

# May 2024 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>.

Su	Mon	Tue	Wed	Thu	Fri	Sat
	Celebrate Older Americans Month with our theme: "Smiles & Laughter"		1 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a UPLIFT for Ladies "Laughter is the Best Medicine" 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*	2 8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 10:30a Lunch Bunch* 10:30a-12p Mah Jongg 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1:30 Laugh Lines Improv Troupe*	3 9a Stretch & Balance 9-11a Ukulele Group 10a Rhythm Makers* 10a Centennial Park, TN Craft Fair, Parthenon Tour* 11a JAM SESSION* 10a-2:30p Bridge 11a Sing-a-Long Choir 12p POMS Team Performs offsite 2p BINGO* 4-7p Hip D Farmers Market	4 10:30a Cornhole Tournament Register with Grumpy Ole Baggers 6p The Keeton 20th Anniversary Gala- tickets @thekeeton.com
5	6 9a Rise n Shine* 9a Gentle Yoga w/ Jan 9a Spanish I* 10a Lo-Impact Aerobics 11a Program Committee 11a Beginner Strength Training 12p Pilates 12p "Empower HER Self-Defense" w/Jason Cronan* 1p Chess Club 2p Croquet (outside weather permitting)	7 8:15a Strength Training 8:30a Walk and Talk 9:30a Hand Chime Choir 10a-2:30p Bridge 10a Spanish II** 11a Arthritis Chair Exercise 12:15p Dance Blast Fitness 1p "Exploring and Downloading Apps" On Your Phone (2 class options: iPhone 1p, Android 2p) sponsored by Senior Planet* 1:30p Texas Hold'em*	8 9a Gentle Yoga w/ Jan 10a Sound Bath Meditation* 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10:30a-12p Free Hearing Test* 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*	9 8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 9a Mah Jongg 11a Arthritis Chair Exercise 11a Red Hat Honeys 12p Crafty Corner 12:15p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1:30 Laugh Lines Improv Troupe*	10 9a Stretch & Balance 9-11a Ukulele Group 10a Rhythm Makers* 10a-2:30p Bridge 11a Sing-a-Long Choir 11:30a Luncheon w/ local Comedian, Steve Goodie* 12p POMS Team Practice 1p Line Dancing 2p BINGO* 4-7p Hip D Farmers Market	11 9a-12p Shred & Rx Drop-off Event in the Parking Lot Sponsored by AARP & AgeWell
12	13 8:30a Fishing 101 w/TWRA at Couchville Lake* 9a Gentle Yoga w/ Jan 9a Spanish I* 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p Pilates 1p Jewelry Fixin' & Makin' Class*	14 8:15a Strength Training 8:30a Walk and Talk 9:30a Hand Chime Choir 10a-2:30p Bridge 10a Spanish II** 10:30a Summer Crest Winery History & Tastings* 11a Travel Tuesday w/Adam 11a Arthritis Chair Exercise 12:15p Dance Blast Fitness 2p Super BINGO*	15 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Meet n Eat I* 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*	16 8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 10:30a-12p Mah Jongg 10a Advisory Council 11a Arthritis Chair Exercise 11:30a "Laugh Lines" Luncheon: Improv Players* 12p Crafty Corner 12:15p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 5p Supper Club*	17 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 1p American Sign Language Class* 2p Music for Seniors presents: "The Dream Catchers" * 4-7p Farmers Market	18
19	20 9a Gentle Yoga w/ Jan 9a Spanish I* 10a New Member Orientation* 10a Help & Healing Group 10a Lo-Impact Aerobics 10:30a Book Club: "A Good Neighborhood" by Therese Anne Fowler 11a Beginner Strength Training 12p Pilates 1p Social Security 101 w/ Robin Fountain, Social Security Administration*	21 8:15a Strength Training 8:30a Walk and Talk 9:30-11:30a Congressional Constituent Svcs Mobile Office* 9:30a Hand Chime Choir 10a Camera/Computer Club 10a-2:30p Bridge 10a Spanish II** 10:30a Mystery Lunch* 11a Arthritis Chair Exercise 12:15p Dance Blast Fitness 1p Watercolor Postcard Creation II* 1:30p Texas Hold'em*	22 9a Gentle Yoga w/ Jan 10a Sound Bath Meditation* 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p Pilates 12p Ride n Roll Downtown Stroll - Bus & Train Trip* 12-2p Blood Pressure Checks 1:00p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO*	23 8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 9:15a Loretta Lynn's Ranch Tour & Kitchen Stop* 10:30a-12p Mah Jongg 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1:30 Laugh Lines Improv Troupe*	24 9a Stretch & Balance 9-11a Ukulele Group 10a Rhythm Makers* 10a-2:30p Bridge 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p BINGO* 4-7p Hip D Farmers Market	25 10a Bible Study
26	27 <b>CLOSED for MEMORIAL DAY</b>	28 8:15a Strength Training 8:30a Walk and Talk 10:00-11:30a Congressional Constituent Outreach Walk-up 9:30a Hand Chime Choir 10a-2:30p Bridge 10a Spanish II** 11a Arthritis Chair Exercise 12:15p Dance Blast Fitness	29 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Meet n Eat II* 11a Beginner Strength Training 12:15p Bus Trip to Madison Station for Talent Show* 12p Pilates 12-2p Blood Pressure Checks 1:00p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO*	30 8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 10a Nature Guided Hike at Beaman Park* 10:30a-12p Mah Jongg 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1:30 Laugh Lines Improv Troupe*	31 9a Stretch & Balance 9-11a Ukulele Group 10a Rhythm Makers* 10a-2:30p Bridge 11a Sing-a-Long Choir 12p POMS Team Performs offsite 1p English Country Dancing w/Cathy* 2p BINGO* 4-7p Hip D Farmers Market	



