

# June 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
	No Pilates this month	"All of Us" Journey bus and exhibit in parking lot May 30-June 2		1 8:15a Strength Training 9a Cornhole Club 10 :30a-12p Mah Jongg 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Zumba 1p Qi Gong 1p Tech Help* 1:15p Rummikub	2 9-11a Ukulele Group 10a-2:30p Bridge 11a Sing-a-Long Choir 11a Jan Cronin Music & Lunch Special* 2p BINGO*	3
4	5 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a Program Committee 11a Beginner Strength Training	6 8:15a Strength Training 9-10a Hand Chime Choir 10a-2:30p Bridge 11a Arthritis Chair Exercise 11a Meet N Eat* 11a Travel Tuesday 12:15p Zumba 1:30p Texas Hold'em	7 9a Gentle Yoga w/ Jan 10a Canasta 10a Relaxation with Traci 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 1:00p American Mah Jongg 1:30p Brain Games 1:30p Tai Chi 2p BINGO*	8 8:15a Strength 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 Tech Help* 1:15p Rummikub	9 9-11a Ukulele Group 10a-2:30p Bridge 11a Sing-a-Long Choir 1p Line Dancing 12:15p Deloitte Volunteer Day Wellness Workshop Series* 2p BINGO*	10
11	12 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10:30a Belle Meade Mansion Lunch and Tour* 11a Beginner Strength Training	13 8:15a Strength Training 9-10a Hand Chime Choir 10a-2:30p Bridge 11a Arthritis Chair Exercise 12:15p Zumba 12:30-1:30p Shop.Cook.Eat within your budget Series 1-2p LGBT Peer Group Meet n Greet 1:30p Texas Hold'em 2p Super BINGO*	14 9a Gentle Yoga w/ Jan 10a Canasta 10a Guided Meditation 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10:30a-12p Free Hearing Test* 10:30a Mystery Lunch* 11a Beginner Strength Training 1:00p American Mah Jongg 1:30p Brain Games 1:30p Tai Chi 2p BINGO*	15 8:15a Strength Training 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* 1:15p Rummikub 5p Super Club*	16 9-11a Ukulele Group 10a-2:30p Bridge 10a Fitness Equipment Orientation* 11a Sing-a-Long Choir 12:30-2 Blood Pressure Checks & Vaccine ABCs* 2p BINGO*	17
18	19 FiftyForward Centers & Offices CLOSED for Juneteenth	20 8:15a Strength Training 9-10a Hand Chime Choir 9:15a NISSAN Smyrna Plant Tour* 10a-2:30p Bridge 10a Camera/Computer Club 11a Arthritis Chair Exercise 11a Travel Tuesday 12:15p Zumba 1:30p Texas Hold'em	21 No Yoga Today 10a Canasta 10a Relaxation with Traci 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 1:00p American Mah Jongg 1:30p Brain Games 1:30p Tai Chi 2p BINGO*	22 8:15a Strength Training 9a Cornhole Club 10a AARP Smart Driver TEK Workshop* 10 :30a-12p Mah Jongg 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Zumba 1p Qi Gong 1p Tech Help* 1:15p Rummikub	23 9a-1p Community Market Fridays: "Hot Deals and Smokin' Grillz" 9-11a Ukulele Group 9a-1p Community Market Day 10a-2:30p Bridge 11a Sing-a-Long Choir 1p Line Dancing 2p BINGO* 4:30p Pride Party at Knowles (Drive Yourself)	24 10a Bible Study
25	26 No Yoga Today 10a Lo-Impact Aerobics 10a New Member Orientation and Lunch Outing* 10:30a Book Club selection: "The Muse" -Jessie Burton 11a Beginner Strength Training	27 8:15a Strength Training 9-10a Hand Chime Choir 10a-2:30p Bridge 11a Arthritis Chair Exercise 12:15p Zumba 12:30-1:30p Shop.Cook.Eat within your budget Series 1:30p Texas Hold'em	28 No Yoga Today 10a Canasta 10a Guided Meditation 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 1:00p American Mah Jongg 1:30p Brain Games 1:30p Tai Chi 2p BINGO*	29 8:15a Strength Training 9a Cornhole Club 10:30a Lunch Bunch* 10 :30a-12p Mah Jongg 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Zumba 1p Qi Gong 1p Tech Help* 1:15p Rummikub	30 9-11a Ukulele Group 10a-2:30p Bridge 11a Sing-a-Long Choir 2p BINGO*	

