

December 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
	<p>*Green Highlights Trips</p> <p>*Blue Highlights New Programs</p> <p>* Orange Highlights Special Events</p>			<p>1</p> <p>8:15 a.m. Strength Training 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</p>	<p>2</p> <p>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* 1–3 p.m. Opryland Trip*</p>	<p>3</p> <p>12–5 p.m. Holiday Craft Market at FiftyForward Donelson 2:00 p.m. Donelson Holiday Parade 5:00 p.m. Tree Lighting at FiftyForward Donelson</p> 
4	<p>5</p> <p>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 11 a.m. Beginner Strength 11 a.m. Program Committee 12 p.m. Pilates 12 p.m. Meet and Eat at Edley's BBQ*</p>	<p>.6</p> <p>8:15 a.m. Strength Training 9-10 a.m. Hand Chime Choir 9:30–11 a.m. Holiday Breakfast with Eddie K* 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</p>	<p>7</p> <p>9 a.m. Gentle Yoga w/ Jan 10 a.m. Meditation with Kelly 10 a.m. Low Imp Aerobics 10 a.m. Eat Well, Feel Well* 10 a.m.-12 p.m. Art Workshop* 11 a.m. Beginner Strength 11 a.m. Walking Group 12 p.m. Pilates 12 p.m. Bingo* 1:30 a.m. American Mah Jongg 1:30 p.m. Brain Games</p>	<p>8</p> <p>8:15 a.m. Strength Training 10 :30 -12 p.m. Mah Jongg 10:30 a.m. Lunch Bunch* 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</p>	<p>9</p> <p>9 - 11 a.m. Ukulele Group 10 a.m.-2:30 p.m. Bridge 10 a.m. Holiday Cookies, Coco and Carols* 11 a.m. Sing –A-Long Choir 12 p.m. Bingo*</p>	<p>10</p>
11	<p>12</p> <p>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. Holiday Shops on Fatherland* 11 a.m. Beginner Strength 12 p.m. Pilates 1:00 p.m. Travel Presentation</p>	<p>13</p> <p>8:15 a.m. Strength Training 9-10 a.m. Hand Chime Choir 10 a.m. Tubea Christmas* 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</p>	<p>14</p> <p>9 a.m. Gentle Yoga w/ Jan 10 a.m. Meditation with Kelly 10 a.m. Low Imp Aerobics 10 a.m. Eat Well, Feel Well* 10 a.m.-12 p.m. Art Workshop* 11 a.m. Beginner Strength 11 a.m. Walking Group 12 p.m. Pilates 12 p.m. Bingo* 1:30 a.m. American Mah Jongg 1:30 p.m. Brain Games</p>	<p>15</p> <p>8:15 a.m. Strength Training 10 :30 -12 p.m. Mah Jongg 11 a.m. Arthritis Chair Exercise 11 a.m. Advisory Committee 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</p>	<p>16</p> <p>FiftyForward Centers & Offices Closed</p>	<p>17</p>
18	<p>19</p> <p>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. Mystery Lunch* 11 a.m. Beginner Strength 12 p.m. Pilates</p>	<p>20</p> <p>8:15 a.m. Strength Training 10 a.m.-2:30 p.m. Bridge 10 a.m. Comp/Camera Club Lunch* 10:30 a.m. New Member Lunch* 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba 1:30 p.m. Texas Hold 'Em</p>	<p>21</p> <p>9 a.m. Gentle Yoga w/ Jan 10:00 a.m. ShinnDig* 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 a.m. American Mah Jongg 1:30 p.m. Brain Games</p>	<p>22</p> <p>8:15 a.m. Strength Training 10:30 a.m. Book Club 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</p>	<p>23</p> <p>9 - 11 a.m. Ukulele Group 10 a.m.-2:30 p.m. Bridge 12 p.m. Bingo*</p>	<p>24</p>
25	<p>26</p> <p>FiftyForward Centers & Offices Closed for Holiday</p>	<p>27</p> <p>FiftyForward Centers & Offices Closed for Holiday</p>	<p>28</p> <p>FiftyForward Centers & Offices Closed for Holiday</p>	<p>29</p> <p>FiftyForward Centers & Offices Closed for Holiday</p>	<p>30</p> <p>FiftyForward Centers & Offices Closed for Holiday</p>	<p>31</p>

FiftyForward Donelson PROGRAM INFORMATION



Program also offered virtually

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.

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.

Mah Jongg– Hong Kong 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, evidence-based 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.

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

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.

 **Tech Help Thursday, Dec 1, 1 p.m.; Thursday, Dec 8, 1 p.m.; Thursday, Dec 15, 1 p.m.; Thursday, Dec 22, 1 p.m.** Sign up for one on one computer, phone and tablet help! *This event requires registration.*

Book Club Thursday Dec 22, 10:30 a.m. Please join us for our Annual Christmas Lunch. For more information or to RSVP please email Libby at ibbyslibbys@comcast.net.

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.


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


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.