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** 10-week series with Alicia; lessons are for members who have not previously taken Spanish. Currently on break. **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** **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 3rd Monday, 10:30a** Open to all– read the monthly book posted and share your thoughts. (week change d/t holiday) **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 Fitness 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: Croquet 1st Monday, 2p** Enjoy board games and yard games? Games chosen based on number of participants and the season/weather. **Please register. ML**

**Hand Chime Choir Tuesdays 9:30-11:00a** 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.

**Jewelry Fixin’ & Makin’ Class Monday, May 13, 1p**

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

**Laugh Lines Improv Troupe Thursdays, 1:30-3p** **NEW NAME!** An engaging in-house improvisation group and spin-off from the local “Unscripted” non-profit grant. Join the improv players for spontaneous storylines and fun. Spectators welcome. **ML**

**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 Honeys May 9, 11a** Donelson Station’s Red Hat Society chapter. **Meeting offsite this month.** 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** Students are on summer break.

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

**Travel Tuesday Tuesday, May 14, 11a** See America Tours will be in the house sharing information on their upcoming Colorado, Yellowstone, and California trips.

**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, May 1, 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 & EVENT

### [Laugh Lines Improv Troupe](#) **Thursdays, 1:30-3p NEW NAME!**

An engaging in-house improvisation group and spin-off from the local "Unscripted" non-profit grant program. Join the improv players for spontaneous storylines and fun. No experience needed. Spectators are welcome.

### [JAM Session](#) **Friday, May 3, 11a**

We have so many musically talented members! Bring your musical instruments, voices, and dance moves for an old fashion Jam Session! No need to register, just show up and enjoy playing, singing, dancing, and listening to music. Meet in the corner of the Café.

### [Grumpy Ole Baggers Spring Cornhole Tournament](#) **Saturday, May 4, Sign-in at 10:30a, Bags Fly at 11:15a**

All cornhole players are welcome to participate in the Donelson Open IV Cornhole Tournament sponsored by Busy Bee Plumbing, Heating & Air and the Grumpy Ole Baggers Club. **Register to play with member, Ralph Bristol (see Traci for info).** Team of 2 entry fee is \$50. First Place Winners: \$250, Second Place Winners: \$150, Third Place Winners: \$75. Feel free to come out and watch. Want to learn to play? Join members each Thursday at 9a in the side parking lot- equipment provided.