# FiftyForward Donelson Station PROGRAM INFORMATION



## Program offered virtually

**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 (May 24-Jul 26) \$25. *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** The next series with Alicia will begin 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! New time and location to allow for more players, but you still need to *Register to play!*

**Book Club Monday, June 26, 10:30a** Book title for discussion this month is "The Muse" by Jessie Burton.

**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, June 20, 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.

**Cornhole Club Thursdays, 9a** Cornhole is back! Get your bag tossing arms ready to compete in 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!

**Hearing Test Wednesday, June 14, 10:30a to 12p**

FREE hearing test with HearingLife and Practitioner, Spence Lyon. Registration required for 15-minute sessions; see John or Traci.

**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** This class is for members who have taken Beginning Spanish. *New session starts Sept 11*

**Line Dancing Friday, June 9 & 23, 1-2:30p** Come have fun learning different line dances to great music with "Dancing with Deb." *2-2:30p is for experienced dancers.*



## Denotes member-led program

**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, 1:00-3:00p** 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 (Guided) Wednesday, June 14, 28, 10a** Join members wishing to share time together to relax, seek calm and inner quiet, through guided meditational awareness and focus.

**Pilates On Hiatus in June** Kris is on vacation. July Session: Using body weight, she will guide you through movements that trim the waist, lubricate the spine, hips, shoulders, and sculpt muscles.

**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 June 8, 11a** Donelson Station's own Red Hat Society chapter. Meeting this month at the center for BINGO and lunch with Donelson Café. New faces are encouraged to join the current "Honeys" to "Connect, Engage, and Play!" (Red Hat slogan)

**Relaxation with Traci Wednesday, June 7 & 21, 10a** Guided relaxation to help ease the body and mind.

**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 will return in the fall!** Local college students offer free tech support on all types of personal tech devices.

**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, June 6 and 20, 11a** See *America Tours* (June 6) and *Premier World Discovery* (June 20) offer sneak peeks into their group national and international 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. (you may borrow one from the public library to try)

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

## SPECIAL EVENTS

### [ALL OF US Journey Bus & Exhibit](#) Thursday, Friday, June 1-2

Be sure to visit the traveling "All of Us" Journey bus that will be on display in the front parking lot the first week in June. The exhibit will also be at the Plaza Mariachi, June 5-9 with several restaurant choices located in the shopping area.

### [Jan Cronin Music and Lunch Special](#) Friday, June 2, 11a

Join us for this month's special music and luncheon event. Jan teaches our Yoga classes and is releasing a new music CD. Donelson Café will be serving lunch and afterwards, Jan and her band members will perform. Don't miss out! Register to attend and show support for Jan.

### [Travel Tuesdays](#) Tuesday, June 6 and 20, 11a

June 6– Adam (See America Tour) Bring your questions about national trips and traveling tips.

June 20– Jennifer (Premier World Discovery) will lead a presentation on Australia & New Zealand departing in February 2024.

### [Deloitte Volunteers present: Wellness Workshops](#) Fri, June 9, 12:15p

Deloitte celebrates their Volunteer Day annually with FiftyForward. This year, volunteers will be providing refreshments and two 45-minute well-being workshops: "Mood Matters" at 12:15p and "Movement" at 1p. Please register to attend.

### [FiftyForward LGBT Peer Group Meet n Greet](#) Tuesday, June 13, 1-2p

Meet members of FiftyForward's LGBT Peer Group. FiftyForward's LGBT Peer Group provides an avenue for LGBT Older adults to socialize, share ideas, and develop a sense of community. Learn about the purpose of the group and the types of meetups that are held monthly.

### [SUPER BINGO](#) Tuesday, June 13, 2p

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

### [Shop. Cook. Eat. Series](#) June 13 & 27; 12:30-1:30p

TSU SNAP-Education presents this May-Aug series FREE on how to shop, cook, and eat within your budget. Registration desired for planning.

