

# November '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
	<p><b>METRO HEALTH TRADITIONAL FLU SHOTS SCHEDULED FOR November 29th 11am to 2pm</b> (\$10 gift card for flu vaccination &amp; completion of a survey)</p>		<p>1 <b>9a</b> Gentle Yoga w/ Jan  <b>9:45a Mystery Lunch*</b>            10a Canasta/Hand &amp; Foot            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 Trivia Teasers            1:30p Tai Chi            2p BINGO*</p>	<p>2 <b>8:15a</b> Strength Training            8:30a Walk in the Park            10a Bingocize*            10:30a-12p Mah Jongg  <b>11a-1p Grumpy Ole Baggers Annual Awards Luncheon</b>            11a Arthritis Chair Exercise            12p Crafty Corner            12:15p Zumba            1:15p Qi Gong            1p Tech Help with Bobbye*            1:15p Rummikub            1:30 Improv w/Unscripted*</p>	<p>3            9-11a Ukulele Group            10a-2:30p Bridge            11a Sing-a-Long Choir            11a-1p POMS Squad            2p BINGO*</p>	4
5	<p>6            9a Spanish I*            9a Gentle Yoga w/ Jan  <b>9:30a Tanger Outlets &amp; Murals Trip*</b>            10a Lo-Impact Aerobics            10a Beginning French*            11a Conversational French I*  <b>11a Program Committee</b>            11a Beginner Strength Training            12p Pilates            1p Chess Club</p>	<p>7 <b>8:15a</b> Strength Training            8:30a Walk in the Park            9a Hand Chime Choir            10a Bingocize*            10a-2:30p Bridge            10a Spanish II*            11a Beginning Spanish*  <b>11a Travel Tuesday- Adam</b>  <b>11a Meet n Eat*</b>            11a Arthritis Chair Exercise            12:15p Zumba  <b>12:30-1:30p Eat Well Feel Well Series*</b>            1:30p Texas Hold'em*</p>	<p>8 <b>9a</b> Gentle Yoga w/ Jan            10a Canasta/Hand &amp; Foot            10a Lo-Impact Aerobics  <b>10a UPLIFT for Ladies (Traci)</b>            10a-12p Art Workshop*  <b>10:30a-12p Free Hearing Test*</b>            11a Beginner Strength Training            12p Pilates            12-2p Blood Pressure Checks  <b>12:30-2:30 TECH HELP*</b>            1:00p American Mah Jongg            1:30p Trivia Teasers            1:30p Tai Chi            2p BINGO*</p>	<p>9 <b>8:15a</b> Strength Training            8:30a Walk in the Park  <b>9:15a Oak Grove Casino*</b>            10a Bingocize*            10:30a-12p Mah Jongg  <b>11a Red Hat Honey's</b>            11a Arthritis Chair Exercise            12p Crafty Corner            12:15p Zumba            1:15p Qi Gong            1p Tech Help with Bobbye*            1:15p Rummikub            1:30 Improv w/Unscripted*</p>	<p>10            9a Stretch &amp; Balance            9-11a Ukulele Group            10a-2:30p Bridge            10a Sing-a-Long Choir Performs at McKendree  <b>11a-1p POMS Squad 11:30a "An Honor to Veterans" Luncheon* bring an honored guest</b>            1p Line Dancing            2p BINGO*</p>	11 Veterans Day
12	<p>13            9a Gentle Yoga w/ Jan            10a Lo-Impact Aerobics            10a Beginning French*            11a Conversational French I*            11a Beginner Strength Training  <b>12p Cancer Risk Factors presented by Vanderbilt*</b>            12p Pilates            1p Mexican Train Dominoes  <b>2p Jeopardy: Holiday Version w/Pope Prep Students</b></p>	<p>14 <b>8:15a</b> Strength Training            8:30a Walk in the Park  <b>9a Dolly Parton &amp; The Makers*</b>            9a Hand Chime Choir            10a-2:30p Bridge            10a Camera/Computer Club (earlier date d/t holiday)            11a Arthritis Chair Exercise            