

# May 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><b>It is Older Americans Month: 2025 theme is "Flip the Script on Aging"</b></p>		<p>1 8:15a Strength Training 8:30a Walk and Talk (see new option in description) 9a Cornhole Club 10-11:30a <b>Aging Matters with NPT*</b> 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*</p>	<p>2 9:45a <b>TN Craft Fair at Centennial Park*</b> 9a Stretch &amp; 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 4-7p <b>Hip Donelson Farmers Market Starts</b></p>	<p>3 9a Advanced Strength Training 6p <b>The Keeton 4th Annual Gala "A Night Under the Stars"</b></p>
4	<p>5 9a Gentle Yoga/Stretching (Jan out-Traci fill-n) 9a Spanish I 10a Lo-Impact Aerobics 11a Beginner Strength Training 11a <b>Program Committee</b> 12p SAIL Fitness 12p Knitting &amp; Crochet Class 1p <b>"Podcasts at a Glance" with Steve*</b></p>	<p>6 8:15a Strength Training 8:30a Walk and Talk (see new option in description) 9a Beginning Spanish 10a-2p Bridge 10a Spanish II 10a Arthritis Chair Exercise 10:30a <b>Lunch Bunch &amp; Trail Walk*</b> 11a Arthritis Chair Exercise 12p Dance Blast Fitness 2-3:30p Bridge Lessons</p>	<p>7 9a Gentle Yoga w/ Jan 10a Canasta/Hand &amp; Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p SAIL Fitness 12-2p Blood Pressure Checks 12:30 <b>Informational Session on Member Buddy Check System*</b> 1p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO</p>	<p>8 8:15a Strength Training 8:30a Walk and Talk (see new option in description) 9a Cornhole Club 10a Arthritis Chair Exercise 10:30a-12p Mah Jongg 11a <b>Red Hat Honey's</b> 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>9 9a Stretch &amp; Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 11a <b>Nashville Opera on Wheels*</b> 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p BINGO</p>	<p>10 9a Advanced Strength Training</p>
11 Mother's Day	<p>12 9a Gentle Yoga w/ Jan 9a Spanish I 10a <b>Rise N Shine*</b> 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting &amp; Crochet Class 1p <b>UPLIFT for Ladies*</b></p>	<p>13 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 2-3:30p Bridge Lessons</p>	<p>14 9a Gentle Yoga w/ Jan 10a Canasta/Hand &amp; Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a-12p <b>FREE Hearing Test with Hearing Life*</b> 11a <b>Meet N Eat*</b> 11a Beginner Strength Training 12p SAIL Fitness 12-2p Blood Pressure Checks 1p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO</p>	<p>15 8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 10a Arthritis Chair Exercise 10:30a-12p Mah Jongg 11a <b>Advisory Council</b> 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>16 9a Stretch &amp; 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</p>	<p>17 9a Advanced Strength Training</p>
18	<p>19 9a Gentle Yoga w/ Jan 9a Spanish I 10a <b>Help &amp; Healing Group with Jeff Gregg</b> 10a Lo-Impact Aerobics 10:30a <b>Book Club: "Mad Honey" by Jodi Picoult</b> 11a Beginner Strength Training 12p <b>Ride N Roll Downtown Stroll*</b> 12p SAIL Fitness 12p Knitting &amp; Crochet Class</p>	<p>20 8:15a Strength Training 8:30a Walk and Talk 9a Beginning Spanish 9:30-11:30a <b>Congressional Constituent Svcs Mobile Office*</b> 10a-2p Bridge 10a Spanish II 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 12p <b>Currey Brook Farmhouse Tea Party* (Mystery Lunch)</b> 12p Dance Blast Fitness 2-3:30p Bridge Lessons 2p <b>Super BINGO</b></p>	<p>21 9a Gentle Yoga w/ Jan 10a Canasta/Hand &amp; Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p SAIL Fitness 12-2p Blood Pressure Checks 1p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO</p>	<p>22 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 5p <b>Off the Eaten Path: Supper Club with John*</b></p>	<p>23 9a Stretch &amp; 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</p>	<p>24 9a Advanced Strength Training 10a Bible Study</p>
25	<p>26 <b>All Centers are Closed for Memorial Day</b></p>	<p>27 8:15a Strength Training 8:30a Walk and Talk 9a Beginning Spanish 10a <b>New Member Orientation*</b> 10:00-11:30a <b>Congressional Constituent Outreach Walk-up</b> 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>28 9a Gentle Yoga w/ Jan 9a <b>Nashville Zoo Trip*</b> 10a Canasta/Hand &amp; Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p SAIL Fitness 12-2p Blood Pressure Checks 1p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO</p>	<p>29 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>30 9a Stretch &amp; 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</p>	<p>31 9a Advanced Strength Training</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 Saturdays, 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 (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 rotating instructors. **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; please ask.

**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**

**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** Members of group currently meeting to practice. Teaching sessions are on hold. **ML**

**Hearing Test 2nd Wednesday, 11a 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 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**

**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 teaches SAIL (Stay Active and Independent for Life) for building 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 on summer break.

**Tech Help with Bobbye Thursdays, 1p and 2p** Sign up for an hour one-on-one phone, computer, and tablet help. **Registration required. ML**

**Travel Tuesday** Trip information available in print at the Traveling Rack in the hallway. Watch the calendar for in-house interactive meetings.

**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** **Additional option for those wishing to walk outdoors: meet on the front porch and walk the perimeter and commuter lot around the center. Indoor 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.

### [Aging Matters with NPT\\*](#) Thursday, May 1, 10-11:30a

Nashville Public Television will be onsite to share a documentary on aging matters. Enjoy snacks and an educational viewing with our local PBS station rep. Please register to help the representative plan.

