

July 2021 Donelson Station Program Calendar

Please carefully read the program description page to learn more about each offering and to see which programs require registration. To register, please use the Membership Portal: <https://fiftyforward.org/member/#myaccount>. We follow CDC safety guidelines. If you have any questions, please call FiftyForward Donelson Station at 615-883-8375 or send an email to ecurtis@fiftyforward.org

Su	Mon	Tue	Wed	Thu	Fri	Sat
				1 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Fitness Rm 9 a.m. Cornhole 10 a.m. Crafty Corner 10 a.m. Strength Training 10 a.m.-12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba 1:15 p.m. Rummikub	2 No In-Center Programming	3
4	5 FiftyForward Centers & Office Closed for July 4 Holiday	6 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Fitness Rm 10 a.m. Strength Training 10 a.m.-2:30 p.m. Bridge 11 a.m. Arthritis Chair Exer. 12 p.m. Nutrition Class 12:15 p.m. Zumba 1:30 p.m. Texas Hold 'Em 1:30 p.m. Tai Chi	7 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Fitness Rm 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Imp Aerobics 10 a.m.-12 p.m. Art Workshop 11:30 a.m. Jeff Dayton Concert 12 p.m. Bingo 1:30 p.m. Brain Games	8 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Fitness Rm 9 a.m. Cornhole 10 a.m. Crafty Corner 10 a.m. Strength Training 10 a.m.-12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba 1:15 p.m. Rummikub 1:30 p.m. Tai Chi	9 No In-Center Programming	10
11	12 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Fitness Rm 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Impact Aerobics 11 a.m. Pickleball 12 p.m. Classroom Bingo	13 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Fitness Rm 10 a.m. Strength Training 10 a.m.-2:30 p.m. Bridge 11 a.m. Arthritis Chair Exer. 12 p.m. Nutrition Class 12:15 p.m. Zumba 1:30 p.m. Texas Hold 'Em 1:30 p.m. Tai Chi	14 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Fitness Rm 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Imp Aerobics 10 a.m.-12 p.m. Art Workshop 11 a.m. Line Dancing: Int. 11 a.m.-12 p.m. Summit Audiology 12 p.m. Bingo 1:30 p.m. Brain Games	15 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Fitness Rm 9 a.m. Cornhole 10 a.m. Crafty Corner 10 a.m. Strength Training 10 a.m.-12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba 1:15 p.m. Rummikub 1:30 p.m. Tai Chi	16 No In-Center Programming	17
18	19 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Fitness Rm 9 a.m. Gentle Yoga w/ Jan 9 a.m.-11 a.m. Tech Help 10 a.m. Low Impact Aerobics 11 a.m. Pickleball	20 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Fitness Rm 10 a.m. Strength Training 10 a.m.-2:30 p.m. Bridge 10 a.m. Camera/Comp. Club 11 a.m. Arthritis Chair Exer. 12 p.m. Nutrition Class 12:15 p.m. Zumba 1:30 p.m. Texas Hold 'Em 1:30 p.m. Tai Chi	21 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Fitness Rm 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Imp Aerobics 10 a.m.-12 p.m. Art Workshop 11 a.m. Line Dancing: Int. 11 a.m. Center Lunch 12 p.m. Bingo 1:30 p.m. Brain Games	22 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Fitness Rm 9 a.m. Cornhole 10 a.m. Crafty Corner 10 a.m. Strength Training 10 a.m.-12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba 1:15 p.m. Rummikub 1:30 p.m. Tai Chi	23 No In-Center Programming	24 10 a.m. Bible Study
25	26 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Fitness Rm 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Impact Aerobics 10:30 a.m. Book Club 11 a.m. Pickleball 12 p.m. Travel Presentation	27 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Fitness Rm 10 a.m. Strength Training 10 a.m.-2:30 p.m. Bridge 11 a.m. Arthritis Chair Exer. 12 p.m. Nutrition Class 12:15 p.m. Zumba 1:30 p.m. Texas Hold 'Em 1:30 p.m. Tai Chi	28 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Fitness Rm 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Imp Aerobics 10 a.m.-12 p.m. Art Workshop 11 a.m. Line Dancing: Int. 12 p.m. Bingo 1:30 p.m. Brain Games 2 p.m. Canvas Painting	29 8 a.m.-4 p.m. Billiards 8 a.m.-4 p.m. Fitness Rm 9 a.m. Cornhole 10 a.m. Crafty Corner 10 a.m. Strength Training 10 a.m.-12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exercise 12 p.m. Birthday Party 12:15 p.m. Zumba 1:15 p.m. Rummikub 1:30 p.m. Tai Chi	30 No In-Center Programming	31

FiftyForward Donelson Station PROGRAM INFORMATION



Program offered on Zoom



Denotes member-led program



Denotes Facebook program

Billiards Monday-Thursday, 8 a.m.-4 p.m. The Donelson Station center pool room is available for games from 8 a.m.-4 p.m.

