

October 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>.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|--|--|-----|
| | | | | | | 1 |
| 2 *Green Highlights Trips *Blue Highlights New Programs * Highlights Special Events | 3 9 a.m.-1:00 p.m. COVID Testing/Vaccine's On-Site 9 a.m. Gentle Yoga w/ Jan 9 a.m. Beginning Spanish* 10 a.m. Low Impact Aerobics 10:30 p.m. Longhunter Hike* 11 a.m.. English as a Second Language* 11 a.m. Beginner Strength 12 p.m. Pilates | 4 8:15 a.m. Strength Training 9-10 a.m. Hand Chime Choir 10 a.m. Intermediate Spanish* 10 a.m.-2:30 p.m. Bridge 11 a.m. Advanced Spanish* 11 a.m. Arthritis Chair Exercise 11 a.m. Program Committee 12:15 p.m. Cooking Matters * 12:15 p.m. Zumba 1—2 p.m. Senior Guitar Lessons* 1:30 p.m. Texas Hold 'Em | 5 9 a.m. Gentle Yoga w/ Jan 10 a.m. Meditation with Kelly 10 a.m. Low Imp Aerobics 10 a.m.-12 p.m. Art Workshop* 11 a.m. Beginner Strength 11-2 p.m. Flu Shots 12 p.m. Pilates 12 p.m. Bingo* 1:00 p.m. Travel Presentation* 1:30 p.m. Brain Games 1:30 p.m. Humana HMO Plan | 6 8:15 a.m. Strength Training 9:00 a.m. Cornhole 9 a.m. Pickleball 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. Qi Gong 1 p.m. Tech Help* 1:15 p.m. Rummikub 2:00 p.m. Super Bingo* | 7 9 - 11 a.m. Ukulele Group 10 a.m. Fall Craft Fair* 10 a.m.-2:30 p.m. Bridge 11 a.m. Sing –A-Long Choir 12 p.m. Bingo* | 8 |
| 9 | 10 9 a.m.-1:00 p.m. COVID Testing/Vaccine's On-Site 9 a.m. Gentle Yoga w/ Jan 9 a.m. Beginning Spanish* 10 a.m. Low Impact Aerobics 10 a.m. AARP Smart DriverTEK* 11 a.m.. English as a Second Language* 11 a.m. Beginner Strength 12 p.m. Pilates | 11 8:15 a.m. Strength Training 9-10 a.m. Hand Chime Choir 10 a.m. Intermediate Spanish* 10 a.m.-2:30 p.m. Bridge 11 a.m. Advanced Spanish* 11 a.m. Arthritis Chair Exercise 12:15 p.m. Cooking Matters * 12:15 p.m. Zumba 1—2 p.m. Senior Guitar Lessons* 1:30 p.m. Texas Hold 'Em | 12 9 a.m. Gentle Yoga w/ Jan 10 a.m. Meditation with Kelly 10 a.m. Low Imp Aerobics 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 2:00 p.m. Canvas Painting* | 13 8:15 a.m. Strength Training 9 a.m. Cornhole 9 a.m. Pickleball 10 :30 -12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exercise 12 p.m. Crafty Corner 12:15 p.m. Zumba 12:30 p.m. Putt Putt Golf* 1 p.m. Qi Gong 1 p.m. Tech Help* 1:15 p.m. Rummikub | 14 9 - 11 a.m. Ukulele Group 10 a.m.-2:30 p.m. Bridge 11 a.m. Sing –A-Long Choir 11 a.m. AARP Ignite You Passion * 12 p.m. Bingo* 1 p.m. Line Dancing | 15 |
