

# July 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>. Center Hours: 8:30a-3:30p (main line) 615-883-8375

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>11a <b>Program Committee</b></p> <p>11a Beginner Strength Training</p> <p>12p Pilates</p> <p>1p Chess Club</p>	<p>2</p> <p>8:15a Strength Training</p> <p>8:30a Walk and Talk</p> <p>9:30a Hand Chime Choir</p> <p>10a <b>LaVergne Cookout*</b></p> <p>10a Bingocize*</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 UPLIFT for Ladies</p> <p>10a Canasta/Hand &amp; 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 style="text-align: center;"><b>No Blood Pressure Checks Today</b></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>FiftyForward Centers Closed for Independence Day</p>	<p>5</p> <p>9a Stretch &amp; 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>4-7p Hip D Farmers Market</p>	6
7	<p>8</p> <p>8:45a <b>Bluebird Café Live Music &amp; Donuts*</b></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>9</p> <p>8:15a Strength Training</p> <p>8:30a Walk and Talk</p> <p>9:30a Hand Chime Choir</p> <p>10a Bingocize*</p> <p>10a-2:30p Bridge</p> <p>10a Spanish II*</p> <p>11a Arthritis Chair Exercise</p> <p>11a <b>Travel Tuesday with Adam</b></p> <p>11a <b>Mystery Lunch*</b></p> <p>12:15p Dance Blast Fitness</p>	<p>10</p> <p>9a Gentle Yoga w/ Jan</p> <p>10a Sound Bath Meditation*</p> <p>10a Canasta/Hand &amp; Foot</p> <p>10a Lo-Impact Aerobics</p> <p>10a-12p Art Workshop*</p> <p>10:30a-12p <b>Free Hearing Test*</b></p> <p>11a <b>Meet n Eat I*</b></p> <p>11a Beginner Strength Training</p> <p>12p Pilates</p> <p>12-2p Blood Pressure Checks</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>10a Bingocize*</p> <p>10:30a-12p Mah Jongg</p> <p>11a Arthritis Chair Exercise</p> <p>11a <b>Red Hat Honeys</b></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 Laugh Lines Improv Troupe</p>	<p>12</p> <p>9a Stretch &amp; Balance</p> <p>9-11a Ukulele Group</p> <p>9:15a <b>The Factory at Franklin w/Madison*</b></p> <p>10a Rhythm Makers Drumming Class</p> <p>10a Beginner Strength Training New Version</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>4-7p Hip D Farmers</p>	13
14	<p>15</p> <p>9a Gentle Yoga w/ Jan</p> <p>9a Spanish I*</p> <p>10a <b>Rise n Shine*</b></p> <p>10a Help &amp; Healing Group</p> <p>10a Lo-Impact Aerobics</p> <p>11a Beginner Strength Training</p> <p>12p Pilates</p> <p>1p <b>Metro Trustee Office Tax Relief Presentation*</b></p>	<p>16</p> <p>8:15a Strength Training</p> <p>8:30a Walk and Talk</p> <p>9:30a Hand Chime Choir</p> <p>9:30-11:30a <b>Congressional Constituent Svcs Mobile Office*</b></p> <p>10a Bingocize*</p> <p>10a-2:30p Bridge</p> <p>10a Camera/Computer Club</p> <p>10a Spanish II*</p> <p>11a Arthritis Chair Exercise</p> <p>12:15p Dance Blast Fitness</p> <p>12:30p <b>Train Talk: Amtrak Tripping How To's</b></p> <p>1:30p Texas Hold'em</p> <p>2p <b>Super BINGO*</b></p> <p>2-4p <b>Music City Hayride Show Group Outing*</b></p>	<p>17</p> <p>9a Gentle Yoga w/ Jan</p> <p>10a Canasta/Hand &amp; Foot</p> <p>10a Lo-Impact Aerobics</p> <p>10a-12p Art Workshop*</p> <p>10:30a <b>Lunch Bunch*</b></p> <p>11a Beginner Strength Training</p> <p>12p Pilates</p> <p>12-2p Blood Pressure Checks</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>10a Bingocize*</p> <p>10:30a-12p Mah Jongg</p> <p>11a <b>Advisory Council</b></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 Laugh Lines Improv Troupe</p> <p>5p <b>Supper Club*</b></p>	<p>19</p> <p>FiftyForward Centers Closed for All Staff Retreat</p>	20
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 Book Club: "Remarkably Bright Creatures" by Shelby Van Pelt</p> <p>11a Beginner Strength Training</p> <p>12p Pilates</p>	<p>23</p> <p>8:15a Strength Training</p> <p>8:30a Walk and Talk</p> <p>9:15a <b>Old Glory Distillery Restaurant &amp; Silo Park Trip*</b></p> <p>9:30a Hand Chime Choir</p> <p>10a Bingocize*</p> <p>10:00-11:30a <b>Congressional Constituent Outreach Walk-up</b></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 &amp; 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>12-2p Blood Pressure Checks</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>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 Laugh Lines Improv Troupe</p>	<p>26</p> <p>9a Stretch &amp; Balance</p> <p>9-11a Ukulele Group</p> <p>10a Rhythm Makers</p> <p>10a Beginner Strength Training New Version</p> <p>10a-2:30p Bridge</p> <p>11a Sing-a-Long Choir</p> <p>11:30a <b>Luncheon: Performance by The Honky Tonk Daycare Band*</b></p> <p>12p POMS Team Practice</p> <p>1p Line Dancing</p> <p>2p BINGO*</p> <p>2:30p <b>English Country Dancing*</b></p> <p>4-7p Farmers Market</p>	27
28	<p>29</p> <p>9a Gentle Yoga w/ Jan</p> <p>9a Spanish I*</p> <p>10a <b>New Member Orientation*</b></p> <p>10a Lo-Impact Aerobics</p> <p>11a Beginner Strength Training</p> <p>12p Pilates</p>	<p>30</p> <p>8:15a Strength Training</p> <p>8:30a Walk and Talk</p> <p>9:30a Hand Chime Choir</p> <p>10a Bingocize*</p> <p>10a-2:30p Bridge</p> <p>10a Spanish II*</p> <p>11a <b>Meet n Eat II*</b></p> <p>11a Arthritis Chair Exercise</p> <p>12:15p Dance Blast Fitness</p>	<p>31</p> <p>9a Gentle Yoga w/ Jan</p> <p>10a Canasta/Hand &amp; 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>12-2p Blood Pressure Checks</p> <p>1:00p American Mah Jongg</p> <p>1:30p Trivia Teasers</p> <p>1:30p Tai Chi</p> <p>2p BINGO*</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 (May 22-July 24) \$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. This class is for beginners so all can join. **Friday New Version, 10a** Beginner strength with an addition of floor exercises. **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** A 10-week session; unit topic is fall prevention. Registration needed to participate.

