

October 2024 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>1</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a Beginning Spanish* 9:30a Hand Chime Choir 10a-2:30p Bridge 10a Spanish II 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 12:15p Dance Blast Fitness 1:30p Texas Hold'em</p> | <p>2</p> <p>9a Gentle Yoga w/ Jan 10a-12p Health & Wellness Fair 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p Pilates 12-2p Blood Pressure Checks 12:30-2:30p Tech Help Sessions w/College Students* 1:00p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi No BINGO due to Event</p> | <p>3</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club NO Arthritis Chair Exercise- Melissa Out of Town 10:30a-12p Mah Jongg 11a Meet n Eat I to Sakura* 12p Crafty Corner 12:15p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1:30 Laugh Lines Improv</p> | <p>4</p> <p>9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 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>5</p> <p>3-6p Mt. Olivet Cemetery Tour Fundraiser for The Keeton-on own</p> |
| 6 | <p>7</p> <p>9a Gentle Yoga w/ Jan 9a Spanish I 10a Lo-Impact Aerobics 11a Beginner Strength Training 11a Program Committee 12p Pilates 12p Knitting & Crochet Class 1p Chess Club</p> | <p>8</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a TWRA Fishing 101* 9a Beginning Spanish* 9:30a Hand Chime Choir 10a-2:30p Bridge 10a Spanish II 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 12:15p Dance Blast Fitness</p> | <p>9</p> <p>9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot (not on 2nd due to Fair) 10a Lo-Impact Aerobics 10a Sound Bath Meditation 10a-12p Art Workshop* 10:30a-12p Free Hearing Test* 11a Beginner Strength Training 12p Pilates 12-2p Blood Pressure Checks 12:30-2:30p Tech Help Sessions w/College Students* 1:00p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO</p> | <p>10</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 10a Arthritis Chair Exercise 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</p> | <p>11</p> <p>9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p BINGO 4-7p Farmers Market</p> | 12 |
| 13 | <p>14</p> <p>9a Gentle Yoga w/ Jan 9a Spanish I 10a Rise n Shine at Sweet Milk* 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p Pilates 12p Knitting & Crochet Class 1p What to File in your "Box" with Johnson McGinnis Elder Care Law*</p> | <p>15</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a Beginning Spanish* 9:30a Hand Chime Choir 9:30-11:30a Congressional Constituent Svcs Mobile Office* 10a-2:30p Bridge 10a Spanish II 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 11a Travel Tuesday with Jennifer 11:30a-1p Lunch & Learn* 12:15p Dance Blast Fitness 1:30p Texas Hold'em</p> | <p>16</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 12:30-2:30p Tech Help Sessions w/College Students* 1:00p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi No BINGO due to Event 11:00 to 3:00</p> | <p>17</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 10a Arthritis Chair Exercise 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 5p Supper Club with John*</p> | <p>18</p> <p>9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 11a Fitness Equipment Orientation w/Jason* 11a Sing-a-Long Choir 12p POMS Team Practice 1p Enabling Technology Field Trip to TN DDA* 1p Line Dancing 2p BINGO 4-7p Farmers Market</p> | 19 |
| 20 | <p>21</p> <p>9a-1p GNRC SHIP Annual Medicare Enrollment Counseling Event* 9a Gentle Yoga w/ Jan 9a Spanish I 10a Lo-Impact Aerobics 10a Help & Healing Group 11a Beginner Strength Training 12p Pilates 12p Knitting & Crochet Class</p> | <p>22</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a Beginning Spanish* 9:30a Hand Chime Choir 10:00-11:30a Congressional Constituent Outreach Walk-up 10a-2:30p Bridge 10a Spanish II 10a Arthritis Chair Exercise 10:30a Lunch Bunch to Swett's Restaurant* 11a Travel Tuesday with Adam 11a Arthritis Chair Exercise 12:15p Dance Blast Fitness 2p Super BINGO</p> | <p>23</p> <p>9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a Sound Bath Meditation 10a-12p Art Workshop* 11a Beginner Strength Training 12p RIDE N ROLL Downtown Stroll* 12p Pilates 12-2p Blood Pressure Checks 12:30-2:30p Tech Help Sessions w/College Students* 1:00p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO</p> | <p>24</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 10a Arthritis Chair Exercise 10:30a-12p Mah Jongg 11a Arthritis Chair Exercise 11:15a-12:30a Hypnosis & Biofield Energy Practice* 12p Crafty Corner 12:15p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1:30 Laugh Lines Improv</p> | <p>25</p> <p>9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 11a Meet n Eat II at Famous Dave's* 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p BINGO 4-7p Farmers Market</p> | 26 |
| 27 | <p>28</p> <p>9a Gentle Yoga w/ Jan 9a Spanish I 10a Lo-Impact Aerobics 10:30a Book Club: "Lady Tan's Circle of Women" by Lisa See 11a Beginner Strength Training 12p Pilates 12p Knitting & Crochet Class 1p Basics of Estate Planning*</p> | <p>29</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a Beginning Spanish* 9:30a Hand Chime Choir 10a-2:30p Bridge 10a Spanish II 10a Arthritis Chair Exercise 10:30a Mystery Lunch* 11a Arthritis Chair Exercise 12:15p Dance Blast Fitness</p> | <p>30</p> <p>9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10:30a Kidney Foundation Presentation & Consult* 11a Beginner Strength Training 12p Pilates 12-2p Blood Pressure Checks 12:30-2:30p Tech Help Sessions w/College Students* 1:00p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO</p> | <p>31</p> <p>Wear a Costume Day 8:15a Strength Training 8:30a Fall Foliage Walk* 9a Cornhole Club 10a Arthritis Chair Exercise 10:30a-12p Mah Jongg 11a Arthritis Chair Exercise 11a Event Luncheon* 12-2p Show Stoppers* 12p Crafty Corner 12:15p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1:30 Laugh Lines Improv</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 quarter sessions (Oct-Dec) \$25. **Registration required. ML**