12:15p Zumba            1:30p Texas Hold'em*            2p Super BINGO*</p>	<p>15 <b>9a</b> Gentle Yoga w/ Jan  <b>9a Croquet on the Lawn*</b>            10a Canasta/Hand &amp; Foot            10a Lo-Impact Aerobics            10a-12p Art Workshop*            11a Beginner Strength Training            12p Pilates            12-2p Blood Pressure Checks  <b>12:30-2:30 TECH HELP*</b>            1:00p American Mah Jongg            1:30p Trivia Teasers            1:30p Tai Chi            2p BINGO*</p>	<p>16 <b>8:15a</b> Strength Training            8:30a Walk in the Park            10:30a-12p Mah Jongg  <b>11a 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            1:30 Improv w/Unscripted*  <b>5p Supper Club*</b></p>	<p>17            9-11a Ukulele Group            10a-2:30p Bridge            10a Fitness Equipment Orientation*            11a Sing-a-Long Choir            11a-1p POMS Squad            1p English Country Dancing Lessons Intro II*            2p BINGO*  <b>4p Holiday Market at the Mansion Meet Up*</b></p>	18
19	<p>20            9a Gentle Yoga w/ Jan            10a Lo-Impact Aerobics            10a Help &amp; Healing Group            10a Beginning French*            11a Conversational French I*  <b>10:30a Lunch Bunch*</b>            11a Beginner Strength Training            12p Pilates</p>	<p>21 <b>8:15a</b> Strength Training            8:30a Walk in the Park            9a Hand Chime Choir  <b>9:30-11:30a Congressional Constituent Svcs Mobile Office*</b>            10a-2:30p Bridge            11a Arthritis Chair Exercise            12:15p Zumba  <b>12:30-1:30p Eat Well Feel Well Series*</b>            1:30p Texas Hold'em*</p>	<p>22 <b>9a</b> Gentle Yoga w/ Jan            10a Canasta/Hand &amp; Foot            10a Guided Meditation            10a Lo-Impact Aerobics            10a-12p Art Workshop*            11a Beginner Strength Training            12p Pilates            12-2p Blood Pressure Checks            1:00p American Mah Jongg            1:30p Trivia Teasers            1:30p Tai Chi            2p BINGO*</p>	<p>23            FiftyForward Centers &amp; Offices Closed for Thanksgiving</p>	<p>24            FiftyForward Centers &amp; Offices Closed for Thanksgiving</p>	25 10a Bible Study
26	<p>27 <b>9a</b> Gentle Yoga w/ Jan            10a Lo-Impact Aerobics            10a Beginning French*            11a Conversational French I*  <b>10:30a Book Club selection: "Beneath the Scarlet Sky" by Mark Sullivan</b>            11a Beginner Strength Training            12p Pilates  <b>1p American Sign Language Class 2 w/ Bridges*</b></p>	<p>28 <b>8:15a</b> Strength Training            8:30a Walk in the Park            9a Hand Chime Choir            10a-2:30p Bridge  <b>10:00-11:30a Congressional Constituent Outreach Walk-up</b>            11a Arthritis Chair Exercise  <b>11a Travel Tuesday-Jennifer</b>            12:15p Zumba  <b>1p Organizing101*</b>            1:30p Texas Hold'em*</p>	<p>29 <b>8:30a Country Music Hall of Fame "String City: Tradition of Music and Puppetry"*</b>  <b>9a</b> Gentle Yoga w/ Jan            10a Canasta/Hand &amp; Foot            10a Lo-Impact Aerobics            10a-12p Art Workshop*            11a Beginner Strength Training            12p Pilates            12-2p Blood Pressure Checks  <b>12:30-2:30 TECH HELP*</b>            1:00p American Mah Jongg            1:30p Trivia Teasers            1:30p Tai Chi            2p BINGO*</p>	<p>30 <b>8:15a</b> Strength Training            8:30a Walk in the Park            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            1:30 Improv w/Unscripted*</p>		



