

April '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
	<p>1</p> <p>9a Gentle Yoga w/ Jan</p> <p>9a Spanish I*</p> <p>10a Lo-Impact Aerobics</p> <p>9:30a Digital Artmaking Class Final Session*</p> <p>11a Program Committee</p> <p>11a Beginner Strength Training</p> <p>12p Pilates</p> <p>1p Chess Club</p> <p>2p Group Game: Croquet*</p>	<p>2</p> <p>8:15a Strength Training</p> <p>8:30a Walk and Talk</p> <p>10a Bingocize*</p> <p>10a Hand Chime Choir</p> <p>10a-2:30p Bridge</p> <p>10a Spanish II*</p> <p>11a Arthritis Chair Exercise</p> <p>12:15p Dance Blast Fitness</p> <p>1:30p Texas Hold'em</p>	<p>3</p> <p>9a Gentle Yoga w/ Jan</p> <p>10a Canasta/Hand & Foot</p> <p>10a Lo-Impact Aerobics</p> <p>10a UPLIFT for Ladies</p> <p>10a-12p Art Workshop*</p> <p>11a Beginner Strength Training</p> <p>12p Pilates</p> <p>12-2p Blood Pressure Checks</p> <p>12:30-3:30 Tech Help*</p> <p>1:00p American Mah Jongg</p> <p>1:30p Trivia Teasers</p> <p>1:30p Tai Chi</p> <p>2p BINGO*</p>	<p>4</p> <p>8:15a Strength Training</p> <p>8:30a Walk and Talk</p> <p>9a Cornhole Club is back!</p> <p>9a Rise n Shine*</p> <p>10a Bingocize*</p> <p>10:30a-12p Mah Jongg</p> <p>11a Arthritis Chair Exercise</p> <p>12p Crafty Corner</p> <p>12:15p Dance Blast Fitness</p> <p>1:15p Qi Gong</p> <p>1p Tech Help with Bobbye*</p> <p>1p Rummikub</p> <p>1:30 Improv Players*</p>	<p>5</p> <p>9a Stretch & Balance</p> <p>9-11a Ukulele Group</p> <p>10a Rhythm Makers Drumming Class*</p> <p>10:30a Music Valley Drive Lunch Bunch Extravaganza Trip*</p> <p>11a JAM SESSION*</p> <p>10a-2:30p Bridge</p> <p>11a Sing-a-Long Choir</p> <p>12p POMS Team Practice</p> <p>2p BINGO*</p>	<p>6</p>
7	<p>8</p> <p>9a Volunteer Brunch*</p> <p>9a Gentle Yoga w/ Jan</p> <p>9a Spanish I*</p> <p>10a Lo-Impact Aerobics</p> <p>11a Beginner Strength Training</p> <p>12p Pilates</p> <p>1p Jewelry Fixin' & Makin' Class*</p>	<p>9</p> <p>8:15a Strength Training</p> <p>8:30a Walk and Talk</p> <p>10a Hand Chime Choir</p> <p>10a-2:30p Bridge</p> <p>10a Spanish II*</p> <p>11a Arthritis Chair Exercise</p> <p>11a Meet n Eat I*</p> <p>11a Travel Tuesday with Adam</p> <p>12:15p Dance Blast Fitness</p> <p>1p Active Shooter C.R.A.S.E. Training w/Officer Kmosko</p>	<p>10</p> <p>9a Gentle Yoga w/ Jan</p> <p>10a Sound Bath Meditation*</p> <p>10a Canasta/Hand & Foot</p> <p>10a Lo-Impact Aerobics</p> <p>10a-12p Art Workshop*</p> <p>10:30a-12p Free Hearing Test*</p> <p>11a Beginner Strength Training</p> <p>11:30a Tunes & Melodies Challenge (Café/Lunch Entertainment)*</p> <p>12p Pilates</p> <p>12-2p Blood Pressure Checks</p> <p>12:30-3:30 Tech