

# October 2021 FiftyForward Donelson Station Program Calendar

Please carefully read the program description page to learn more about each offering and to see which programs require registration. Events with an asterisk\* require advanced registration. To register, please use the Membership Portal: <https://fiftyforward.org/member/#myaccount>. We follow CDC safety guidelines. Events in green are virtual.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <b>NO IN-CENTER PROGRAMMING</b>	2
3	4 8:30 a.m.-3:30 p.m. Billiards & Fitness Rms 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Impact Aerobics 10 a.m. Meditation with Kelly 11 a.m. Pickleball 11 a.m. Beginner Strength 12 p.m. Dance Classes	5 8:30 a.m.-3:30 p.m. Billiards & Fitness Rms 8:15 a.m. Strength Training 9 a.m. Nutrition Class* 10 a.m.-2:30 p.m. Bridge 10 a.m.-12 p.m. Art Class* 11 a.m. Arthritis Chair Exercise 11 a.m. Mystery Lunch* 1:30 p.m. Texas Hold 'Em	6 8:30 a.m.-3:30 p.m. Billiards & Fitness Rms 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Imp Aerobics 10 a.m.-12 p.m. Art Workshop* 11 a.m. Beginner Strength 12 p.m. Bingo 12 p.m.-2 p.m. Art Project Series* 1 p.m. Be Red Cross Ready* 1:30 p.m. Brain Games 2:30 p.m. Music for Seniors*	7 8:30 a.m.-3:30 p.m. Billiards & Fitness Rms 8:15 a.m. Strength Training 9 a.m. Cornhole 9 a.m.-11 a.m. Ukulele Grp 9:30 a.m. Qi Gong 10 a.m. Hispanic Voices 10 a.m. Crafty Corner 10 a.m.-12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exer. 1 p.m. Super Bingo 1:15 p.m. Rummikub	8 <b>NO IN-CENTER PROGRAMMING</b>	9
10	11 8:30 a.m.-3:30 p.m. Billiards & Fitness Rms 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Impact Aerobics 10 a.m. Meditation with Kelly 11 a.m. Pickleball 11 a.m. Beginner Strength 11 a.m. Program Committee 12 p.m. Dance Classes 1 p.m. Tax Relief/Freeze	12 8:30 a.m.-3:30 p.m. Billiards & Fitness Rms 8:15 a.m. Strength Training 9 a.m. Nutrition Class* 9 a.m.-11 a.m. Cigna Booth 10 a.m.-2:30 p.m. Bridge 10 a.m.-12 p.m. Art Class* 10:20 a.m. LunchBunch* 11 a.m. Arthritis Chair Ex. 1:30 p.m. Texas Hold 'Em 2 p.m. Creative Writing Workshop*	13 8:30 a.m.-3:30 p.m. Billiards & Fitness Rms 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Imp Aerobics 10 a.m.-12 p.m. Art Workshop* 10:30 a.m. ASB Booth 11 a.m. Summit Audiology* 11 a.m. Beginner Strength 12 p.m. Bingo 12 p.m.-2 p.m. Art Project Series* 1:30 p.m. Brain Games	14 8:30 a.m.-3:30 p.m. Billiards & Fitness Rms 8:15 a.m. Strength Training 9 a.m. Cornhole 9 a.m.-11 a.m. Ukulele Grp 9:30 a.m. Qi Gong 10 a.m. Crafty Corner 10 a.m.-12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exercise 11 a.m. Spanish Class 1 p.m. Fall Craft* 1:15 p.m. Rummikub	15 <b>NO IN-CENTER PROGRAMMING</b>	16
17	18 8:30 a.m.-3:30 p.m. Billiards & Fitness Rms 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Impact Aerobics 10 a.m. Meditation with Kelly 11 a.m. Pickleball 11 a.m. Beginner Strength 12 p.m. Classroom Bingo 12 p.m. Dance Classes	19 8:30 a.m.-3:30 p.m. Billiards & Fitness Rms 8:15 a.m. Strength Training 9 a.m. Nutrition Class* 10 a.m. Camera/Comp. Club 10 a.m.-2:30 p.m. Bridge 10 a.m.-12 p.m. Art Class* 11 a.m. Arthritis Chair Exercise 1:30 p.m. Texas Hold 'Em 2 p.m. Creative Writing Workshop*	20 8:30 a.m.-3:30 p.m. Billiards & Fitness Rms 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Imp Aerobics 10 a.m.-12 p.m. Art Workshop* 11 a.m. Beginner Strength 12 p.m. Bingo 12 p.m.-2 p.m. Art Project Series* 1:30 p.m. Brain Games	21 8:30 a.m.-3:30 p.m. Billiards & Fitness Rms 8:15 a.m. Strength Training 9 a.m. Cornhole 9 a.m.-11 a.m. Ukulele Grp 9:30 a.m. Qi Gong 10 a.m. Crafty Corner 10 a.m.-12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exer. 11 a.m. Spanish Class 1 p.m. Cancer Support Grp 1:15 p.m. Rummikub 5 p.m. Supper Club*	22 <b>NO IN-CENTER PROGRAMMING</b> 10:30 a.m. Nashville Flea Market*	23 10 a.m. Bible Study*
24	25 8:30 a.m.-3:30 p.m. Billiards & Fitness Rms 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Impact Aerobics 10 a.m. Meditation with Kelly 10:30 a.m. Book Club 11 a.m. Pickleball 11 a.m. Beginner Strength 11 a.m. Medicare Pres. 12 p.m. Dance Classes	26 8:30 a.m.-3:30 p.m. Billiards & Fitness Rms 8:15 a.m. Strength Training 9 a.m. Nutrition Class* 10 a.m.-2:30 p.m. Bridge 10 a.m.-12 p.m. Art Class* 11 a.m. Arthritis Chair Exercise 1:30 p.m. Texas Hold 'Em 2 p.m. Creative Writing Workshop*	27 8:30 a.m.-3:30 p.m. Billiards & Fitness Rms 9 a.m. Gentle Yoga w/ Jan 9 a.m.-12 p.m. Deloitte Tech Help 10 a.m. Low Imp Aerobics 10 a.m.-12 p.m. Art Workshop* 11 a.m. Beginner Strength 12 p.m. Bingo 12 p.m.-2 p.m. Art Project Series* 1:30 p.m. Brain Games	28 8:30 a.m.-3:30 p.m. Billiards & Fitness Rms 8:15 a.m. Strength Training 9 a.m. Cornhole 9 a.m.-11 a.m. Ukulele Grp 9:30 a.m. Qi Gong 10 a.m. Crafty Corner 10 a.m.-12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exer. 11 a.m. Spanish Class 1:15 p.m. Rummikub	29 <b>NO IN-CENTER PROGRAMMING</b> 11 a.m. Halloween Bingo*	30
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# FiftyForward Donelson Station PROGRAM INFORMATION



