

March 2023 FiftyForward Donelson Station Program Calendar

Please read the program information page to learn more and see which programs require registration. Programs 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 9a Gentle Yoga w/ Jan 10a Meditation with Debbie 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p Pilates 12p BINGO* 12:30-2:30p Tech Help* 1:30p American Mah Jongg 1:30p Brain Games 1:30p Tai Chi | 2 8:15a Strength Training 10 :30a-12p Mah Jongg 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Zumba 1p Qi Gong 1p Tech Help* 1:15p Rummikub | 3 9-11a Ukulele Group 10a-2:30p Bridge 11a Sing-a-Long Choir 12p BINGO* | 4 7-9p Nashville Youth Jazz Ensemble "Spring Swing Dance"*** |
| 5 | 6 9a Gentle Yoga w/ Jan 10a Beginner Pickleball* 10a Lo-Impact Aerobics 10a Beginning Spanish* 11a Program Committee 11a Beginner Strength Training 12p Pilates | 7 8:15a Strength Training 9-10a Hand Chime Choir 10a-2:30p Bridge 10a Intermediate Spanish* 11a Arthritis Chair Exercise 11a Travel Tuesday 12:15p Zumba 12:15p Nutrition Class* 1:30p Texas Hold'em | 8 9a Gentle Yoga w/ Jan 10a Meditation with Debbie 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10:30a-12p Free Hearing Test* 11a Beginner Strength Training 12p Pilates 12p BINGO* 12:30-2:30p Tech Help* 1:30p American Mah Jongg 1:30p Brain Games 1:30p Tai Chi | 9 8:15a Strength Training 10 :30a-12p Mah Jongg 11a Arthritis Chair Exercise 11a Meet & Eat * 11a Red Hat Honeys 12p Crafty Corner 12:15p Zumba 1p Qi Gong 1p Tech Help* 1:15p Rummikub | 10 9-11a Ukulele Group 10a-2:30p Bridge 11a Sing-a-Long Choir 12p BINGO* 12p Appalachian Banjo Music at Beaman Park trip* 1p Line Dancing | 11 9a-12p Pet Vax Mobile Clinic in Parking Lot Move Clocks Forward Daylight Savings Time |
| 12 | 13 9a Gentle Yoga w/ Jan 10a Beginner Pickleball* 10a Lo-Impact Aerobics 10a Beginning Spanish* 10:30a Lunch Bunch* 11a Beginner Strength Training 12p Pilates | 14 8:15a Strength Training 9-10a Hand Chime Choir 10a-2:30p Bridge 10a Intermediate Spanish* 11a Arthritis Chair Exercise 12:15p Zumba 12:15p Nutrition Class* 1:30p Texas Hold'em 2p Drawing/Sketch Class* | 15 9a Gentle Yoga w/ Jan 10a Meditation with Debbie 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p Pilates 12p BINGO* 1:30p American Mah Jongg 1:30p Brain Games 1:30p Tai Chi | 16 8:15a Strength Training 10 :30a-12p Mah Jongg 11a Advisory Council 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Zumba 1p Qi Gong 1p Tech Help* 1:15p Rummikub 5p Supper Club* | 17 St. Patrick's Day 9-11a Ukulele Group 10a-2:30p Bridge 11a Sing-a-Long Choir 12p BINGO* 2:30p Music for Seniors presents "Craig Duncan" | 18 10a-12p MTGMS Sign-up Day |
| 19 | 20 1st Day of Spring 9a Gentle Yoga w/ Jan 10a Help & Healing Group 10a Beginner Pickleball* 10a Lo-Impact Aerobics 10a Beginning Spanish* 11a Beginner Strength Training 12p Pilates | 21 8:15a Strength Training 9-10a Hand Chime Choir 10a-2:30p Bridge 10a Intermediate Spanish* 10a Camera/Computer Club 10:30a Mystery Lunch* 11a Arthritis Chair Exercise 11a Travel Tuesday 12:15p Zumba 1:30p Texas Hold'em 2p Drawing/Sketch Class* | 22 9a Gentle Yoga w/ Jan 10a Meditation with Debbie 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Library Surprises* 11a Beginner Strength Training 12p Pilates 12p BINGO* 12:30-2:30p Tech Help* 1:30p American Mah Jongg 1:30p Brain Games 1:30p Tai Chi | 23 8:15a Strength Training 11a Farmers Market Lunch, TN State Library & Archives Tour* 10 :30a-12p Mah Jongg 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Zumba 1p Qi Gong 1p Tech Help* 1:15p Rummikub | 24 9-11a Ukulele Group 10a-2:30p Bridge 11a Sing-a-Long Choir 2p Super BINGO* 1p Line Dancing | 25 |
| 26 | 27 9a Gentle Yoga w/ Jan 10a Beginner Pickleball* 10a New Member Orientation & Lunch Outing* 10a Lo-Impact Aerobics 10a Beginning Spanish* 10:30a Book Club selection: "Sharp Objects" Gillian Flynn 11a Beginner Strength Training 12p Pilates | 28 8:15a Strength Training 9-10a Hand Chime Choir 10a-2:30p Bridge 10a Intermediate Spanish* 11a Arthritis Chair Exercise 12:15p Zumba 1:30p Texas Hold'em 2p Drawing/Sketch Class* | 29 9a Gentle Yoga w/ Jan 10a Meditation with Debbie 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p Pilates 12p BINGO* 12:30-2:30p Tech Help* 1:30p American Mah Jongg 1:30p Brain Games 1:30p Tai Chi | 30 8:15a Strength Training 10 :30a-12p Mah Jongg 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Zumba 1p Qi Gong 1p Tech Help* 1:15p Rummikub 2p 2nd Annual Spring Fashion Show* | 31 9a Falcon Rest Murder Mystery Trip* 9-11a Ukulele Group 10a-2:30p Bridge 11a Sing-a-Long Choir 12p BINGO* Bonus Friday | |




