

December 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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:30 a.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* 10:45a.m. Mystery Lunch* 11:15 a.m. Beginner Strength 12 p.m. Bingo 12 p.m. Art Project Series* 1:30 p.m. Brain Games	2 8:30 a.m. Billiards & Fitness Rms 8:15 a.m. Strength Training 9- 11 a.m. Ukulele Group 9:30 a.m. Qi Gong 10 :30 a.m.-12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exercise 12 p.m. Crafty Corner 12:15 p.m. Zumba 1:15 p.m. Rummikub	3 No In-Center Programming	4 8:00-2:00 p.m. *Bargain Basement *Holiday Craft Show at FiftyForward Donelson
5	6 8:30 a.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. FF Open Mic 12 p.m. Classroom Bingo 11:15 a.m. Beginner Strength 12 p.m. Line Dancing	7 8:30 a.m. Billiards & Fitness Rms 8:15 a.m. Strength Training 10 a.m. Travel Presentation 10 a.m.-2:30 p.m. Bridge 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba 1:30 p.m. Texas Hold 'Em	8 8:30 a.m. Billiards & Fitness Rms 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Imp Aerobics 10 a.m. Painted Tree Shopping* 10 a.m.-12 p.m. Art Workshop* 11:15 a.m. Beginner Strength 12 p.m. Bingo 1 p.m. Holiday Volunteering* 1:30 p.m. Brain Games	9 8:30 a.m. Billiards & Fitness Rms 8:15 a.m. Strength Training 9- 11 a.m. Ukulele Group 9:30 a.m. Qi Gong 10 a.m. Miss Bobo's Lunch* 10 :30 a.m.-12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exercise 12 p.m. Crafty Corner 12:15 p.m. Zumba 1:15 p.m. Rummikub	10 No In-Center Programming	11
12	13 8:30 a.m. Billiards & Fitness Rms 9 a.m.-12 p.m. Pedicures 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Impact Aerobics 10 a.m. Meditation with Kelly 11 a.m. Program Committee 11 a.m. FF Open Mic 11:15 a.m. Beginner Strength 12 p.m. Line Dancing	14 8:30 a.m. Billiards & Fitness Rms 8:15 a.m. Strength Training 10 a.m.-2:30 p.m. Bridge 10 a.m. Tuba Christmas* 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba 1:30 p.m. Texas Hold 'Em	15 8:30 a.m. Billiards & Fitness Rms 9 a.m. Gentle Yoga w/ Jan 10 a.m. Eddie K Holiday Show 10 a.m. Low Imp Aerobics 10 a.m.-12 p.m. Art Workshop* 11:15 a.m. Beginner Strength 12 p.m. Bingo 1:30 p.m. Brain Games	16 8:30 a.m. Billiards & Fitness Rms 8:15 a.m. Strength Training 9- 11 a.m. Ukulele Group 9:30 a.m. Qi Gong 10 a.m. Camera Club 10 :30 a.m.-12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exercise 12 p.m. Crafty Corner 12:15 p.m. Zumba 1:15 p.m. Rummikub 5 p.m. Supper Club*	17 No In-Center Programming	18 10 a.m. Virtual Bible Study*
19	20 8:30 a.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. Lunch Bunch* 11 a.m. FF Open Mic 11:15 a.m. Beginner Strength 12 p.m. Line Dancing	21 8:30 a.m. Billiards & Fitness Rms 8:15 a.m. Strength Training 10 - 11 a.m. Camera/Computer Club 10 a.m.-2:30 p.m. Bridge 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba 1:30 p.m. Texas Hold 'Em	22 8:30 a.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* 11:15 a.m. Beginner Strength 12 p.m. Bingo 1 p.m. Dec Birthday Party* 1:30 p.m. Brain Games	23 8:30 a.m. Billiards & Fitness Rms 8:15 a.m. Strength Training 9- 11 a.m. Ukulele Group 9:30 a.m. Qi Gong 10 :30 a.m.-12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exercise 12 p.m. Crafty Corner 12:15 p.m. Zumba 1:15 p.m. Rummikub	24 FiftyForward Closed for the Holiday	25
26	27 FiftyForward Centers & Offices Closed for the Holiday	28 FiftyForward Centers & Offices Closed for the Holiday	29 FiftyForward Centers & Offices Closed for the Holiday	30 FiftyForward Centers & Offices Closed for the Holiday	31 FiftyForward Centers & Offices Closed for the Holiday	

FiftyForward Donelson 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 8:30 a.m.– 3:30 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!

