

April 2023 FiftyForward Donelson Station Program Calendar

Please read the program information pages to learn more about the calendar listings. **Programs with an asterisk* require registration.** To register, please use the Membership Portal: <https://fiftyforward.org/member/#myaccount>.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9a Gentle Yoga w/ Jan 10a Beginner Pickleball * 10a Lo-Impact Aerobics 10a Beginning Spanish* 11a Program Committee 11a Beginner Strength Training All Week: Easter Egg Hunt	4 8:15a Strength Training 9-10a Hand Chime Choir 9:30a Heritage Days Trip* 10a-2:30p Bridge 10a Intermediate Spanish* 11a Arthritis Chair Exercise 11a Travel Tuesday 12:15p Zumba 1p Chromebook Class* 1:30p Texas Hold'em	5 9a Gentle Yoga w/ Jan 10a Canasta 10a Meditation with Debbie 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 1:30p American Mah Jongg 1:30p Brain Games 1:30p Tai Chi 2p BINGO*	6 8:15a Strength Training 9a Cornhole Club 10 :30a-12p Mah Jongg 11a Arthritis Chair Exercise 10:30a Capitol Theatre/ Demos' Lunch Trip* 12p Crafty Corner 12:15p Zumba 1p Qi Gong 1p Tech Help* 1p Chromebook Class* 1:15p Rummikub	7 9-11a Ukulele Group 10a-2:30p Bridge 11a Sing-a-Long Choir 1p Medicare: penalties and scams avoidance Presentation by GNRC* 1p Easter Egg Hunt Winner's Drawing 2p BINGO*	8
9 Easter	10 9a Gentle Yoga w/ Jan 10a Beginner Pickleball * 10a Lo-Impact Aerobics 10a Beginning Spanish* 10:30a Lunch Bunch* 11a Beginner Strength Training	11 8:15a Strength Training 9-10a Hand Chime Choir 10a-2:30p Bridge 10a Intermediate Spanish* 11a Arthritis Chair Exercise 12:15p Zumba 1p Chromebook Class* 1:30p Texas Hold'em	12 9a Gentle Yoga w/ Jan 10a Canasta 10a Meditation with Debbie 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10:30a-12p Free Hearing Test* 11a Beginner Strength Training 12:30-2:30p Tech Help* 1:30p American Mah Jongg 1:30p Brain Games 1:30p Tai Chi 2p BINGO*	13 8:15a Strength Training 9a Active Shooter Training 9a Cornhole Club 10 :30a-12p Mah Jongg 11a Arthritis Chair Exercise 11a Red Hat Honeys 12p Crafty Corner 12:15p Zumba 1p Qi Gong 1p Chromebook Class* 1p Tech Help* 1:15p Rummikub	14 9-11a Ukulele Group 10a-2:30p Bridge 11a Sing-a-Long Choir 11a Center Lunch w Singer Darren Long* 1p Line Dancing 1p Tomado Preparedness Training 2p BINGO*	15
16	17 9a Volunteer Brunch* 9a Gentle Yoga w/ Jan 10a Beginner Pickleball * 10a Help & Healing Group 10a Lo-Impact Aerobics 10a Beginning Spanish* 11a Beginner Strength Training 1p Embrace Natural Wellness*	18 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 1p Chromebook Class* 1:30p Texas Hold'em	19 9a Gentle Yoga w/ Jan 10a Canasta 10a Meditation with Debbie 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12:30-2:30p Tech Help* 1:30p American Mah Jongg 1:30p Brain Games 1:30p Tai Chi 2p BINGO*	20 8:15a Strength Training 9:15am Belcourt Theatre Trip (All of Us event- bus fee waived) 9a Cornhole Club 10 :30a-12p Mah Jongg 11a Advisory Council 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Zumba 1p Qi Gong 1p Tech Help* 1p Chromebook Class* 1:15p Rummikub 5p Supper Club*	21 9-11a Ukulele Group 10a Fitness Equipment Orientation* 10a-2:30p Bridge 11a Sing-a-Long Choir 1p Candle Lab Trip* 2p BINGO*	22 Earth Day 10a Bible Study 10:30a Cornhole Tournament*
23	24 9a Gentle Yoga w/ Jan 10a Beginner Pickleball * 10a Lo-Impact Aerobics 10a Beginning Spanish* 10:30a Book Club selection: "The Family Across the Street" 11a Beginner Strength Training 2p Super BINGO	25 8:15a Strength Training 9-10a Hand Chime Choir 10a-2:30p Bridge 10a Intermediate Spanish* 11a DNA Day Special Event 11a Arthritis Chair Exercise 12:15p Zumba 1p Chromebook Class* 1:30p Texas Hold'em	26 9a Gentle Yoga w/ Jan 10a Canasta 10a No Meditation Today 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Meet N Eat* 11a Beginner Strength Training 12:30-2:30p Tech Help* 1:30p American Mah Jongg 1:30p Brain Games 1:30p Tai Chi 2p BINGO*	27 8:15a Strength Training 9a Cornhole Club 10 :30a-12p Mah Jongg 11a Arthritis Chair Exercise 12p Crafty Corner 12p Corps of Engineers Special Presentation 12:15p Zumba 1p Qi Gong 1p Tech Help* 1p Chromebook Class* 1:15p Rummikub	28 9-11a Ukulele Group 9:30a Martin Ctr. Health Fair Trip* (bus fee waived) 10a-2:30p Bridge 11a Sing-a-Long Choir 1p Line Dancing 2p BINGO*	29
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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 The current Spanish class series thru May 22 with Alicia is full. The next series will begin on September 12. Lessons are for members who have not previously taken Spanish.

