

November 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
					1 9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2p Bridge 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p BINGO	2
3	4 9a Gentle Yoga w/ Jan 9a Spanish I 10a Lo-Impact Aerobics 11a Beginner Strength Training NO Pilates 12p Knitting & Crochet Class 1p Chess Club	5 8:15a Strength Training 8:30a Walk and Talk 9a Beginning Spanish 9:30a Hand Chime Choir 10a Spanish II 10a-2p Bridge 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 12:15p Dance Blast Fitness 1:30p Texas Hold'em 2-3:30p Bridge Lessons*	6 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training NO Pilates NO 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	7 8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 10a Arthritis Chair Exercise 10-11:30a NPT Screening of "Aging Matters"* 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/Card Games 1p Laugh Lines Improv	8 9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2p Bridge 11a Meet n Eat I at Sunflower Bakehouse* 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p BINGO	9
10	11 Veterans Day 9a Gentle Yoga w/ Jan 9a Program Committee 10a Rise n Shine at Bagelshop Donelson* 11:30a Veterans Day Luncheon sponsored by Caring Senior Service* 10a Lo-Impact Aerobics 11a Beginner Strength Training NO Pilates 12p Knitting & Crochet Class	12 8:15a Strength Training 8:30a Walk and Talk 9:30a Hand Chime Choir 10a-2p Bridge 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 12:15p Dance Blast Fitness 2-3:30p Bridge Lessons*	13 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10:30a-12p Free Hearing Test* 11a Beginner Strength Training NO Pilates NO 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	14 8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 10a Arthritis Chair Exercise 11:30a Lunch Bunch at Tutti Da Gio Hendersonville* 10:30a-12p Mah Jongg 11a Red Hat Honeys 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub/Card Games 1p Laugh Lines Improv	15 9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a Christmas Village at the Fairgrounds* 10a-2p Bridge 11a Fitness Equipment Orientation w/Jason* 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p BINGO	16
17	18 9a Gentle Yoga w/ Jan 10a New Member Orientation* 10a Lo-Impact Aerobics 10a Help & Healing Group 11a Beginner Strength Training 12p Pilates 12p Knitting & Crochet Class 1p Intro to AI with Steve sponsored by Senior Planet* Galen RN Students Observation Day	19 8:15a Channel 5 News Station Tour* 8:15a Strength Training 8:30a Walk and Talk 9:30a Hand Chime Choir 9:30-11:30a Congressional Constituent Svcs Mobile Office* 10a-2p Bridge 10a Arthritis Chair Exercise 11a Travel Tuesday with Adam 11a Arthritis Chair Exercise 12:15p Dance Blast Fitness 1:30p Texas Hold'em 2p Super BINGO 2-3:30p Bridge Lessons*	20 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 11:30a Blood Assurance Lunch & Learn on Platelets* 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	21 8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 10a-2p Blood Assurance Mobile Unit 10a Arthritis Chair Exercise 10:30a-12p Mah Jongg 11a Arthritis Chair Exercise 11a Advisory Council 12p Crafty Corner 12:15p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub/Card Games 1p Laugh Lines Improv No Supper Club this month	22 9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2p Bridge 11a Meet n Eat II at M.L. Rose Mt. Juliet* 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p BINGO	23 10a Bible Study
24	25 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10:30a Book Club: "So Long As It's Wild" by Barbara Jenkins 11a Beginner Strength Training 12p Pilates 12p Knitting & Crochet Class	26 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 Arthritis Chair Exercise 10:30a Mystery Lunch* 11a Arthritis Chair Exercise 12:15p Dance Blast Fitness 2-3:30p Bridge Lessons*	27 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	28 FiftyForward Centers Closed for Thanksgiving 11a-3p Donelson Café & Catering Annual Truly Thankful Thanksgiving Meal	29 Centers Closed	30



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! Card pick up and seating time is at 1:45p unless you are dining with the Café.

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-2p The most popular card game since the 1930s. Practice your skills; lunch break mid-way. **ML**

Bridge Lessons Tuesdays, 2-3:30p Learn from bridge-playing members eager to teach you how to play. **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, 1-3p An engaging in-house improvisation group. Join the improv players for spontaneous storylines and fun at the beginning of class; the more advanced session is at 2p. Spectators welcome. 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 Second Thursday, 11a Donelson Station’s Red Hat Society chapter. New faces welcome! **ML**

Rhythm Makers Drumming On Hold due to low attendance.

Rummikub Thursdays, 1p Play this popular tile game based on runs and sets similar to the card version of Rummy. Attendees often will play additional card games for fun. **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 ON HOLD Using sound bowls, drums, chimes, and bells, Musa delivers a live sound bath for relaxation and meditation (or a nice naptime). **ML**

Spanish Classes Last week of Fall session classes Nov 4/5. Winter sessions will start again after the first of the year. **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 November 19, 11a Adam (See America Tour) will be onsite the 19th to present upcoming trips & answer questions. Jennifer returns Dec 10th for Premier World Discovery. 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 and Community Outreach options this month.