Help*</p> <p>1:00p American Mah Jongg</p> <p>1:30p Trivia Teasers</p> <p>1:30p Tai Chi</p> <p>2p BINGO*</p>	<p>11</p> <p>8:15a Strength Training</p> <p>8:30a Walk and Talk</p> <p>9a Cornhole Club</p> <p>10:30a-12p Mah Jongg</p> <p>11a Arthritis Chair Exercise</p> <p>11a Red Hat Honeys</p> <p>12p Crafty Corner</p> <p>12:15p Dance Blast Fitness</p> <p>1:15p Qi Gong</p> <p>1p Tech Help with Bobbye*</p> <p>1p Rummikub</p> <p>1:30 Improv Players*</p>	<p>12</p> <p>9a Symphony Full Rehearsal & Pinewood Social Trip*</p> <p>9a Stretch & Balance</p> <p>9-11a Ukulele Group</p> <p>10a Rhythm Makers Drumming Class*</p> <p>10a-2:30p Bridge</p> <p>11a Sing-a-Long Choir</p> <p>12p POMS Team Practice</p> <p>1p Line Dancing</p> <p>2p BINGO*</p>	<p>13</p>
14	<p>15</p> <p>9a Gentle Yoga w/ Jan</p> <p>9a Spanish I*</p> <p>10a Help & Healing Group</p> <p>10a Lo-Impact Aerobics</p> <p>11a Beginner Strength Training</p> <p>12p Pilates</p> <p>1p Tomado & Storm Preparedness w/Toby Swager*</p>	<p>16</p> <p>8:15a Strength Training</p> <p>8:30a Walk and Talk</p> <p>9:30-11:30a Congressional Constituent Svcs Mobile Office*</p> <p>10a Hand Chime Choir</p> <p>10a-2:30p Bridge</p> <p>10a Camera/Computer Club</p> <p>10a Spanish II*</p> <p>11a Travel Tuesday w/Jennifer</p> <p>11a Arthritis Chair Exercise</p> <p>12:15p Dance Blast Fitness</p> <p>1:30p Texas Hold'em</p> <p>2p Super BINGO*</p>	<p>17</p> <p>9a Gentle Yoga w/ Jan</p> <p>10a Canasta/Hand & Foot</p> <p>10a Lo-Impact Aerobics</p> <p>10a-12p Art Workshop*</p> <p>11a Meet n Eat II*</p> <p>11a Beginner Strength Training</p> <p>12p Pilates</p> <p>12-2p Blood Pressure Checks</p> <p>12:30-3:30 Tech Help*</p> <p>1:00p American Mah Jongg</p> <p>1:30p Trivia Teasers</p> <p>1:30p Tai Chi</p> <p>2p BINGO*</p>	<p>18</p> <p>8:15a Strength Training</p> <p>8:30a Walk and Talk</p> <p>9a Cornhole Club</p> <p>10:30a-12p Mah Jongg</p> <p>11a Arthritis Chair Exercise</p> <p>12p Crafty Corner</p> <p>12:15p Dance Blast Fitness</p> <p>1:15p Qi Gong</p> <p>1p Tech Help with Bobbye*</p> <p>1p Rummikub</p> <p>1:30 Improv Players*</p> <p>5p Supper Club*</p>	<p>19</p> <p>9a Stretch & Balance</p> <p>9-11a Ukulele Group</p> <p>9:30a Martin Center FiftyForward Spring Wellness Fair Trip*</p> <p>10a Rhythm Makers*</p> <p>10a-2:30p Bridge</p> <p>10a Fitness Equipment Orientation*</p> <p>11a Sing-a-Long Choir</p> <p>12p POMS Team Practice</p> <p>1p Master Gardeners' "A Beginners Guide to Growing & Enjoying Herbs"*</p> <p>2p BINGO*</p>	<p>20</p>