Program offered virtually




Denotes member-led program

Art Workshop Wednesdays, 10a-12p Join other seasoned artists to work on personal projects. Similar to an art co-op; runs in 10-week sessions (Mar 15-May 17) \$25. *These sessions require registration.*


Arthritis Chair Exercise Tuesdays and Thursdays, 11a A low-impact, evidence-based seated exercise program taught by Melissa to help strengthen parts of the body affected by arthritis.


Beginner Strength Training Mondays & Wednesdays, 11a Modified strength training led by certified instructor Gloria Jones. This class is for beginners so all can join the fun! 


Beginning Spanish Mondays, 10a 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 educational program requires registration.* 


Billiards Monday-Friday, 8:30a to 3:30p Open Play

BINGO Wednesdays & Fridays, 12p Enjoy this timeless game called by community sponsors to win the chance for prizes! *Register to play.*


Book Club Monday, Mar 27, 10:30a Book title for discussion this month is "Sharp Objects" by Gillian Flynn. 

Brain Games Wednesdays, 1:30p Play games that test your mind and recall of various fun and interesting information. 


Bridge Tuesdays and Fridays, 10a-2:30p The most popular card game since the 1930s. Practice your trick-taking skills. 


Camera/Computer Club Tuesday, Mar 21, 10a Improve photographic knowledge and appreciation in the company of members who share and help one another. All levels are welcome. 

Cardio Fitness Room Monday-Friday, 8:30a to 3:30p Assistance with equipment available; ask at the front desk.


Crafty Corner Thursdays, 12p Bring your own individual projects (yarn, needlework, coloring, seasonal craft...) to work on and socialize. 


Gentle Yoga with Jan Mondays & Wednesdays, 9a A 30-45 minute class led by certified registered yoga instructor, Jan Cronin. Must be able to get up/down from the floor. Bring own mat/blanket to use.

Hand Chime Choir Tuesdays, 9-10a Join this newly formed Choir. Music knowledge is a plus, but all are welcome! 

Intermediate Spanish Tuesdays, 10a Hola! This class is for members who have taken beginning Spanish. Talk with our bilingual instructor, Alicia Gaitani, for class pre-registration. *Requires registration.* 

Line Dancing Friday, Mar 10 and 24, 1-2:30p Come have fun learning different line dances to great music with "Dancing with Deb." **2-2:30p is for experienced dancers.**

Lo-Impact Aerobics Mondays & Wednesdays, 10a A 45-minute low impact aerobics class taught by Lisa Gore gets your body moving to great music! 

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

Mah Jongg - Hong Kong Thursdays, 10:30a -12p Join the Mah Jongg group to play this tile-based game. 

Difference in Mah Jongg styles (Google): American version uses an annually issued card for hands to make in order to win. Hong Kong version players make a hand of 4 groups of 3 and a pair.


