

February 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
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2	3 AARP Tax Season until April-by RSVP* 9a Gentle Yoga w/ Jan 9a Spanish I 10a Lo-Impact Aerobics 10a Frist Art Museum Digital Artmaking Series* 11a Beginner Strength Training 11a Program Committee 12p SAIL Fitness 12p Knitting & Crochet Class 1p Chess or Checkers	4 8:15a Strength Training 8:30a Walk and Talk 9a Beginning Spanish 9:30a Hand Chime Choir 10a Lunch (Brunch) Bunch* 10a-2p Bridge 10a Spanish II 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 11a Travel Tuesday with Adam 12p Dance Blast Fitness 1:30p Texas Hold'em 2-3:30p Bridge Lessons	5 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* 1p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO	6 8:15a Strength Training 8:30a Walk and Talk 10a Arthritis Chair Exercise 10:30a-12p Mah Jongg 11a Meet N Eat* 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	7 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 2p BINGO	8
9	10 9a Gentle Yoga w/ Jan 9a Spanish I 10a Rise N Shine* 10a Lo-Impact Aerobics 10a Frist Art Museum Digital Artmaking Series* 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class 1p UPLIFT for Ladies*	11 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 12p Dance Blast Fitness 2-3:30p Bridge Lessons	12 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10a Medicare Advantage Enrollment Seminar w/GNRC* 10:30a-12p Free Hearing Test* 11a Beginner Strength Training 11:30a Valentines Luncheon with Silver Notes Band* 12p SAIL Fitness 12-2p Blood Pressure Checks 12:30-2:30p Tech Help Sessions w/College Students* 1p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO	13 8:15a Strength Training 8:30a Walk and Talk 10a Arthritis Chair Exercise 10:30a-12p Mah Jongg 11a Red Hat Honeys 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	14 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	15
16	17 9a Gentle Yoga w/ Jan 9a Spanish I 10a Help & Healing Group with Jeff Gregg 10a Lo-Impact Aerobics 10a Frist Art Museum Digital Artmaking Series* 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class	18 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	19 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10:20a Jefferson Street Sound & Silver Sands Café Outing* 11a Beginner Strength Training 12p SAIL Fitness 12-2p Blood Pressure Checks 12:30-2:30p Tech Help Sessions w/College Students* 1p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO	20 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	21 9a Stretch & Balance 9-11a Ukulele Group 10a Fitness Equipment Orientation* 10a Beginner Strength with Floor Exercises 10a-2p Bridge 11a Sing-a-Long Choir 12p POMS Team Practice 2p BINGO	22 10a Bible Study
23	24 9a Gentle Yoga w/ Jan 9a Spanish I 10a Lo-Impact Aerobics 10:30a Book Club: "The Medicine Woman of Galveston" by Amanda Skenandore 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class	25 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 11a Speaker: Benefits of Hyperbaric Oxygen Therapy 12p Dance Blast Fitness 2-3:30p Bridge Lessons	26 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* 1p Nashville Opera Performance In-House* 1p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO	27 8:15a Strength Training 8:30a Walk and Talk 10a Mystery Lunch* 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 not in-house; performance at LaVergne Center	28 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 12p Enabling Technology Model Home Trip* 1p Line Dancing 2p 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) led by certified instructor 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-2p The most popular card game since the 1930s. Practice your skills; lunch break mid-way. **ML**

Bridge Lessons Tuesdays, 2-3:30p Practice and learn to play bridge with members who would love to encourage new players. **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 Returns in April 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, 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; a few available onsite.

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 by local HearingLife staff. **Registration required** for each 15-minute session; see John or Traci to set up time slot.

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 TBA. **ML**

Line Dancing 2nd & 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. New faces welcome! Check with Traci– sometimes the group meets offsite for special outings. **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 Mondays and Wednesdays, 12p Kris is certified as a SAIL (Stay Active and Independent for Life) instructor. This program is a wellness 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 (Jan-Mar) 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, 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.

Super BINGO One day each month Eric Miller, owner of CarePatrol, sponsors this fun version of BINGO where nobody is a loser. Join Eric and his community partners for this anticipated event each month.

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 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 February 4, 11a Adam (See America Tour) will be onsite the 4th 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 2nd Mondays, 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.

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.

Welcome back AARP Tax Preparers Mondays, by Appointment Only

Certified tax preparation sponsored by AARP each Monday until April in the large conference room. Must have an appointment and bring designated packet and all documents to assigned time slot. Appointments fill up fast! **Check with front desk volunteers for openings.**

Frist Art Museum Digital Artmaking Series Mondays, Feb 3-Mar 31, 10-11:30a, FREE with support from e.a. Michelson Philanthropy

Digital Artmaking for Beginners: Participants will explore forms of creative expression through technology. Using an iPad and the ProCreate app provided, gain artistic tools while developing community and engaging with the Frist's exhibitions and programs. The free workshop series consists of (8) 90-minute sessions each week with a culminating reception on week 9. **Members and non-members may register.**

Travel with Us! Tuesday, February 4, 11a

Adam, with See America Tour, will be here on the 4th to discuss upcoming trips and answer questions. Jennifer with Premier World Discovery onsite TBA.