21	<p>22</p> <p>9a Gentle Yoga w/ Jan</p> <p>9a Spanish I*</p> <p>10a Lo-Impact Aerobics</p> <p>10:30a Mystery Lunch Trip*</p> <p>10:30a Book Club: "Secret Life of Sunflowers" by Marta Molnar</p> <p>11a Beginner Strength Training</p> <p>12p Pilates</p> <p>1p Local Historical Committee NEW!*</p>	<p>23</p> <p>8:15a Strength Training</p> <p>8:30a Walk and Talk</p> <p>10:00-11:30a Congressional Constituent Outreach Walk-up</p> <p>10a Hand Chime Choir</p> <p>10a-2:30p Bridge</p> <p>10a Spanish II*</p> <p>11a Arthritis Chair Exercise</p> <p>12:15p Dance Blast Fitness</p>	<p>24</p> <p>9a Gentle Yoga w/ Jan</p> <p>10a Sound Bath Meditation*</p> <p>10a Canasta/Hand & Foot</p> <p>10a Lo-Impact Aerobics</p> <p>10a-12p Art Workshop*</p> <p>11a Beginner Strength Training</p> <p>12p Pilates</p> <p>12p Ride n Roll Downtown Stroll - Bus & Train Trip*</p> <p>12-2p Blood Pressure Checks</p> <p>12:30-3:30 Tech Help*</p> <p>1:00p American Mah Jongg</p> <p>1:30p Trivia Teasers</p> <p>1:30p Tai Chi</p> <p>2p BINGO*</p>	<p>25</p> <p>8:15a Strength Training</p> <p>8:30a Walk and Talk</p> <p>9a Cornhole Club</p> <p>10:30a-12p Mah Jongg</p> <p>11a Arthritis Chair Exercise</p> <p>12p Crafty Corner</p> <p>12:15p Dance Blast Fitness</p> <p>1:15p Qi Gong</p> <p>1p Tech Help with Bobbye*</p> <p>1p Rummikub</p> <p>1:30 Improv Players*</p>	<p>26</p> <p>9a Stretch & Balance</p> <p>9-11a Ukulele Group</p> <p>10a Rhythm Makers*</p> <p>10a-2:30p Bridge</p> <p>11a Sing-a-Long Choir</p> <p>11:30a Luncheon w/ Entertainer/Musician Kevin White*</p> <p>12p POMS Team Practice</p> <p>1p Line Dancing</p> <p>1p American Sign Language*</p> <p>2p BINGO*</p>	<p>27</p> <p>10a Bible Study</p> <p>8:30-11:30a Shred event at TN School for the Blind (\$5 donation per box, paper only)</p>
28	<p>29</p> <p>9a Gentle Yoga w/ Jan</p> <p>9a Spanish I*</p> <p>10a Lo-Impact Aerobics</p> <p>11a Beginner Strength Training</p> <p>11a "Unleashing Your Purpose" w/ Jason Cronan*</p> <p>12p Pilates</p> <p>1p Watercolor Postcard Creation I*</p>	<p>30</p> <p>8:15a Strength Training</p> <p>8:30a Walk and Talk</p> <p>10a Hand Chime Choir</p> <p>10a-2:30p Bridge</p> <p>10a Spanish II*</p> <p>11a Arthritis Chair Exercise</p> <p>12:15p Dance Blast Fitness</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 (Mar 13-May 15) \$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 Currently on break. 10-week series with Alicia; lessons are for members who have not previously taken Spanish. **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 wraps up the second class series developed by WKU to integrate exercise, nutrition education, and Bingo. **Next 10-week session, based on fall prevention, will begin in June.**

