

January 2023 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>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 FiftyForward Centers & Offices Closed for New Year's Day Observance	3 8:15 a.m. Strength Training 10 a.m.-2:30 p.m. Bridge 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba	4 9 a.m. Gentle Yoga w/ Jan 10 a.m. Meditation with Debbie 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. Travel Presentation* 1:30 a.m. American Mah Jongg 1:30 p.m. Brain Games	5 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	6 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*	7
8	9 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Impact Aerobics 11 a.m. Beginner Strength 11 a.m. Program Committee 12 p.m. Pilates	10 8:15 a.m. Strength Training 9-10 a.m. Hand Chime Choir 10 a.m.-2:30 p.m. Bridge 11 a.m. Meet and Eat* 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba 12:15 p.m. Nutrition Class*	11 9 a.m. Gentle Yoga w/ Jan 10 a.m. Meditation with Debbie 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	12 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 1:30 p.m. Eastside Bowling*	13 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* 1:00 p.m. Line Dancing	14
15	16 FiftyForward Centers & Offices Closed for MLK, Jr. Day	17 8:15 a.m. Strength Training 9-10 a.m. Hand Chime Choir 10 a.m.-2:30 p.m. Bridge 10 a.m. Camera/Comp Club 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba 12:15 p.m. Nutrition Class* 1:30 p.m. Canvas Painting Class*	18 9 a.m. Gentle Yoga w/ Jan 10 a.m. Meditation with Debbie 10 a.m. Low Imp Aerobics 10 a.m.-12 p.m. Art Workshop* 11 a.m. Beginner Strength 11:30 a.m. Chinese New Year Lunch Presentation* 12 p.m. Pilates 12 p.m. Bingo* 12:30—2:30 p.m. Tech Help* 1:30 a.m. American Mah Jongg 1:30 p.m. Brain Games 1:30 p.m. Tai Chi	19 8:15 a.m. Strength Training 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	20 9 - 11 a.m. Ukulele Group 10 a.m.-2:30 p.m. Bridge 11 a.m. Sing –A-Long Choir 11 a.m. Center Lunch* 12 p.m. Bingo*	21
22	23 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Impact Aerobics 10 a.m. Beginning Spanish* 10:30 a.m. Book Club 11 a.m. Beginner Strength 12 p.m. Pilates	24 8:15 a.m. Strength Training 9-10 a.m. Hand Chime Choir 10 a.m.-2:30 p.m. Bridge 10 a.m. Intermediate Spanish* 10:30 Mystery Lunch* 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba 12:15 p.m. Nutrition Class*	25 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* 10:30 a.m. Lunch Bunch* 11 a.m. Beginner Strength 12 p.m. Pilates 12 p.m. Bingo* 12:30—2:30 p.m. Tech Help* 1:30 a.m. American Mah Jongg 1:30 p.m. Brain Games 1:30 p.m. Tai Chi	26 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 5:00 p.m. Supper Club*	27 9 - 11 a.m. Ukulele Group 10 a.m.-2:30 p.m. Bridge 11 a.m. Sing –A-Long Choir 11:00 a.m. Chinese New Year Lunch and Performance* 12 p.m. Bingo* 1:00 p.m. Line Dancing	28
29	30 9 a.m. Gentle Yoga w/ Jan 10 a.m. Low Impact Aerobics 10 a.m. Beginning Spanish* 11 a.m. Beginner Strength 12 p.m. Pilates 1 p.m. New Member Meet and Greet*	31 8:15 a.m. Strength Training 9-10 a.m. Hand Chime Choir 10 a.m.-2:30 p.m. Bridge 10 a.m. Intermediate Spanish* 10:30 a.m. New Member Lunch* 11 a.m. Arthritis Chair Exercise 12:15 p.m. Zumba 12:15 p.m. Nutrition Class*				

FiftyForward Donelson PROGRAM INFORMATION



Program 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.

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.

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.


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


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


Nutrition Class Tuesdays starting Jan 10, 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! *This event requires registration.*

Camera/Computer Club Tuesday, Jan 17, 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 members' photos. All levels are welcome to join the fun.


 **Intermediate Spanish Tuesdays starting Jan 24, 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.*

 **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!

 **Meditation with Debbie Wednesdays, 10:00 a.m.** Debbie has been practicing meditation since the 1970's. She has trained with psychologists and co-facilitated hypnosis with psychiatrists. She also worked with a master practitioner to become a trainer of neurolinguistics. She is excited to share her style of meditation with our members.

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!

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, shoulders, and much more. Never Stop Moving!