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



“ML” 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 (Oct 11-Dec 20) \$25. **Registration required. ML**

**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. **ML**

**Beginning French Mondays, 10a** 10-week series with Josette (Nov-Jan) Lessons are for members who have not previously taken French. **Registration required. ML**

**Beginning Spanish Tuesdays, 11a** 10-week series with Alicia (Sept-Nov) Lessons are for members who have not previously taken Spanish. **New classes to start in 2024. ML**

**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 is wrapping up this class series developed by WKU to integrate exercise, health education, and Bingo. **A new 10-week series will start after the new year.**

**Blood Pressure Checks Wednesdays, 12-2p** Free checks by our member volunteer, Jan. **ML**

**Book Club Monday, November 27, 10:30a** Book title for discussion is listed on the calendar; a different book and leader monthly. Open to all— read the listed book and share your thoughts. **ML**

**Bridge Tuesdays and Fridays, 10a-2:30p** The most popular card game since the 1930s. Practice your skills; lunch break mid-way. **ML**

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

**Canasta/Hand & Foot Wednesdays, 10a-1p** Members are playing a version of Hand & Foot. **ML**

**Cardio Fitness Room Monday-Friday, 8:30a to 3:30p** Assistance with equipment available; fitness room orientation on 3rd Fridays at 10a.

**Chess Club Monday, November 6, 1p,** Partner with members who would like to challenge one another. Chess sets available. **ML**

**Conversational French I Mondays, 11a** Speaking beyond basics; for members who have a little French knowledge and need practice conversing. Taught by Josette. **Registration required. ML**

**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. **ML**

**Croquet on the Lawn Wednesday, November 15, 9a** We have the mallets, balls, wickets... bring yourself and competitive spirit. Instruction available— played in the “backyard”.

**Fitness Equipment Orientation Friday, November 17, 10a** Become proficient with the equipment in the Cardio Fitness Room. Led by certified personal trainer, Jason Cronan. **Registration required.**

**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** A new season of practice and performance. Music knowledge is a plus, but all are welcome! **ML**

**Hearing Test Every 2nd Wednesday, 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. ML**

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

**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. **ML**

**Meditation (Guided) Wednesday, November 22, 10a** Share time in relaxation through guided meditational awareness and focus.

**Mexican Train Dominoes Monday, November 13, 1p** Come play and learn with members enjoying this activity using domino tiles. **ML**

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

**POMS Squad Fridays, 11a-1p,** POMS is the only 50+ cheer and dance squad in the Nashville area. 11a to noon is for those wanting to help lead new choreography. 12p-1p is squad practice time. **ML**

**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 November 9, 11a** Donelson Station’s own Red Hat Society chapter; **meeting onsite.** New faces are encouraged! **ML**

**Rummikub Thursdays, 1:15p** Play this popular tile game based on runs and sets similar to the card version of Rummy. **ML**

**Sing-a-Long Choir Fridays, 11a-12p** Sing-a-long to classic songs and familiar melodies. Led by Margaret Jones. All voices are welcome! See calendar for singing in the community dates/times. **ML**

**Spanish I & II** 10-week sessions started in Sept.– Mon. 9a for Spanish I, Tues. 10am for Spanish II. **New classes to start in 2024. ML**

**Stretch & Balance Every other Friday, 9a** Taught by Traci, participants 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** Master Bruce Linville (Hall of Famer for Tai Chi weaponry & National Champion) teaches Tai Chi Chuan (Grand Ultimate Boxing) providing an understanding of martial arts history with methods of self-defense and self-cultivation.

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

**Tech Help with Bobbye Thursdays, 1p and 2p** Sign up for one-on-one phone, computer, and tablet help. **Registration required. ML**

**Texas Hold'em Tuesdays, 1:30p** The most played version of all poker card games. “Try your hand’ with other players. **Register to play. ML**

**Travel Tuesday November 7 and 28, 11a** See America Tour will be onsite the 7th to answer questions. Premier World Discovery is here the 28th to present info on England, Scotland, and Wales.

**Trivia Teasers Wednesdays, 1:30p** Test your mind and recall of various fun and interesting information with other members. **ML**

**Ukulele Group Fridays, 9-11a** Learn how to play the ukulele! Beginner lessons 9-10a; intermediate group meets 10-11a. Bring your own ukulele. (you may borrow one from the public library to try)

**UPLIFT for Ladies with Traci Wednesday, November 8, 10a** A unique “support group” for women covering a multitude of uplifting topics.