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(s) with you for hands-on assistance. **Sign up for a session; 12:30, 1:00, 1:30 or 2:00.**

Medicare Advantage Enrollment Seminar with GNRC TN SHIP Wednesday, February 12, 10-11:30a

It's a new year and Medicare costs have changed. Come to a presentation by a GNRC TN SHIP counselor about how Medicare works, what's happening in 2025, and how to change your Medicare Advantage Plan if it's not working for you. Q&A after the presentation for non-personal questions. *For personalized counseling anywhere in TN, contact 1-877-801-0044. **RSVP for your seat to learn more and be better informed.***

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

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

Valentines Luncheon with Silver Notes Big Band Wednesday, February 12, 11:30a, Cost: \$10

Tap those toes and grab a sweetheart in some dance moves with Silver Notes as they perform a repertoire of big band music along with a special themed lunch by Donelson Café & Catering. Wear your red and pink holiday colors. **Reservations needed.**

Congressional Constituent Services I Tuesday, Feb. 18, 9:30-11:30a

Meet with a US Congressional District TN05 field representative from Andy Ogles' office 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, February 18, 2p

Monthly SUPER BINGO is sponsored by Eric Miller, with CarePatrol, and by other special community guests. There are no losers in this fun version. This event is anticipated by players every month.

Fitness Equipment Orientation Friday, February 21, 10a

Become proficient with the equipment in the Cardio Fitness Room. Led by certified personal trainer, Jason Cronan, he will show you how to use each machine and personalize your usage for optimization. **Please register for limited spots.**

Congressional Constituent Services II Tuesday, Feb. 25, 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.**

Speaker: Benefits of Hyperbaric Oxygen Therapy Tuesday, Feb. 25, 11a

Mt. Juliet Center for Hyperbaric Medicine presents on "the resource of hyperbaric medicine, which is most often utilized to heal injuries from radiation. We help heal a multitude of patients who are struggling with late radiation injury to the breast, which often causes tissue to become very fibrous after receiving radiation therapy. This fibrous tissue is the source of discomfort, painful tissue, limited range of motion, skin discoloration and uneven breast tissue. We also heal other conditions such as idiopathic sudden sensorineural hearing loss, failed flaps and grafts, diabetic ulcers, and so much more!" Please register to learn more.

Nashville Opera Performance In-House Wednesday, February 26, 1p

Pleased to host a daytime performance at Donelson Station of "When Marian Sang". Excerpt from Nashville Opera: "A Celebration of the Life of Marian Anderson is a new performance conceived by Nashville Opera Engagement Director Stephen Carey. It combines the text of Pam Muñoz Ryan's book, When Marian Sang: The True Recital of Marian Anderson, with traditional spirituals, popular songs, and opera arias to bring Anderson's story to life." Marian Anderson was the first black opera singer to fulfill a principal role at the Metropolitan Opera in 1955. **Please register for attendance numbers; friends welcome! This is not a center luncheon event, but please consider ordering from the café and sticking around for the performance. Outside food is not allowed entry.**

New Member Orientation Class Meets every other month; next one will be in March

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

SEEKING: a Ballroom Dancing Volunteer Instructor; see Traci for information.

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 (Brunch) Bunch Tuesday, February 4, 10a, Cost: \$10 + Lunch

Nashville Jam Café in Berry Hill is our destination for breakfast or lunch options from a menu (@nashvillejamco.com) with a diverse selection of country flavors. Don't miss out on bringing home some of their famous jams and jellies. Limited to 12.

Meet n Eat Thursday, February 6, 11a, Cost: Lunch

A Meet n Eat social option celebrating one of our local establishments. We are attempting this location again (they had a bit of a late opening in 2024). Register to join other members and try out the new P.F. Chang's at Opry Mills. Menu perusal @pfchangs.com; located on the parkway side between The Cheesecake Factory and T.J. Maxx. Register to attend even though you drive yourself, so we can give the restaurant a head count. Limited to 16.

Rise n Shine Monday, February 10, 10a, Cost: Breakfast

A meet-n-eat group for early risers and those wishing to order from a breakfast menu. The pick of the month is Panera Bread (620 Royal Parkway). Members can view the menu @panerabread.com. Limited to 12; first come seating.

Jefferson Street Sound & Silver Sands Café Outing Wednesday, February 19, 10:20a, Cost: \$15 at Registration and \$10 cash for Museum + Lunch

Experience the history and sound of Nashville's Jefferson Street Music District. From the 1940s to 1960s, Jefferson Street was one of America's best-known places to hear and play jazz, blues, and R&B. Famous African-Americans such as Little Richard, Jimi Hendrix, Ray Charles, and Sam Cooke played at The Del Morocco Club. Learn more about Jefferson Street's history at the museum and then ride down the road to partake of soul food at Silver Sands Café. \$10 cash is needed for the museum entry and money for lunch order.

Mystery Lunch Thursday, February 27, 10a, Cost: \$15 + Lunch

Headed for some country cooking. The restaurant location dates back to the 1700s and has been a trading post, military recruitment office, gas station, and grocery store. The area paid homage to King Louise and hosted the King of France during the time of President Andrew Jackson. Sign up and learn more about the history mentioned here.

Enabling Technology Field Trip to TN Dept of Disability & Aging Friday, February 28, 12p, Cost: FREE

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. Participants will tour the home to see technology demonstrations and gain hands-on experience with DDA Enabling Technology Champions. Limited to 8.

Early Ticket Registration for "Sanctified" by Kenny Playhouse at TPAC

Get your ticket for the March performance of "Sanctified" by the Kenny Playhouse Theatre. We will go to the show at TPAC, March 27, at 10a. The bus will leave around 9:15a. Traci will need to purchase our group tickets by February 13th. "Sanctified" is being billed as a musical comedy about a young pastor trying to bring fresh ideas to a small black church and the deacons who are not convinced. RSVP for your seat for \$30 per member.

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.