Line Dancing Fridays, Dec 9 and 23, 1—2:30 p.m. Come have fun learning different line dances to great country music. *2-2:30 p.m. is for more advanced dancers.*

Grief Support Group Friday, Dec 9, 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.

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, taught by Donelson Member Lisa Gore, 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!




Denotes member-led program

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!

 **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!

Camera/Computer Club Tuesday, Dec 20, 10a.m. Join other interested members who want to discuss what makes a good photograph. This is a great way to improve both photographic knowledge and appreciation in the company of members who help each other by gently discussing member's photos. All levels are welcome to join the fun.

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

 **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.*

Mah Jongg– Hong Kong-American Wednesdays, 1:30 a.m. –3:00 p.m. Join the Mah Jongg group to play this tile-based game.

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

12—5 p.m. Holiday Craft Market at FiftyForward Donelson & Bargain Basement
2:00 p.m. Donelson Holiday Parade
5:00 p.m. Tree Lighting at FiftyForward Donelson



FiftyForward Donelson PROGRAM INFORMATION



Program also offered virtually



Denotes member-led program

NEW PROGRAMS:

Eddie K Holiday Breakfast and Show Tuesday, Dec 6, 9:30 a.m. Please join us for breakfast and a wonderful, holiday themed show with Eddie K from the legendary band Montgomery Gentry. Cost is \$10 *This event requires registration.*

Eat Well, Feel Well Nutrition Class Wednesday, Dec 7 and 14, 10:00 a.m. Eat Well, Feel Well is a curriculum created by the University of Tennessee Extension to address the unique needs of older adults concerning nutrition, food safety, food preparation and physical activity. *This event requires registration.*

“Eat Well, Feel Well” Walking Club Wednesday, Dec 7 and 14, 11:00 a.m. Please join us directly after our “Eat Well, Feel Well” class for a walk around the grounds of FiftyForward. Enjoy the company of fellow members in these walks that are designed to get your body moving at any level.

Holiday Cookies, Coco and Carols Friday, Dec 9, 10:00 a.m. We are so excited to announce the *FIRST EVER*, combined holiday show with the Donelson FiftyForward Hand Chime, Sing-A-Long Chorus and Ukulele Group. Come enjoy sweet treats and sing along with holiday favorites. Please bring a toy for the Nashville Police Department Holiday Drive. *This event requires registration.*

SPECIAL EVENTS:

COVID Testing/Vaccines on-site Every Monday, 9 a.m.—1 p.m. Metro Public Health Department is offering free COVID Testing outside our building and you can receive first, second and booster doses of J& J or Pfizer Vaccines in our building. Please bring your vaccination card. No testing or vaccines on December 26.

Travel Presentation Monday, Dec 12, 1:00 p.m. Hello future travelers! Join us as we present our tour schedule through the end of this year and on into 2023. Talks on International Tours this month will include Ireland and Italy and talks on Domestic Tours include, Key West, Colorado and Alaska.

Program Committee Monday, Dec 5, 11 a.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.

Advisory Council Thursday, Dec 15, 11:00 p.m. Join us as we discuss center operations and planning. All are welcome!

TRIPS * All below listed events require registration*

Tour of Opryland Friday, Dec 2, 1—3 p.m. Cost: \$10 Jump start your holiday season by visiting Opryland Hotel with us. Enjoy the many lights, flowers and holiday decorations that fill this landmark hotel.

Meet and Eat Monday, Dec 5, 12:00 p.m. Cost: Lunch Come meet us at Donelson’s Newest Restaurant, Edley’s, for some great BBQ and conversation.

Lunch Bunch Thursday, Dec 8, 10:30 a.m. Cost: \$10 + Lunch. Hop on the bus as we travel to the historic Flat Tire Diner for lunch.

Holiday Shopping on Fatherland Monday, Dec 12, 10:30 a.m. Cost: \$10 + Lunch. Make your holiday shopping easy and fun as we spend the day at the Shoppes on Fatherland. Enjoy boutiques, spice shops and much more. We will be having lunch there as part of the trip.

Tuba Christmas Tuesday, Dec 13., 10:00 a.m. Cost: \$10 . Throw on your best holiday sweater as we head downtown for the Annual Tuba Christmas. Enjoy the cheer and spirit of the season as dozens of Tubas play classic Christmas tunes.

Mystery Lunch Monday, Dec 19, 10:30 a.m. Cost: \$10. Join fellow members in this mysterious ride to a wonderful lunch destination.

New Member Lunch Tuesday, Dec 20, 10:30 a.m. Cost: \$10 + Lunch. Welcome New Members! This trip is just for you! Enjoy lunch at Rose Peppers Cantina in East Nashville while meeting new people just like you.

Shinn Dig Wednesday, Dec 21, 10:00 a.m. Cost:\$10. Let the George Shinn Foundation treat you to lunch, entertainment and door prizes at their annual holiday celebration, The ShinnDig, at Lipscomb University Allen Arena! We have been guaranteed seats on the floor at the banquet tables. Special guest entertainment includes Jeannie Seely, Charlie McCoy, and more.

TRIP GUIDELINES

Minimum number— Trips not meeting the minimum number of 6 participants 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.