

## July 2022 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
	<b>*Green Highlights Trips</b>	<b>*Blue Highlights New Programs to the Center</b>			1 8:30 a.m. Billiards & Fitness 9 - 11 a.m. Ukulele Group 10 a.m. Meditation with Kelly 10 a.m.-2:30 p.m. Bridge 11 a.m. Patriotic Picnic Lunch* 12 p.m. Bingo*	2
3	<b>4 FiftyForward Centers &amp; Offices Closed for 4th Of July</b>	5 8:15 a.m. Strength Training 8:30 a.m. Billiards & Fitness 10 a.m.-2:30 p.m. Bridge 11 a.m. Arthritis Chair Exercise 12:15 p.m. Cooking Matters * 12:15 p.m. Zumba 1:30 p.m. Texas Hold 'Em	6 8:30 a.m. Billiards & Fitness 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Imp Aerobics 10 a.m. - 1 p.m. Canasta 10 a.m.-12 p.m. Art Workshop* 11 a.m. Beginner Strength 12 p.m. Pilates 12 p.m. Bingo* 12:30 p.m. Rutland Movie* 1:00 p.m. Travel Presentation* 1:30 p.m. Brain Games	7 8:15 a.m. Strength Training 8:30 a.m. Billiards & Fitness 9 a.m. Cornhole 10 a.m. Lunch Bunch* 10:30 -12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exercise 12 p.m. Crafty Corner 12:15 p.m. Zumba 1 p.m. Tech Help* 1:15 p.m. Rummikub	8 8:30 a.m. Billiards & Fitness 9 - 11 a.m. Ukulele Group 10 a.m. Meditation with Kelly 10 a.m.-2:30 p.m. Bridge 12 p.m. Bingo*	9
10	11 8:30 a.m. Billiards & Fitness 9:15 a.m. Blue Bird Cafe* 9 a.m. Gentle Yoga w/ Jan 9 a.m. Pickleball 10 a.m. Low Impact Aerobics 11 a.m. Beginner Strength 11 a.m. Program Committee 12 p.m. Pilates	12 8:15 a.m. Strength Training 8:30 a.m. Billiards & Fitness 10 a.m.-2:30 p.m. Bridge 11 a.m. Arthritis Chair Exercise 12:15 p.m. Cooking Matters * 12:15 p.m. Zumba 1:30 p.m. Texas Hold 'Em 1:30 p.m. Tai Chi	13 8:30 a.m. Billiards & Fitness 9 a.m. Gentle Yoga w/ Jan 10:00 a.m. Miss Lucille's* 10 a.m. Low Imp Aerobics 10 a.m. - 1 p.m. Canasta 10 a.m.-12 p.m. Art Workshop* 11 a.m. Beginner Strength 12 p.m. Pilates 12 p.m. Bingo* 1:30 p.m. Brain Games	14 8:15 a.m. Strength Training 8:30 a.m. Billiards & Fitness 9 a.m. Cornhole 10:30 -12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exercise 12 p.m. Crafty Corner 12:15 p.m. Zumba 1 p.m. Tech Help* 1:15 p.m. Rummikub 1:30 p.m. Tai Chi	15 8:30 a.m. Billiards & Fitness 9 - 11 a.m. Ukulele Group 10 a.m. Meditation with Kelly 10 a.m.-2:30 p.m. Bridge 12 p.m. Bingo*	16
17	18 8:30 a.m. Billiards & Fitness 9 a.m. Gentle Yoga w/ Jan 9 a.m. Pickleball 10 a.m. Low Impact Aerobics 11 a.m. Beginner Strength 12 p.m. Pilates 1 p.m. IPAD Basics*	19 8:15 a.m. Strength Training 8:30 a.m. Billiards & Fitness 10 a.m. Camera/Comp Club 10 a.m.-2:30 p.m. Bridge 11 a.m. Arthritis Chair Exercise 12:15 p.m. Cooking Matters* 12:15 p.m. Zumba 1:00 p.m. TN State Museum* 1:30 p.m. Texas Hold 'Em 1:30 p.m. Tai Chi	20 8:30 a.m. Billiards & Fitness 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Imp Aerobics 10 a.m. - 1 p.m. Canasta 10 a.m.-12 p.m. Art Workshop* 11 a.m. Beginner Strength 12 p.m. Pilates 12 p.m. Bingo* 1 p.m. IPAD Basics* 1:30 p.m. Brain Games	21 8:15 a.m. Strength Training 8:30 a.m. Billiards & Fitness 9 a.m. Cornhole 10 a.m. Tech Help* 10:30 -12 p.m. Mah Jongg 11 a.m. Advisory Council 11 a.m. Arthritis Chair Exercise 12 p.m. Crafty Corner 12:15 p.m. Zumba 1 p.m. Tech Help* 1:15 p.m. Rummikub 1:30 p.m. Tai Chi TBD Movie Matinee* 5:00 p.m. Super Club*	22 <b>FiftyForward Centers &amp; Offices Closed for Staff Retreat</b>	23
24	25 8:30 a.m. Billiards & Fitness 9 a.m. Gentle Yoga w/ Jan 9 a.m. Pickleball 10 a.m. Low Impact Aerobics 10:30 a.m. Book Club 11 a.m. TOPS Meeting* 11 a.m. Beginner Strength 12 p.m. Pilates 1:00 p.m. Super Bingo* 1 p.m. IPAD Basics* 1 p.m. Super Bingo*	26 8:15 a.m. Strength Training 8:30 a.m. Billiards & Fitness 10 a.m.-2:30 p.m. Bridge 11 a.m. Arthritis Chair Exercise 12:15 p.m. Cooking Matters* 12:15 p.m. Zumba 1:30 p.m. Texas Hold 'Em 1:30 p.m. Tai Chi	27 8:30 a.m. Billiards & Fitness 9 a.m. Gentle Yoga w/ Jan 10 a.m. New Member Trip* 10 a.m. Low Imp Aerobics 10 a.m. - 1 p.m. Canasta 10 a.m.-12 p.m. Art Workshop* 11 a.m. Beginner Strength 12 p.m. Pilates 12 p.m. Bingo* 1 p.m. IPAD Basics* 1 p.m. Aromatherapy Class* 1:30 p.m. Brain Games	28 8:15 a.m. Strength Training 8:30 a.m. Billiards & Fitness 9 a.m. Cornhole 10:30 -12 p.m. Mah Jongg 11 a.m. Mystery Lunch* 11 a.m. Advisory Council 11 a.m. Arthritis Chair Exercise 12 p.m. Crafty Corner 12:15 p.m. Zumba 1 p.m. Tech Help* 1:15 p.m. Rummikub 1:30 p.m. Tai Chi	29 8:30 a.m. Billiards & Fitness 9 - 11 a.m. Ukulele Group 9:00a.m.—1:00 p.m. Community Market 10 a.m. Meditation with Kelly 10 a.m.-2:30 p.m. Bridge 12 p.m. Bingo*	30

