

January 2025 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 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 Happy New Year! FiftyForward Closed	2 8:15a Strength Training 8:30a Walk and Talk NO Arthritis Chair Exercise-Melissa Out of Town 10:30a-12p Mah Jongg 12p Crafty Corner 12p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1p Laugh Lines Improv	3 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 2p BINGO	4
5	6 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a Beginner Strength Training 11a Program Committee 12p Knitting & Crochet Class 12p SAIL Fitness (NEW CLASS) 1p Chess or Checkers	7 8:15a Strength Training 8:30a Walk and Talk 9:30a Hand Chime Choir 10a-2p Bridge 10a Lunch Bunch to Arnold's Country Kitchen* 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 11a Travel Tuesday with Jennifer 12p Dance Blast Fitness 1:30p Texas Hold'em 2-3:30p Bridge Lessons	8 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 12-1:30p GriefShare Overview: "Dealing with the Emotions of Grief" 12p SAIL Fitness (NEW CLASS) 12-2p Blood Pressure Checks 1:00p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO	9 8:15a Strength Training 8:30a Walk and Talk 10a Arthritis Chair Exercise 10:30a-12p Mah Jongg 11a Arthritis Chair Exercise 11a Red Hat Honeys 10:30a Frist Art Museum Tour & Café Cheeseerie* 12p Crafty Corner 12p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1p Laugh Lines Improv	10 9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 11a Meet n Eat at Jonathan's Grille* 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p BINGO	11
12	13 9a Gentle Yoga w/ Jan 9a Spanish I* 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p Knitting & Crochet Class 12p SAIL Fitness 1p UPLIFT for Ladies*	14 8:15a Strength Training 8:30a Walk and Talk 9a Beginning Spanish* 9:30a Hand Chime Choir 10a-2p Bridge 10a Spanish II* 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 11a Travel Tuesday with Adam 12p Dance Blast Fitness 2-3:30p Bridge Lessons	15 9a Gentle Yoga w/ Jan 10a Rise n Shine at Nadeen's Hermitage Haven* 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p SAIL Fitness 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	16 8:15a Strength Training 8:30a Walk and Talk 10a Arthritis Chair Exercise 10:30a-12p Mah Jongg 11a Advisory Council 11a Arthritis Chair Exercise 12p Crafty Corner 12p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1p Laugh Lines Improv	17 FiftyForward Centers Closed for Staff Retreat	18
19	20 FiftyForward Closed in Honor of Martin Luther King Jr Day	21 8:15a Strength Training 8:30a Walk and Talk 9a Beginning Spanish 9:30-11:30a Congressional Constituent Svcs Mobile Office* 9:30a Hand Chime Choir 10a-2p Bridge 10a Spanish II 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 12p Dance Blast Fitness 1:30p Texas Hold'em 2-3:30p Bridge Lessons 2p Super BINGO	22 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p SAIL Fitness 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	23 8:15a Strength Training 8:30a Walk and Talk 10a Arthritis Chair Exercise 10:30a-12p Mah Jongg 11a Arthritis Chair Exercise 12p Crafty Corner 12p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1p Laugh Lines Improv	24 9a Stretch & Balance 9-11a Ukulele Group 9:15a Symphony Rehearsal Trip & Lunch at The Lost Paddy* 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p BINGO	25 10a Bible Study
26	27 9a Gentle Yoga w/ Jan 9a Spanish I 10a New Member Orientation* 10a Lo-Impact Aerobics 10:30a Book Club Special Event (Open to Visitors) Barbara Jenkins, wrote "So Long As It Is Wild" * 11a Beginner Strength Training 12p Knitting & Crochet Class 12p SAIL Fitness 1p "What Is AI?" with Steve*	28 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-2p Bridge 10a Spanish II 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 12p Dance Blast Fitness 2-3:30p Bridge Lessons	29 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p SAIL Fitness 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	30 8:15a Strength Training 8:30a Walk and Talk 10a Arthritis Chair Exercise 10:30a-12p Mah Jongg 11a Arthritis Chair Exercise 12p Crafty Corner 12p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1p Laugh Lines Improv	31 9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 11a Sing-a-Long Choir 11:30a Jazz Luncheon w/Jan Cronin* 12p POMS Team Practice NO BINGO	



