

# September '23 FiftyForward Donelson Station Program Calendar

Please read the program information pages to learn more about the calendar listings. **Events with an asterisk\* require registration.**

To register, please use the Membership Portal: <https://fiftyforward.org/member/#myaccount>.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Coming Soon! Walking Club at Ravenwood Park	<b>METRO Health COVID Vaccinations will be held on September 13, from 11a-2p.</b>		1  9a Stretch & Balance 9-11a Ukulele Group 10a-2:30p Bridge 11a Sing-a-Long Choir 2p BINGO*	2
3	4 FiftyForward Centers & Offices CLOSED for Labor Day	5 8:15a Strength Training 9a Conversational French* 10a <b>Bingocize Starts*</b> 10a-2:30p Bridge 11a Arthritis Chair Exercise 12:15p Zumba 1:30p Texas Hold'em	6 9a Gentle Yoga w/ Jan 9:45a <b>The Mint Casino Trip*</b> 10a Canasta/Hand & Foot 10a Relaxation with Traci 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p Pilates 12-2p Blood Pressure Checks 12:30-2:30 <b>TECH HELP is Back!</b> 1:00p American Mah Jongg 1:30p Brain Games 1:30p Tai Chi 2p BINGO*	7 8:15a Strength Training 9a Cornhole Club 10a <b>Bingocize Week 1*</b> 10:30a-12p Mah Jongg 11a <b>Meet n Eat*</b> 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Zumba 1:15p Qi Gong 1p Tech Help with Bobbye* 1:15p Rummikub	8 9-11a Ukulele Group 10a-2:30p Bridge 9:30a <b>Canoeing at Long Hunter State Park*</b> 11a Sing-a-Long Choir 1p Line Dancing 2p BINGO*	9
10	11 9a Chess Club 9a <b>Spanish I Starts</b> 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a <b>Program Committee</b> 11a Beginner Strength Training 12p Pilates 1p <b>Mexican Train Dominoes</b>	12 8:15a Strength Training 9a Conversational French* 10a <b>Bingocize Week 2*</b> 10a Camera/Computer Club 10a-2:30p Bridge 10a <b>Spanish II Starts</b> 11a Travel Tuesday 11a <b>Beginning Spanish Starts</b> 11a Arthritis Chair Exercise 12:15p Zumba 12:30-1:30p <b>Eat Well Feel Well Series *</b> 1:30p Texas Hold'em 2p <b>Super BINGO</b>	13 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Guided Meditation 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10:30a-12p <b>Free Hearing Test*</b> 10:30a <b>Mystery Lunch*</b> 11a Beginner Strength Training 12p Pilates 12-2p Blood Pressure Checks 12:30-2:30 <b>TECH HELP</b> 1:00p American Mah Jongg 1:30p Brain Games 1:30p Tai Chi 2p BINGO*	14 8:15a Strength Training 9a Cornhole Club 10a <b>Bingocize Week 2*</b> 10:30a-12p Mah Jongg 11a-12:30p <b>CenterWell Hello for Nurse Practitioner &amp; Grand Opening Invitation</b> 11a <b>Red Hat Honeys</b> 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Zumba 1:15p Qi Gong 1p Tech Help with Bobbye* 1:15p Rummikub	15 9a Stretch & Balance 9-11a Ukulele Group 10a-12p <b>How to Slow Down Aging Option 1*</b> 10a-2:30p Bridge 10a <b>Fitness Equipment Orientation*</b> 11a Sing-a-Long Choir 2p BINGO*	16
17	18 9a <b>Fishing 101 with TWRA*</b> 9a Chess Club 9a <b>Spanish I</b> 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10a <b>Help &amp; Healing Group</b> 11a Beginner Strength Training 12p Pilates 1p <b>Mexican Train Dominoes</b>	19 8:15a Strength Training 9a Conversational French* 10a <b>Bingocize Week 3*</b> 10a-2:30p Bridge 9:30-11:30a <b>Congressional Constituent Services Mobile Office</b> 10a <b>Spanish II</b> 11a <b>Beginning Spanish</b> 11a Arthritis Chair Exercise 12:15p Zumba 1:30p Texas Hold'em	20 9a Gentle Yoga w/ Jan 9a <b>Croquet on the Lawn</b> 10a Canasta/Hand & Foot 10a Relaxation with Traci 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p Pilates 12-2p Blood Pressure Checks 12:30-2:30 <b>TECH HELP</b> 1:00p American Mah Jongg 1:30p Brain Games 1:30p Tai Chi 2p BINGO*	21 8:15a Strength Training 9a Cornhole Club 9:30a <b>Train Museum &amp; Iron Horse 576 Tour*</b> 10a <b>Bingocize Week 3*</b> 10:30a-12p Mah Jongg 11a <b>Advisory Council</b> 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Zumba 1:15p Qi Gong 1p Tech Help with Bobbye* 1:15p Rummikub 5p <b>Supper Club*</b>	22 9a-1p <b>Community Mar- ket Fridays: "Hot Deals and Smokin' Grillz" with Richard Trest musical performance</b> 9-11a Ukulele Group 10a-2:30p Bridge 11a Sing-a-Long Choir 1p Line Dancing 2p BINGO*	23 10a Bible Study  10a MTGMS Class Registration for Oct-Nov
24	25 9a Chess Club 9a <b>Spanish I</b> 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10:30a <b>Book Club selection: "Wish You Were Here" - by Jodi Picoult</b> 11a Beginner Strength Training 12p Pilates 1p <b>Mexican Train Dominoes</b>	26 8:15a Strength Training 9a Conversational French* 10a <b>Bingocize Week 4*</b> 10a-2:30p Bridge 10a <b>Spanish II</b> 11a <b>Beginning Spanish</b> 10:30a <b>Lunch Bunch*</b> 11a Arthritis Chair Exercise 12:15p Zumba 12:30-1:30p <b>Eat Well Feel Well Series*</b> 1:30p Texas Hold'em	27 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Guided Meditation 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p Pilates 12-2p Blood Pressure Checks 12:30-2:30 <b>TECH HELP</b> 1:00p American Mah Jongg 1:30p Brain Games 1:30p Tai Chi 2p BINGO*	28 8:15a Strength Training 9a Cornhole Club 11a <b>Downtown Ride n Roll Bus to/Train from Version*</b> 10a <b>Bingocize Week 4*</b> 10:30a-12p Mah Jongg 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Zumba 1:15p Qi Gong 1p Tech Help with Bobbye* 1:15p Rummikub	29 9a Stretch & Balance 9-11a Ukulele Group 10a-12p <b>How to Slow Down Aging Option 2*</b> 10a-2:30p Bridge 11a Sing-a-Long Choir 2p BINGO*	30