**Walk in the Park Tuesdays and Thursdays, 8:30a** Walkers meet at Ravenwood Park (Central Pike and Lebanon Road) to improve walking endurance. Watch the weather— cancelled if bad weather. **ML**

**Zumba Tuesdays and Thursdays, 12:15p** Cardio fitness by Melissa that combines Latin and international music with dance moves. **ML**

## SPECIAL PROGRAMS & EVENTS

**Tech Help on Wednesdays and Thursdays** Every Wednesday 12:30-2:30p (school break Nov 22-Jan 3) and Thursday 1-3p

Local college students provide assistance with questions about your technical devices and tech/media programs on Wednesdays. Member, Bobbye, works one-on-one in an hour session for members with personal technology needs. **Please register session time with John or Traci.**

**IMPROV Classes with “Unscripted” Non-Profit Organization**  
Thursdays, November 2– December 21, 1:30-3p, Cost: FREE

Donelson Station has been chosen as a grant location with “Unscripted” for FREE Improv classes. Improv=unscripted theater (usually comedic) Learn all the basics of creating scenes and characters. No experience is needed– you don’t even have to be funny! Wear comfy clothes and be ready to have fun. For more information about local improv go to: [unscriptedimprov.org](http://unscriptedimprov.org). **Registration required.**

**POMS Squad** Fridays, 11a Leader and Choreography meeting, 12-1p  
**POMS Practice time**

NEW group! Donelson Station POMS is the only 50+ cheer and dance squad in the Nashville area. All levels– no experience needed– just bring your smiles and enthusiasm! The POMS plan to march (or ride) in the local parade as their first public appearance. A big thanks to Pat Kellogg for leading this group!

**Annual Grumpy Ole Baggers Cornhole Club Championship Tournament and Awards Luncheon** Thursday, November 2, 11a-1p

Spectators welcome and encouraged! The club is holding their single elimination tournament inside the café. They will hold their awards luncheon while determining the 2023 club champion.

**Travel with Us! Onsite Travel Q & A** Tuesday, November 7 & 28, 11a

See America Tour (Adam here the 7th) and Premier World Discovery (Jennifer here the 28th) 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.

**Eat Well, Feel Well Series** Tuesdays, November 7 & 21; 12:30-1:30p

Multi-week 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.**

**“An Honor to Veterans” Luncheon** Friday, November 10, 11:30a,  
Cost: \$10

For our Center Lunch, we honor our Veterans (Veterans Day is Saturday, November 11) this month. **Please bring an honored guest and register to enjoy lunch and a presentation.**

**Cancer Risk Factors Education** Monday, November 13, 12p

LaNese Campbell is a Health Educator with Vanderbilt-Ingram Cancer Center. She will present on the topic of cancer risk factors and what you need to know. **Please register.**

**Jeopardy: Holiday Version** Monday, November 13, 2p

Our Pope Prep students have a new gameshow for members to play! Come and support their efforts and have fun playing a holiday version of Jeopardy. **Please register to join in the fun.**

**SUPER BINGO** Tuesday, November 14, 2p

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

**English Country Dancing II** Friday, November 17, 1p

Cathy Hollister returns to lead members in lessons on English Country dance movements. If you missed the first session, no worries, come on and enjoy session II. **Please register.**

**Congressional Constituent Services Mobile Office** Tuesday, November 21, 9:30-11:30a

US Congressional District TN05 has a field representative at our location the third Tuesday of each month. Meet with a caseworker for questions or help resolving a specific personal issue with a federal agency (IRS, VA, SSA, Medicare, Passports, etc.). Appointments preferred: email [Kristen.Topping@mail.house.gov](mailto:Kristen.Topping@mail.house.gov) or drop in for assistance.

**Congressional Constituent Outreach Walk-up** Tuesday, November 28, 10:00-11:30a

Ray Render, Deputy District Director from US Representative John Rose’s District TN06 office, will be onsite the fourth Tuesday of each month. Ask questions regarding IRS, VA, SSA, Medicare, Passports, etc. He will be set up in the hallway– no appointment needed.

**New Member Orientation** Due to the holidays, the next orientation will be held in January.

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). Register to attend.