### [HIP Donelson Farmers Market](#) Fridays, starting in May, 4-7p

The local Farmers Market starts back and is located right behind our building on the lawn between us and the commuter lot. Check out art, crafts, cuisine, and food trucks.

### [4th Annual Keeton Gala](#) Saturday, May 3, 6p

One of our partner's at Donelson Station, The Keeton theatre, is celebrating their 4th fundraising gala event. This year's theme is "A Night Under the Stars". Enjoy a four-course dinner, entertainment, and a silent auction. Go to [thekeeton.org](http://thekeeton.org) for tickets.

### ["Podcasts at a Glance" with Steve](#) Monday, May 5, 1p

Podcasts are a popular form of entertainment and a great source of information on all kinds of topics. In this lecture, you'll learn about these audio programs available on the internet: why people listen to them, where you can find them, and what the most popular ones are.

### [Information Session on Member Buddy Check System](#) Wednesday, May 7, 12:30p

By request, members who are interested in pairing with another member for daily "Buddy Checks" are encouraged to attend this informational meeting. Do you live alone or simply wish to be part of a daily intentional wellbeing check? This would be a program for members checking on members.

### [Nashville Opera on Wheels](#) Friday, May 9, 11a

We welcome the Nashville Opera (on Wheels) back to Donelson Station. Live entertainment from their traveling stage will be set up in our upper parking lot. Donelson Café will fire up the grill and serve hamburgers for an outdoor picnic during the program.

### [Free Hearing Test](#) Wednesday, May 14, 11a to 12p

FREE hearing test with HearingLife. **Registration required** for 15-minute sessions; see John or Traci. Limited to 4.

### [Congressional Constituent Services I](#) Tuesday, May 20, 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](mailto:Kristen.Topping@mail.house.gov) or simply drop in for assistance.

### [SUPER BINGO](#) Tuesday, May 20, 2p

Monthly SUPER BINGO is sponsored by Eric Miller of CarePatrol, and other special guests of our community: Captel, CenterWell, Charter Senior Living, and EXP Realty. There are no losers in this fun version.

### [New Member Orientation Class](#) Monday, May 27, 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. Register to attend.

### [Congressional Constituent Services II](#) Tuesday, May 27, 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**.

## 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.

### TN Craft Fair at Centennial Park May 2, 9:45a, Cost: \$10

The spring artisan and craft fair at Centennial Park is an outdoor “must see” for locals each April. Booths are lined up around the lawn at the park with The Parthenon highlighted in the background. One section has multiple food trucks. Wander through the booths, then take a seat at a picnic table with food purchased from any of the vendors.

### Lunch Bunch & Trail Walk Tuesday, May 6, 10:30a, Cost: \$15 + Lunch

Walk off your meal during this lunch bunch outing to Sand Trap at 12 Stones and then a trail walk along Mansker Creek at Moss-Wright Park. Menu items change up, but there are appetizers, sandwiches, and entrees. Wear clothing for the park and good walking shoes.

### Rise n Shine Monday, May 12, 10a, Cost: Breakfast

A meet-n-eat group for early risers and those wishing to order from a breakfast menu. Meet at IHOP Hermitage; 5016 Old Hickory Boulevard. Please RSVP for inclusion in the restaurant reservation.

### Meet n Eat Wednesday, May 14, 11a, Cost: Lunch

A Meet n Eat option celebrating one of our local establishments. Register to join other members for lunch at Mozzarella Pizzeria at 3912 Lebanon Pike. Check out their website for menu options. Register to attend with the group.

### Ride N Roll Downtown Stroll Monday, May 19, 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](http://wegotransit.com).

### Mystery Lunch: Currey Brook Farmhouse Tea Party Tuesday, May 20, starts at 12a, Cost: \$20

May’s Mystery Lunch is not so much of a mystery as it is an experience. One of our members, Becky Daniel, is from a family of caterers and will be our “hostess with the mostest” for an afternoon tea party. This experience is the brainchild of Julia Nabaa, who hosted our Kwanzaa program in December. Members are invited to wear a spring hat or fascinator and bring an antique teacup. Julia and Traci will share some history and fun facts about tea, teacups, tea parties, and friendships. The bus will not be traveling to the event site— attendees may drive since the location is so close. 24 slots will be open.

### Off the Eaten Path: Supper Club with John Thursday, May 22, 5p, Cost: \$15 plus dinner

New! Join John and his wife, Jennifer, for unique dinner options off the beaten (eaten) path. This month’s adventure will be to Edessa Restaurant - Kurdish Turkish Cuisine. Mediterranean plates, including kabobs & vegetarian eats, lamb, chicken, salmon, shrimp, and also cheese burgers, are prepared at this traditional mainstay. Most meals range \$15 to \$20 each. Go to [edessarestauranttn.net](http://edessarestauranttn.net) for more info.

### Nashville Zoo FiftyForward Trip Wednesday, May 28, 9a, Cost: \$35

For Older Americans Month, FiftyForward centers have been given a group discount rate for this date at the Nashville Zoo. This is a wonderful opportunity to connect with members from other centers while enjoying the beauty of nature and the wonders of wildlife. Walk among kangaroos, marvel at playful primates, and take in stunning exhibits from around the world. Stroll at your own pace, take in the stunning exhibits, and when you're ready for a break, grab a bite to eat at one of the zoo's cafés. This is the perfect way to embrace adventure, stay active, and celebrate the joy of lifelong learning and exploration!

## 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 trips and class suggestions or drop your suggestions into the mail slot in the lobby.**