Meditation with Debbie Wednesdays, 10a Debbie has been practicing meditation since the 1970's, trained with psychologists, co-facilitated hypnosis with psychiatrists, and worked with a master practitioner to become a trainer of neurolinguistics.


Nutrition Class Tuesday series thru Mar 14, 12:15-1p Led by TN State University Extension with topics on food storage, kitchen safety, meal planning and more. *Registration desired by instructor for class prep.*


Pilates Mondays & Wednesdays, 12p Join this class by Kris- uses a mat and joins traditional Pilates with the advantages of sculpting lean muscle using body weight. Circular movements trim the waist, lubricate the spine, hips, shoulders, and much more.

Qi Gong Thursdays, 1p Join teacher, Cyndi Clark, for this gentle class that uses flowing movements to help you increase your strength and balance.

Red Hat Honeys Thursday, Mar 9, 11a This is Donelson Station's own Red Hat Society chapter. Members meet monthly for activities and outings. New faces are being encouraged to join the current "Honeys" to "Connect, Engage, and Play!"


Rummikub Thursdays, 1:15p Play this popular tile game based on runs and sets used by the card version of Rummy. 


Sing-a-Long Choir Fridays, 11a-12p Please join as we sing-a-long to classic songs and familiar melodies. Led by Margaret Jones. All voices are welcome! 

Strength Training Tuesdays and Thursdays, 8:15-9:00a 40-minute diversified workout with cardio, free weights, and body strength with FiftyForward Donelson Station Center Director, Lisa Maddox. 

Tai Chi Wednesdays, 1:30p Master Bruce Linville has practiced martial arts since 1984 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.

Tech Help Wednesdays, 12:30-2:30p Local college students offer free tech support on personal tech device needs- they have helped with pairing hearing aids to phones, setting up emails, understanding the internet, best photo practices, storage... *Register for a time slot.*

Tech Help with Bobbye Thursdays, 1p and 2p Sign up for one-on-one phone, computer, and tablet help! *Requires registration.* 

Texas Hold'em Tuesdays, 1:30p This is the most played version of all poker card games. "Try your hand" with other players. 

Travel Tuesdays Tuesday, Mar 7 & 21, 11a See *America Tours* and *Premier World* will present a program on their popular day and national tours. 7th is day & domestic and 21st is international.

Ukulele Group Fridays, 9-11a Learn how to play the ukulele! Beginner lessons 9-10a and the intermediate group meets from 10-11a. Bring your own ukulele.

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

SPECIAL EVENTS

Spring Swing Dance with Nashville Youth Jazz Ensemble

Saturday, March 4, 7p to 9p, Cost: \$25

The Nashville Youth Jazz Ensemble is a group of talented musicians in grades 8-12 from the Middle TN area. Attendees are invited to show off dance moves to Big Band and Latin music performed by the students. Hors d'oeuvres by Donelson Café & Catering. Reservations needed.

Beginner Pickleball Monday, March 6, 13, 20, and 27 at 10a

Patty Harman will be leading a 4-week introductory session. Participants will learn court layout, terminology, rules, equipment, basics to begin and build upon, and scoring.

Travel Tuesdays Tuesday, March 7 and 21, 11a

Travel Tuesdays-Domestic/Day Tours Mar 7, International Tours Mar 21 Hang out with the See America Tour team and learn about upcoming 2023 trips such as: Patti's Settlement, Jack Daniels, Key West, Ireland, and Alaska. Registration desired, but walk-ins are welcome!

Hearing Test Wednesday, March 8, 10:30a to 12p

FREE hearing test with HearingLife (former Summit Audiology) Practitioner, Spence Lyon. Registration required-15 minute sessions

Pet Vaccinations Saturday, March 11, 9a to 12p

Round 3- the Humane Association's Mobile Unit will return for \$15 pet vaccinations in the parking lot. Pets must be on leashes.

"Drawing What You See" Drawing/Sketch Class for Beginners

Tuesday, Mar 14, 21, and 28, 2-3:30p, Cost: \$50, 3 classes & supplies. Learn the fundamentals of drawing by observing simple objects. Taught by Kara Williamson, participants will explore basic shapes, forms, light, and shadow using pencil and charcoal. Class min. 5, max 12. Registration is required by March 6 to order supplies.

