

## August 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
<p><b>*Green Highlight Trips</b></p> <p><b>*Blue Highlight New Programs</b></p>	<p>1</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>9 a.m. Gentle Yoga w/ Jan</p> <p>9 a.m. Pickleball</p> <p>10 a.m. Low Impact Aerobics</p> <p>11 a.m. Beginner Strength</p> <p>11 a.m. Planning Committee</p> <p>12 p.m. Pilates</p> <p>1 p.m. IPAD Basics*</p>	<p>2</p> <p>8:15 a.m. Strength Training</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>9:30 a.m.-2:30 p.m. <b>TN State Library and Archives Tour*</b></p> <p>10 a.m.-2:30 p.m. Bridge</p> <p>11 a.m. Arthritis Chair Exercise</p> <p>12:15 p.m. Cooking Matters *</p> <p>12:15 p.m. Zumba</p> <p>1:30 p.m. Texas Hold 'Em</p>	<p>3</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>9 a.m. Gentle Yoga w/ Jan</p> <p>10 a.m. Low Imp Aerobics</p> <p>10 a.m. - 1 p.m. Canasta</p> <p>10 a.m.-12 p.m. Art Workshop*</p> <p>11 a.m. Beginner Strength</p> <p>12 p.m. Pilates</p> <p>12 p.m. Bingo*</p> <p>1 p.m. Travel Presentation*</p> <p>1 p.m. IPAD Basics*</p> <p>1:30 p.m. Brain Games</p>	<p>4</p> <p>8:15 a.m. Strength Training</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>9 a.m. Cornhole</p> <p>10 :30 -12 p.m. Mah Jongg</p> <p>11 a.m. Arthritis Chair Exercise</p> <p>12 p.m. Crafty Corner</p> <p>12:15 p.m. Zumba</p> <p>1 p.m. <b>Qi Gong</b></p> <p>1 p.m. <b>Card Creating for Haiti*</b></p> <p>1 p.m. Tech Help*</p> <p>1:15 p.m. Rummikub</p>	<p>5</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>9 - 11 a.m. Ukulele Group</p> <p>10 a.m. Meditation with Kelly</p> <p>10 a.m.-2:30 p.m. Bridge</p> <p>12 p.m. Bingo*</p> <p>5:30 p.m. <b>Nashville Black Market*</b></p>	6
7	<p>8</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>9 a.m. Gentle Yoga w/ Jan</p> <p>9 a.m. Pickleball</p> <p>10 a.m. Low Impact Aerobics</p> <p>11 a.m. Beginner Strength</p> <p>12 p.m. Pilates</p> <p>1 p.m. IPAD Basics*</p> <p>1 p.m. <b>All of Us Movie Matinee*</b></p>	<p>9</p> <p>8:15 a.m. Strength Training</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>10 a.m.-2:30 p.m. Bridge</p> <p>10:30 a.m. <b>Lunch Bunch*</b></p> <p>11 a.m. Arthritis Chair Exercise</p> <p>12:15 p.m. Cooking Matters *</p> <p>12:15 p.m. Zumba</p> <p>1:30 p.m. Texas Hold 'Em</p>	<p>10</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>9 a.m. Gentle Yoga w/ Jan</p> <p>10 a.m. Low Imp Aerobics</p> <p>10 a.m. - 1 p.m. Canasta</p> <p>10 a.m.-12 p.m. Art Workshop*</p> <p>11 a.m. Beginner Strength</p> <p>12 p.m. Pilates</p> <p>12 p.m. Bingo*</p> <p>1 p.m. IPAD Basics*</p> <p>1:30 p.m. Brain Games</p>	<p>11</p> <p>8:15 a.m. Strength Training</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>9 a.m. Cornhole</p> <p>10 :30 -12 p.m. Mah Jongg</p> <p>11 a.m. Arthritis Chair Exercise</p> <p>12 p.m. Crafty Corner</p> <p>12:15 p.m. Zumba</p> <p>1 p.m. <b>Qi Gong</b></p> <p>1 p.m. Tech Help*</p> <p>1:15 p.m. Rummikub</p>	<p>12</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>9 - 11 a.m. Ukulele Group</p> <p>10 a.m. Meditation with Kelly</p> <p>10 a.m.-2:30 p.m. Bridge</p> <p>10 a.m. <b>2023 Travel Presentation*</b></p> <p>12 p.m. Bingo*</p> <p>7 p.m. <b>"Damn Yankee's Opens at the Larry Keeton Theater</b></p>	13