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 (Jan-Mar) \$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) with Gloria. **ML**

Bible Study Fourth Saturday, 10a Volunteer, Davene, leads this group discussion class. **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 or Checkers 1st Monday, 1p, Partner with members who would like to challenge one another. Some sets available or bring own. **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, 12p Enjoy dance and rhythm moves to music led by Susan. **ML**

Fitness Equipment Orientation 3rd Friday (back in Feb), 10a Become proficient with 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 and counselor, 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, 1:00-3:00p An engaging in-house improvisation group. Join the improv players for spontaneous storylines and fun. Beginners at 1p and more advanced at 2p. Spectators welcome. Scheduled community performances. **ML**

Line Dancing 2nd and 4th Fridays, 1-2:30p Have fun learning different line dances to great music with Deb. All are welcome; **2-2:30p is for experienced dancers. ML**

Lo-Impact Aerobics Mondays & Wednesdays, 10a 45-minute lo-impact aerobics class with Greg; move and groove 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**

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. Lunch together and Bingo. 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**

SAIL Fitness NEW! Mondays and Wednesdays, 12p Kris has completed the SAIL (Stay Active and Independent for Life) training and is ready to lead this program as another center option for strength and balance.

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

Spanish Classes Beginning Spanish winter 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 return the 15th 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 January 7 & 14, 11a Jennifer (Premier World Discovery) will be here on the 7th; Adam (See America Tour) will be onsite the 14th 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 Monday, January 13, 1p Traci is a recreation therapist with experience in residential psych and multiple therapeutic disciplines. This is a support group for members who wish to share experiences, learn more about personal care, and be uplifted by other women. One kickoff class in January.

Walk and Talk Tuesdays and Thursdays, 8:30a Walkers meet at Opry Mills mall and loop the facility for weather-free exercise (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.

SAIL Fitness NEW! Mondays and Wednesdays, 12p

Kris has completed the SAIL (Stay Active and Independent for Life) training and is ready to lead this program as another evidenced-based fitness option for strength and balance.

Travel with Us! Tuesday, January 7 and 14, 11a

Jennifer is onsite the 7th for Premier World Discovery 2025 information. Adam, with See America Tour, will be here on the 14th to discuss upcoming trips and answer questions. Find trip information in the spinning rack in the hallway.

Free Hearing Test Wednesday, January 8, 10:30a to 12p

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

GriefShare Overview: “Dealing with the Emotions of Grief” January 8, 12-1:30p

Loss and grief affects everyone- no one is immune to these personal events and emotions. Winter, holidays, and a new year are often triggers for grief and depression. Frank Lewis, a local GriefShare counselor partnered with Tusculum Hills Baptist Church, will provide an overview of grief, affirmation that individuals experience loss in different ways, and reminder there is hope in the healing process.

UPLIFT for Ladies Monday, January 13, 1p

Traci is a recreation therapist with experience in residential psych and multiple therapeutic disciplines. This is a support group for members who wish to share experiences, learn more about personal care, and be uplifted by other women. One kickoff class in January and for February we will decide on meeting dates.

Tech Help Sessions with College Students Wednesdays, 12:30-2:30p

College students return January 15th 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.**

Congressional Constituent Services I Tuesday, January 21, 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.**

SUPER BINGO Tuesday, January 21, 2p

Monthly SUPER BINGO is sponsored by Eric Miller with CarePatrol and other special guests. There are no losers in this fun version.

New Member Orientation Class Monday, January 27, 10a

Welcome to FiftyForward and an exciting 2025! An introduction to Donelson Station, how to sign up for programs and trips, and ways to be connected. Meets every other month.

Book Club Special Event: Guest Speaker & Author Monday, January 27, 10:30a

Barbara Jenkins will be our guest speaker for Book Club and everyone is invited. Barbara is a local best-selling author of “So Long As It Is Wild”, the story of her famous walk across America and standing strong in the aftermath. Check out her website [@barbararajojenkins.com](http://barbararajojenkins.com). Please register for this special meeting.