### [The Keeton 20th Anniversary Gala](#) **Saturday, May 4, 6p**

Celebrate the 20th Anniversary of The Keeton Theatre with performances over the years by original and current cast members. **Get your tickets online @thekeeton.com.** Donelson Station appreciates the long-standing partnership we have with this community non-profit.

### [Empower HER Self-Defense](#) **Monday, May 6, 12p**

Ladies, line up for this "empowering" session on methods to defend yourself presented by Jason Cronan. Jason is our monthly Fitness Orientation Instructor, a certified personal trainer, and public speaker. **Register to save a spot.**

### ["Exploring and Downloading Apps" On Your Phone](#) **Tuesday, May 7, 1p (iPhone) and 2p (Android)**

During this hands-on workshop with Senior Planet Volunteer Cassandra, you will learn how to search and download apps onto your phone. iPhone users will explore the App Store and Android users will explore the Play Store. Learn techniques for choosing apps, how to uninstall apps, and adjust app settings. You MUST bring your own phone with you to the apps workshop. **When registering, be sure to sign up for the right phone option; 1p is for iPhones only and 2p is for Android phones.**

### [2 Lunchtime Laughter and Smiles Entertainment Options](#)

**Friday, May 10, 11:30a** We welcome local and professional comic relief entertainer, Steve Goodie, to Donelson Station. From Steve: I am a "Comedian, Singer, Songwriter, Musician, Nerd, Unicyclist, Pie Enthusiast."

**Thursday, May 16, 11:30a** Our own "Laugh Lines" Improv Troupe will be performing in their first public engagement. Be kind, and be sure to laugh... really! It will make our day! Improvisation is on-the-spot acting. It is nearly always humorous and unplanned- so what could happen!?

### [Jewelry Fixin' & Makin' Class](#) **Monday, May 13, 1p**

A beginner's class on fixing your own jewelry and how to create earrings, necklaces, and bracelets using materials from local craft supply stores. Stop by to see Traci for details. **Please register.**

### [Travel with Us!](#) **Tuesday, May 14, 11a**

Adam, with See America Tour, will be in-house on the 14th to share information about trips within the United States and Canada. No registration needed; all interested are invited to attend.

### [SUPER BINGO](#) **Tuesday, May 14, 2p**

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

### [American Sign Language](#) **Friday, May 17, 1p**

Mike Helms, with BRIDGES, returns to teach beginner ASL classes. **Please register to attend.**

### [Music for Seniors Community Event](#) **Friday, May 17, 2p**

Music for Seniors is a non-profit that brings live musical performances and interactive sessions to community venues. We are excited they chose Donelson Station for their May event. This is always a sell out crowd. We have been allotted 30 tickets for our members to attend. **Registration is Required to see "The Dream Catchers" perform.**

### [New Member Orientation](#) **Monday, May 20, 10a**

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 lunch with our in-house Donelson Café for a great meal and socializing. Cost: Lunch **Register to come!**

### [Social Security 101 w/Robin Fountain](#) **Monday, May 20, 1p**

Robin is a Public Affairs Specialist with the Social Security Administration. She will share information about benefits, qualifications, filing, how to use online services, and more. Attendees must create an online account and bring their personal *Social Security Statement* for personal assistance. **Must register to attend.**

### [Congressional Constituent Services Mobile Office](#) **Tuesday, May 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 or drop in for assistance.

### [Congressional Constituent Outreach Services](#) **Tuesday, May 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 a questions regarding IRS, VA, SSA, Medicare, Passports, etc. He will be set up in the hallway- no appointment needed.

### [English Country Dancing with Cathy](#) **Friday, May 31, 1p**

Cathy Hollister is back in town to teach English Country Dance moves. **Please register to participate.** Class size is kept small.