Program offered virtually



Denotes member-led program

**Billiards Monday-Friday, 8:30 a.m.–3:30 p.m.** The Donelson Station center pool room is available for games from 8 a.m.–4 p.m.

**Cardio Fitness Room Monday-Friday, 8:30 a.m.–3:30 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-Friday, 8:30 a.m.–3:30 p.m.** The Donelson Station center Strength Room is available to use for exercise from 8 a.m.–4 p.m.

**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 45-minute low impact aerobics class gets your body moving to great music!

**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.

**Dance Classes Mondays, 12 p.m.–1 p.m.** The Numinous Flux dance company will be teaching about various dance styles and their creative process, including viewing their short film titled “Temple”. This will culminate in a dance showcase by the company!

**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.

**Beginner Strength Training Mondays & Wednesdays, 11 a.m.–12 p.m.** Join Donelson Station member, Gloria Jones, for this modified strength training class. This class is for beginners or anyone who may not have the mobility to participate in Lisa’s strength training class.

**Strength Training Tuesdays and Thursdays, 8:15 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.

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

**Art Classes Tuesdays, 10 a.m.–12 p.m.** Learn from artist Roberta Steinmetz in this 10-week course! Cost for the class is \$60 for members and \$120 for non-members. Class size is limited to 10 participants. *This event requires registration.*

**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.

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

**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 August 25-October 27; New session begins on November 3) *This event requires registration.*

**Bingo Wednesdays, 12 p.m.** NOTE: **Bingo on October 6 will start at 10 a.m.**

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

**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.

**Ukulele Group Thursdays, 9-11 a.m.** Learn how to play the ukulele! The beginner group meets from 9 a.m. to 10 a.m. and the intermediate group meets from 10 a.m. to 11 a.m. Please bring your own ukulele.

**Qi Gong Thursdays, 9:30 a.m.–10:30 a.m.** Improve balance and lower stress with this gentle and meditative exercise.

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

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

**Spanish Class Thursdays, 11 a.m.–12 p.m.** Donelson Station member, Alicia Gaitani, will be teaching Spanish for anyone interested in learning this vibrant language. **NO CLASS ON OCT. 7**

**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.

**Nutrition Class Tuesdays, starting October 5, 9 a.m.** In this 6-week course, brought to you by the UT Extension office, Bianca Johnson will teach you how to eat well and live healthier. *This event requires registration.*

**Art Project Series Wednesdays, starting October 6, 12 p.m.—2 p.m.** Ashley Mintz leads this series of 6 workshops (Oct. 6, 20, 27; Nov. 3, 17; Dec. 1), focusing on learning several artistic mediums through a different project each week. The class is FREE and all supplies will be provided. **NO CLASS OCT. 13.** *This event requires registration.*

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## **“Be Red Cross Ready” Wednesday, October 6, 1 p.m. –2 p.m.**