# FiftyForward Donelson Station PROGRAM INFORMATION



Program also offered virtually



Denotes member-led program

**Billiards, Monday-Friday, 8:30 a.m.–3:30 p.m.**

**Cardio Fitness Room, Monday-Friday, 8:30 a.m.–3:30 p.m.**

**Strength Room, Monday-Friday, 8:30 a.m.–3:30 p.m.**

**Ukulele Group Fridays, 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.

**Meditation with Kelly Fridays, 10 a.m.** Please join us for a time of reflection and relaxation as we learn how to steady our hearts, minds and spirits. All experience levels are welcome.

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

**Bingo Wednesdays and Fridays, 12 p.m.** Come out and play Bingo with a different sponsor every week! *This event requires registration.*

**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.


**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, 12:15 p.m.—1 p.m.** Join us for this nutritional focused series with the TN State University Extension Office that will cover food storage, kitchen safety, meal planning and more!

**Zumba, Tuesdays and Thursdays, 12:15 p.m.** A cardio fitness program that combines Latin and international music with dance moves.


**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. 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!

**Canasta Wednesdays, 10 a.m.-1 p.m.** Please join us for the rummy inspired game of Canasta! All levels are welcome.

**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. *This event requires registration.*

 **Beginner Strength Training, Mondays & Wednesdays, 11 a.m.** Join Certified Instructor and Donelson Station member, Gloria Jones, for this modified strength training class. This class is for beginners so come join the fun!

**NEW Pilates Mondays & Wednesdays, 12 p.m.** This class uses both the barre and the mat, joining traditional Pilates with the advantages of sculpting lean muscle using our own body weight. We will use healing circular movements to trim the waist, lubricate the spine, hips, and shoulder's and much more. Never Stop Moving!

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


**Cornhole Thursdays, 9 a.m.** Come out and join us as we play the much loved game of Cornhole every week! Pull up your favorite chair and warm up your toss for this fun summer game.

**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.

**Zumba, Tuesdays and Thursdays, 12:15 p.m.** A cardio fitness program that combines Latin and international music with dance moves.

**Tech Help Thursday, July 7, 1 p.m.; Thursday, July 14, 1 p.m.; Thursday, July 21, 10 a.m. and 1 p.m.; Thursday, July 28, 1 p.m;** Sign up for one on one computer, phone and tablet help! *This event requires registration.*

 **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.

**Pickleball Mondays, 9 a.m.** Grab your paddle to come and join us as we play this exciting game! Outdoor court and supplies are provided

**Program Committee 1st Monday of the month (Due to 4th of July we will be meeting on July 11), 11 a.m.-12 p.m.** Our monthly Program Committee meets the 1st 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 know.

**NEW Tai Chi for Arthritis Tuesdays and Thursdays, starting July 12, 1:30 p.m.** Join Connie Nelson, certified teacher in Tai Chi for Arthritis and Fall Prevention, for 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, and more. This class includes BOTH sitting and standing exercises.

**Camera/Computer Club Tuesday, July 19, 10a.m.** Come bring your pictures, digital or film, and discuss the latest techniques. All levels are welcome!

**Book Club Monday, July 25, 10:30 a.m.** Join us as we discuss "Billy Summers" by Stephen King. We always welcome new readers to the group!

