computer club meets on the 3rd Tuesday of the month.

iPad/Tablet Group 3rd Tuesday of the month, 11 a.m. Receive instruction on how to use your iPad/Tablet.

Outdoor Strength Training Tuesdays and Thursdays, 10 a.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.

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.

Art Workshop Wednesdays, 10 a.m.-12 p.m. Join other artists to work on your current creative projects. The workshop is \$25 and runs for 10 weeks (started April 7, finishes June 9)

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

Cornhole Thursdays, 12 p.m.-2 p.m. Play a game of cornhole or learn how to play if you're new to the game! No prior experience necessary.

Line Dancing Wednesdays, 11 a.m. and 12 p.m. Led by instructor Mary Jane Pelz, this class combines dance and fitness for a fun workout experience. The 11 a.m. class is for Intermediate level line dancers and the 12 p.m. class is for beginners.

Nutrition Class Tuesdays, May 4-18, 9 a.m.-10 a.m. This 5 week course (runs May 4-June 8, skipping May 25th and June 1st), called "Eat Well, Feel Well", is brought to you by the UT Extension office of their Institute of Agriculture and focuses on the topics of nutrition, physical activity, and food safety as they relate to older adults.

Tech Help Monday, May 10, 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.

Summit Audiology Wednesday, May 12, 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, May 12, 12 p.m.-1 p.m. Join Officer Payne for a safety presentation followed by Bingo.

WeGo Public Transportation Training Monday, May 17, 11 a.m. Learn how to navigate Nashville's public transportation system from a WeGo Public Transportation representative.

Name That Tune Tuesday, May 18, 10 a.m. Humana representative, Juan Beraldi, hosts this version of the popular game show.

Tornado Disaster Drill Tuesday, May 18, 11 a.m. Learn what to do to keep yourself safe in the event of a tornado.

FiftyForward Donelson Station PROGRAM INFORMATION

 Program offered on Zoom


 Denotes member-led program

 Denotes Facebook program

Travel Presentation: San Antonio Wednesday, May 19, 11 a.m.
Learn more about the Premier World Discovery trip to San Antonio, Texas in November of this year.

Outdoor Center Lunch Wednesday, May 19, 12 p.m.-1 p.m.
Enjoy entertainment by award-winning local singer/songwriter, Daniel Curtis. The Donelson Café will also be providing meals. Cost for this event is \$10.

WWII Exhibit Thursday, May 20, 9 a.m.-2 p.m. Come view an incredible private collection of WWII artifacts from both the war and the home front. A \$5 entry fee is required to view the exhibit.

Cancer Support Group Thursday, May 20, 1 p.m. Cancer is  tough, but you do not have to fight it alone. Often, support groups can help people affected by cancer feel less alone and improve their ability to deal with the uncertainties and challenges that cancer brings. Please join us on May 20th at 1 p.m. for our monthly support group that will give you an opportunity to meet and discuss ways to cope with your illness. We look forward to sharing stories of experience and hope!


Canvas Painting Monday, May 24, 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. Painting pictured here.



Book Club Monday, May 24, 10:30 a.m. Join us to discuss our book of the month: "A Walk Across The Sun" by Corbin Anderson. Limited to 8 people in person, but if you want to join on Zoom email ecurtis@fiftyforward.org. New members welcome!

Birthday Party Thursday, May 27, 12 p.m.-1 p.m. Come and celebrate the May birthdays our members have had.

VIRTUAL EVENTS

 **ESL (English as a Second Language) Class Wednesdays, 6 p.m.** Alicia Gaitani leads this Zoom program for any older adults who would like to learn English as their second language. Classes meet every Wednesday in April on Zoom.

Bible Study Saturday, May 22, 10 a.m. The Bible Study group will be meeting through a conference line. If you would like to join, please send an email to ecurtis@fiftyforward.org to receive the conference line number and code.