

February '24 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
				1 8:15a Strength Training 8:30a Walk and Talk 10a Bingocize* 10:30a-12p Mah Jongg 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Zumba 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1:30 Improv w/Unscripted*	2 9a Stretch & Balance 9-11a Ukulele Group 10a Rhythm Makers* 10a-2:30p Bridge 11a Sing-a-Long Choir 12p POMS Team Practice 2p BINGO*	3
4	5 9a Gentle Yoga w/ Jan 9a Spanish I* 10a Lo-Impact Aerobics 10-11:30a Digital Artmaking w/ Frist Art Museum* 11a Program Committee 11a Beginner Strength Training 12p No Pilates today; Kris out 1p Chess Club 2p Group Game	6 8:15a Strength Training 8:30a Walk and Talk at Opry Mills Mall (see description) 10a Bingocize* 10a-2:30p Bridge 10a Spanish II* 10:30a Lunch Bunch & BJs Trip* 11a Beginning Spanish* 11a Arthritis Chair Exercise 11a Travel Tuesday with Adam 12:15p Zumba 12:30 TSU "Healthy Cent\$"* 1:30p Texas Hold'em*	7 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a UPLIFT for Ladies (Traci) 10a-12p Art Workshop* 11a Beginner Strength Training 12p Pilates 12-2p Blood Pressure Checks 12:30-3:30 Tech Help* 1:00p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO*	8 8:15a Strength Training 8:30a Walk and Talk at Opry Mills Mall (see description) 10a Bingocize* 10:30a-12p Mah Jongg 11a Arthritis Chair Exercise 11a Red Hat Honeys 12p Crafty Corner 12:15p Zumba 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1:30 Improv w/Unscripted*	9 9a Stretch & Balance 9-11a Ukulele Group 10a Rhythm Makers* 10a-2:30p Bridge 11a Sing-a-Long Choir 11a "Year of the Dragon" Lunch & Performance* 12p POMS Team Practice 1p Line Dancing 2p BINGO*	10
11	12 9a Gentle Yoga w/ Jan 9a Spanish I* 10a Lo-Impact Aerobics 10-11:30a Digital Artmaking w/ Frist Art Museum* 11a Beginner Strength Training 12p Pilates 2p Group Game	13 8:15a Strength Training 8:30a Walk and Talk at Opry Mills Mall (see description) 10a Bingocize* 10a-2:30p Bridge 10a Spanish II* 11a Beginning Spanish* 11a Arthritis Chair Exercise 12:15p Zumba 12:30 TSU "Healthy Cent\$"* Program w/Cheryl 1:30p Texas Hold'em*	14 9a Gentle Yoga w/ Jan 10a Anxiety & Burnout Program* 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10:30a-12p Free Hearing Test* 11:30a Valentine's Day Lunch & Dance w/Silver Notes Band* 11a Beginner Strength Training 12p Pilates 12-2p Blood Pressure Checks 12:30-3:30 Tech Help* 1:00p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO*	15 8:15a Strength Training 8:30a Walk and Talk at Opry Mills Mall (see description) 10a Bingocize* 10:30a-12p Mah Jongg 11a Advisory Council 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Zumba 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1:30 Improv w/Unscripted* 5p Supper Club*	16 9a Stretch & Balance 9-11a Ukulele Group 10a Rhythm Makers* 10a-2:30p Bridge 10a Fitness Equipment Orientation 11a Sing-a-Long Choir 12p POMS Team Practice 2p BINGO*	17
18 1:45p Lake-wood Theatre Trip*	19 9a Gentle Yoga w/ Jan 9a Spanish I* 10a Lo-Impact Aerobics 10a Help & Healing Group 10-11:30a Digital Artmaking w/ Frist Art Museum* 11a Beginner Strength Training 12p Pilates 2p Group Game	20 8:15a Strength Training 8:30a Walk and Talk at Opry Mills 9:30-11:30a Congressional Constituent Svcs Mobile Office* 10a Bingocize* 10a-2:30p Bridge 10a Spanish II* 10a Camera/Computer Club 11a Beginning Spanish* 11a Arthritis Chair Exercise 11a Travel Tuesday w/Jennifer 12:15p Zumba 12:30 TSU "Healthy Cent\$" 1:30p Texas Hold'em* 2:00p Super BINGO*	21 9a Gentle Yoga w/ Jan 9:30a Nashville Library visit and tour of Civil Rights Room* 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p Pilates 12-2p Blood Pressure Checks 12:30-3:30 Tech Help* 1:00p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO*	22 8:15a Strength Training 8:30a Walk and Talk at Opry Mills Mall (see description) 10a Bingocize* 10:30a-12p Mah Jongg 11a MeetnEat* 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Zumba 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1:30 Improv w/Unscripted*	23 9a Stretch & Balance 9-11a Ukulele Group 10a Rhythm Makers* 10a-2:30p Bridge 11a Sing-a-Long Choir 11a MeetnEat II* 12p POMS Team Practice 1p Line Dancing 2p BINGO*	24 10a Bible Study
25	26 9a Gentle Yoga w/ Jan 9a Spanish I* 10a Lo-Impact Aerobics 10:30a Lunch Bunch Redo (rescheduled from January)* 10:30a Book Club: "The Extraordinary Life of Sam Hell" by Robert Dugoni 10-11:30a Digital Artmaking w/ Frist Art Museum* 11a Beginner Strength Training 12p Pilates 2p Group Game	27 8:15a Strength Training 8:30a Walk and Talk at Opry Mills Mall (see description) 10a Bingocize* 10a-2:30p Bridge 10a Spanish II* 11a Beginning Spanish* 10:00-11:30a Congressional Constituent Outreach Walk-up 11a Arthritis Chair Exercise 11a Mystery Lunch* 12:15p Zumba 12:30 TSU "Healthy Cent\$" 1:30p Texas Hold'em*	28 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p Pilates 12-2p Blood Pressure Checks 12:30-3:30 Tech Help* 1:00p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO*	29 8:15a Strength Training 8:30a Walk and Talk at Opry Mills (see description) 10a Bingocize* 10:30a-12p Mah Jongg 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Zumba 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1:30 Improv w/Unscripted*		