# FiftyForward Donelson Station PROGRAM INFORMATION



Program also offered virtually



Denotes member-led program

## SPECIAL EVENTS *(All events require registration)*



**See America Tour Trip Presentation: Wednesday, 6, 1-3 p.m.** Please join us this month to learn more about the 2022 trips to Hawaii, New England, Christmas in NYC and a 2023 Preview! 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.

### **4<sup>th</sup> of July Patriotic Picnic Friday, July 1, 11 a.m.– 12 p.m.**

Please join us for a Freedom Festive lunch featuring live Patriotic music by Luke Metcalf. Come dressed in your favorite red, white, and blue for a chance to win a prize and enjoy a BBQ themed lunch from The Donelson Café. Cost is \$10 and includes lunch and the show.

### **IPAD BASICS Monday & Wednesday's, Starting July 18, 1:00 p.m.**

In this 10-week course, you'll learn the basics of how to operate the Apple iPad and navigate the internet in ways that can enrich your life. During the course, you'll learn how to take pictures, use email, search the internet for information, download apps, and connect to people, organizations, and interests that matter to you. There is no cost for this class. Maximum Attendees is 10 and participants that complete the full course will be entered into a drawing for a free iPad.

**Prerequisites:** None. *This course is designed for people who have never used an iPad or have very little experience and want a solid introduction. The content of this class is very beginner level.*

**Registration is required, and attendees are expected to attend all 20 classes.**

**TOPS Interest Meeting Monday, July 25, 11 a.m.** Are you ready for a REAL change? A change for a healthier lifestyle? Join us at the TOPS (Take OFF Pounds Sensibly) presentation. This non-profit weight loss organization offers a network of support groups along with tools to help you. Real Support-Real Life-Real Results.

**Super Bingo Monday, July 25, 1 p.m.** Get ready to yell "BINGO!" at this fun and exciting monthly bingo, sponsored by Charter of Hermitage Senior Living Center. Remember to sign up and everyone leaves a winner!

**Aromatherapy Class Thursday, July 27, 1 p.m.** Aromatherapy is based primarily on the unique aromatic qualities of essential oils and their plant extract relatives. Essential oil aromas can act on our brains to affect our moods as well as within our bodies to support our physical wellness. This class will introduce you to the profiles of a couple of essential oils and general essential oil safety. Sheri, a certified clinical aromatherapist with extensive training in essential oil use and safety, will provide you with the basics for possibly incorporating these precious plant extracts into your wellness regimen. This class is free.

**Friday Community Market Friday, July 29, 9 a.m.-1 p.m.** Stop by our exciting monthly Community Market! Enjoy a grilled hamburger from the Donelson Café while listening to a live music by local legend and community favorite Les Kerr. Shop our Bargain Basement and local vendors for all sorts of treasures. Interested in a vendor booth? Call Kelly at 615-883-8375.

## TRIPS *(All trips require registration)*

**Rutland Place Afternoon Movie Wednesday, July 6, 12:30 p.m.–3:30 p.m.** Hop on the bus as we spend an afternoon enjoying a movie experience like no other at Rutland Place. There will be free popcorn and treats as we relax in their private theater. Cost is \$10.

**Lunch Bunch, Thursday, July 7, 10:00 a.m.–2:00 p.m.** Join us for a delicious and scenic lunch at Moby Dick's in Hendersonville. Cost is \$10 + Lunch.

**Blue Bird Café Songwriters with Seniors Monday, July 11, 9:15 a.m.–11:30 a.m.** We are so excited to be heading back to the Blue Bird for a morning of coffee and donuts, while listening to some of Nashville's top songwriters. Cost is \$10.

**Mrs. Lucille's Lunch and Shopping Wednesday, July 13, 10:00 a.m.–2:00 p.m.** Come with us to the historic Miss Lucille's as we enjoy a tasty lunch and boutique booth shopping. Cost is \$10 + lunch.

**Tennessee State Museum, Tuesday, July 19, 1:00 p.m.—3:00 p.m.** Spend an afternoon with us as we experience Tennessee history, art, and culture from the state's natural history beginnings through the present day. Cost is \$10.

**"Where The Crawdad Sings" Matinee Movie Thursday, July 21, Time is TBD and will be based on afternoon availability.** Let's go to the movies! Join us at Providence Movie Theater for an afternoon showing of this critically acclaimed book. Cost is \$10 + the movie.

**Supper Club Thursday, July 21, 5 p.m.** Supper Club will enjoy a wonderful dinner at BrickTops this month. Cost is \$10 + dinner.

**New Members Trip to the Loveless Cafe Wednesday, July 27, 10:00 a.m.—2:00 p.m.** We are so excited to start offering a trip just for you, our new members! Come jump on the bus as we head to the historic Loveless Café. We will enjoy an amazing lunch (and biscuits!) and shop their little stores. Eligible Members signed-up between January 2022—April 2022. Cost is \$10 + lunch.

**Mystery Lunch Thursday, July 28, 11:00 a.m.-1 p.m.** Take a trip to a mystery location for a delicious lunch! Cost is \$10 + lunch.