Bingo Wednesdays & Fridays, 12 p.m. Enjoy this timeless game with friends all while having the chance to win great prizes! *This event requires registration.*

Tech Help Wednesdays starting Jan 18, 12:30–2:30 p.m. College students from the Old Hickory God Int'l program will be on site at our center to offer free tech support to our members! Members may sign up to come in during these sessions for tech help on various devices. *This event requires registration.*

Mah Jongg– 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!

Tai Chi Wednesdays starting Jan 18, 1:30 p.m. Bruce has practiced martial arts since 1984 and has won many championships in his lifetime and was inducted into the Hall of Fame for Tai Chi weapons in 1989. He was the national champion in 2016 for Chinese Style 50 and older. He has won over 200 trophies and medals in open competitions all over the United States.

Mah Jongg– Hong Kong 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, Jan 5, 1 p.m.; Thursday, Jan 12 1 p.m.; Thursday, Jan 19, 1 p.m.; Thursday, Jan 26 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 as we sing-along to classic songs and familiar melodies. All voices are welcome.

 **Line Dancing Fridays, Jan 13 & 27, 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.**

Book Club Monday, Jan 23, 10:30 a.m. Please join us as we discuss *Defending Jacob* by William Landay.

 **Beginning Spanish Mondays starting Jan 23, 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 not taken Spanish before. *This event requires registration.*

FiftyForward Donelson Station PROGRAM INFORMATION



Program offered virtually



Denotes member-led program

Special Events:

Travel Presentation **Wednesday, Jan 4, 1-2 p.m.** Come learn all about Key West, Colorado, Ireland, Switzerland and Egypt as we discover these 2023 trips! *This event requires registration.*



Winter Canvas Painting **Tuesday, Jan 17, 1:30 p.m. Cost: \$25.** Come grab a brush as you paint this adorable winter bear. Class includes all materials and instruction by our resident art teacher, Kara Williamson. *This event requires registration.*

Center Lunch **Friday, Jan 20, 11 a.m.-12 p.m.** Enjoy the jazz and blues music of Gina Syracuse while enjoying a delicious lunch by Donelson Café. Cost is \$10 for the lunch and show. *This event requires registration.*

Chinese New Year Lunch and Presentation **Friday, Jan 27, 11:00 a.m.-12 p.m.** Join us as we celebrate the Year of the Rabbit! See the beautiful Lion Dance and exciting Martial Arts Performances by the Nashville Kung Fu Society. Cost is \$10 for the lunch and show. *This event requires registration.*

New Member Meet and Greet, **Monday, Jan 30, 1:00 p.m.** Calling all New Members! We invite you to join us for this special meeting to learn more about our center and FiftyForward and meet other new members.

This event requires registration.

Center Meetings:

Program Committee **Monday, Jan 9, 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, Jan 19, 11 a.m.** Join us as we discuss center operations and planning. All are welcome!

Trips* All below listed events require registration*

Meet and Eat: **Tuesday, Jan 10, 11 a.m. Cost: Free.** Come meet us at Donelson's Cracker Barrel on Stewarts Ferry to dine and visit with other members.

Eastside Bowl: **Thursday, Jan 12, 1:30 p.m. Cost: \$10 + Cost of lane.** Dust off your bowling shoes and join us at Nashville's newest 60-70's themed bowling alley! Enjoy the retro style and fun at this cool new hangout.

Chinese New Year Lunch and Learn **Wednesday, Jan 18, 11:30 a.m.**

Cost: \$5 and includes lunch. We're headed to FiftyForward Knowles where we will enjoy a lunch from FiftyForward Fresh, and then a presentation about the Chinese New Year from the Chinese Arts Alliance in Nashville. Did you know 2023 will be the year of the Rabbit? Learn more about the Chinese zodiac and how the Chinese New Year is traditionally celebrated.

Mystery Lunch **Tuesday, Jan 24, 10:30 a.m. Cost: \$10 + Lunch** Join fellow members in this mysterious ride to a wonderful lunch destination.

Lunch Bunch **Wednesday, Jan 25, 10:30 a.m. Cost: \$10 + Lunch.**

Enjoy true home cooked Southern Treats as we try local favorite "Southern Hospitality".

Supper Club **Thursday, Jan 26, 5:00 p.m. Cost: \$10 + Dinner.** Come experience the world of Southeast Asian dining at Sunda.

New Member Lunch **Tuesday, Jan 31, 10:30 a.m. Cost: \$10 + Lunch** Come and meet new members, ask questions about the center and try something new. This month we will be visiting "Big Bad Breakfast". Come ready to enjoy a host of delicious breakfast foods.

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.