

# January 2022 FiftyForward Donelson 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>. follow CDC safety guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 8:30 a.m. Billiards & Fitness 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Impact Aerobics 10 a.m. Meditation with Kelly 11:15 a.m. Beginner Strength	4 8:30 a.m. Billiards & Fitness 10:00 a.m. Strength Training 10 a.m.-2:30 p.m. Bridge 11 a.m. Arthritis Chair Exercise 12 p.m. Cooking Matters Class* 1:30 p.m. Texas Hold 'Em	5 8:30 a.m. Billiards & Fitness 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. Princess Diana Trip* 11:15 a.m. Beginner Strength 12 p.m. Bingo 1:00 -3:00 p.m. Trip Presentations 1:30 p.m. Brain Games	6 8:30 a.m. Billiards & Fitness 9 - 11 a.m. Ukulele Group 9:30 a.m. Qi Gong 10:00 a.m. Strength Training 10:30 a.m.-12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exercise 12 p.m. Crafty Corner 1:15 p.m. Rummikub	7 No In-Center Programming	8
9	10 8:30 a.m. Billiards & Fitness 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Impact Aerobics 10 a.m. Meditation with Kelly 11 a.m. Program Committee 11:15 a.m. Beginner Strength	11 8:30 a.m. Billiards & Fitness 10 a.m. Art Class* 10:00 a.m. Strength Training 10 a.m.-2:30 p.m. Bridge 10 a.m. Beg. Spanish* 10:30 a.m. Lunch Bunch* 11:00 a.m. Inter. Spanish* 11 a.m. Arthritis Chair Exercise 12:00 p.m. ESL Class* 12 p.m. Cooking Matters Class* 1:30 p.m. Texas Hold 'Em	12 8:30 a.m. Billiards & Fitness 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 1:30 p.m. Brain Games	13 8:30 a.m. Billiards & Fitness 9 - 11 a.m. Ukulele Group 9:30 a.m. Qi Gong 10:00 a.m. Strength Training 10:30 a.m.-12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exercise 12 p.m. Crafty Corner 1:15 p.m. Rummikub	14 No In-Center Programming	15
16	17 FiftyForward Centers & Offices Closed for MLK, Jr. Holiday	18 8:30 a.m. Billiards & Fitness 10 a.m. Camera /Comp. Club 10 a.m. Art Class* 10:00 a.m. Strength Training 10 a.m.-2:30 p.m. Bridge 10 a.m. Beg. Spanish* 11 a.m. Inter. Spanish* 11 a.m. Arthritis Chair Exercise 12 p.m. ESL Class* 12 p.m. Cooking Matters Class* 1:30 p.m. Texas Hold 'Em 1:30 p.m. Tai Chi	19 8:30 a.m. Billiards & Fitness 9 a.m. Gentle Yoga w/ Jan 10 a.m. Black History Museum* 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	20 8:30 a.m. Billiards & Fitness 9 - 11 a.m. Ukulele Group 9:30 a.m. Qi Gong 10:00 a.m. Strength Training 10:30 a.m.-12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exercise 12 p.m. Crafty Corner 1:15 p.m. Rummikub 1:30 p.m. Tai Chi 5 p.m. Supper Club*	21 No In-Center Programming	22 10 a.m. Virtual Bible Study*
23	24 8:30 a.m. Billiards & Fitness 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Impact Aerobics 10 a.m. Meditation with Kelly 11:15 a.m. Beginner Strength 1 p.m. Mural Tour*	25 8:30 a.m. Billiards & Fitness 10 a.m. Art Class* 10:00 a.m. Strength Training 10 a.m.-2:30 p.m. Bridge 10 a.m. Beg. Spanish* 11 a.m. Inter. Spanish* 11 a.m. Arthritis Chair Exercise 12:00 p.m. ESL Class* 12 p.m. Cooking Matters Class* 1:30 p.m. Texas Hold 'Em 1:30 p.m. Tai Chi	26 8:30 a.m. Billiards & Fitness 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. Birthday Party* 1:30 p.m. Brain Games	27 8:30 a.m. Billiards & Fitness 9 - 11 a.m. Ukulele Group 9:30 a.m. Qi Gong 10:00 a.m. Strength Training 10:30 a.m.-12 p.m. Mah Jongg 11 a.m. Advisory Council 11 a.m. Arthritis Chair Exercise 12 p.m. Crafty Corner 1 p.m. New Member Orientation* 1:15 p.m. Rummikub 1:30 p.m. Tai Chi	28 No In-Center Programming	29
30	31 8:30 a.m. Billiards & Fitness 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Impact Aerobics 10 a.m. Meditation with Kelly 11 a.m. Mystery Lunch* 11:15 a.m. Beginner Strength					

## 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 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 for use for from 8:30 a.m.-3:30 p.m.