This preparedness education program helps train you to take steps to prepare for disaster that can help people stay safe by responding appropriately when disasters strike and recover more quickly following a disaster. The specific disasters included in the presentation are home fires (the most common disaster), extreme heat, tornadoes, flooding, and winter weather. There is also an opportunity for attendees to receive free smoke alarms and installation. *This event requires registration.*

**Music for Seniors: Oktoberfest Wednesday, October 6, 2:30 p.m.-3:30 p.m.** Music for Seniors presents an Oktoberfest celebration, featuring an accordion trio! This is a FREE show that you won't want to miss! *This event requires registration through Music for Senior on Evenbrite.*



## **Hispanic Voices Panel Thursday, October 7, 10 a.m.**

Celebrate Hispanic Heritage Month with this intergenerational panel sharing wisdom, hope, and the Nashville Hispanic experience through the stories of those who know it best: our Hispanic community. This will be a streaming party of the Zoom presentation.

**Super Bingo Thursday, October 7, 1 p.m.** Everyone's favorite, Super Bingo, is back! Play bingo with your friends and win fabulous prizes. In Super Bingo, everyone is a winner!

**Program Committee 2nd Monday of the month (Oct. 11), 11 a.m.-12 p.m.** Our monthly Program Committee meets the 2nd Monday of each month at 11 a.m. This group shares ideas about programs, events, trips and presentations that they would like to see at Donelson Station. We would love to add some new faces to our existing group. If you are interested in being part of the committee, please let a staff member

**Tax Relief/Tax Freeze Virtual Event Monday, October 11, 1 p.m.** Need assistance with your taxes? Learn from the Office of the Metropolitan Trustee how you can receive tax relief or even freeze your taxes!

**Cigna Booth Tuesday, October 12, 9 a.m.-11 a.m.** Stop by the Cigna table in the hall for the Cigna Get Fit Giveaway. All participants will receive a free resistance band OR a pedometer (step tracker), a healthy living tips pamphlet, and a healthy pre-packaged snack.

**Creative Writing Workshop Tuesdays, starting October 12, 2 p.m.-3:30 p.m.** Learn from The Carnegie Writers, Inc. about creative writing and how you can do it too! The workshop runs for 7 weeks and the cost is \$60. *This event requires registration.*

**American Senior Benefits Booth Wednesday, October 13, 10:30 a.m.-12:30 p.m.** Lauren Cheever from American Senior Benefits will have a table set up to inform you of the benefits available to you through them;

**Summit Audiology Wednesday, October 13, 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.*

**Fall Craft Thursday, October 14, 1 p.m.** Craft with us to make some festive fall décor in the form of an autumn themed DIY wreath! Registration is required by Friday, October 8<sup>th</sup> and cost for the craft is \$10. *This event requires registration.*

**Classroom Bingo Monday, October 18, 12 p.m.-1 p.m.** Join Officer Payne of the MNPD for a safety presentation followed by Bingo.

**Camera/Computer Club 3rd Tuesday of the month (Oct. 19), 10 a.m.-11 a.m.** Join other photographers and computer users to discuss techniques, tips, and tricks of the hobby.

**Cancer Support Group Thursday, October 21, 1-2 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 for our monthly support group led by circle support group certified leader, Kelly Lavelly, 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!



**Bible Study Saturday, October 23, 10 a.m.** The Bible Study group will be meeting through a conference line. Please sign up through the portal to receive an email with the login information. *This event requires registration.*

**Book Club Monday, October 25, 10:30 a.m.** Join us to discuss our book of the month: “Sold On A Monday” by Kristina McMorris. New members welcome!

**Ascension Medicare Presentation Monday, October 25, 11 a.m.** Ascension Complete is a local Medicare Advantage plan with rich benefits to help members live healthier, happier lives. Hand in hand, with their partners at Ascension St. Thomas, they work to empower people to take charge of their health, focusing on the whole person – mind, body, spirit. They love helping, educating, simplifying Medicare – for their providers, their members, their communities.

**Deloitte Tech Help Wednesday, October 27, 9 a.m.-12 p.m.** Volunteers from Deloitte will be at the center to help with your tech questions!

**Halloween Bingo Friday, October 29, 11 a.m.-1:30 p.m.** Join the Donelson Café for a fun Halloween Bingo and costume party! Call the center at 615-883-8375 for more details. *This event requires registration.*

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**TRIPS** (*All trips require registration*) - Cost for all trips is \$10

**Mystery Lunch Tuesday, October 5, 11 a.m.** Take a trip to a mystery location for a delicious lunch!

**LunchBunch Tuesday, October 12, 10:20 a.m.** Enjoy lunch at the Sassy Pecan, a lovely restaurant serving Southern inspired lunch items and sweets.

**Supper Club Thursday, October 21, 5 p.m.** Join your FiftyForward friends for dinner at The Row, a restaurant well known for its “distinct Nashville cuisine and nightly live music”.

**Nashville Flea Market Friday, October 22, 10:30 a.m.** Explore this month’s Nashville Flea Market for fall finds!