

August 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, use the new portal or contact the center: <https://www.givehub.com/fiftyforward>. Center Hours: 8:30a-3:30p (main line) 615-883-8375

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>No Scheduled Trip, just an FYI:</p> <p>TN State Fair in Lebanon is 15-24th. Senior Day is the 20th with early entry at 4pm and \$10/pp.</p>			<p>1</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 9:15a Oak Grove Casino* 10a Bingocize 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</p>	<p>2</p> <p>9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a Rhythm Makers Drumming Class 10a-2:30p Bridge 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p BINGO 4-7p Hip D Farmers Market</p>	<p>3</p>
4	<p>5</p> <p>9a Gentle Yoga w/ Jan 9a Spanish I* 10a Lo-Impact Aerobics 11a Program Committee 11a Beginner Strength Training 12p Pilates 12p Knitting & Crochet Class 1p Chess Club</p>	<p>6</p> <p>8:15a Strength Training 8:30a Walk and Talk 9:30a Hand Chime Choir 10a Lunch Bunch* 10a Bingocize 10a-2:30p Bridge 10a Spanish II* 11a Arthritis Chair Exercise 11a Travel Tuesday with Adam 12:15p Dance Blast Fitness 1:30p Texas Hold'em</p>	<p>7</p> <p>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 1:00p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO</p>	<p>8</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 10a Bingocize 10:30a-12p 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</p>	<p>9</p> <p>9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a Rhythm Makers Drumming Class 10a-2:30p Bridge 11a Meet n Eat I* 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p BINGO 4-7p Farmers Market</p>	<p>10</p>
11	<p>12</p> <p>8:30a "Make a Joyful Noise: Everyone has a Voice" karaoke program with Central Care Counseling* 9a Gentle Yoga w/ Jan 9a Spanish I* 10a Rise n Shine* 10a Help & Healing Group 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p Pilates 12p Knitting & Crochet Class</p>	<p>13</p> <p>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 11a Travel Tuesday w/Jennifer 12:15p Dance Blast Fitness</p>	<p>14</p> <p>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 1:00p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO</p>	<p>15</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 10:30a-12p Mah Jongg 11a Advisory Council 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</p>	<p>16</p> <p>9a Stretch & Balance 9-11a Ukulele Group 9:30a TN State Museum, Farmers, Market, Bicentennial Mall Outing* 10a Beginner Strength with Floor Exercises 10a Rhythm Makers Drumming Class 10a-2:30p Bridge 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p BINGO 4-7p Farmers Market</p>	<p>17</p>
18	<p>19</p> <p>9a Gentle Yoga w/ Jan 9a Spanish I* 10a Lo-Impact Aerobics 10:30a Book Club: "Dust Child" by Nguyen Phan Que Mai 11a Beginner Strength Training 12p Pilates 12p Knitting & Crochet Class 1p Introduction to Watercolor Pencils and Palette Painting*</p>	<p>20</p> <p>8:15a Strength Training 8:30a Walk and Talk 9:30a Hand Chime Choir 9:30-11:30a Congressional Constituent Svcs Mobile Office* 10a-2:30p Bridge 10a Photography Appreciation Group (Camera Club) 10a Spanish II* 11a Arthritis Chair Exercise 12:15p Dance Blast Fitness 1:30p Texas Hold'em 2p Super BINGO</p>	<p>21</p> <p>National Senior Citizens Day 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p Pilates 1:00p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO</p>	<p>22</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 10:30a Mystery Lunch* 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</p>	<p>23</p> <p>9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a Rhythm Makers Drumming Class 10a-2:30p Bridge 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p BINGO 4-7p Farmers Market</p>	<p>24</p> <p>10a Bible Study</p>
25	<p>26</p> <p>9a Gentle Yoga w/ Jan 9a Spanish I* 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p Pilates 12p Knitting & Crochet Class</p>	<p>27</p> <p>8:15a Strength Training 8:30a Walk and Talk 9:30a Hand Chime Choir 10:00-11:30a Congressional Constituent Outreach Walk-up 10a-2:30p Bridge 10a Spanish II* 11a Arthritis Chair Exercise 12p Music City Archery Outing* 12:15p Dance Blast Fitness</p>	<p>28</p> <p>9a Gentle Yoga w/ Jan 10a Sound Bath Meditation 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Meet n Eat II* 11a Beginner Strength Training 12p Pilates 12-2p Blood Pressure Checks 12:30-2:30p Tech Help w/ College Students-they're back! 1:00p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO</p>	<p>29</p> <p>8:45a Historic Rose Mont/ Gallatin Square Shopping/ Eating at Swaney Swift's* 8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 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</p>	<p>30</p> <p>9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a Rhythm Makers Drumming Class 10a-2:30p Bridge 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p BINGO 2:30p English Country Dancing* 4-7p Farmers Market</p>	<p>31</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 (July 31-Oct 2) \$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. **ML**

Beginner Strength with Floor Exercises Fridays, 10a Strength training and floor exercises (need to be able to get up/down from floor) led by certified instructor Gloria. **ML**

Beginning Spanish 10-week series with Alicia; lessons are for members who have not previously taken Spanish. New class in September. **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. Please commit to the entire series; register 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**

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.

Knitting & Crochet Class Mondays, 12p Learn how to crochet or knit with our own, Linda Spence. If you have never tried, forgotten how, need a little practice, or want to join the group, come on! **ML**

Laugh Lines Improv Troupe Thursdays, 1:30-3:00p An engaging in-house improvisation group. Join the improv players for spontaneous storylines and fun. Spectators welcome. 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.