Is That AI? with Steve Monday, January 27, 1p

With the advances in artificial intelligence technology, AI programs can now create ultra-realistic images and videos. At first sight, it may be hard to tell if what you see was created or altered by AI. In this session, we'll teach you tips and tools to help you determine if an image was generated by AI. We'll show you how to do a reverse image search to find out the internet history of any image you find online. While we can't definitively tell whether an image is AI, these tools will make you a savvy internet user. **Sign up to participate in the class.**

Congressional Constituent Services II Tuesday, January 28, 10-11:30a

Ray Render, District Director with 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.**

Jazz Tunes with Jan Friday, January 31, 11:30a, Cost: \$10

Beat the wintry blues with jazz tunes by our own Jan Cronin and friends. Enjoy lunch with the Donelson Café & Catering and relax to sounds that will tug the soul.

Frist Art Museum Beginner Digital Art-making Series Early Registration, Cost: FREE and open to the public

Begins February 3rd; every Monday 10-11:30am until March 24th with a reception finale on March 31st. Explore your creativity, learn a new skill, and create art with an iPad in this free digital art-making workshop in partnership with the Frist Art Museum and supported by E. A. Michelson Philanthropy. Participants will explore digital art-making skills and develop new forms of creative expression using technology. Using iPads and the ProCreate app, learn new skills each week and gain the tools while developing community and engaging with the Frist's exhibitions and programs. Non-members will have their membership fees covered through a Frist grant. 20 spots available.

TRIPS & OUTINGS

Access the registration portal from the convenience of your home by visiting: <https://fiftyforward.org/member/> or at the kiosk located at the center. Required payments must be made at the time of registration to successfully hold your trip spot. See John or Traci if you do not know your password entry.

Lunch Bunch Tuesday, January 7, 10:30a, Cost: \$10 + Lunch

For over three decades, Arnold's Country Kitchen has been serving cafeteria-style meat and vegetables to the Nashville community. Check out their website for photos of all the yummy pies and most up to date menu options: Arnoldscountrykitchen.com. Limited to 12.

Frist Art Museum Tour & Café' Cheeserie Thursday, January 9, 10:30a, Cost: \$10 + Lunch

Enjoy lunch at the onsite café in the museum. We have a guided tour of the new exhibits at 12p. This tour complements the Japanese block printing class held at Donelson Station in December. Limited to 12.

Meet n Eat Friday, January 10, 11a, Cost: Lunch

A meet-n-eat option celebrating one of our local establishments. Register to join other members for lunch at Jonathan's Grille. Although this is a drive yourself social gathering, you must be on the list for seating. 613 S Mt. Juliet Road. Menu: jonathansgrille.com.

Rise n Shine Wednesday, January 15, 10a, Cost: Breakfast

A meet-n-eat group for early risers and those wishing to order from a breakfast menu. Nadeen's Hermitage Haven at 3410 Lebanon Pike; menu at nadeensinhermitage.com. RSVP for reservations even though you drive on your own.

Symphony Rehearsal Trip & Lunch at The Lost Paddy Friday, January 24, 9:15a, Cost: \$10 + Lunch

Experience the live rehearsal of the Nashville Symphony in the lovely Schermerhorn Symphony Center. Program: Overture to "The Flying Dutchman", "Flower Power" 1960s counterculture movement about optimism, psychedelia, love & peace, and Beethoven's famous Seventh Symphony. After the rehearsal, we will stop for lunch at The Lost Paddy on the way back to the center. Menu: thelostpaddy.com. Sign up early, these free rehearsals go quick!

Mystery Lunch Tuesday, January 28, 10:30a, Cost: \$15 + Lunch

Hint: Southern Home Cooking; restaurant was part of a larger establishment "back in the day". Trip might include an antiques stop.

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 for 2025 or write down trip and class suggestions and drop into the mail slot in the lobby.