| 16 | 17 9 a.m.-1:00 p.m. COVID Testing/Vaccine's On-Site 9 a.m. Gentle Yoga w/ Jan 9 a.m. Beginning Spanish* 9 a.m. Amish Trip* 10 a.m. Low Impact Aerobics 11 a.m.. English as a Second Language* 11 a.m. Beginner Strength 12 p.m. Pilates | 18 8:15 a.m. Strength Training 9-10 a.m. Hand Chime Choir 10 a.m. Intermediate Spanish* 10 a.m. Comp/Camera Club 10 a.m.-2:30 p.m. Bridge 11 a.m. Advanced Spanish* 11 a.m. Arthritis Chair Exercise 12:15 p.m. Cooking Matters * 12:15 p.m. Zumba 1—2 p.m. Senior Guitar Lessons* 1:30 p.m. Texas Hold 'Em | 19 9 a.m. Gentle Yoga w/ Jan 10 a.m. Meditation with Kelly 10 a.m. Low Imp Aerobics 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 | 20 8:15 a.m. Strength Training 9 a.m. Cornhole 9 a.m. Pickleball 10 a.m. Tech Help* 10:30 a.m. Lunch Bunch* 10 :30 -12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exercise 11 a.m. Advisory Council 12 p.m. Crafty Corner 12:15 p.m. Zumba 1 p.m. Qi Gong 1 p.m. Tech Help* 1:15 p.m. Rummikub 5:00 p.m. Supper Club* | 21 9 - 11 a.m. Ukulele Group 10 a.m.-2:30 p.m. Bridge 11 a.m. Sing –A-Long Choir 12 p.m. Bingo* 3:30 p.m. Greek Fest* | 22 |
| 23 | 24 9 a.m.-1:00 p.m. COVID Testing/Vaccine's On-Site 9 a.m. Gentle Yoga w/ Jan 9 a.m. Beginning Spanish* 10 a.m. Low Impact Aerobics 10:30 a.m. Book Club 11 a.m.. English as a Second Language* 11 a.m. Beginner Strength 12 p.m. Pilates | 25 8:15 a.m. Strength Training 9-10 a.m. Hand Chime Choir 10 a.m. Intermediate Spanish* 10 a.m.-2:30 p.m. Bridge 11:00 a.m. Donelson Meet & Eat* 11 a.m. Advanced Spanish* 11 a.m. Arthritis Chair Exercise 12:15 p.m. Cooking Matters * 12:15 p.m. Zumba 1—2 p.m. Senior Guitar Lessons* 1:30 p.m. Texas Hold 'Em | 26 9 a.m. Gentle Yoga w/ Jan 10 a.m. Meditation with Kelly 10 a.m. Low Imp Aerobics 10 a.m.-12 p.m. Art Workshop* 11 a.m. Beginner Strength 12 p.m. Pilates 12 p.m. Bingo* 1 p.m. Brain Nutrition Presentation* 1:30 p.m. Brain Games | 27 8:15 a.m. Strength Training 9 a.m. Cornhole 9 a.m. Pickleball 10:30 a.m. Mystery Lunch* 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. Qi Gong 1 p.m. Tech Help* 1:15 p.m. Rummikub | 28 9 - 11 a.m. Ukulele Group 10 a.m.-2:30 p.m. Bridge 11:00 a.m. Halloween Center Lunch* 12 p.m. Bingo* 1 p.m. Line Dancing 1 p.m. Grief Support Group* | 29 |
| 30 | 31 9 a.m.-1:00 p.m. COVID Testing/Vaccine's On-Site 9 a.m. Gentle Yoga w/ Jan 9 a.m. Beginning Spanish* 10 a.m. Low Impact Aerobics 10:30 p.m. New Member Lunch* 11 a.m.. English as a Second Language* 11 a.m. Beginner Strength 12 p.m. Pilates | | | | | |