Photography Appreciation Group (Camera Club) Third Tuesday, 10a Improve photographic knowledge and appreciation. All welcome. **ML**

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 , August 8, 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 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 back August 28.

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 August 6 & 13, 11a Adam (See America Tour) will be onsite the 6th to present upcoming trips & answer questions. Jennifer is here the 13th with the 2025 World Premier Discovery Trips Preview. Trip information available in print at 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 (Currently on Hold)

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

[Travel with Us!](#) Tuesday, August 6 and 13, 11a

Adam (See America Tour) will be onsite the 6th to present upcoming trips & answer questions. Jennifer is here the 13th with the 2025 World Premier Discovery Trips Preview. Trip information available in print at the Traveling Rack in the hallway. **No registration needed to attend these informational sessions.**

[“Make a Joyful Noise: Everyone Has a Voice” Karaoke Program with Central Care Counseling](#) Monday, August 12, 8:30-10a

Karaoke and light refreshments highlight this program delivering insight into how music can play an instrumental part in mental health. A partnership with centralcarecounseling.com. **Please register to attend.**

[Introduction to Watercolor Pencils & Palette Painting](#) Monday, August 19, 1p

This is your opportunity to dabble with two types of watercolor mediums: pencils and palette paints. Practice coloring with pencils, loading and adding color, setting up palette colors for painting, mixing, blending, and blotting pigment. **Beginners welcome and repeat students free to return and practice some more! Led by Traci.**

[Congressional Constituent Services I](#) Tuesday, August 20, 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, August 20, 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.**

[National Senior Citizens Day](#) Wednesday, August 21

“I Don’t Want to Grow Up”- sometimes it is just fun to play and enjoy activities that bring smiles and laughter to kids of all ages. Bringing back the bubbles and paper airplanes... adding chalk art, Chinese jump rope, hoola hoops, balloon art, sno-cones, and popcorn for this national day to celebrate being “young at heart.”

[Congressional Constituent Services II](#) Tuesday, August 27, 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.**

[Tech Help with College Students](#) Wednesday, August 28, 12:30-2:30p

College is back in session and that means our wonderful college students are returning for Wednesday Community Outreach volunteer hours. Bring your devices and tech questions... these students are patient and knowledgeable. **Session times are in 30-minute slots. Please register.**

[English Country Dancing](#) Friday, August 30, 2:30p

Cathy Hollister, local dance caller and writer, will lead the class in learning English Country dances. **No partner needed; beginners welcome!**

[New Member Orientation](#) Every other month; next orientation class is September.

Welcome to FiftyForward! An introduction to Donelson Station, how to sign up for programs and trips, and ways to be connected. After the presentation, you are invited to join the group for lunch with our in-house Donelson Café for a great meal and socializing. Cost: Lunch **Register to come!**

TRIPS & OUTINGS (Registration Required)**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 and released in July; waiting list.**

Lunch Bunch Tuesday, August 6, 10:00a, Cost: \$15 + Lunch

Travel to Christiana for a meal at "Miller's Café", an old grocery store reinvented and noted on *Tennessee Crossroads*. Go to millersgrocerytn.org for more details. **Register to go; limited to 12.**

Meet n Eat I Friday, August 9, 11a, Cost: Lunch

Meet n Eat I is at the new Old Hickory venue, "Tavern at the Village" located at 501 Hadley Village Blvd. **All attendees must be registered for the Meet n Eat to join the group's reservation. Limited to 20.**

Rise n Shine Monday, August 12, 10a, Cost: Breakfast

A meet-n-eat group for early risers and those wishing to order from a breakfast menu. Members may meet one another for a morning social experience. Gather at IHOP in Hermitage at 5016 Old Hickory Boulevard. **Registration is required; seating is limited.**

Supper Club ON HOLD

Volunteer, Amanda, has moved to Alabama and we are looking for a new volunteer.

Tennessee State Museum, Farmers Market, Bicentennial Mall**Friday, August 16, 9:30a, Cost: \$15 + lunch, shopping**

Tour the Tennessee State Museum (we have a 10am self-guided tour timeslot scheduled), walk around one our national award-winning state parks at the Bicentennial Mall, and enjoy lunch and shopping at the Farmers Market. This outing will involve lots of walking and being indoors and outdoors. **Registration is limited to 14.**

Mystery Lunch Thursday, August 22, 10:30a, Cost: \$15 + Lunch

Our mystery location serves American fare with signature items including steak and seafood. Hint: Pontiac Sportscar & Gibson Guitar. **Reserve your spot to go.**

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. RSVP by July 30th.

Meet n Eat II Wednesday, August 28, 11a Cost: Lunch

The second monthly Meet n Eat option. Meet n Eat II is around the corner at "Salento Italia", 329 Donelson Pike. View their menu at salentonashville.com. **Registration is required to participate in the group reservation. Limited to 12.**

Historic Rose Mont Tour, Gallatin Square Shopping, & Lunch at Swaney Swift's Thursday, August 29, 8:45a Cost: \$25 + Lunch

Tour Rose Mont Mansion at 9:15am. This historic home was built in 1836 and occupied by the Guild family until 2005. It is now managed by the City of Gallatin and Rose Mont Restoration Foundation. Judge Josephus Conn Guild was the original owner and served as a soldier, attorney, politician and writer of "Old Times in Tennessee." Enjoy lunch on the Square at Swaney Swift's upon opening at 11am and mosey around the quaint downtown square afterwards. **Register for this outing that will take you "back in time."**

TRIP GUIDELINES

Minimum number: Trips not meeting a minimum of 6 participants will be cancelled at least 24 hours in advance.

Departure Time: Trips leave at the stated departure time; please arrive at least 10 minutes prior.

Cancellations and No Shows: A refund 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 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.