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



“ML” Denotes member-led program

FiftyForward Donelson Station PROGRAM INFORMATION

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 (Jan-new session) \$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 Spanish 10-week series with Alicia; lessons are for members who have not previously taken Spanish. **Session started January 9. Registration is required for class prep. 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 presents the second class series developed by WKU to integrate exercise, nutrition education, and Bingo. **A new 10-week series started January 23; initial registration is required and attendance is for the entire series.**

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

Book Club 4th Monday, 10:30a Open to all– read the monthly book posted 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 Third 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, February 5, 1p, Partner with members who would like to challenge one another. Chess sets available. **ML**

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

Fitness Equipment Orientation Third Friday, 10a Become proficient with the equipment in the Cardio Fitness Room. Led by certified personal trainer, Jason Cronan. **Please register for a limited spot.**

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.

Group Game Mondays, 2p Enjoy playing board games and group games? The rules may or may not be traditional; rules will be determined on the number of participants. **Please register.**

Hand Chime Choir Practice moved to Madison Station Tuesdays 12:30 to 1:30pm. ML

Hearing Test Every 2nd Wednesday, 10:30a to 12p FREE hearing test with HearingLife. **Registration required** for 15-minute sessions; see John or Traci.

Help and Healing 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.” All welcome; **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**

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 Team Fridays, 11a Choreographer meeting only, 12p POMS Team meeting and practice time. POMS is the only 50+ cheer and dance squad in the Nashville area. **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 February 8, 11a Donelson Station’s Red Hat Society chapter. **Meeting onsite** and playing Bingo. New faces welcome! **ML**

Rhythm Makers Fridays, 10a Whether you have rhythm or not, join this low impact exercise and eye-hand coordination group. Early classes will be based on simple drumming and following a beat. Looking forward to growing into a drumming exercise class. **Limited to 12, must register.**

Rummikub Thursdays, 1p 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 pianist Margaret Jones. All voices are welcome! See calendar for singing in the community dates/times. **ML**

Spanish I & II 10-week sessions taught by Alicia. Spanish I classes are for continuing beginning Spanish students, and Spanish II classes are for more fluent speakers who wish to learn more. **New classes started January 8,9. Registration is required for class series. ML**