**American Sign Language Class Series** Monday, November 27, 1p

We welcome the Adult Education and Outreach program with *Bridges for the Deaf and Hard of Hearing*. They are presenting a series of sign language classes. Next class will be held on December 11 at 1pm. **Please register for planning purposes.**

**Organizing 101** Tuesday, November 28, 1p

Sara Fort with “Do You Organization” will bring relief and assistance to those who want information on how to organize chaos in your space. Whether it be decluttering the junk drawer (you know we all have one!), to organizing a closet to make room for more stuff (bring on the holiday presents!), come learn how you can maximize and organize space. **Please sign up to attend.**

## CENTER MEETINGS

**Program Committee** Monday, November 6, 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, November 16, 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 the varied jewelry and stained glass classes.

**TRIPS (Registration Required)****FOODIES:****Mystery Lunch Wednesday, November 1, 9:45a Cost: \$10 + Lunch**

Where are we going this month? Take a step back in time... think old fashion "pop" shop. Food options will give you a good feeling.

**Meet and Eat Tuesday, November 7, 11a Cost: Lunch**

Supporting a local restaurant monthly: Meet at **Monell's at the Manor** (1400 Murfreesboro Pike, Nashville 37217) to eat and visit with other members. This location is on the airport expansion plan and will soon disappear from our area's history. Family-style menu is posted daily on their website @monellstn.com/at-the-manor. They do not take reservations, so be prepared for a long wait. Although you drive, please register so we can give the restaurant a heads up.

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

Volunteer, Amanda, is taking the Supper Club to **Puckett's** in Franklin. Menu located at puckettsgro.com.

**Lunch Bunch Monday, November 20, 10:30a Cost: \$10 + Lunch**

This month's group is headed to **Sammy B's**. The original restaurant was located on Music Row. The current location is on the old Castle Heights Campus in Lebanon. Lunch specials are posted in social media each day @Sammy B's Restaurant. Check out sammybscatering.com to see yummy food and beautiful restaurant photos.

**OUTINGS:****Tanger Outlets & Murals Trip Monday, November 6, 9:30a Cost: \$10**

The Nashville area has a new outlet retail center and new picture-worthy murals at the Antioch Tanger Outlets. When the artwork is completed, there will be 13 on-site murals showcased that "reflect the spirit and culture of Nashville". Bring money for lunch and shopping and wear comfortable shoes for walking. For more info: tanger.com/nashville

**Oak Grove Casino Thursday, November 9, 9:15a Cost: \$10**

The last casino trip for 2023! We are partnering with Madison Station for this outing. Mike will be taking the big bus, so seating will be limited to 12 for each center. Oak Grove is just over the Kentucky line. Register for a seat and the chance to win BIG. Take money for lunch and play. Bus return time is 2:15p. To learn more go to: oakgrovegaming.com

**Dolly Parton & The Makers Tuesday, November 14, 9a Cost: \$40**

Lipscomb University's renowned fashion and design school presents "Dolly Parton and the Makers: My Life in Rhinestones" exhibit at the gallery in Beaman Library. Dolly's head seamstress is a visiting lecturer at the school and curated dozens of her outfits for this event. The tour is 45-minutes and visitors will learn about the creative process, unique techniques, and endless hours it takes for producing Dolly's treasured looks. The exhibit is a physical interpretation of her new book, "Behind the Seams: My Life in Rhinestones". Limited tickets.

**Holiday Market at the Mansion Meet Up Friday, November 17, 4p Cost: \$5 parking donation (or \$10 a car)**

This is the 4th Annual Holiday Market at the Mansion. Shop local artisans and vendors, tour Two Rivers Mansion (\$5), food trucks will be onsite, and live entertainment. Meet at the event at 4p (3130 McGavock Pike) to join FiftyForward friends wishing to gather together and enjoy the festivities.

**Country Music Hall of Fame "String City: Tradition of Music and Puppetry" Show and Tour Wednesday, November 29, 8:30a Cost: \$20**

"String City" is a lively and entertaining "circle" through the history of country music using marionettes, rod puppetry, shadow/animation puppetry, and more. The limited scheduled event (in it's 10th Anniversary run) is a collaboration of the Country Music Hall of Fame and Nashville Public Library's Wishing Chair Productions. After the show, members will have time to tour the museum and exhibits. The self-guided tour takes about 90 minutes.

**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.**

**Members,**

**Please see Traci with ideas for 2024 or write down trip and class suggestions and drop into the mail slot in the lobby. The Program Committee is compiling a list of outings, special events, restaurant locations, and destinations for future center calendars.**

**We love to hear your input!**