**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 Fitness Tuesdays & Thursdays, 12:15p** This new fitness class replaced the Zumba class. Enjoy dance and rhythm moves to music led by Susan. **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. Must be able to get up/down from the floor. Bring own mat/blanket to use.

**Hand Chime Choir Tuesdays 9:30-11a** 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 with Lantern Lane Farm.

**Laugh Lines Improv Troupe Thursdays, 1:30-3:00p** 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 are welcome to watch and laugh. Scheduled community performances TBA. **ML**

**Line Dancing Fridays, 1-2:30p** Come have fun learning different line dances to great music with Kim (1st, 3rd) and Deb (2nd, 4th) 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 a 50+ cheer and dance squad. Performances scheduled in the community and for special events. **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 , July 11, 11a** Donelson Station’s Red Hat Society chapter. 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.**

**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**

**Sound Bath Meditation 2nd & 4th Wednesdays, 10-11a** Using sound bowls, drums, chimes, and bells, Musa delivers a live sound bath for relaxation and meditation (or a nice naptime). **ML**

**Spanish I & II** Spanish I classes are for continuing beginning Spanish students, and Spanish II classes are for 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 July 9, 11a** Adam, with See America Tours, will be onsite the 9th to present on upcoming trips and answer questions. Jennifer will be here in August for the 2025 World Premier Discovery Preview. Trip info available in print in the Traveling Rack in the hallway.