If you are interested in participating in any program virtually, please ask.



Denotes member-led program

## RECURRING CLASSES, ACTIVITIES, & GROUPS:

**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 (Aug 2-Oct 4) \$25. *Session requires 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.

**Beginning Spanish** 10-week series with Alicia starts September 12 at 11a. Lessons are for members who have not previously taken Spanish. *Registration is required.*

**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!*

**Bingocize Tuesdays & Thursdays, 10a** Melissa will be leading this new class series developed by WKU to integrate exercise, health education, and Bingo. *The class series is limited and registration is required. Participants must commit to the full 10-week program.*

**Book Club Monday, September 25, 10:30a** Book title for discussion is "Wish You Were Here" by Jodi Picoult. Different book and leader monthly. Open to all— read the book and share your thoughts.

**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 skills; lunch break mid-way.

**Camera/Computer Club Tuesday, September 12, 10a** Improve photographic knowledge and appreciation. All levels are welcome.

**Canasta/Hand & Foot Wednesday, 10a-1p** Canasta— members are playing a version more like Hand & Foot.

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

**Chess Club Mondays, 9a-11a**, Partner with members who would like to challenge one another. Feel free to bring a chess set.

**Conversational French Tuesdays, 9a-10a**, 10-week (Aug 1-Oct 3) introductory class on speaking and holding a conversation in French. We welcome instructor, Josette, to our list of program volunteers!

**Cornhole Club Thursdays, 9a** Join this club to learn, practice bag tossing and gain game knowledge. All skill levels; no partner needed.

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

**Fitness Equipment Orientation Friday, September 15, 10a** Be proficient with and ask questions about the equipment in the Circuit Fitness Room. Led by certified personal trainer, Jason Cronan.

**Gentle Yoga with Jan Mondays & Wednesdays, 9a** 30-45 minute class led by certified 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 On break; see Traci for return date.** Music knowledge is a plus, but all are welcome!