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

Cornhole Club Thursdays, 9a Join the “Grumpy Ole Baggers” for this outdoor pursuit of competitive bag tossing. Learn, practice, and enjoy this popular tailgate game. All skills welcome; no partner needed. **ML**

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

Dance Blast Tuesdays & Thursdays, 12:15p This new fitness class is replacing the Zumba class. Enjoy dance and rhythm moves to music led by Susan Hurt. **ML**

Fitness Equipment Orientation 3rd Friday, 10a Become proficient with the equipment in the Cardio Fitness Room. Led by certified personal trainer, Jason Cronan. **Please register for limited spots.**

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 1st Monday, 2p Enjoy playing board games and yard games? The rules may or may not be traditional; rules will be determined on the number of participants. **Please register. ML**

Hand Chime Choir Tuesdays 10:00-11:00a. Led by Shirley, learn, practice and play hand chimes. All welcome; no experience needed. **ML**

Hearing Test 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 3rd Monday, 10a Life has ups and downs. Join this safe and encouraging “help and healing” life group led by therapist, Jeff Gregg.

IMPROV Players Thursdays, 1:30-3p Newly formed improvisation group and spin-off from the local “Unscripted” non-profit grant. Join the players for spontaneous storylines and fun. **ML**

Jewelry Fixin’ & Makin’ Class Monday, April 8, 1p

Intro by Traci on fixing your own jewelry and how to create earrings, necklaces, and bracelets using materials from local craft supply stores.

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, 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 Honey April 11, 11a Donelson Station’s Red Hat Society chapter. **Meeting onsite.** New faces welcome! **ML**

Rhythm Makers Drumming Fridays, 10a Join this fun drum group. Classes are based on simple drumming methods and following a beat. Taught by Baba Musa, professional drummer. **Limited to 12; 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 Spanish I classes are for continuing beginning Spanish students, and Spanish II classes are for more fluent speakers who wish to learn more. **New students must talk with Alicia. ML**

Stretch & Balance Every Friday, 9a Taught by Traci and class members, participants sit, stand and march during 45-minutes of simple 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, 12:30-2:30 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/or tablet help. **Registration required. ML**

Texas Hold'em 1st & 3rd Tuesday, 1:30p The most played version of all poker card games. “Try your hand” with other members. **ML**

Travel Tuesday April 9th & 16th, 11a

Adam, with See America Tour, will be in-house on the 9th and Jennifer, with Premier World Discovery, will be here the 16th.

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, April 3, 10a A unique monthly “support group” for women covering a multitude of uplifting topics. No need to register, simply show up!

Walk and Talk Tuesdays and Thursdays, 8:30a Walkers return to Ravenwood Park (3401 Central Pike & Lebanon Road) as weather allows. For rain and bad weather, meet at Opry Mills mall (doors open between Off Broadway Shoes and Rainforest Cafe). **ML**

SPECIAL PROGRAMS & EVENTS

[Tech Help on Wednesdays and Thursdays](#) **Wednesdays 12:30-2:30p & Thursdays 1-3p**

Cell phones, computers, tablets... bring them in! Local college students/young adults provide assistance with questions about your technical devices on Wednesdays with 30 minute-1 hour time slots. Member, Bobbye, works one-on-one in two, one-hour sessions on Thursdays.

Please register session time with John or Traci.

[Rhythm Makers Drumming](#) **Fridays, 10a**

Bucket Drumming Class with Musa. Learn: to keep a beat, rhythmic values, eye-hand coordination skills, and how to create music from your inner soul. **Limited to 12; must register to attend and commit to class.**

[JAM SESSION](#) **Friday, April 5, 11a**

There are so many talented musicians/singers in our center– this is a monthly “jam session” for those who would like to participate. Bring your instruments and voices for this fun impromptu session of music.

Please register for a head count.

[Annual Volunteer Brunch](#) **Monday, April 8, 9a**

Our mission at FiftyForward and all the many services and programs we offer at Donelson Station could not happen without the 50+ volunteers we have. This free brunch is for YOU! All our volunteers from drivers, instructors, teachers, welcome desk workers, fix it folks, etc. are invited to attend this special brunch. **Deadline to register is Thursday, April 4th.**

[Travel with Us!](#) **Tuesday, April 9 & 16, 11a**

Adam, with See America Tour, will be in-house on the 9th sharing Colorado, Yellowstone, and California trip information. Jennifer is here the 16th with Premier World Discovery to present holiday season tours and trips. **No registration needed.**

[Sound Bath Meditation: Baba Musa](#) **Wednesday, April 10 & 24, 10a**

NEW! Immerse yourself in a symphony of soothing sounds. Baba Musa leads this experience of releasing blocked energy and promoting a deep sense of relaxation with singing bowls, gongs, and other instruments.

Bring a mat if you wish to lie down; register to attend.