"Music for Seniors" presents Craig Duncan & the Shenanigans

Friday, March 17, 2:30p FREE! but tickets needed: [Eventbrite.com](https://www.eventbrite.com) A **St. Patrick's Day** musical treat! Craig Duncan is a member of the North American Fiddler's Hall of Fame, Who's Who in Music and Musicians, and a DOVE Award winner. Wear **GREEN** & enjoy the music!

Library Surprises: Resources You Didn't Know About

Wednesday, March 22, 11a

Ryan Darrow, Donelson Library Director, will be presenting resources, information, "The Library of Things", and an opportunity for members to get a new library card.

SUPER BINGO Friday, March 24, 2p

Monthly SUPER BINGO sponsored by Donna Backman with Charter Senior Living. Registration required.

2nd Annual Spring Fashion Show Thursday, March 30 at 2p, Cost: \$20

Fashion and Fun is back! Look for flyers with sponsors & details.

Mid-Tennessee Gem & Mineral Society Class Information

Basic Torch Enameling starts Thursday, March 2 at 5:30p Cost: \$10, plus \$50 supplies. Class is three hours for 4 weeks; 12 hours of instruction. Learn to use a torch to fuse glass to metal.

Leather Mask Workshop starts Saturday, March 11, 9a-4p Cost: \$115 includes all supplies needed. Class is one day, for 7 hours. Bring your lunch. Learn to make a leather mask, no experience necessary.

SIGN UP EVENT: Saturday, March 18, Apr-Jun Class Registration Day

7a - 12p Breakfast available at the Donelson Café

9a - 12p Bargain Basement Sale

10a - 12p MTGMS class sign-ups

TRIPS (Registration Required)

FOODIES:

Meet and Eat Thursday, March 9, 11 a.m. Cost: Lunch

Supporting a local restaurant monthly: Come meet at *Sakura* at 3451 Lebanon Pike to eat and visit with other members. Menu located at sakuratn.com

Lunch Bunch Monday, Mar 13, 10:30a Cost: \$10 + Lunch

This month's group is headed to "The Chocolate Covered Strawberry" in Gallatin. Menu located at thechocolatecoveredstrawberrycafe.com

Supper Club Thursday, Mar 16, 5p Cost: \$10 + Dinner

Our long-time volunteer, Amanda, will be taking the Supper Club to the new venue, Barrel House Restaurant and Bar.

Mystery Lunch Tuesday, Mar 21, 10:30a Cost: \$10 + Lunch

Destination tagline is "Food, Friends and Family" and was founded in 1978. Located in 16 US states and serves bakery and bistro classics.

New Member Orientation and Lunch Outing Monday, March 27 at 10a

Cost: \$10 + Lunch Welcome to FiftyForward! An introduction to Donelson Station, how to sign up for programs and trips, and ways to be connected. Lunch trip after presentation: location will be the Flat Tire Diner.

OUTINGS:

Banjo by the Campfire at Beaman Park Friday, Mar 10, 12p Cost: \$10

Kevin Sykes shares his love of the banjo with park guests. Listen to old-time tunes and Appalachian music. Bring snacks/lunch if you like (drinks provided) and wear your hiking shoes for a short hike.

Farmers' Market Lunch & TN State Library & Archives Tour

Thursday, Mar 23, 11a Cost: \$10+Lunch

The Nashville Farmers' Market is home to seasonal foods and artisans. Choose your lunch, enjoy walking around the market and Bicentennial Mall before our scheduled 1p tour of the Library & Archives building.

Falcon Rest Murder at the Mansion Friday, Mar 31 9a Cost: \$55

An interactive "whodunit" murder mystery! Includes: a 3-course meal, interactive history show, tour of the mansion, exploration of gardens, and Victorian gift shop. Located in McMinnville, so plan for an entire day of fun- partnering with our FiftyForward Martin Center members.

TRIP GUIDELINES

Minimum number: Trips not meeting a minimum of 6 participants will be cancelled at least 24 hours in advance. Refunds or F.A.N. cards will be issued.

Departure Time: Trips will leave at the stated departure time. Please 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. 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.

Members are not allowed to drive and meet at trip locations when the trip involves group transportation.

CENTER MEETINGS

Program Committee Monday, Mar 6, 11a The Program Planning Committee would love to add new faces to our existing group. If you are interested in being part of the committee, please let a staff member know. Ideas for programs and trips are encouraged!

Advisory Council Thursday, Mar 16, 11a Join us as we discuss center operations and planning. All members are welcome!

In Progress...

Heritage Days, Fort Campbell Field Trip, Capitol Theatre Matinee