FiftyForward Donelson Station October 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.

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.

 **Beginning Spanish Mondays, 9 a.m.** Hola! We are so excited to offer Spanish classes with our bilingual instructor, Alicia Gaitani. This class is for members who have **not taken Spanish before**. *This event requires registration.*

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


 **English As A Second Language Monday, 10 a.m.** We are so excited to offer ESL to our members and community! All levels are welcome! *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!


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!

Book Club Monday, Oct 24, 10:30 a.m. Join us as we discuss "Lincoln Highway" by Amor Towles. We always welcome new readers to the group!


Strength Training Tuesdays and Thursdays, 8:15–9:00 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.

 **Hand Chime Choir Tues, 9–10 a.m.** Please come and join our newly formed Hand Chime Choir. Music knowledge is a plus but all are welcome!

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

 **Intermediate Spanish Tuesdays, 10 a.m.** Hola! We are so excited to offer Spanish classes with our bilingual instructor, Alicia Gaitani. This class is for members who have taken beginning Spanish and are approved by Alicia. *This event requires registration.*

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.

 **Advanced Spanish Tuesdays, 11 a.m.** Hola! We are so excited to offer Spanish classes with our bilingual instructor, Alicia Gaitani. This class is for members who taken intermediate Spanish and are approved by Alicia. *This event requires registration.*

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.

Senior Guitar Lessons Tuesdays, 1-2 p.m. We are so excited to offer private group lessons by local bluegrass legend Chris Melton. All levels are welcome. Please bring your own guitar to class and cost is \$80 for 8 weeks. *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.

Camera/Computer Club Tuesday, Oct 18, 10a.m. Come bring your pictures, digital or film, and discuss the latest techniques. All levels are welcome!

Meditation with Kelly Wednesdays, 10:00 a.m. Please join us for a 45 minute class focused on slowing our minds, becoming aware of our bodies and allowing ourselves to cultivate relaxation. 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.

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.

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, Oct 6, 1 p.m.; Thursday, Oct 13, 1 p.m.; Thursday, Oct 20, 10 a.m. and 1 p.m.; Thursday, Oct 27, 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.

Sing-A-Long Choir Fridays, 11 a.m.—12 p.m. Please join us we sing-a-long to classic songs and familiar melodies. All voices are welcome.

Grief Support Group Friday, Oct 30, 1:00—2:00 p.m. Please join us for this continuing support group that address and creates a safe space for all types of loss.

FiftyForward Donelson Station October Program Information



Program also offered virtually



Denotes member-led program

SPECIAL EVENTS

Planning Committee Tuesday, Oct 4, 11-12 p.m. Our monthly Planning 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.

Flu Shots Wednesday, Oct 5, 11 a.m.—2 p.m. We are excited to announce our partnership with Walgreens to provide free flu shots for qualifying insurance plans. No appointment necessary and please bring your Medicare card.

Travel Presentation Wednesday, Oct 5, 1—2 p.m. Come learn all about the exciting trips that we will be ending 2022 with and the new ones to come in 2023! *This event requires registration.*

Humana HMO Plan Change Meeting Wednesday, Oct 5, 1:30—2:30 p.m. Sign up to learn about the changes to Humana's HMO plan. *Please note that this is an informational meeting for members who already have Humana. This event requires registration.*

Super Bingo Monday, Oct 24, 2:00 p.m. Come grab a lucky card and play Super Bingo with us! Everyone is guaranteed to win! *This event requires registration.*

AARP Smart DriverTEK Monday, Oct 10, 10—11:30 a.m. Join our 90-minute workshop to learn all about the latest high-tech safety features in your current car, or what technology to look for when shopping for a new car. The safety benefits of blind spot warning systems, forward collision warnings and more. *This event requires registration.*

Canvas Painting Class Wednesday, Oct 12, 2—3 p.m. Sign-up for this month's holiday themed canvas painting class. Cost is \$25 and includes all supplies and the guidance of an instructor. *This event requires registration.*



AARP and Neighbor2Neighbor Ignite Your Neighborhood Passion Friday, Oct 14, 11—12:30 p.m. *Ignite Your Neighborhood Passion* is designed specifically to cultivate leadership skills among residents who are age 50 years and older who are seeking to become more actively engaged in their neighborhood. Learn and discover ways you can become involved in positive change right here in Donelson. *This event requires registration.*

Advisory Council Thursday, Oct 20, 11:00 p.m. Join us as we discuss center operations and planning. All are welcome!