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

BINGO Wednesdays & Fridays, 2p Enjoy this timeless game called by community sponsors to win the chance for prizes! *Register to play.*

Book Club Monday, April 24, 10:30a Book title for discussion this month is "The Family Across the Street" by Nicole Trope.

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, April 18, 10a Improve photographic knowledge and appreciation in the company of members who share and help one another. All levels are welcome.

Canasta Wednesday, 10a-1p Canasta is making its return! This is a card game of the rummy family whose goal is to form "melds."

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

Chromebook Class April 4- May 4 Session, Tues & Thurs, 1-2p A tech grant is funding Chromebook Essentials taught by our own FiftyForward Madison Station staff, Steve. Registration required.

Cornhole Club Thursdays, 9a Cornhole is back! Get your bag tossing arms ready to compete for the next season of fun. All skill levels are welcome.

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!

Help and Healing Life Group 3rd Monday, 10a Life has ups and downs. Join this safe and encouraging "help and healing" life group led by therapist, Jeff Gregg.

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. *New session starts Sept. 11*

Line Dancing Friday, April 14 and 28, 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 45-minute lo-impact aerobics class taught by Lisa 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.

Different Mah Jongg styles: American uses an issued card for hands. 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.

Pilates Mondays & Wednesdays, 12p Kris is out this month. Classes will resume in May.

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 April 13, 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!" (Red Hat slogan)

Rummikub Thursdays, 1:15p Play this popular tile game based on runs and sets similar to 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 Center Director, Lisa Maddox.

Tai Chi Wednesdays, 1:30p Master Bruce Linville has practiced martial arts since 1984, was inducted into the Hall of Fame for Tai Chi weapons in 1989, and the national champion in 2016 for Chinese Style for 50+. He has over 200 trophies and medals in open competitions.

Tech Help Wednesdays, 12:30-2:30p, no tech help on April 5. Local college students offer free tech support on all types of personal tech devices. *Register with staff.*

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, April 4 & 18, 11a See America Tours and Premier World will present a program on their popular day and national tours. This is your opportunity to ask questions and learn about trips.

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

Easter Egg Hunt Mon-Fri, April 3-7, Week Long Event

Be on the lookout for hidden Easter eggs throughout the center. Find an egg? Bring it to the office for a number and a chance to win the Easter basket surprise! Winner drawing at 1p on Friday.

Beginner Pickleball Mondays, April 3, 10, 17, 24, 10a

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

Travel Tuesdays Tuesday, April 4 and 18, 11a

These Tuesdays provide an opportunity to meet the See America Tour and Premier World Discovery trip leaders, learn about upcoming travels, and ask questions. April 18: Jennifer is highlighting Italy's Amalfi Coast departing 10/24/23.

Medicare Presentation by GNRC Friday, April 7, 1p

Are you aware of how to avoid Medicare penalties and scams? Do you know your options? Come listen and ask questions of a GNRC State Health Insurance Information Program Counselor.

Hearing Test Wednesday, April 12, 10:30a to 12p

FREE hearing test with HearingLife and Practitioner, Spence Lyon. Registration required for 15-minute sessions.

Annual Disaster Awareness Trainings – 2 Offerings

Active Shooter Training, Thursday, April 13 at 9a

Metro Nashville Officer Chambers will lead this 2-hour program.

Tornado Preparedness Training, Friday, April 14 at 1p

Learn ways to protect yourself when the tornado warnings start; led by Toby Swager, director of Operation Blessing.