**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) **ML**

**UPLIFT for Ladies with Traci Wednesday, July 3, 10a** A unique monthly “support group” for women covering a multitude of uplifting topics. No need to register, simply show up. Traci is a recreation therapist with experience in residential psych and multiple therapeutic disciplines.

**Walk and Talk Tuesdays and Thursdays, 8:30a** Walkers may choose Ravenwood Park (3401 Central Pike & Lebanon Road) as weather allows. Otherwise, several walkers meet at Opry Mills mall (doors open between Off Broadway Shoes and Rainforest Café by 9a). **ML**

**SPECIAL PROGRAMS & EVENTS****Travel with Us! Tuesday, July 9, 11a**

Adam, with See America Tour, will be onsite the 9th to present on upcoming trips and answer questions. Jennifer will be here in August for the 2025 World Premier Discovery Trips Preview. Information available in print in the Traveling Rack in the hallway. **No registration needed to attend these informational sessions.**

**Metro Trustee Office Tax Relief Presentation Monday, July 15, 1p**

Learn about the Metro Trustee Tax Relief & Tax Freeze property assistance programs. What is the process, qualifications, documents needed, etc. for applying. Attendees with prepared documents may sign up on the spot. **Registration required and a list will be sent for documents needed for applying.**

**Congressional Constituent Services I Tuesday, July 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](mailto:Kristen.Topping@mail.house.gov) or drop in for assistance.**

**Train Talk: Amtrak Tripping How-To's Tuesday, July 16, 12:30-1:15p**

Ron Culberson and his friends, Jerry and Wanda Holt, travel the United States by Amtrak with just a backpack. Learn all about Amtrak schedules, routes, packing, and travel tips these seasoned "rail riders" have honed over the years of traveling. **Please register.**

**SUPER BINGO Tuesday, July 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.**

**Congressional Constituent Services II Tuesday, July 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 "The Honky Tonk Daycare Band" Friday, July 26, 11:30a Cost: \$10 **Register to attend.****

Performance you do not want to miss! Established in 2023, the Honky Tonk Daycare Band was born out of weekly jam sessions. Kash Whitley Mellons (11), Caysen Hammonds (11), and Ryman Shafer Frizzell (7) grew up around the Nashville music scene, naturally gravitating to pure country and the stage by the time they could walk. The boys made their official debut during the 2023 Keith Whitley Tribute concert at the Nashville Palace, opening for Lorrie Morgan, Jesse Keith Whitley, Ken Mellons and T Graham Brown, among others.

**English Country Dancing with Cathy Friday, July 26, 2:30p**

Cathy Hollister teaches our English Country Dancing classes. She "calls" for dances around town, travels around the world, and is an author. **No partner is needed; please register.**

**New Member Orientation Monday, July 29, 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 (if you choose to stay) **Register to come!**

**TRIPS & OUTINGS (Registration Required)****Blue Bird Café Live Music & Donuts Monday, July 8, 8:45a, Cost: \$15**

A morning treat at the famous Blue Bird Café. Enjoy a special senior music program with live music, coffee, and donuts. **Must be registered to attend.**

**Mystery Lunch Monday, July 9, 11a, Cost: \$15 + Lunch**

This venue was opened in 2017 inside an old courier building. The menu reflects a taste for good steaks, seafood, and “yardbird.”