Cardio Fitness Room Monday-Thursday, 8 a.m.-4 p.m. The Donelson Station center Cardio Fitness Room is available to use for exercise from 8 a.m.-4 p.m.

Strength Room Monday-Thursday, 8 a.m.-4 p.m. The Donelson Station center Strength Room is available to use for exercise from 8 a.m.-4 p.m.

Cornhole Thursdays, 9 a.m.-11 a.m. Play a game of cornhole or learn how to play if you're new to the game! No prior experience necessary.

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

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.

Mah Jongg Thursdays, 10 a.m. -12 p.m. Join the Mah Jongg group to play this tile-based game.

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.

Rummikub Thursdays, 1:15 p.m. Join the Rummikub group to play this popular tile-based game that combines elements of the card game Rummy and Mah Jongg.

Tai Chi for Arthritis and Fall Prevention Tuesdays and Thursdays, 1:30 p.m. starting July 6. This evidence based program, taught by a certified Tai Chi instructor, is especially appropriate for adults with a higher risk of falling. This class is a combination of seated and standing exercises/movements. It improves balance both mentally and physically, thus significantly reducing the rates of falls in older adults. Additional benefits include improving relaxation, vitality, posture, and immunity. Tai Chi for Arthritis helps those with arthritis to improve all of these and more.

Bridge Tuesdays, 10 a.m.-2:30 p.m. Join other players in this classic trick-taking card game.

Nutrition Class Tuesdays, starting July 6, 12 p.m.-1 p.m. Join us for this 8-week course, brought to you by Cheryl

Johnson from TSU, full of information and tips on how to shop, cook, and eat within your budget. Upon completion of the course, you will receive a certificate of completion, recipes/handouts, and more! ***This class requires registration.***



Texas Hold 'Em Tuesdays, 1:30 p.m. Join the Texas Hold 'Em group to play this fun variant of poker.

Gentle Yoga with Jan Mondays & Wednesdays, 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. Bring your own blanket to use.

Low Impact Aerobics Mondays & Wednesdays, 10 a.m. This 30-minute low impact aerobics class gets your body moving to great music!

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 (current session running from June 16-August 18). ***This event requires registration.***

Jeff Dayton Concert Wednesday, July 7, 11:30 a.m. Enjoy a FREE concert brought to you by Jeff Dayton and The Music Performance Trust Fund.

Bingo Wednesdays, 12 p.m.

Brain Games Wednesdays, 1:30 p.m. Join the Brain Games group and test your mind in trivia!

Pickleball Mondays, 11 a.m.-12 p.m. Come play pickleball with your peers and learn more about this fun game that combines elements of badminton, table tennis, and tennis.

Classroom Bingo Monday, July 12, 12 p.m.-1 p.m. Join Officer Payne of the MNPD for a safety presentation followed by Bingo.

Line Dancing Wednesdays, 11 a.m. Led by instructor Mary Jane Pelz, this class combines dance and fitness for a fun workout experience. This class is for Intermediate level line dancers. If you are a beginner that is interested in line dancing, please speak with the instructor. **NOTE: NO Line Dancing on July 7.**

Summit Audiology Wednesday, July 14, 11 a.m.-12 p.m. Receive a FREE hearing exam from Summit Audiology. By appointment with appointments every 15 minutes. ***This event requires registration.***

Tech Help Monday, July 19, 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. ***This event requires registration.***

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Camera/Computer Club 3rd Tuesday of the month (July 20), 10 a.m.-11 a.m. Join other photographers and computer users to discuss techniques, tips, and tricks of the hobby.

Center Lunch Wednesday, July 21, 11 a.m. Enjoy entertainment and a delicious meal from The Donelson Café. Cost for this event is \$10, which includes your meal. ***This event requires registration.***



Book Club Monday, July 26, 10:30 a.m. Join us to discuss our book of the month: "The Master Butchers Singing Club" by Louise Erdrich. New members welcome!

Travel Presentation: San Antonio Monday, July 26, 12 p.m. Learn more about the Premier World Discovery trip to San Antonio, Texas in November of this year. ***This event requires registration.***

Canvas Painting Wednesday, July 28, 2 p.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. ***This event requires registration.***

Birthday Party Thursday, July 29, 12 p.m.-1 p.m. Come and celebrate the June birthdays our members have had with some sweet treats provided by Senior Helpers!

VIRTUAL EVENTS

Bible Study Saturday, July 24, 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.