Donelson Meet and Eat Tuesday, Oct 25, 11:00 a.m. Please join us as we come together to support local restaurants. This month we will be visiting Tenfold Brewery on 2408 Lebanon Pike, Nashville, TN 37214. There is NO BUS for this trip *Reservations are Required.*

Brain Nutrition Wednesday, October 26, 12:30 p.m. Join us for the next presentation as Tim Tuttle continues the conversation around brain nutrition. Research has shown there is an abundance of specific nutrients that can affect cognitive functions, processes, and emotions. Learn about the science of specific nutrition and its effect on brain health.

Halloween Center Lunch Friday, Oct 28, 11:00 a.m. Throw on your favorite costume and join us for this spooky fun! Entertainment provided by MidLaff Crisis and there will be a prize for best costume! Cost is \$10. *This event requires registration.*

Trips All event requires registration.

Long Hunter State Park Hike

Monday, October 3, 10:30 a.m.—1:30 p.m. Cost: \$10.00 and please bring a sack lunch Please join us for a leisurely Fall hike at this beautiful State Park. Trail is flat and 2 miles round trip. Athletic footwear is encouraged and all levels are welcome.

Centennial Park Arts and Craft Fair Friday, October 7, 10 a.m.—12 p.m. Cost: \$10.00 Come enjoy us for this Nashville Fall Fair tradition as you shop through different artisans offering paints, pottery, jewelry and more!

West Nashville Mural Trip Monday, October 10, 1:00—4:00 p.m.

Cost: \$10 + cost of coffee/afternoon refreshment

We are so excited to be taking our third trip in this series of exploring the beautiful murals throughout our city. We will see around 6 murals and will stop for a treat in the afternoon. **Members who have done a previous mural trip will be put on a first come first waitlist for 48 hours.*

Mount Juliet Putt Putt Golf Thursday, October 13, 12:30—2:30 p.m.

Cost: \$15 and includes the bus trip and one game. Join us for a fun afternoon as we play Putt Putt Golf together. Each copyrighted hole is uniquely designed to test your putting skill, whether you are putting straight at the cup or banking off a rail to maneuver around an obstacle.

Amish Trip Monday, October 17, 9:00 a.m.—3:00 p.m. Cost: \$15 + lunch. Please bring CASH to purchase Amish goods. Take a journey with us through the scenic Ethridge Amish Country. Enjoy a horse and buggy ride through their community while making stops at local market stands.

Lunch Bunch Thursday, October 20, 10:30 a.m.—1:00 p.m. Cost: \$10.00 + Lunch Come enjoy Hendersonville favorite, Jake's Place. Known as "Good Ole Home Cooking", we are sure to enjoy a delicious lunch.

Supper Club Thursday, October 20, 5:00—8:00 p.m. Cost: \$10.00 + Dinner Supper Club will enjoy a wonderful dinner at Cock of the Walk this month.

Greek Fest Friday, October 21, 3:30—6:30 p.m. Cost: \$10 + cost of food at the event. The Nashville Greek Festival offers a rich, multi-sensory experience of Greek hospitality and culture here in our city. Enjoy traditional food, music and much more on this fun evening trip!

Mystery Lunch Thursday, October 27, 10:30 a.m.—1:00 p.m. Cost: \$10.00 Take a trip to a mystery location for a delicious lunch!

New Member Lunch Monday, October 31, 10:30 a.m.—1:00 p.m.

Cost: \$10.00 + Dinner. We invite New Members to join us this month as we visit Café Roze in East Nashville. It is a great time to meet new people and see new places.

TRIP GUIDELINES

Minimum number— Trips not meeting the minimum number will be cancelled at least 24 hours in advance. Refunds will be issued or F.A.N. cards will be given.

Departure Time - Trips will leave at the stated departure time, so it is best if you arrive at least 10 minutes prior to departure.

Cancellations and No Shows - A refund or F.A.N. card will be issued if a cancellation is given within 24 hours of a trip's scheduled departure. For trips involving pre-ordered tickets or reservations, a refund or F.A.N. card will be given only if your seat can be filled.

Attendance: Cancelling or not showing up for three or more trips within a month will result in being placed on a waiting list the following month.

Exceptions: Exceptions may be considered by center staff in extreme situations.

We are no longer allowing people to drive and meet us at our trip locations.

