

June 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	2 9a Gentle Yoga w/ Jan 9a Spanish I 10a Lo-Impact Aerobics 11a Beginner Strength Training 11a Program Committee NO SAIL Fitness in June 12p Knitting & Crochet Class 1p Mexican Train*	3 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 11a Travel Tuesday with Adam 12p Dance Blast Fitness 2-3:30p Bridge Lessons	4 9a Gentle Yoga w/ Jan 9:30a-12:30p Chromebook Introductory Workshop with John- 1st of 5 weeks* 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 1p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group	5 8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 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	6 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 4-7p Hip Donelson Farmers Market	7 9a Advanced Strength Training
8	9 9a Gentle Yoga w/ Jan 9a Spanish I 10a Rise N Shine* 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p Knitting & Crochet Class 1p UPLIFT for Ladies*	10 8:15a Strength Training 8:30a Walk and Talk 9a Beginning Spanish 9:15a Oak Grove Casino Trip with Mike* 10a-2p Bridge 10a Spanish II 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 11a Galen RN Students Presentation I: TBA 12p Dance Blast Fitness 2-3:30p Bridge Lessons	11 9a Gentle Yoga w/ Jan 9:30a-12:30p Chromebook with John week 2 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12-2p Blood Pressure Checks with Jan 1p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group	12 8:15a Strength Training 8:30a Walk and Talk 9a Cornhole Club 10a Arthritis Chair Exercise 10:30a-12p Mah Jongg 11a Red Hat Honeys-meeting in the Cafe 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	13 9a Stretch & Balance 9-11a Ukulele Group 9:30a Rescheduled Stones River Park Outing* 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p BINGO 4-7p Hip Donelson Farmers Market	14 9a Advanced Strength Training
15	16 9a Gentle Yoga w/ Jan 9a Spanish I 10a Lo-Impact Aerobics 10a Help & Healing Group with Jeff Gregg 11a Beginner Strength Training 12p Knitting & Crochet Class 1p FBI Special Agent presents "Fraud & Scams" Awareness*	17 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 Arthritis Chair Exercise 11a Galen RN Students Presentation II: "Fall Prevention II" 12p Dance Blast Fitness 2-3:30p Bridge Lessons 2p Super BINGO	18 9a Gentle Yoga w/ Jan 9:30a-12:30p Chromebook with John week 3 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10:30a Mystery Lunch* 11a Beginner Strength Training 1p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group	19 FiftyForward Centers are closed for Juneteenth	20 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 4-7p Hip Donelson Farmers Market	21 8a-12p ThriftyNifty Food N Finds Day; Café Open 9a Advanced Strength Training 10a-12p MTGMS Sign Ups
22	23 9a Gentle Yoga w/ Jan 9a Spanish I 10a Lo-Impact Aerobics 10:30a Book Club: "The Women" by Kristen Hannah 11a Beginner Strength Training 12p Ride N Roll Downtown Stroll* 12p Knitting & Crochet Class	24 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 10:15a Lunch Bunch* 11a Arthritis Chair Exercise 12p Dance Blast Fitness 2-3:30p Bridge Lessons	25 9a Gentle Yoga w/ Jan 9:30a-12:30p Chromebook with John week 4 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 1p American Mah Jongg 1p Vanderbilt Stroke Team Seminar and BP Checks* 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group	26 8:15a Strength Training 8:30a Walk and Talk 9a String City Production & Tour at Country Music Hall of Fame* 9a Cornhole Club 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	27 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 1p Line Dancing 2p BINGO 4-7p Hip Donelson Farmers Market	28 9a Advanced Strength Training 10a Bible Study
29	30 9a Gentle Yoga w/ Jan 9a Spanish I 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p Knitting & Crochet Class					Starting In July, Saturday Hours 8a-12p



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



“ML” Denotes member-led program

FiftyForward Donelson Station PROGRAM INFORMATION

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 (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 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 See calendar for Wednesday, 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. Spectators are welcome– bring a lawnchair. **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 until fall. **ML**

Hearing Test Next Visit is 2nd Wednesday in July, 10:30a to 12:00p 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. 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**

Mexican Train Monday, June 2, 1p Members who enjoy board games and table-top games are encouraged to join this fun version of dominoes. Rules and questions will be entertained before playtime.

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 Honey 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 ON BREAK FOR JUNE 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.

Travel with Us! Tuesday, June 3, 11a

Adam will be onsite to answer questions about upcoming trips with our FiftyForward travel partner, See America Tours.

Chromebook Introductory Workshop with John Wednesdays, June 4-July 2, 9:30a-12:30p, FREE– must attend all 5 weeks

This 15-hour introductory course provides instruction on how to use the Chromebook laptop, how to get online, and computer basics. **Members who know how to use email should not take this course; you already know the basics to be covered in class.** Participants 60 years of age or older and attend all 15 hours of the 5-courses will receive a Chromebook at conclusion thanks to a GNRC Digital Literacy grant. Limited to 10.