Stretch & Balance Every Friday, 9a Taught by Traci and class members, participants sit and stand during 45-minutes of easy exercises focusing on stretching, toning, and balancing. **ML**

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, 12:30-3:30 Local young adults offer free tech support on all types of personal tech devices. **Sign up for an allotted time. Walk-ins permissible if time allows.**

Tech Help with Bobbye Thursdays, 1p and 2p Sign up for an hour 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 members. **Players ask that you register to play so they know who and how many is coming. ML**

Travel Tuesday February 6 and 20, 11a

Adam, with See America Tour, will be in-house on the 6th presenting 2024 trips, which includes Sedona, Key West and Amish country. Jennifer, with Premier World Discovery, will be here on the 20th to talk about experiencing England, Scotland & 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, February 7, 10a A unique monthly “support group” for women covering a multitude of uplifting topics.

Walk and Talk Tuesdays and Thursdays, 8:30a Walkers meet at Opry Mills mall (doors open to community walkers between Off Broadway Shoes and Rainforest Cafe). Will return to Ravenwood Park as seasonal weather improves. **ML**

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

FiftyForward Donelson Station PROGRAM INFORMATION

SPECIAL PROGRAMS & EVENTS

Rhythm Makers Fridays, 10a NEW!

Whether you have rhythm or not, join this low impact exercise and eye-hand coordination group. Early classes will be based on simple drumming and following a beat. Looking forward to growing into a drumming exercise class. **Limited to 12, must register.**

Digital Artmaking with the FRIST February 5, 10-11:30a FREE 8-session workshop in partnership with the FRIST Art Museum

Digital Artmaking Workshop is for both members and non-members; participants must commit to the entire 8 weeks. Learn how to create art using supplied iPads. Led by a FRIST teaching artist and includes a visit to the museum, art reception, and participants' artwork displayed in the education corridor of the FRIST. Completion of the workshop will provide participants with personal artwork and a year-long membership to the art museum. **Class is limited to 20; register to be included.**

Travel with Us! Tuesday, February 6 and 20, 11a

Adam, with See America Tour, will be in-house on the 6th presenting 2024 trips, which includes Sedona, Key West and Amish country. Jennifer, with Premier World Discovery, will be here on the 20th to talk about experiencing England, Scotland & Wales. **No registration needed; all interested are invited to attend.**

Healthy Cent\$ TSU Extension Series Tuesdays, 12:30p FREE

8-week curriculum series designed to provide and encourage healthy choices regarding nutrition and food management principles on a limited budget. **Please register so Cheryl can plan accordingly.**

Tech Help on Wednesdays and Thursdays Wednesdays 12:30-3:30p (30-minute session blocks with young adults) and Thursdays 1-3p (an hour one-on-one with Bobbye)

Cell phones, computers, tablets... bring them in! Local college students/young adults provide assistance with questions about your technical devices on Wednesdays. Member, Bobbye, works one-on-one in an hour session for members with personal technology needs on Thursdays. **Please register session time with John or Traci.**

IMPROV Classes with "Unscripted" Non-Profit Organization Ongoing on Thursdays, 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 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. **Please register.**

Year of the Dragon Lunch & Performance Friday, February 9, 11:00a Cost: \$10

Celebrate the "Year of the Dragon" with the Nashville Kung Fu Society. Enjoy a delicious lunch provided by Donelson Café & Catering and then sit back for a celebration of the Chinese New Year featuring the beautiful Dragon Dance and exciting martial arts demonstrations, including our own FiftyForward Tai Chi students. **Registration required.**

Anxiety & Burnout Prevention Steps Wednesday, February 14, 10a Cost: FREE (this is the rescheduled program from January snow day)

"How Long Is Your Fuse? Seven Action Steps to Neutralize Your Anxiety & Prevent A Burnout" presented by Jason Cronan. Jason is our monthly 3rd Friday Fitness Orientation Instructor and a certified personal trainer. **Please register.**

Valentines Day Lunch & Dance with the Silver Notes Band

Wednesday, February 14, 11:30a, COST: \$10

Enjoy a Valentines Day lunch with Donelson Café and then be entertained by the **Silver Notes**, a "unique senior band of musicians with a repertoire of over 200 tunes." LOVE good food, good music, and perhaps a spin around the floor! **Registration needed for lunch count.**

Congressional Constituent Services Mobile Office Tuesday, February 20, 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 or drop in for assistance.