Arthritis Chair Exercise Tuesdays and Thursdays, 10a & 11a Low-impact, evidence-based seated exercises taught by Melissa to help strengthen parts of the body affected by arthritis. Two classes offered.

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**

Bible Study Fourth Saturday, 10a Volunteer, Davene, leads this group discussion class. The current book being studied is Revelation. **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!

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 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 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 A group for those wishing to learn how to knit and/or crochet. Linda S. is the teacher for these gatherings. Non-beginners are also invited to join & socialize. **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 Have fun learning different line dances to great music with Kim (1st, 3rd) and Deb (2nd, 4th) All are welcome; **2-2:30p is for experienced dancers. ML**

Lo-Impact Aerobics Mondays & Wednesdays, 10a 45-minute lo-impact aerobics class 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 are scheduled in the community and for special events. **ML**

Qi Gong Thursdays, 1:15p Cyndi teaches this class that uses flowing movements to help you increase your strength and balance.

Red Hat Honeys 2nd Thursday, 11a Donelson Station’s Red Hat Society chapter. New faces welcome! **ML**

Rhythm Makers Drumming On Hold

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. 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 Classes Beginning Spanish fall session is on Tuesdays at 9a. These classes are for members who have not previously taken Spanish. Members continuing classes with Alicia have options of intermediate Spanish I on Mondays at 9a and advanced Spanish II on Tuesdays at 10a. **New students for Spanish I or II must first meet 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.

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 College students have returned for the semester and would love to help you with technology questions and how-to’s. Bring your device with you. **Sign up for a session.**

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 October 15 & 22, 11a Jennifer (Premier World Discovery) will be here on the 15th; Adam (See America Tour) will be onsite the 22nd to present upcoming trips & answer questions. 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 ON HOLD Traci is a recreation therapist with experience in residential psych and multiple therapeutic disciplines.

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

Check out the Lifelong Learning Programs this Month. Support our guests scheduled to deliver educational programs. We appreciate subject matter specialists sharing their knowledge with us.