**Reservations are required.**

**Meet n Eat I Wednesday, July 10, 11a, Cost: Lunch**

Supporting two local restaurants monthly: Meet n Eat I is at “Dragon Phoenix Buffet” at 2828 Elm Hill Pike, 37214 (behind Darfon’s) More information can be found at: dragonphoenixbuffet.com. **All attendees must be registered for the Meet n Eat to join the group’s reservation. Limited to 20.**

**The Factory at Franklin with Madison Station Friday, July 12, 9:15a, Cost: \$15 + lunch**

The Factory at Franklin was first constructed in 1929 to be the home of Allen Manufacturing Company Stove Works. In 1932, Dortch Stove Works bought the bankrupted Allen group. In 1955, Dortch merged with Magic Chef. In 1961, the city of Franklin took over The Factory and leased it to Jamison Bedding Company. From 1991 to 1999, the building remained dormant and decay set in. Rebirth of The Factory at Franklin with shops and dining happened in 1996. Check out the history and what this venue has to offer: factoryatfranklin.com. **We will be sharing the 24-passenger bus with Madison Station; 12 seat available, must register to go.**

**Rise n Shine Monday, July 15, 10a, 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 the newly renovated “Cracker Barrel” located at 3454 Percy Priest Drive, 37214. **Registration is required; seating is limited.**

**Music City Hayride Show Group Outing Tuesday, July 16, 2-4p, Admission: \$10**

In the Texas Troubadour Theatre on Music Valley Drive, the proceeds from this musical show are dedicated to charity. Since this event continues after hours and is located in Donelson, this is a “drive yourself” group outing. **Please sign up ahead of time; pre-payment will reserve a table for our group.**

**Lunch Bunch Wednesday, July 17, 10:30a, Cost: \$15 + Lunch**

Take a trip to the historic Union Station. Lunch will be held in the “Stationairy” of Union Station Nashville Yards. After lunch, enjoy a tour of the historic old train station and hotel. Read over the menu at: stationairynashville.com. **Register for this lunch outing and special tour thanks to Beverly Bell; limited to 14.**

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

The last Supper Club is scheduled to go to “Wild Ginger”. This restaurant in Cool Springs features Pan-Asian, South American, and Western cuisine. Check out the menu: dinewildginger.com. **Register to participate in this dining experience.**

**Old Glory Distillery Restaurant & Silo Park Trip Tuesday, July 23, 9:15a, Cost: \$30 + Lunch**

Enjoy an introduction to the whiskey making process and take a walk through the distillery and barrelhouse on our guided tour. After the tour, we have reservations at the onsite Restaurant and Silo Park for southern cuisine. Read about this venue and browse over the menu: oldglorydistilling.com.

**Meet n Eat II Tuesday, July 30, 11a Cost: Lunch**

The second monthly Meet n Eat option. (Please choose one or the other to participate in to allow for more attendees. Check the week of for extra seats.) Meet n Eat II is at the “Wing Stop” location: 2290 Lebanon Pike, The Crossings Publix Center. Lots of chicken and fries options... menu- ordering.wingstop.com. **Registration required to participate in the group reservation.**

**PRE-REGISTRATION NEEDED FOR THESE AUGUST TRIPS****Oak Grove Casino Thursday, August 1, 9:15a Cost: \$15**

Join Madison Station members on this combined casino trip across the TN/KY line. Oak Grove Casino boasts over 1200 state of the art gaming machines. Check out the EATS Food Court or Garrison Oak Steakhouse for lunch options. Learn more at: oakgrovegaming.com. Limited to 12.

**Music City Archery Tuesday, August 27, 12p Cost: \$31**

Join ten of your FiftyForward friends for an educational how-to and archery session at Music City Archery (sponsor for the Tennessee Senior Olympics and USA Archery Outdoor State Championship). We have 10 reservations on hold.

**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 or write down trip and class suggestions and drop into the mail slot in the lobby.**