**Hearing Test Wednesday, September 13, 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 Every 3rd Monday, 10a** Life has ups and downs. Join this safe and encouraging "help and healing" life group led by therapist, Jeff Gregg.

**Line Dancing Every 2nd and 4th Friday, 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, 1:00-3:00p Mah Jongg - Hong Kong Thursdays, 10:30a-12p** Mah Jongg styles: American uses an issued card for hands. Hong Kong players make a hand of 4 groups of 3 and a pair. Join a Mah Jongg group to play this tile-based game.

**Meditation (Guided) Wednesday, September 13 and 27, 10a** Join members wishing to share time to relax, seek calm and inner quiet, through guided meditational awareness and focus.

**Mexican Train Dominoes Mondays, 1p** Come play and learn with members enjoying this new program offering.

**Pilates Mondays and Wednesdays, 12p**, Using body weight, Kris will guide you through movements that trim the waist, lubricate the spine, hips, shoulders, and sculpt muscles.

**Qi Gong Thursdays, 1:15p** Cyndi Clark teaches this class that uses flowing movements to help you increase your strength and balance.

**Red Hat Honeys September 14, 11a** Donelson Station's own Red Hat Society chapter; *meeting this month at Monell's*. New faces are encouraged to join. Ask Traci for more information.

**Relaxation with Traci Wednesday, September 6 & 20, 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!

**Spanish I & II** New 10-week sessions start- Sept.11 at 9a for Spanish I and Sept.12 at 10am for Spanish II. *Registration is required.*

**Stretch & Balance NEW! Every other Friday, 9a**

Taught by Traci, participants may sit and stand during 45-minutes of easy exercises focusing on stretching, toning, and balancing.

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

**Tai Chi Wednesdays, 1:30p** Taught by Master Bruce Linville, this Tai Chi Chuan (Grand Ultimate Boxing) class provides an understanding of martial arts history with methods of self-defense and self-cultivation. Bruce- Hall of Famer for Tai Chi weaponry & 2016 National Champion.

**Tech Help Wednesdays 12:30-2:30p** Local college students offer free tech support on all types of personal tech devices. *Please register.*

**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 Tuesday September 12, 11a** Premier World Discovery presents Nova Scotia and the Canadian Maritimes 2024 overview.

**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 PROGRAMS & EVENTS

### Eat Well, Feel Well Series Tuesdays, September 12 & 26; 12:30-1:30p

New program with Cheryl provided by TSU SNAP-Education. Topics presented will cover nutrition, physical activity, and food safety especially for those with limited resources. Registration desired for Cheryl to do pre-planning for each class.

### SUPER BINGO Tuesday, September 12, 2p

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

### COVID Vaccinations Wednesday, September 13, 11a-2p

The Metro Nashville Health Department STRIKE Team will be providing COVID vaccinations for members and the public. NOTE: This is the existing Pfizer covalent booster.

### CenterWell Hello with Nurse Practitioner & Grand Opening Special Invitation Thursday, September 14, 11a-12:30p

Meet clinical staff, enjoy a healthy snack, and ask questions about one of our new community partners, CenterWell Senior Primary Care at Hermitage. Their Grand Opening Party at 444B Lebanon Pike is scheduled for Tuesday, September 26.

### "How to Slow Down Aging" 2 Interactive Options Friday, September 15 or 29, 10a-12p, Receive a \$40 Gift Card for Participating

Cathy Maxwell is a FiftyForward member and researcher at Vanderbilt. She is working on how mitochondria fitness helps us maintain strength and energy as we age. Watch instructive documentation and provide feedback for Cathy in this interesting study. Please register; 12 participants max per each session option.

### Congressional Constituent Services Mobile Office Tuesday, September 19, 9:30-11:30a

US Congressional District TN05 will have a field representative at our location the third Tuesday of each month. This is your opportunity to meet with a caseworker to ask a question or get help resolving a specific personal issue with a federal agency (IRS, VA, SSA, Medicare, Passports, etc.). Please email Kristen.Topping@mail.house.gov to set up an appointment (preferred) or drop in to the office hours.

### Tech Help on Wednesdays Returns! Every Wednesday 12:30-2:30p

Our local college students are coming back to provide assistance with questions about your technical devices. They did this last school year and members were so appreciative of their help, patience, and knowledge. Please register for 30-minute time slots.