14	<p>15</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>9 a.m. Gentle Yoga w/ Jan</p> <p>9 a.m. Pickleball</p> <p>10 a.m. Low Impact Aerobics</p> <p>11 a.m. Beginner Strength</p> <p>12 p.m. Pilates</p> <p>1 p.m. IPAD Basics*</p>	<p>16</p> <p>8:15 a.m. Strength Training</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>10 a.m.-2:30 p.m. Bridge</p> <p>10 a.m. Camera/Comp Club</p> <p>10:30 a.m. <b>New Member Trip*</b></p> <p>11 a.m. Arthritis Chair Exercise</p> <p>12:15 p.m. Cooking Matters *</p> <p>12:15 p.m. Zumba</p> <p>1:30 p.m. Texas Hold 'Em</p> <p>1</p>	<p>17</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>9 a.m. Gentle Yoga w/ Jan</p> <p>10 a.m. Low Imp Aerobics</p> <p>10 a.m. - 1 p.m. Canasta</p> <p>10 a.m.-12 p.m. Art Workshop*</p> <p>10:30 a.m. <b>Culinary Trip*</b></p> <p>11 a.m. Beginner Strength</p> <p>12 p.m. Pilates</p> <p>12 p.m. Bingo*</p> <p>1 p.m. IPAD Basics*</p> <p>1:30 p.m. Brain Games</p>	<p>18</p> <p>8:15 a.m. Strength Training</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>9 a.m. Cornhole</p> <p>10 a.m. Tech Help*</p> <p>10 :30 -12 p.m. Mah Jongg</p> <p>11 a.m. Arthritis Chair Exercise</p> <p>11 a.m. Advisory Council</p> <p>12 p.m. Crafty Corner</p> <p>12:15 p.m. Zumba</p> <p>1 p.m. <b>Qi Gong</b></p> <p>1 p.m. Tech Help*</p> <p>1:15 p.m. Rummikub</p> <p>5 p.m. <b>Supper Club*</b></p>	<p>19</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>9 - 11 a.m. Ukulele Group</p> <p>10 a.m. Meditation with Kelly</p> <p>10 a.m.-2:30 p.m. Bridge</p> <p>11:00 a.m. <b>Mystery Lunch*</b></p> <p>12 p.m. Bingo*</p>	20
21	<p>22</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>9 a.m. Gentle Yoga w/ Jan</p> <p>9 a.m. Pickleball</p> <p>10 a.m. Low Impact Aerobics</p> <p>11 a.m. Beginner Strength</p> <p>12 p.m. Pilates</p> <p>1 p.m. IPAD Basics*</p>	<p>23</p> <p>8:15 a.m. Strength Training</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>10 a.m.-2:30 p.m. Bridge</p> <p>11 a.m. Arthritis Chair Exercise</p> <p>12:15 p.m. Cooking Matters *</p> <p>12:15 p.m. Zumba</p> <p>1:00 p.m. <b>Franklin Factory*</b></p> <p>1:30 p.m. Texas Hold 'Em</p>	<p>24</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>9 a.m. Gentle Yoga w/ Jan</p> <p>10 a.m. Low Imp Aerobics</p> <p>10 a.m. - 1 p.m. Canasta</p> <p>10 a.m.-12 p.m. Art Workshop*</p> <p>11 a.m. Beginner Strength</p> <p>12 p.m. Pilates</p> <p>12 p.m. Bingo*</p> <p>1 p.m. IPAD Basics*</p> <p>1:30 p.m. Brain Games</p>	<p>25</p> <p>8:15 a.m. Strength Training</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>9 a.m. Cornhole</p> <p>10 :30 -12 p.m. Mah Jongg</p> <p>11 a.m. Arthritis Chair Exercise</p> <p>12 p.m. Crafty Corner</p> <p>12:15 p.m. Zumba</p> <p>1 p.m. Tech Help*</p> <p>1 p.m. <b>Grief Support Group*</b></p> <p>1:15 p.m. Rummikub</p>	<p>26</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>9 - 11 a.m. Ukulele Group</p> <p>9 a.m.-1 p.m. <b>Community Market</b></p> <p>10 a.m. Meditation with Kelly</p> <p>10 a.m.-2:30 p.m. Bridge</p> <p>12 p.m. Bingo*</p> <p>1 p.m. <b>Grief Support Group*</b></p>	<p>27</p> <p>10 a.m. Onsite Bible Study</p>
28	<p>29</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>9 a.m. Gentle Yoga w/ Jan</p> <p>9 a.m. Pickleball</p> <p>10:30 a.m. Book Club</p> <p>10 a.m. Low Impact Aerobics</p> <p>11 a.m. Beginner Strength</p> <p>12 p.m. Pilates</p> <p>1:00 p.m. <b>Super Bingo*</b></p>	<p>30</p> <p>8:15 a.m. Strength Training</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>10 a.m.-2:30 p.m. Bridge</p> <p>11 a.m. Arthritis Chair Exercise</p> <p>12:15 p.m. Cooking Matters *</p> <p>12:15 p.m. Zumba</p> <p>1:30 p.m. Texas Hold 'Em</p>	<p>31</p> <p>8:30 a.m. Billiards &amp; Fitness</p> <p>9 a.m. Gentle Yoga w/ Jan</p> <p>10 a.m. Low Imp Aerobics</p> <p>10 a.m. - 1 p.m. Canasta</p> <p>10 a.m.-12 p.m. Art Workshop*</p> <p>11 a.m. Beginner Strength</p> <p>12 p.m. Pilates</p> <p>12 p.m. Bingo*</p> <p>1 p.m. <b>Dementia Class*</b></p>			