[New! Bridge Lessons](#) Tuesdays, 2-3:30p,

Bridge-playing members are ready to teach you how to play! **Please register for the first class so they have an idea who is interested.**

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

College students 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. Note: they are off the week of Thanksgiving.**

[NPT \(Nashville PBS\) Screening of Aging Matters: "When the Gig is Up"](#) Thursday, November 7, 10a to 11:30a, FREE

Enjoy viewing the feature documentary, "When the Gig is Up" with NPT. Event includes refreshments and conversation, with the possibility of sharing a song of your own. **Space is limited, please register.**

[Veterans' Day Luncheon](#) Monday, November 11, 11:30a

Veterans are invited to a special luncheon honoring their service to our nation. Thank you to Jon Hageman with Caring Senior Service of Nashville for sponsoring the veteran lunches.

[Free Hearing Test](#) Wednesday, November 13, 10:30a to 12p

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

[Intro to AI \(Artificial Intelligence\) with Steve sponsored by Senior Planet](#) Monday, November 18, 1p

Curious about AI? Want to know more about Chat GPT? This lecture will introduce some of the basic ideas around artificial intelligence. We'll talk about how AI is being used today, what its current limitations are, and how it will shape the future. **Please sign up so Steve has a number count.**

[New Member Orientation Class](#) Monday, November 18, 10a

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. **Please let staff know if you will be in attendance.**

[Congressional Constituent Services I](#) Tuesday, November 19, 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, November 19, 11a

Adam (See America Tour) will be onsite the 19th to present upcoming trips & answer traveling questions. Jennifer returns Dec 10th with Premier World Discovery updates. Trip information available in print at the Traveling Rack in the hallway.

[SUPER BINGO](#) Tuesday, November 19, 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.

[Blood Assurance Lunch n Learn: Educational Session on Platelets](#) Wednesday, November 20, 11:30a

Join Blood Assurance for an enlightening program exploring the vital role blood product donation plays in saving lives. Enjoy a delicious lunch while gaining valuable insights into how contributions make a lasting impact.

[Blood Assurance Mobile Unit](#) Thursday, November 21, 10a-2p

Everyone is encouraged to give blood for community needs. The bloodmobile will be located in the parking lot and is open to the public for donating.

[Congressional Constituent Services II](#) Tuesday, November 26, 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.**

[Truly Thankful Thanksgiving Meal with Donelson Café & Catering](#) Thursday, November 28, 11a-3p

Please join in an open invitation by Kevin and Mark to enjoy a Thanksgiving feast with friends and community members. Socialize with others, listen to music, and know all are welcome to the table. Free; donations are accepted. (FiftyForward is closed; the Café' is open.)

CENTER MEETINGS

[Program Committee](#) Monday, November 11, 9a

If you are interested in being part of the committee for 2025, please let Traci know. Ideas for trips and programs are encouraged!

[Advisory Council](#) Thursday, November 21, 11a

Join us as we discuss center operations and planning. All members are welcome!

MID-TENNESSEE GEM & MINERAL SOCIETY

See John in the front office for details on the varied jewelry and stained-glass classes.

TRIPS & OUTINGS (Registration Required)

Meet n Eat I Friday, November 8, 11a, Cost: Lunch

The first monthly Meet n Eat option celebrates one of our local establishments owned by two of our members. Register for good food and fellowship at Sunflower Bakehouse (2414 Lebanon Road). Check out the menu options and lovely desserts at ilovesunflower.com. Register to be included in the group reservation.

Rise n Shine Monday, November 11, 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 the nearby Bagelshop (2708 Old Lebanon Road). The menu can be seen at: bagelshopnashville.com. Registration is required; seating is on a first-come basis and group will need to split up. If it's a pretty day, enjoy their outdoor seating area. Check out the new library next door!

Lunch Bunch Thursday, November 14, 11:30a, Cost: \$15 + Lunch

One of our area's best foodie destinations with national recognition is Tutti Da Gio. However, the local storefront is take out only, so we are traveling to Hendersonville to see their recent expansion restaurant. Read about their Sicilian menu options at: tuttidagio.com. Seats will go fast for this trip!

Christmas Village at the Fairgrounds Friday, November 15, 10a, Cost: \$30, RSVP by November 5

This shopping event has been raising funds for the Bill Wilkerson Hearing and Speech Center since 1961. We will take the bus to our Knowles center location (next door to the event). Wear your comfy walking shoes and bring a bag for gifts, because this is a BIG event with over 250 merchants! See the note on preregistration by the 5th in order to secure tickets.

Channel 5 News Station Tour Tuesday, November 19, 8:15a, Cost: \$15

Here is your chance to take a tour of WTVF NewsChannel 5. The tour starts at 9:00am and will last about an hour. Set your alarm clock and join in the tour (you can catch up on your sleep later); this is the only timeframe for tours at present. Register by November 12th to go.

Meet n Eat II Friday, November 22, 11a Cost: Lunch

The second monthly Meet n Eat option is a little further than the first. Meet other members at M.L. Rose Mt. Juliet location. The first of these restaurants started in 2008 in the Melrose neighborhood; hence, the name. Known for craft beer and burgers, check out the selection at: mlrose.com. Sign up for group seating inclusion.

Mystery Lunch Tuesday, November 26, 10:30a, Cost: \$15 + Lunch

Hint from the story of this family-owned business: "We believe a meal is more than just food. It's an experience— an experience in community, joy, empathy, and love." Schedule time to stick around a while and shop afterwards; this will be a longer than normal trip. Don't miss out!

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.

November has less outings than normal due to program staff training and the Thanksgiving holiday week.