Art Workshop Wednesdays, 10 a.m.-12 p.m. Join other seasoned 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.*

Beginner Strength Training Mondays & Wednesdays, 11:15 a.m.-12 p.m. Join Certified Instructor and 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.

Bingo Wednesdays, 12 p.m. Come out and play Bingo with a different sponsor every week!

Art Project Series Wednesdays, December 1, 12 p.m.—1p.m. Ashley Mintz leads this series of 6 workshops focusing on learning several artistic mediums through a different project each week. The class is FREE and all supplies will be provided. *This event requires registration.*

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

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.

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 with certified Qi Gong instructor Cyndi Clark.

Mah Jongg Thursdays, 10:30 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.

Crafty Corner Thursdays, 12 p.m. Bring your own individual projects to craft and socialize together.

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.

Bargain Basement and Holiday Craft Show Saturday, December 4, 8—2:00 p.m. Shop for all sorts of gifts, holiday treats and awesome deals! Browse through our Bargain Basement for gently used items and enjoy our local craft vendors at our indoor fair! Donelson Café will be open and serving breakfast and lunch.

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.

Monday Open Mic Mondays, 11 a.m. Join FiftyForward Donelson in the Donelson Café for a weekly Open Mic Lunch. All are welcome to come share a story or a song and you can sign-up the day of the event.

Classroom Bingo Monday, December 6, 12 p.m.-1 p.m. Join The TeleMate to learn about remote patient monitoring at no cost to you! Through their program, remote patient monitoring will deliver the devices and you have your very own nurse available via the phone. This program is covered by Medicare and Medicare HMO's . *This event requires registration.*

Line Dancing Classes Mondays, 12 p.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.

FiftyForward Donelson PROGRAM INFORMATION

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2022 Travel Presentation. Tuesday, December 7 10—11 a.m. Join Premier World Discovery and See America Tours for a 2022 travel preview presentation. We will be offering monthly trip via motorcoach and air, and both inside and outside the United States. Don't miss this exciting event! *This event requires registration.*

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

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


Monthly Volunteer Opportunity. Wednesday, December 8, 1 p.m. Please join us for an hour of volunteering at as we sort and bundle baby clothes for the non-profit There With Care. *This event requires registration.*

Senior Pedicures Monday, December 13, 9—12 p.m. Please visit The Nail Spot for a free pedicure. This service is for seniors who are in need of assistance due to mobility issues. Pedicures are on a first come first served basis. Located at 113 Donelson Pike, Nashville, 37214.

Program Committee 2nd Monday of the month (December 13) 11 a.m.-12 p.m. Our monthly Program Committee meets the 2nd Monday of each month at 11 a.m. 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.

Eddie K Holiday Extravaganza Concert Wednesday, December 15, 10—11 a.m. Join us for a rock'n rolling good time with local favorite Eddie K. He will be playing a wide range of holiday sing-a-long songs that will be sure to get your toes tapping and your fingers snapping with holiday cheer! *This event requires registration.*

Camera/Computer Club 3rd Tuesday of the month (Dec 21), 10 a.m.-11 a.m. Join other photographers and computer users to discuss techniques, tips, and tricks of the hobby.

 **Bible Study Saturday, December 18, 10—11 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.*

Birthday Party Wednesday, December 22, 1—2 p.m. Come and celebrate December birthdays with some sweet treats provided by McKendree Village! *This event requires registration.*

TRIPS (*All trips require registration*)

Mystery Lunch Wednesday, December 1, 10:45 a.m. Take a trip to a mystery location for a delicious lunch! Cost of the Trip is \$10.

Painted Tree Shopping Trip Wednesday, December 8, 10:00 a.m. Experience Painted Tree Boutiques! With hundreds of unique shops under one roof, find gifts, decor, fashion, and so much more. We truly are your one-stop shop! Trip is \$10

Miss Bobo's Christmas Lunch Wednesday, December 9, 10:00 a.m. For just about as long whiskey's been made in Lynchburg, Miss Mary Bobo's Restaurant has been cooking up mouth watering Southern dishes for all who pass through. Join us for this very special historic, holiday lunch. Trip is \$15

Nashville Tuba Christmas Tuesday, Dec 14, 10:00 a.m. Join us for a wonder Christmas Concert with 50 plus tubas spreading holiday cheer. This Nashville tradition is back live and ready to get everyone in the holiday spirit. Trip is \$10.

Supper Club Thursday, December 16, 5:00 p.m. Supper Club will enjoy a holiday dinner out this month. Location TBD. Cost of the trip is \$10.

LunchBunch Monday, December 20, 10:45 a.m. Enjoy lunch at Monell's, a lovely restaurant serving Southern inspired lunch items in a family style setting. Cost of the Trip is \$10.