SUPER BINGO Tuesday, February 20, 2p

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

Congressional Constituent Outreach Services Tuesday, February 27, 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 a questions regarding IRS, VA, SSA, Medicare, Passports, etc. He will be set up in the hallway- no appointment needed.

New Member Orientation Every other month; look for the next one in March.

MARK YOUR CALENDARS!... our ANNUAL FASHION SHOW is scheduled for Friday, March the 8th at 2pm. Ladies interested in being a model, please give your name and contact number to Traci. Model interest names must be submitted by Thursday, February 22nd. Clothing to be modeled is sponsored by Chico's in Mt. Juliet.

CENTER MEETINGS

Program Committee Monday, February 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, February 15, 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.

FiftyForward Donelson Station PROGRAM INFORMATION

TRIPS (Registration Required)

Lunch Bunch and BJ's Trip Tuesday, February 6, 10:30a Cost: \$15 + Lunch and Shopping

This Lunch Bunch trip is two-fold. We are headed to Mt. Juliet where you can **choose one of two options for lunch** and then we are planning a stop at the new BJ's. **PDK Southern Kitchen & Pantry or Burger Republic are located next to one another (please specify which restaurant you are interested in for reservations)**. See the two menus at: pdksouthernpantry.com and burgerrepublic.com. After lunch, bring your BJ's member card (or grab a buddy who has one) and take a wander around the new BJ's Wholesale Club in Providence.

Supper Club Thursday, February 15, 5p Cost: \$15 + Dinner

Volunteer, Amanda, is taking the Supper Club to dinner at Fortuna Italian Steakhouse (rescheduled location from January snow day) located at 8100 Highway 100 in Nashville. **Registrants, look over the extensive menu and pricing before your trip.** Fortunanashville.com

Lakewood Theatre Trip Sunday, February 18, 1:45p Cost: \$20

"The Iliad, The Odyssey, and ALL of Greek Mythology in 99 Minutes or Less" production. *On a simple stage, with the clock ticking in front of everyone's eyes, the cast speeds through all of Greek Mythology. Its funny, updated, and made easy to understand. All the silly decisions, the absurd destinies, and the goofy characters are presented lightning-bolt fast with hysterical results as the clock is stopped with only seconds to spare.* A rare Sunday afternoon trip to a local performing arts group in Old Hickory. **Pre-registration required to order limited tickets. Possible dinner stop afterwards depending on attendee wishes.**

Nashville Library Visit & Tour of Civil Rights Room Wednesday, February 21, 9:30a Cost:\$15

Our group will visit the Main Nashville Public Library downtown and get a tour of the Civil Rights Room with one of the Education Specialists on staff. Take a stroll around the library– the architecture, artwork, and courtyard are worth sightseeing. **Register to go.**

Meet and Eat I Thursday, February 22, 11a Cost: Lunch

Supporting a local restaurant monthly: Meet at **Donelson Café (our own Donelson Station partner- Give some love to Kevin and Mark!)** to eat and visit with other members. **All attendees must be registered for the Meet n Eat to join the group's reserved tables.**

Meet and Eat II Friday, February 23, 11a Cost: Lunch

The second monthly Meet and Eat option due to high demand of this activity. Please choose one or the other to participate in to allow for all who wish to go a seat at the table. Meet and Eat II will be located at TennFold at 2408 Lebanon Road. Menu is located at: tenfold.com.

By registration only.

Lunch Bunch Redo Monday, February 26, 10:30a Cost: \$15 + Lunch

This trip is rescheduled from January's snow day. "The Print Shop" is a new restaurant in Smyrna. Go to printshoprestaurant.com to view the menu options. **Registration required to go.**

Mystery Lunch Tuesday, February 27, 10:30a Cost: \$15 + Lunch

Where are we going this month? This restaurant is quaint (meat and 3 variety) and is quoted as saying "nothing brings people together like good food!" **Reservations are required.**

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 loves to hear your input!

Be on the lookout (in-house flyers and social media) for possible trip addition(s) for February. Communication with contacts for special events and locations are still pending. The January weather has affected operations in some of our local venues. Thank you, Traci

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.