[Health & Wellness Community Fair](#) **Wednesday, October 2, 10a-12p**

The fall FiftyForward Health & Wellness Fair is here! Vendors, door prizes, resources, Walgreens vaccinations, Vanderbilt memory assessments, and opportunities to talk with community health, wellness, and senior industry leaders.

[Tech Help Sessions with College Students](#) **Wednesdays, 12:30-2:30p**

College students have returned for the semester and would love to help you with technology questions and how-to's. Bring your device with you. **Sign up for a session; 12:30, 1:00, 1:30 or 2:00.**

[FYI: Mt. Olivet Cemetery Tour](#) **Saturday, October 5, 3:00-6:00p**

A fundraiser for The Keeton Theatre: enjoy an educational walking tour through the oldest section of Mount Olivet Cemetery. Actors/actresses will portray some of the historical figures buried at the Cemetery. Hear short monologues detailing interesting facts about the lives of these figures while learning about the rich history of early Nashville. Get tickets online @thekeeton.org.

[Free Hearing Test](#) **Wednesday, October 9, 10:30a to 12p**

FREE hearing test with HearingLife. **Registration required** for 15-minute sessions; see John or Traci. Limited to 6.

[My Important Documents](#) **Monday, October 14, 1p**

We welcome Katlyn Green with Johnson McGinnis Elder Care Law. Attendees will receive a list of important documents needed to make lives easier for decision-makers. "Don't make a bad situation worse by being unprepared. We receive calls from loved ones frantically searching for parent's forms and documents due to a health event or emergency and they are clueless where to locate the items." Tools for organizing paperwork and wishes. **Register to attend.**

[Congressional Constituent Services I](#) **Tuesday, October 15, 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 simply drop in for assistance.**

[Travel with Us!](#) **Tuesday, October 15 & 22, 11a**

Jennifer is onsite the 15th for Premier World Discovery information to Rome & the Country Roads of Tuscany as well as the Treasures of Croatia & Slovenia trips. Adam, with See America Tour, will be here on the 22nd to discuss upcoming trips and answer questions.

[Lunch & Learn: "Get Your Ducks In A Row"](#) **Tuesday, October 15, 11:30a-1p**

Kim Sosa, Family Services Counselor with Dignity Memorial, brings a preplanning seminar on protecting your family from difficult decisions, stress, and expenses of planning a funeral. Lunch is provided; seminar limited to 25 reservations. **Must RSVP by September 25th.**

[GNRC SHIP Annual Medicare Enrollment Counseling Event](#) **Monday, October 21, 9a-1p**

Questions about Medicare? Fall open enrollment period is Oct 15-Dec 7 and representatives from SHIP (state health insurance assistance programs) will be onsite to assist with navigating Medicare and counseling needs. Online info: www.shiphelp.org.

[Congressional Constituent Services II](#) **Tuesday, October 22, 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.**

[SUPER BINGO](#) **Tuesday, October 22, 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.

[Hypnosis & Biofield Energy Practice](#) **Thursday, October 24, 11:15a-12:30p**

If you have ever wondered about hypnosis or energy work, such as Healing Touch, come learn and experience practices to promote self-relaxation for stress reduction, improved memory, and sleep. Led by Dr. Dinah Kitchens, Consulting Hypnotist and Energy Work Practitioner. **Limited to 12.**

[Basics of Estate Planning](#) **Monday, October 28, 1p**

John G. Fahner, an estate planning and probate attorney with Kennedy & Associates, PLLC, will discuss probate in Tennessee, common estate planning documents, and frequent estate planning questions and concerns.

[Kidney Foundation Presentation & Consult](#) **Wednesday, October 30, 10:30a**

Presentation: "The Importance of Kidney Health & Screenings". Our kidneys play a critical role in overall wellness. Learn more about risks and detection of kidney disease as well as insights into preventative measures, lifestyle choices, and benefits of kidney health assessments. **A minimum of 15 RSVPs needed by October 23rd.**

[Show Stoppers Talent Show](#) **Wednesday, October 16, 11a Lunch and Show COST: \$10, 12-2p Show Only is FREE but you must register!**

Don't miss members sharing their talents in "Show Stoppers"! Audience seat selections will be in two groups: those who register for lunch and the show, and those just wishing to watch the performances. Seating is first come and by registration only. Enjoy two hours of entertainment by your peers. This is going to be fun!