[Tunes & Melodies Challenge- Lunch Fun](#) **Wednesday, April 10, 11:30a** **Cost: \$10 if eating lunch, no fee to play, but Registration is Required!**

Sponsored by Norm Kuk, with Core Insurance Advisors, and Corie Neal, with Centerwell, each lunch table competes for prizes. Listen to former Top Billboard Chart music and answer related trivia to be the TOP TUNES TABLE Winners. (Dancing in the aisles is Encouraged!)

[Annual Disaster Awareness Trainings - 2 Offerings](#)

Tornado & Storm Preparedness w/Toby Swager, Monday, April 15, 1p

Learn preventative and protection methods for bad weather. Toby is active in the Nashville community and Director of Operation Blessing.

Active Shooter Training, Tuesday, April 9, 1p Officer David Kmosko, Hermitage Precinct Crime Prevention Division, will lead this 2-hour presentation on C.R.A.S.E. (Civilian Response to Active Shooter Events).

Register to attend one training or both.

[Congressional Constituent Services I](#) **Tuesday, April 16, 9:30-11:30a**

Meet with a US Congressional District TN05 field representative the third Tuesday of each month for help resolving specific issues with a federal agency (IRS, VA, SSA, Medicare, Passports, etc.). **Appointments: email Kristen.Topping@mail.house.gov or drop in for assistance.**

[SUPER BINGO](#) **Tuesday, April 16, 2p**

Monthly SUPER BINGO is sponsored by Donna Backman with Charter Senior Living and other special guests. There are no losers in this fun version. **Registration required.**

[Master Gardeners of Davidson County presents “A Beginner’s Guide to Growing & Enjoying Herbs”](#) **Friday, April 19, 1p**

Learn herb classification, how and where to grow herbs successfully, and ways to enjoy your herbs throughout the year. An herbal plant display will be brought in as well. **Registration required.**

[Local Historical Committee NEW!](#) **Monday, April 22, 1p**

Interested in the history of our 1930s building and property? Lisa wants members who have an interest in history, data collecting, storytelling, and writing to connect and brainstorm how to “tell the story” of Donelson Station and its former school history. **Register to attend.**

[Congressional Constituent Services II](#) **Tuesday, April 23, 10-11:30a**

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.**

[Luncheon with Entertainer, Kevin White](#) **Friday, April 26, 11:30a Cost: \$10 Register to attend.**

Kevin White, award-winning local musician (and husband to our own POMS member, Michelle) plays music you know and love from genres including country, rock, and pop. He has shared the stage with Charlie Daniels, Ronnie Milsap, Travis Tritt, Mark Wills, and Dustin Lynch.

[American Sign Language](#) **Friday, April 26, 1p**

Mike Helms, with BRIDGES, returns to teach ASL classes for a 3-month series. (next class: May 17 at 1p) **Please register to attend.**

[“Unleashing Your Purpose” with Jason Cronan](#) **Monday, April 29, 11a**

Register for this immersive experience designed to help individuals unlock their full potential and align their unique life purpose. Through interactive exercises and guided introspection, participants gain clarity, direction, and action strategies for living a more fulfilling and purpose-driven life. Jason is a personal wellness trainer and public speaker. **Sign up to participate.**

[Watercolor Postcard Creation I](#) **Monday, April 29, 1p**

Introduction to watercolor pencils– participants will “play” with pencils designed for dry usage and water to create postcards for mailing or simply using for decoration. A second class is planned for May using palette watercolors. **Limited to 12 registrants.**

TRIPS & OUTINGS (Registration Required)

Rise n Shine Thursday, April 4, 9a Cost: Breakfast

A local meet-n-eat group for early risers! A breakfast location is chosen each month and members may meet one another for a morning social experience. Gather at "Nadeen's Hermitage Haven" located at 3410 Lebanon Pike. **Registration is required; seating is limited.**

Music Valley Drive Lunch Bunch Extravaganza Friday, April 5, 10:30a Cost: \$15 + lunch & shopping

Caney Fork River Valley Grille is now open on Fridays at lunchtime! We are going to be tourists for the day starting with lunch. Within walking distance: Willie Nelson Museum & General Store, Music Valley Antiques, The Tacky Turtle, Vinterest Nashville, and Smart Art + Craft Supplies.

