

April 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
		<p>1</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a Beginning Spanish 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</p>	<p>2</p> <p>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* 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group</p>	<p>3</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club Season! 10a Arthritis Chair Exercise 10:30a-12p Mah Jongg 11a Arthritis Chair Exercise 12p Crafty Corner NO Dance Blast Today 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1p 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 10:15a Outing to Stones River National Park* 11a Sing-a-Long Choir 12p POMIS Team Practice 2p BINGO</p>	<p>5</p> <p>9a Advanced Strength Training</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 SAIL Fitness 12p Knitting & Crochet Class 1p Chess or Checkers 2p Watercolor Spring Postcard Class*</p>	<p>8</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a Beginning Spanish 10a-2p Bridge 10a Spanish II 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 12p Dance Blast Fitness 1p Living Revived Therapy: Sleep Workshop* 2-3:30p Bridge Lessons</p>	<p>9</p> <p>9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Meet N Eat* 11a Beginner Strength Training 12p SAIL Fitness 12-2p Blood Pressure Checks 12:30-2:30p Tech Help Sessions w/College Students* 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group</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 12p Crafty Corner 12p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1p 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 POMIS Team Practice 1p Line Dancing 2p 4th Annual Chico's Fashion Show*</p>	<p>12</p> <p>9a Advanced Strength Training</p>
13	<p>14</p> <p>9a Gentle Yoga w/ Jan 9a Spanish I 10a Rise N Shine* 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class 1p UPLIFT for Ladies*</p>	<p>15</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a Beginning Spanish 9:30-11:30a Congressional Constituent Svcs Mobile Office* 10a-2p Bridge 10a Spanish II 10a Arthritis Chair Exercise 11a Travel Tuesday 2026 Sneak Peek 11a Arthritis Chair Exercise 12p Dance Blast Fitness 1:30p Texas Hold'em 2-3:30p Bridge Lessons 2p Super BINGO</p>	<p>16</p> <p>9a Gentle Yoga w/ Jan 9:15a Trip to Martin Center for Spring Wellness Fair* 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* 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group</p>	<p>17</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 10a Mystery Lunch* 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</p>	<p>18</p> <p>9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 10a Fitness Equipment Orientation* 11a Sing-a-Long Choir 12p POMIS Team Practice 1p Egg Hunt Grand Prize Drawing sponsored by CenterWell Primary Care 2p BINGO</p>	<p>19</p> <p>9a Advanced Strength Training</p>
20	<p>21</p> <p>9-10:30a Donelson Station Annual Volunteer Brunch: Brunch with a PUNCH: Celebrating Super YOU!* 9a Gentle Yoga w/ Jan 9a Spanish I 10a Help & Healing Group with Jeff Gregg 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class</p>	<p>22</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a Beginning Spanish 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</p>	<p>23</p> <p>9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10:15a Rescheduled Jefferson Street Sound Trip* 11a Beginner Strength Training 12p SAIL Fitness 12-2p Blood Pressure Checks 12:30-2:30p Tech Help Sessions w/College Students* 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group</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 Advisory Council 12p Crafty Corner 12p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub 1p 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 Sing-a-Long Choir 11:30a Vanderbilt LIFE Stress Management & Wellness Program* 12p POMIS Team Practice 1p Line Dancing 2p BINGO</p>	<p>26</p> <p>9a Advanced Strength Training 10a Bible Study</p>
27	<p>28</p> <p>9a Gentle Yoga w/ Jan 9a Spanish I 10a Lo-Impact Aerobics 10:30a Book Club: "This Tender Land" by William Kent Krueger 11a Beginner Strength Training 12p Ride N Roll Downtown Stroll* 12p SAIL Fitness 12p Knitting & Crochet Class 1p Eat Smart, Move More*</p>	<p>29</p> <p>8:15a Strength Training 8:30a Walk and Talk 9a Beginning Spanish 10a Lunch Bunch & Painted Tree Boutique* 10a-2p Bridge 10a Spanish II 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 12p Dance Blast Fitness 2-3:30p Bridge Lessons</p>	<p>30</p> <p>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 Last Day w/College Students* 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group</p>			



If you are interested in participating in any program virtually, please ask.