# FiftyForward Donelson Station PROGRAM INFORMATION



Program also offered virtually

## Billiards & Fitness


**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.

**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.

**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.

 **Low Impact Aerobics** Mondays & Wednesdays, 10 a.m. This 45-minute low impact aerobics class gets your body moving to great music!

 **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!

**Planning Committee** 1st Monday of the month (August 1st), 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.

**Pilates** Mondays & Wednesdays, 12 p.m. This class uses the mat and joins 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!

**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 and Fridays, 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, 12:15 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!



Denotes member-led program

**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.

**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.*

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

**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.

**Qi Gong** Thursday, 1 p.m. Join us for this gentle class that uses flowing movements to help you increase your strength and balance.

**Tech Help** Thursday, Aug 4, 1 p.m.; Thursday, Aug 11, 1 p.m.; Thursday, Aug 18, 10 a.m. and 1 p.m.; Thursday, Aug 25, 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.

**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.



Program also offered virtually



Denotes member-led program

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



**See America Tour Trip Presentation: Wednesday, Aug 3, 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.

**Card Creating for Haiti Thursday, Aug 4, 1 p.m.** Please joins us as we decorate, create and send messages to children in Haiti. The exciting part....they will be writing us back! Our goal is 90 cards. Please bring a picture of yourself to send!

**All Of Us Movie Matinee Monday, Aug 8, 1 p.m.** August is Immunization Awareness Month. In honor of that, All of Us will be showing the movie "*Immortal Life of Henrietta Lacks*". The movie tells a riveting story of the collision between ethics, race, and medicine; of scientific discovery and faith healing; and of a daughter consumed with questions about the mother she never knew.

**The Larry Keeton Theater presents *Damn Yankees* August 12 - 28, 2022.** This Broadway mega-hit and winner of seven Tony Awards, including Best Musical, hits it out of the park! Visit <https://www.thelarrykeetontheatre.org/> for tickets and more info.