## TRIPS (Registration Required)

### Lunch Bunch Thursday, May 2, 10:30a Cost: \$15 + Lunch

Mission Statement: Plaza Mariachi "exists to celebrate cultural diversity. A gathering place for all ages and all backgrounds to experience and participate in the beauty of international expressions." The Food Hall has options for authentic Mexican dishes, hamburgers, crepes, wings, pizza, sushi, and seafood. Enjoy the atmosphere and take a look at the unique fashion and gifts available. For more details: plazamariachi.com [Register to go with the group.](#)

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

The Tennessee Craft Fair brings talented craftsmen and artists to the front lawn of Centennial Park twice a year (spring and fall). During this trip, tour the park, the special event, food trucks, and then at 1pm, we are scheduled for a guided tour of the Parthenon. [Register to participate in this popular spring event and tour.](#)

### Rise n Shine Monday, May 6, 9a Cost: Breakfast

A 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 "Doublz" located at 3133 Lebanon Pike. This new addition is locally vet-owned. Seniors get 10% off, just ask. [Please register so we know how many to expect.](#) Check out: DOUBLZ.com

### TWRA Fishing 101 Monday, May 13, 8:30a Cost: \$15

Tennessee Wildlife Resource Agency Outreach Program Manager, David Lowrie, will meet us at Couchville Lake in Long Hunter State Park for hands-on education on fishing. If you are new to fishing, or it's just been awhile, plan to come and enjoy time on this peaceful lake. There is dock and shore fishing. Wear appropriate shoes and bring sunscreen, a hat, water bottle, hand towel, and camp chair if you want to sit. Limited to 12 participants; [register to go fishing.](#)

### Sumner Crest Winery History, Wine & Food Tasting Tuesday, May 14, 10:30a Cost: \$50

Multiple tastings are in store for those that attend this winery outing. Enjoy a history lesson, wine tasting, food for the palate, and browsing in the gift shop. To learn more: sumnercrestwinery.com Like wine? [Be sure to register! \(John is driving this trip, so be prepared to laugh.\)](#)

### Meet n Eat I Wednesday, May 15, 11a Cost: Lunch

Supporting two local restaurants monthly: Meet n Eat I is at a new restaurant at Opry Mills, *Saltgrass Steak House*, located near the Grand Ole Opry end and between The Cheesecake Factory and Aquarium Restaurant. Menu located at: saltgrass.com and features choices that recapture an open campfire serving steaks, chicken, and seafood along with an optional lunch menu. [All attendees must be registered for the Meet n Eat to join the group's reservation. Limited to 20.](#)

### Supper Club Thursday, May 16, 5p Cost: \$15 + Dinner

Volunteer, Amanda, is taking the Supper Club to dinner at Blue Moon Waterfront Grill located at 525 Basswood Avenue, Nashville 37209. Menu can be found at: bluemoongrille.com. [Register to go.](#)

### Mystery Lunch Tuesday, May 21, 10:30a Cost: \$15 + Lunch

If you were an Italian explorer, you would be pleased as punch with this restaurant downtown. Proud to be the longest standing restaurant on West End Avenue. [Reservations are required.](#)

### Ride n Roll Downtown Stroll Wednesday, May 22, 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.](#)

### 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 by May 2; released March 21.](#)

### Meet n Eat II Tuesday, May 29, 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 Phat Bytes at 2730 Lebanon Pike, Nashville 37214. Menu perusal at phatbytes.com. [Registration needed and limited to 20.](#)

### Bus Trip to Madison Station's Talent Show Wednesday, May 29, 12:15p, Cost: FREE

Support the talented members performing in the Madison Station Spring Talent Show! Show starts at 1:00p and feel free to bring a snack or dessert to share.

### Nature Guided Hike at Beaman Park Thursday, May 30, 10a Cost: \$15

Retired, nature enthusiast, Terry Griffith, leads senior hikes at Nashville Metro Parks' Beaman Park. Enjoy a guided hike offering exploration of the local ecosystem. Wear appropriate shoes and clothing for walking in the woods. [Register to be a part of this outing.](#)

## TRIP GUIDELINES

**Minimum number:** Trips not meeting a minimum of 6 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 early.

**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 considered by staff in certain situations.

**Members are not allowed to drive and meet at trip locations when the trip involves group transportation.**