### [Blood Pressure Checks & Vaccine ABCs](#) June 16, 12:30-2p

Donelson WALGREENS is returning with their summer interns for a "What You Need to Know about Vaccines and Screenings" 30-minute program and blood pressure checks for members. Register to attend.

### [AARP Smart Driver TEK Workshop](#) June 22, 10a

Developed by AARP and The Hartford, this 90-minute workshop offers a dynamic environment to learn how new, high-tech features in vehicles today can help make driving safer and easier. Open to all drivers; space is limited. Registration is needed to attend.

### [Donelson Station Community Market 4th Fridays](#) June 23, 9a-1p

Returning with a new event title: "Hot Deals & Smokin' Grillz". Looking for Bargain Basement volunteers, parking lot vendors (no outside food or live animals), and musicians interested in participating June-October.

### [FiftyForward Pride Party at Knowles](#) June 23, 4:30-7:30p

Join us in celebration of Pride Month at FiftyForward Knowles, in partnership with inclusion tennessee. We'll be hosting a Disco themed shindig and we invite you to come "boogie" with us! We invite you to dress up in your most fabulous disco/70's themed "threads." Drop in for a round of Drag Bingo (with a chance to win prizes) and for fun, food, and fellowship! Come see our decorated FiftyForward bus that will be driven in the upcoming weekend Pride parade! To register for this event, call the FiftyForward Knowles Center at 615-743-3400.

### [New Member Orientation & Lunch Outing](#) June 26, 10a, cost: 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 TBA.

## CENTER MEETINGS

[Program Committee](#) Monday, June 5, 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, June 15, 11a Join us as we discuss center operations and planning. All members are welcome!

## 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.**

## TRIPS (Registration Required)

### FOODIES:

#### [Meet and Eat](#) Tuesday, June 6, 11a Cost: Lunch

Supporting a local restaurant monthly: Meet at **Bar-B-Cutie** (501 Donelson Pike) to eat and visit with other members. Menu located at [www.bar-b-cutie.com/tennessee](http://www.bar-b-cutie.com/tennessee). Although you drive, please register so we can give the restaurant a head count and heads up.

#### [Mystery Lunch](#) Wednesday, June 14, 10:30a Cost: \$10 + Lunch

This mystery location is American fare and started in Knoxville in 2009 as a catering business. They offer a meal "blessing" to a family of 6 or less who are sick, hurting, or in a difficult situation from community members who identify a need each week. HINT: Lunchbox

#### [Supper Club](#) Thursday, June 15, 5p Cost: \$10 + Dinner

Volunteer, Amanda, will be taking the Supper Club to **55 South** located in Brentwood. Menu located at [www.eat55.com/brentwood](http://www.eat55.com/brentwood).

#### [Lunch Bunch](#) Thursday, June 29, 10:30a Cost: \$10 + Lunch

This month's group is headed to **The Lucky Rooster**. Menu can be found by searching [www.theluckyroosterbar.com](http://www.theluckyroosterbar.com).

### OUTINGS:

#### [Belle Meade Plantation Lunch and Tour](#) Monday, June 12, 10:30a, \$35 + Lunch

Historic home #3 on our historic homes of Middle TN tours. This trip starts with lunch at the onsite *Meat & Three* restaurant with a tour of the early 1800s plantation following. Belle Meade was home to the Harding family and famous equestrian farm.

#### [NISSAN Smyrna Plant Tour](#) June 20, 9:15a Cost: \$10

Joining other FiftyForward centers, Donelson Station is scheduled for an hour tour of the Vehicle Assembly Plant in Smyrna. Note from NISSAN: "Guests must wear shirts with at least a 4-inch sleeve and closed-toe shoes. No flip-flops or sandals are permitted on the tour. Weapons of any kind, cell phones, cameras, and all other recording devices are strictly prohibited on the plant tour and will need to be kept on the bus."

#### [Mid-Tennessee Gem & Mineral Society Class Information](#)

See John in the front office for class openings and details for jewelry and stained glass information.