**2023 Travel Presentation Friday, Aug 12, 10:00 a.m.** We are so excited to have some amazing trips planned for 2023. Come and learn about all the many locations both in the states and abroad during this presentation by Premier World Discovery and See America Tours.

**Camera/Computer Club Tuesday, Aug 16, 10a.m.** Come bring your pictures, digital or film, and discuss the latest techniques. All levels are welcome!

**Advisory Council Thursday Aug 18, 11 a.m.** Come, an be a part of the working of our center as you learn all about the programs and activities that help make us who we are!

Grief and Loss Support Group Thursday, Aug 25 1:00 p.m. Join us for this monthly support group that is focused on the stages of grief and helping you find community during this season.

**Friday Community Market Friday, Aug 26, 9 a.m.-1 p.m.** Stop by our exciting monthly Community Market! Enjoy a grilled hamburger from the Donelson Café while listening to live music. Shop our Bargain Basement and local vendors for all sorts of tressures. Interested in a vendor booth? Call Kelly at 615-883-8375.

**Grief and Depression Support Group Friday, Aug 26, 1:00 p.m.** Please join us for this monthly support group. We hope that you will find hope, healing and community during our time together.

**Onsight Bible Study Saturday, Aug 27, 10:00—11:00 a.m.** Join our monthly Bible Study back at the center. This month we will be discussing the book of James.

**Book Club Monday, Aug 29, 10:30 a.m.** Join us as we discuss "State of Terror", by Louise Penny and Hillary Clinton. We always welcome new readers to the group!

**Super Bingo Monday, Aug 29, 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!

**Brain Nutrition Part 1: The Science of Preventing Disease, Presented by Tim Tuttle with Assisted Living Locators**

**Wednesday, Aug 31, 1-2 p.m.** Researchers have discovered that it may be possible to prevent or delay the symptoms of Alzheimer's disease and other dementias through nutrition. Join us and learn what the research says about how the body works to prevent disease through nutrition.

## TRIPS *(All trips require registration)*

**TN State Library and Archives Tour with Lunch at The Nashville Farmers Market Tuesday, Aug 2, 9:30 a.m.—12:30 p.m.** Sign up for this free tour of the new State Library and Archives building. We will be enjoying lunch at the Farmers Market following the tour. Cost is \$10 + lunch.

**Nashville Black Market Friday, Aug 5, 5:30-7:30 p.m.** This monthly event features 60+ black-owned businesses, DJs, raffles, vendors, food trucks, drinks, and more! Cost is \$10.

**Lunch Bunch, Tuesday, Aug 9, 10:30 a.m.–2:00 p.m.** Join us for a delicious lunch at Bangkokville followed by shopping at an international food market! Cost is \$10 + Lunch.

**New Member Lunch, Tuesday, Aug 16, 10:30 a.m.–1:00 p.m.** This month we are heading to German Town and having lunch at The German Town Cafe. Members who signed up between March and June of 2022 are eligible to register. Cost is \$10 + Lunch.

**Private Culinary Class Wednesday, Aug 17, 10:30 a.m.–1:00 p.m.** Join us for a private cooking class at Black Diamond Culinary. Enjoy shared cooking station as an instructor helps making gnocchi with a pesto, white and red sauce. Cost is \$30 and includes transportation, instructor and ingredients.

**Supper Club Thursday, Aug 18, 5 p.m.** Supper Club will enjoy a wonderful dinner at Cherokee Steak House this month. Cost is \$10 + dinner.

**Mystery Lunch Friday, Aug 19, 11:00 a.m.-1 p.m.** Take a trip to a mystery location for a delicious lunch! Cost is \$10 + lunch.

**Shopping at the Factory in Franklin Tuesday, August 23, 1:00 a.m.—3 p.m.** Once a former stove factory, this historic property is now a top destination for shopping artisan goods and trying culinary delights. Cost is \$10 + lunch.