“ML” Denotes member-led program

RECURRING CLASSES, ACTIVITIES, & GROUPS

Advanced Strength Training Tuesdays and Thursdays, 8:15a and Saturday, 9a 45-minute advanced, diversified workout with cardio, free weights and body strength with Center Director, Lisa.

Art Workshop Wednesdays, 10a-12p Join other seasoned artists to work on personal projects. Similar to an art co-op; runs in quarter sessions (Apr-Jun) \$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 class times.

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 rotating facilitators. **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 (RN). **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. **Lessons offered Tuesdays, 2-3:30p. 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 Baggies” 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.

Hand Chime Choir On Break

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 - Hong Kong Version Thursdays, 10:30a –12p 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! **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 has completed the SAIL (Stay Active and Independent for Life) training and leads 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 Spring Sessions (Apr-Jun) Beginning Spanish is on Tuesdays at 9a. These classes are for members who have not previously taken Spanish. Members continuing classes have options of intermediate Spanish I on Mondays at 9a and advanced Spanish II on Tuesdays at 10a. **New Spanish I or II students 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**

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 are here for the semester (April 30 last day) 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 2nd Monday, 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 others.

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.

[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.**

[Aphasia Support Group](#) Wednesdays, 3:30p

A new support group for community members who have or know someone with aphasia— a language disorder that affects how a person understands spoken words, written words, and putting thoughts into words. Open to all.

[Cornhole is Back!](#) Thursdays, 9a

The Grumpy Ole Baggers Cornhole Club welcomes all levels of cornhole players. Games are set up in the side parking lot. Come learn or simply enjoy being a spectator. Bring a lawnchair and water bottle and sit a spell with members who have interest in throwing bags into holes in wooden platforms.

[Watercolor Spring Postcard Class](#) Monday, April 7, 2p

Paint a spring picture with guidelines by Traci. Use palette paints and watercolor pencils and take home your completed artwork.

[Living Revived Therapy: Sleep Workshop](#) Tuesday, April 8, 1p

Despite the fact we are unconscious for most of this phenomenon, sleep is an essential part of our health. It is often an underrated piece of the overall health and longevity puzzle. To help demystify sleep and why yours might be of poor quality, join this educational workshop for instruction on what exactly sleep is, what it means for our health and longevity, how it is affected, and solutions to improve your sleep quality. Come with your questions, expect to take notes, and enjoy a light mobility routine to learn more about sleep. Led by occupational therapist and longevity and aging expert, Averie Thayer.

[Free Hearing Test Community Outreach](#) Next visit is Wednesday, May 14, 10:30a to 12p

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

[4th Annual Chico's Spring Fashion Show](#) Friday, April 11, 2p, Cost: \$25

Do Not Miss This Annual Anticipated Event! Hosted by Mt. Juliet Chico's, the show is filled with fashion tips, styles galore, dancing, music, surprises, and more— a crowd favorite each spring. Appetizers, desserts, and refreshment bar is sponsored by our friends at: CarePatrol Senior Solutions, Charter Senior Living-Hermitage, and Rutland Place Senior Living - thank you! Seats fill up, RSVP for your ticket(s).

[Annual Egg Hunt Week](#) April 14-17, Grand Prize Drawing April 18 at 1p

The Bunny is making his way back to Donelson Station. Each day, plastic eggs will be hidden around the center. Members may find one egg per day and turn it into the front office. All egg finders will have their names placed into a basket for the Grand Prize sponsored by Shanda with CenterWell Senior Primary Care. Drawing will be on Friday. Happy Hunting!

[Travel Tuesday 2026 Preview of Trips](#) Tuesday, April 15, 11a

It's the BIG ONE! Come to this travel preview event to find out where See America Tours and Premier World Discovery will be headed in 2026. This is your opportunity to ask Adam and Jennifer questions that you may have as well.

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

[SUPER BINGO](#) Tuesday, April 15, 2p

Monthly SUPER BINGO is sponsored by Eric Miller of CarePatrol, and special guests of our community: Charter Senior Living-Hermitage, CenterWell Primary Care, Rutland Place, EXP Realty, and Captel. No losers in this fun version.