Sign up to be a tourist for the day!

Meet n Eat I Tuesday, April 9, 11a Cost: Lunch

Supporting two local restaurants monthly: Meet n Eat I is at local favorite, "Homegrown Taproom & Kitchen". Located near the new library at 2720 Old Lebanon Road. Menu: homegrownnashville.com.

All attendees must be registered for the Meet n Eat to join the group's reservation. Limited to 20.

Nashville Symphony Full Rehearsal & Pinewood Social Trip Friday, April 12, 9a Cost: \$15 + lunch

Listen and watch the full symphony rehearsal for "Dawson, Price, and Gershwin's America" spring concert. Symphony description:

"Gershwin's orchestral music defined the American sound, and Jean-Yves Thibaudet joins us for our centennial celebration of *Rhapsody in Blue*... Gershwin is complemented by Florence Price and William Dawson, whose compositions stemmed from the Black American Experience... based on spirituals and... drawn from folk songs and dances." **Register to attend this event.**

Meet n Eat II Wednesday, April 17, 11a Cost: Lunch

The second monthly Meet n Eat option. Please choose one or the other to participate in to allow for more attendees. Meet n Eat II is located at the home of the caramel pie, O'Charley's (address: 5500 Old Hickory Blvd, Hermitage). Menu can be viewed at ocharleys.com. **Registration needed and limited to 20 for our reservation; seating will be divided.**

Supper Club Thursday, April 18, 5p Cost: \$15 + Dinner

Volunteer, Amanda, is taking the Supper Club to M.L. Rose Craft Beer & Burgers. Check out the menu: mlrose.com and read the entire history. M.L. Rose began in 2008 in the Melrose area of Nashville. **Register to participate in the outing.**

FiftyForward Spring Health & Wellness Fair Friday, April 19, 9:30a Cost: FREE (boxed lunches provided by All of Us for bus riders)

Join us for the spring FiftyForward Health and Wellness Fair at the Martin Center. They'll have over 30 vendors including medical groups, insurance companies, and more! Our FiftyForward trip attendees will receive a free boxed lunch onsite.

Register for a seat on the bus.

Mystery Lunch Monday, April 22, 10:30a Cost: \$15 + Lunch

Serving "always fresh, American favorites"- This mystery location has a mission statement: "We are inspired by YOU. Thank you for giving us the power to employ, teach, and develop our wonderful staff to deliver impeccable service." **Reservations are required; seating will be split into two tables for our size group.**

Ride n Roll Downtown Stroll Wednesday, April 24, Bus Station Pick Up around 12p and Commuter Train Return at 3:56p Cost: fare + lunch and expenses downtown

Join other members for a downtown daytime experience by WeGo bus (down) and STAR commuter train (back). Be sure to read over the wegotransit.com website for riding and ticketing guidelines. This trip involves walking downtown for several blocks and over various terrain. **Register so we know who is going with the group.**

MAY TRIPS with PRE-REGISTRATION

Centennial Park Spring Tennessee Craft Fair & Parthenon Tour Friday, May 3, 10a Cost: \$22

The Tennessee Craft Fair brings talented craftsmen and artists to the front lawn of Centennial Park twice a year (in the spring and fall). During this trip, tour the park, the special event, food trucks, and then at 1pm, we are scheduled for a guided Parthenon tour. Bring money for any individual purchases. Reserve space by April 22.

Loretta Lynn's Ranch Tour & Kitchen Buffet Thursday, May 23, 9:15a Cost: \$55 (plus \$18 Kitchen Buffet and taxes/tip money)

Loretta and her husband, Mooney, got lost driving one day between Nashville and Memphis. This trip led them to purchase the entire town of Hurricane Mills. Since 1966, fans and tourists have been welcomed at the ranch home of the Coal Miner's Daughter. Tour the ranch home, 18,000 square foot museum, and then enjoy a buffet meal at Loretta Lynn's Kitchen & Gift Shop. Reserve seat for the trip by May 2.

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.

Please see Traci with ideas for 2024, or write down trip and class suggestions and drop into the mail slot in the lobby.