### Donelson Station Community Market Friday, September 22, 9a-1p

"Hot Deals & Smokin' Grillz" 4th Friday Outdoor Market Day- Shop the Bargain Basement, community vendors, enjoy grilling with the Donelson Café, and listen to live music 11:30-12:30 provided by member and cornhole player, Richard Trest.

### New Member Orientation Every other month; next one October 23

Welcome to FiftyForward! An introduction to Donelson Station, how to sign up for programs and trips, and ways to be connected. After the presentation, join the group for a lunch outing (TBD).

### Travel with Us!

Premier World Discovery & See America Tour has information on display for 2024 trips. Motorcoach tours include Yellowstone & California, a Hawaiian Cruise, Christmas in New York, The Ark & Creation Museum, and more. Air tours include Australia & New Zealand, Nova Scotia & Prince Edward Island, Great Britain, Venice, New England, and a Christmas River Cruise on the Danube.

## TRIPS (Registration Required)

### FOODIES:

#### Meet and Eat Thursday, September 7, 11a Cost: Lunch

Supporting a local restaurant monthly: Meet at **Nectar Cantina** (206 McGavock Pike, 37214) to eat and visit with other members. Menu located at nectarcantina.com. Although you drive, please register so we can give the restaurant a head count and heads up.

#### Mystery Lunch Wednesday, September 13, 10:30a Cost: \$10 + Lunch

Where are we going this month? Menu is American and the atmosphere is laid back. Expect food and fun at this location. Bring a little extra money to play.

#### Supper Club Thursday, September 21, 5p Cost: \$10 + Dinner

Volunteer, Amanda, is taking the Supper Club to **Moby Dicky's** in Hendersonville on the lake. Menu on Facebook page @mobydicky's.

#### Lunch Bunch Tuesday, September 26, 10:30a Cost: \$10 + Lunch

This month's group is headed to **Thistle Farms Café and Shop**. For 25 years, Thistle Farms' mission has been to help women survivors of trafficking, prostitution, and addiction. Café menu can be found at thecafeatthistlefarms.org.

### OUTINGS:

#### The Mint Casino Trip Wednesday, September 6, 9:45a Cost: \$10

Join Mike and members of the J.L. Center for another casino trip. The Mint Gaming Hall Kentucky Downs is in Franklin, KY. Be sure to take money for lunch and any of the games you wish to play. Good luck! For details go to: themintkentuckydowns.com; Limited to 12.

#### Canoeing at Long Hunter Friday, September 8, 9:30a Cost: \$15

The Park Rangers and Boathouse Staff have reserved this last outing before the season ends for our group. Members will be paired per canoe, given a life jacket (or bring your own), and provided instruction on paddling and safety. Couchville Lake is a calm and beautiful waterway; enjoy a relaxing paddle around the lake.

#### Fishing 101 with TWRA Monday, September 18, 9a Cost: \$10

This trip was a big hit in May! Tennessee Wildlife Resource Agency Outreach Program Manager, David Lowrie, will meet us at Couchville Lake again for hands-on fishing education. Whether new to fishing or it's been a while, plan to come enjoy this pastime. Location has a fishing dock and shoreline. Bring: water, hand towel, and a camp chair if you have one. TWRA has supplies. Limited to 12.

#### Tennessee Central Railway Museum & Iron Horse 576 Tour Thursday, September 21, 9:30a Cost: \$10

The museum is part of a volunteer nonprofit "to preserve, restore, interpret, and operate historic railroad equipment to educate guest about America's railroads." Iron Horse #576 is currently being renovated; this is the steam locomotive that was displayed for years at Centennial Park. Although there is no entry fee for the museum, donations are accepted and tax-deductible. We have been invited to come and tour and hear about the 576 restoration.

#### Downtown Ride n Roll Version 2 Thursday, September 28, 11a

We will be taking the bus downtown and returning by the commuter train on this second version of Ride n Roll. Eat at the Assembly Food Hall on 5th and Broadway, create your own *Goo Goo* candy creation on 3rd Avenue, and just stroll along and listen to the lively music the Nashville scene is known for. **Cost: WeGo ticket and money to spend.**

## 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 leave at the stated departure time; please arrive at least 10 minutes prior.

**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, September 11, 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, September 21, 11a**

Join us as we discuss center operations and planning. All members are welcome!

## MID-TENNESSEE Gem & MINERAL SOCIETY

See John in the front office for details on types of jewelry and stained glass classes.

Sign ups for MTGMS October and November classes will be held onsite Saturday, September 23 at 10am.