[Annual Volunteer Appreciation Brunch](#) Monday, April 21, 9-10:30a

FREE for our Volunteers- "Brunch with a Punch: Celebrating Super You!" We appreciate our AMAZING volunteers and wish to thank each of you with our annual brunch. Please let staff know if you are able to attend. Attendance is by RSVP so we know who to "roast", errr... "Toast"! Wear your superhero attire if you wish and enjoy brunch and entertainment by Laugh Lines.

[Eat Smart. Move More](#) Monday, April 28, 1p

UT/TSU Extension offers this class series on eating smarter, shopping leaner, planning meals, and being active. Please RSVP for pre-planning needs. Members attending the full 6-week workshop will receive a certificate of completion.

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

[Vanderbilt LIFE Session](#) Tuesday, April 25, 11:30a

Stressed? Want to learn a few tricks to decompress and increase overall wellness? Students from Vanderbilt have developed an outreach program called "LIFE" based on global wellness improvement methods.

[New Member Orientation Class](#) Next Class is May 27 at 10a

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. Limited to two seats per registrant. See John or Traci if you do not know your password entry.

Stones River National Park Outing Friday, April 4, 10:15a, Cost: \$15, plus lunch expenses

Tennessee has won awards for its national and state parks. This trip will take us to Murfreesboro to visit the Stones River National Battlefield Visitors Center. Inside the center is a museum, educational movie about the battle, and park store. The park consists of cedar glades and varied ecosystems. Afterwards, we will grab lunch before returning to Donelson Station.

Meet n Eat Wednesday, April 9, 11a, Cost: Lunch

A Meet n Eat option celebrating one of our local establishments. Register to join other members for socialization and dining. April's location is Gondola House Pizzeria (4613 Lebanon Pike). See Gondolahousepizzeria.com for menu options. Must register for restaurant reservation count.

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

A meet-n-eat group for early risers and those wishing to order from a breakfast menu. Gathering at Keke's Breakfast Café this month (2278 Lebanon Pike). Menu at: kekes.com. RSVP to be included in the seating number.

FiftyForward Spring Wellness Fair Wednesday, April 16, 9:15a, Cost: Food Truck Onsite or Lunch Stop

Ride the FiftyForward bus to the Martin Center in Brentwood to attend the spring wellness fair. Vendors covering varying health and wellness businesses and topics will be present with educational information. Martin Center has secured a food truck for members who wish to buy a bite to eat. Or, plan a lunch stop on the way back if the group agrees.

Mystery Lunch Thursday, April 17, 10:30a, Cost: \$45

Where, oh where, are we going this time? Springtime on the farm is the hint. We have a special reservation and menu for this unique outing. Lunch and a gift is included in the trip fee.

Rescheduled Jefferson Street Sound & Silver Sands Café Outing Wednesday, April 23, 10:15a, Cost: \$10 cash for Museum + Lunch

Experience the history and sound of Nashville's Jefferson Street Music District. Between 1940-1970, Jefferson Street was known for 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. Museum stop and then soul food at Silver Sands Café. \$10 cash is needed for the museum entry and money for lunch order. **First seats to February list.**

Ride N Roll Downtown Stroll Monday, April 28, 12p, Cost: train + bus tickets (bring cash in ones, any personal expenses)

Want to go downtown with friends and not drive? Take the #6 WeGo from Donelson Station bus stop at noon and then return on the 4:00 STAR commuter train from Riverfront downtown back to the center. Wear your walking boots (or comfortable shoes) and be a tourist for an afternoon. For more information about Nashville public transit services, go to wegotransit.com.

Lunch Bunch & Painted Tree Boutique Tuesday, April 29, 10a, Cost: \$15 + Lunch

Chef's Market Cafe in Goodlettsville is an award-winning restaurant and catering business. The menu changes daily and offers meats, vegetables, salads, soups, pasta, and desserts. Go to chefsmarket.com for menu previews (Jerusalem Chicken is a favorite.) After lunch, the bus will stop at the newest Painted Tree location on Conference Drive. Unfamiliar with Painted Tree? A large market venue with multiple boutique vendors for home, wardrobe, and gifts awaits your shopping impulses.

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.