Center Lunch with Entertainer, Darren Long Friday, April 14, 11a

Musician and singer, Darren Long, returns to Donelson Station with his guitar and repertoire of classic and country songs spanning several decades. Lunch is \$10; registration required.

Volunteer Brunch Monday, April 17, 9a

April is National Volunteer Month and FiftyForward loves our volunteers! Donelson Station volunteers are invited to attend this brunch in your honor. Please register so we know who is coming.

Embrace Natural Wellness Monday, April 17, 1p

Member, Tammy Ragan, will share her research of the medical industry after a family health scare sent her searching for wellness answers. She will talk about being your own health advocate, quality of products, and nutrition. Registration is desired for class prep.

Fitness Equipment Orientation Friday, April 21, 10a

Curious about the Cardio Room? Jason Cronan will provide hands-on instruction on the equipment and usages available for exercise and strength training. Registration needed due to limited room space.

Cornhole Tournament Saturday, April 22, 10:30a

Bags are flying for the Donelson Open Cornhole Tournament hosted by "Grumpy Ole Baggers Cornhole Club" and sponsored by Busy Bee HVAC. The event is limited to 16 teams; the cost is \$50 per 2-player team and includes lunch by Chick-fil-A. Tournament play is a 3-game round robin, followed by 2-tiered single elimination guaranteeing each team at least 4 games. Register by calling 615-883-8375.

SUPER BINGO Monday, April 24, 2p

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

DNA DAY Special Event Tuesday, April 25, 11a

Celebrate DNA Day with FiftyForward "All of Us" representatives and our own Mark Dickerson. Lunch and music followed by story sharing with Mark. Lunch is \$10; dessert provided by "All of Us" program; registration is required.

Corps of Engineers Environmental Presentation Thursday, April 27, 12p

Natural Resources Specialist Ranger, Shelia Kirk, presents "Hydroelectric power projects in the Nashville District: the benefits and environmental consequences." She will discuss hydroelectric power production and its effects on wildlife and fisheries of the river. This program is the first of a series on environmental and outdoor education.

Mid-Tennessee Gem & Mineral Society Class Information

See John in the front office for class openings and details.

TRIPS (Registration Required)

FOODIES:

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

This month's group is headed to "Joanie's" in Murfreesboro. Menu is located at <https://www.joaniesboro.com/>.

Mystery Lunch Tuesday, April 18, 10:30a Cost: \$10 + Lunch

History of this destination is based in Franklin. Founder says "our family is blessed with a rich heritage of talented cooks and bakers who have loved and enjoyed the fellowship of family and friends over many meals."

Supper Club Thursday, April 20, 5p Cost: \$10 + Dinner

Volunteer, Amanda, will be taking the Supper Club to ??? It's a surprise.

Meet and Eat Wednesday, April 26, 11 a.m. Cost: Lunch

Supporting a local restaurant monthly: Meet at *Shoneys* at 546 Donelson Pike to eat and visit with other members. Menu located at shoneys.com. Although you drive, please register to give the restaurant a head count.

New Member Orientation and Lunch Outing Scheduled for next month

OUTINGS:

Heritage Days Trip Tuesday, April 4, 9:30a Cost: \$18 + Lunch

Experience life on the frontier. Guests will have a chance to SEE, FEEL, and TOUCH different historical trade skills such as blacksmithing, leather-working, woodworking, working with fibers and cooking. We will stop for lunch at Chef's Market afterwards. **Register by March 27.**

Capitol Theatre and Demos' Thurs, April 6, 10:30a Cost: \$15 + Lunch

The Capitol Theatre in Lebanon has opened its doors for a matinee showing of "Fried Green Tomatoes." A lunch stop at Demos' will start the trip with a movie time of 1pm. **Register by March 31 to reserve seating.**

Candle Lab Trip Thurs, April 21, 1p Cost: \$10 + Candle Choice

Group outing to 615 Candle Lab; create your own candle. Choose your vessel, add a fragrance, and pour the wax. Price range \$25-\$45.

FiftyForward Health Fair at Martin Friday, April 28, 9:30a (FREE)

Vendors include medical groups, insurance companies, financial advisors, and more! Cooking demonstrations, medical screenings and workshops. First 125 attendees receive a boxed lunch! Bus fee waived.

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 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 departure, except 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 next 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, April 3, 11a If you are interested in being part of the committee, please let a staff member know. Ideas for trips and programs are encouraged!

Advisory Council Thursday, April 20, 11a Join us as we discuss center operations and planning. All members are welcome!

In Progress... Geocaching, Cheekwood at Night, Oak Grove Casino