HIP Donelson Farmers Market Fridays, 4-7p

The local Farmers Market is open and located right behind our building on the lawn. Check out art, crafts, cuisine, and food trucks.

Galen RN Students' Group Presentation I and II Tuesday, June 10 & 17, 11a

Please support our latest two groups of Galen RN students by attending the program culmination presentations. June 10th topic has not been determined (stay tuned), and June 17th will be "Fall Prevention II".

FBI Special Agent Talk on "Frauds & Scams" Monday, June 16, 1p

Each year, millions of senior adults fall victim to some type of financial fraud or confidence scheme, including romance, lottery, and sweepstakes scams. Learn how to recognize and protect yourself from scam attempts. Sponsored by the FBI Citizens Academy Alumni Association – Nashville Chapter. A special agent from the FBI Nashville Field Office will be facilitating the program.

Congressional Constituent Services I Tuesday, June 17, 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, June 17, 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.

Thrifty Nifty Food N Finds Day Saturday, June 21

7a-11a Café will be serving breakfast. 7a set up time for vendors; \$15 for space. 8a-2p Thrift and fun finds area open. 10a-12p MTGMS is open for summer class registrations. All are invited to participate. Applications for display and vendor space can be picked up in the office.

Congressional Constituent Services II Tuesday, June 24, 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 Stroke Team Wednesday, June 25, 12-2p

The Stroke Team is an educational outreach group saving lives through prevention and awareness. Hear a 30-minute presentation with Q & A and follow up blood pressure checks.

New Member Orientation Class Next class is in July

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.

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.

Meet n Eat Thursday, June 5, 11a, Cost: Lunch

A Meet n Eat option celebrating one of our local establishments. Register to join other members for lunch by the lake at Sam's Sports Grill at Blue Turtle Bay. Sam's is located at 2001 Lakeshore Drive, Old Hickory, 37138. Known for a great menu and great service, check out details at samssportsgrill.com. Must RSVP; limited to 12. (I secretly pretend I am on vacation when I go here.)

Rise n Shine Monday, June 9, 10a, Cost: Breakfast

A meet-n-eat group for early risers and those wishing to order from a breakfast menu. A little grub on the green— our first visit was enjoyed by all member attendees, so a return trip to Hickory Sticks Grill (3939 Old Hickory Boulevard, 37138) at Hermitage Golf Course is due. Check at the menu at hermitagegolf.com/grill. RSVP is required to attend.

Oak Grove Casino with Mike Tuesday, June 10, 9:15a, Cost: \$15

You asked and Mike is fulfilling your wish... tada! The 24-passenger bus is booked for just Donelson Station members to take a trip to Oak Grove Casino. Demand has been high for this outing, so we have 24 seats to fill with our members.

Rescheduled Stones River National Park Friday, June 13, 9:30a

Open to members who previously RSVP'd and paid for April. Trip will lead out to Murfreesboro to visit the Stones River National Battlefield Visitors Center. Inside the center is a museum, educational movie, and park store. The award-winning park consists of cedar glades and varied ecosystems. After a visit to the battlefield, we will stop for lunch before returning to the center. Bring money for lunch.

Mystery Lunch Wednesday, June 18, 10:30a, Cost: \$15 + Lunch

Hint: their website shares the history of the muffuletta, po-boy, and beignet. Not traveling to New Orleans unfortunately, but enjoy a little taste of the bayou.

Ride N Roll Downtown Stroll Monday, June 23, 12p, Cost: train + bus tickets (bring cash in ones, any personal expenses)

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. Be a tourist for an afternoon; partner with a buddy or two and wear comfortable shoes. For more information about Nashville public transit services, go to wegotransit.com.

Lunch Bunch Tuesday, June 24, 10:15a, Cost: \$15 + Lunch

Returning to a favorite outing location: Puffy Muffin on Franklin Road. Locals have been enjoying the homemade goodies and dishes of this bakery and breakfast/lunch restaurant since 1986. Look over the photos and menu at puffymuffin.com.

String City Production & Tour at Country Music Hall of Fame Thursday, June 26, 9a, Cost: \$10 + Lunch

*Marionettes, rod puppetry, animation, and an ever-changing set tell the story of country music as it relates to Nashville's transformation into Music City. Experience this exciting story through nearly one hundred puppets, ranging from the Staple Singers to Johnny Cash to Taylor Swift. String City: Nashville's Tradition of Music and Puppetry is a co-production by the Nashville Public Library and the Country Music Hall of Fame and Museum. String City was created and is presented by the Nashville Public Library's Wishing Chair Productions in collaboration with the Country Music Hall of Fame and Museum. Trip includes a self-tour of the museum after the program. Stop for lunch following. **If you have gone in the past, please let new members register.***

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 programs, or write down trip and class suggestions and drop into the mail slot in the lobby.