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

 **Beginner Strength Training Mondays & Wednesdays, 11:15 a.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 Tuesday and Thursday strength training class.

 **Strength Training Tuesdays and Thursdays, 10:00 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. *\*Classes will be held outside when the weather is 50 Degrees or more.*

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

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

**Cooking Matters at Home Tuesdays, 12 p.m.—1 p.m.** Join us for this nutritional series with the TN State University that will cover food storage, kitchen safety, meal planning, healthy snacking and grandchildren in the kitchen. *This event requires registration.*

**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 seasoned artists to work on your current creative projects. The workshop is \$25 and runs for 10 weeks (New session began on November 3) *This event requires registration.*

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

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

**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.

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

# FiftyForward Donelson Station PROGRAM INFORMATION




Program offered virtually

**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.

**See America Tour Trip Presentation: Wednesday, January 5, 1:00 p.m.** Please join us this month to learn more about the trips to Key West, The Ark and Greenbrier. **2:00pm** Will be discussing the Iceland trip. Hear all the details and ask any questions that you might have. They will also be available to take payments on any of their 2022 trips.

**Program Committee 2nd Monday of the month (January 10) 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.

 **Art Class Tuesdays beginning Jan. 11, 10 a.m.-12 p.m.** Beginners Art Class is for anyone; you do not need any previous art experience. The class is 10 weeks long and the cost is \$60. *This event requires registration.*

**Beginner and \*Intermediate Spanish Classes Tuesdays beginning Jan. 11, Beginner 10 a.m. and Intermediate 11:00 a.m.** Hola! We are so excited to have Spanish back with our resident teacher Alicia. \*Intermediate students will have needed to be in her previous beginner class.

**English As A Second Language (ESL) Tuesdays beginning Jan. 11, 12 p.m.** We are so excited to be offering this class with a focus on Spanish speakers who are wanting to learn English. The courses will cover subjects such as English grammar, pronunciation, spelling, and vocabulary. *This event requires registration.*

**Camera/Computer Club 3rd Tuesday of the month (Jan 18), 10 a.m.** Join other photographers and computer users to discuss techniques, tips, and tricks of the hobby.

**Tai Chi for Arthritis Tuesdays and Thursdays starting Jan. 18, 1:30 p.m.** Tai Chi for Arthritis is an evidenced-based program that helps to improve balance both mentally and physically through slow, guided movements. Additional benefits include improving balance, relaxation, vitality, posture, arthritis aid and immunity. This class includes BOTH sitting and standing exercises.



Member or volunteer-led program



**Bible Study Saturday, January 21, 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, January 26, 1–2 p.m.** Come and celebrate December birthdays with some sweet treats provided by McKendre Village! *This event requires registration.*

**New Member Orientation Wednesday, January 27, 1–2 p.m.** Calling all New FiftyForward Donelson Members! Come join us for an afternoon of learning about all the exciting things our center has to offer. Meet fellow members, shop owners and Advisory Council Members that all make our community great. *This event requires registration.*

**TRIPS (All trips require registration)**

**The Elegance of Royal Fashion Wednesday, January 5, 10:30 a.m.** Join us for a morning at the Monthaven Art & Cultural Center as we visit the highly anticipated exhibition, *The Elegance of Royal Fashion*, featuring Diana, Princess of Wales' gowns. We will be having lunch in Hendersonville. Bring your tierra's and crowns! Trip is \$25 and includes exhibit entrance.

**LunchBunch Tuesday, January 11, 10:30 a.m.** The Nolensville Feed Mill is well over 120 years old and a mainstay in the Amish Community. It is a fun destination in Historic Nolensville surrounded by small primitive gift shops in a quaint historic village. The Feed Mill is a specialty market selling fresh Amish Baked Goods, Deli Sandwiches, Jams, Pickles, Noodles and most items found in Amish Markets. Trip is \$10.

**National Museum of African American Music Wednesday, January 19, 10 a.m.** The National Museum of African American Music showcases the musical genres inspired, created, or influenced by African-Americans. Trip is \$10 and admission to the Museum is \$18.75 plus lunch.

**Supper Club Thursday, January 20, 5 p.m.** Supper Club will enjoy a York Italian meal at MafioZas. Cost of the trip is \$10.

**Mural Tour of Nashville Monday, January 24, 1 p.m.** Hop on the bus and get your camera ready as we visit several of the Murals that are making Nashville famous. We will stop to enjoy an afternoon treat too! Don't miss out on these attractions that are making our city diverse and colorful. Cost of the Trip is \$10.

**Mystery Lunch Monday, January 31, 11 a.m.** Take a trip to a mystery location for a delicious lunch! Cost of the Trip is \$10.