[New Member Orientation Class](#) **Next Class will be in November**

Welcome to FiftyForward! An introduction to Donelson Station, how to sign up for programs and trips, and ways to be connected. Meets every other month.

TRIPS & OUTINGS

Registering and Paying for your Trips

As we move forward as an organization, payments and registrations will be made by the member via our new portal, which can be accessed either at home or at the kiosk located at the center. Payments must be made at the time of registration to successfully hold your spot and sign up for day trips and events that have a cost. Access the new portal from the convenience of your home by visiting: <https://fiftyforward.org/member/>

Meet n Eat I Thursday, October 3, 11a, Cost: Lunch

The first monthly Meet n Eat option celebrating one of our local establishments. Register to join other members for good food and fellowship at Sakura Japanese Restaurant (3451 Lebanon Pike). Check out the menu options @sakuratn.com. Register to be included in the reservation.

TWRA Fishing 101 Tuesday, October 8, 9a, Cost: \$15

Fall cools down Couchville Lake and creates a better opportunity to catch a few fish. David Lowrie, TWRA Outreach Program Manager, will meet our bus at Long Hunter State Park with equipment. No fishing license needed for this beginner fishing lesson. Sign up to participate.

Rise n Shine Monday, October 14, 10a, Cost: Breakfast

A meet-n-eat group for early risers and those wishing to order from a breakfast menu. Members meet one another for a morning social experience. Gather at Sweet Milk just down the street (329 Donelson Pike). Registration is required; seating will be divided up.

Supper Club Thursday, October 17, 5p, Cost: \$15 + Dinner

John is driving the group this month. (gonna be a good time!) He has chosen to introduce you to one of the restaurants on his "Foodie List", *Penne Pазze*. Look over the menu and your mouth will start watering... @pennepazze.net/menu.

Enabling Technology Field Trip to TN Dept of Disability & Aging Friday, October 18, 1p, Cost: FREE (part of TN STEAM Event)

Learn how Tennessee's Department of Disability & Aging is utilizing technology solutions to help individuals maintain independence at home. Enjoy a field trip to the Enabling Technology Model Home and a technology training session. Participants will tour the home to see technology demonstrations and gain hands-on experience with DDA Enabling Technology Champions. Limited to 14.

Lunch Bunch Tuesday, October 22, 10:30a, Cost: \$15 + Lunch

Get those taste buds ready for a Nashville classic venue since 1954, Swett's Restaurant. Soul food that is so good there is no designated menu online. You can google Swett's for pictures and reviews.

Ride N Roll Downtown Stroll Wednesday, October 23, Bus Station Pick Up Around 12p and Commuter Train Return at 3:56pm, Cost: Bus and train fare + lunch and personal expenses

Take the WeGo #6 Lebanon Road bus downtown and enjoy food, music, and tourist sightseeing at your leisure. Return on the WeGo STAR Commuter Train. Read over the wegotransit.com website for riding and ticketing information. This trip involves a lot of walking across various terrain and surfaces.

Meet n Eat II Tuesday, October 25, 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.) Famous Dave's is located at 5000 Old Hickory Blvd. Hermitage. See the menu @famousdaves.com

Mystery Lunch Tuesday, October 29, 10:30a, Cost: \$15 + Lunch

You can't choose wrong with the menu at our mystery destination offering seafood and pasta dishes.

Fall Foliage Walkabout at Ravenwood Park Thursday, October 31, 8:30a

If the weather works out and the leaves survive until this date, we will meet at the playground of Ravenwood Park and walk the trails and inhale the fresh air, enjoy the scenery, and get a bit of exercise.

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.