

August 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

Su	Mon	Tue	Wed	Thu	Fri	Sat
					1 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 Program Committee 2p BINGO	2 8a-12p Center Open 9a Adv. Strength Training 10a Restorative Yoga 11a Movement & Motion
3	4 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class	5 8:15a Adv Strength Training 8:30a Walk and Talk 10a-2p Bridge 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 11a Travel Tuesday with Adam 11a Meet n Eat* 12p Dance Blast Fitness 2-3:30p Bridge Lessons	6 9a Gentle Yoga w/ Jan 9:30a-12:30p Chromebook Computer Workshop* 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p SAIL Fitness 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group	7 8:15a Adv Strength Training 8:30a Walk and Talk 9a Comhole 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	8 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	9 8a-12p Center Open 9a Adv. Strength Training 10a Restorative Yoga 11a Movement & Motion
10	11 9a Gentle Yoga w/ Jan 10a Rise N Shine* 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class	12 8:15a Adv Strength Training 8:30a Walk and Talk 9a Transferring Property Across Generations Session* 10a-2p Bridge 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 12p Dance Blast Fitness 2-3:30p Bridge Lessons	13 9a Gentle Yoga w/ Jan NO Chromebook Class 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10-11:30a Hearing Life: FREE Hearing Test* 11a Beginner Strength Training 12-2p Blood Pressure Checks with Jan 12p SAIL Fitness 12:30p "DOLLY: The Musical" for Pre-Registered Ticket Holders 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group	14 8:15a Adv Strength Training 8:30a Walk and Talk 9a Comhole Club 10a Arthritis Chair Exercise 10:30a-12p Mah Jongg 10a 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	15 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	16 8a-12p Center Open 9a Adv. Strength Training 10a Restorative Yoga 11a Trauma Support Grp
17	18 9a Gentle Yoga w/ Jan 10a Help & Healing Group with Jeff Gregg 10a Lo-Impact Aerobics 11a 8-Ball Pool Tournament at Madison Station* 11a Beginner Strength Training 11:30a Wang Vision Institute Lunch N Learn* NO SAIL Fitness 12p Knitting & Crochet Class	19 8:15a Adv Strength Training 8:30a Walk and Talk 9:30-11:30a Congressional Constituent Svcs Mobile Office* 10a-2p Bridge 10:30a Lunch Bunch* 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 12p Dance Blast Fitness 2-3:30p Bridge Lessons 2p Super BINGO	20 9a Gentle Yoga w/ Jan 9:30a-12:30p Chromebook Computer Workshop* 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p SAIL Fitness 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group	21 8:15a Adv Strength Training 8:30a Walk and Talk 9a Comhole 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	22 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	23 8a-12p Center Open 9a Adv. Strength Training 10a Bible Study 10a Restorative Yoga 11a Nutrition Navigation II
24 31	25 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10:30a Book Club: "The Mostly True Story of Tanner & Louise" by Colleen Oakley 11a Beginner Strength Training NO SAIL Fitness 12p Knitting & Crochet Class	26 8:15a Adv Strength Training 8:30a Walk and Talk 10:00-11:30a Congressional Constituent Outreach Walk-up 10a-2p Bridge 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 11a-12p Free Sno-Cones in the Lobby: Prelude to the Luau 12p Dance Blast Fitness 2-3:30p Bridge Lessons	27 9a Gentle Yoga w/ Jan 9:30a-12:30p Chromebook Computer Last Class* 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 11:30a Luau Luncheon: Summer's End Event* 12p SAIL Fitness 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group	28 8:15a Adv Strength Training 8:30a Walk and Talk 9a Comhole 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	29 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 NO BINGO	30 8a-12p Center Open 9a Adv. Strength Training 10a Restorative Yoga 11a Watercolor Postcard Class*



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 Tuesday/Thursday, 8:15a and Saturday, 9a 45-minute advanced, diversified workout with cardio, free weights and body strength with Center Director Lisa.

Art Workshop Wednesday, 10a-12p Join other seasoned artists to work on personal projects. Similar to an art co-op; runs in quarter sessions (Jul-Sept) \$25. **Registration required. ML**

Arthritis Chair Exercise Tuesday and Thursday, 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 Monday & Wednesday, 11a Modified strength training led by certified instructor Gloria. This class is for beginners so all can join. **ML**

Beginner Strength with Floor Exercises Friday, 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 Wednesday & Friday, 2p Enjoy this timeless game called by community sponsors to win the chance for prizes! (One Super BINGO each month; see calendar for date)

Blood Pressure Checks Wednesday on Calendar, 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 with other readers. **ML**

Bridge Tuesday and Friday, 10a-2p 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 Wednesday, 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; ask staff.

Cornhole Club Thursday, 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 Thursday, 12p Bring your own individual projects (yarn, needlework, coloring, craft, artwork...) to work on and socialize. **ML**

Dance Blast Fitness Tuesday & Thursday, 12p Enjoy dance and rhythm moves to music led by Susan. **ML**

Gentle Yoga with Jan Monday & Wednesday, 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, returns September

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 Monday, 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 Thursday, 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 Friday, 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 Monday & Wednesday, 10a 45-minute lo-impact aerobics class with Greg; move and groove to great music! **ML**

Mah Jongg - Hong Kong Version Thursday, 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**

Movement & Motion 2nd Saturday, 11a, Traci leads this movement-focused class. Each meeting will offer different activities to keep moving and stay mobile.

Nutrition Navigation II 4th Saturday, 11a, Second session on nutrition this month will cover the word “diet”. What do we eat and what are all the diet plans we hear about?

POMS Team Friday, 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 Thursday, 1:15p Cyndi teaches this class that uses flowing movements to help you increase your strength and balance.

Red Hat Honeys 2nd Thursday, 10a Donelson Station's Red Hat Society chapter. New faces welcome. **ML**

Restorative Yoga Saturday, 10a, Indulge in open yoga positions for positivity, deep breathing for mindfulness, and body posturing for physical and mental growth. Jan teaches this therapeutic class.

Rummikub Thursday, 1p Play this popular tile game based on runs and sets similar to the card version of Rummy. **ML**

SAIL Fitness Monday and Wednesday, 12p Kris leads SAIL (Stay Active and Independent for Life), an evidenced-based program for strength and balance.

Sing-a-Long Choir Friday, 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**

Spanish Classes ON BREAK (next session Oct-Dec) Beginning Spanish is on Monday at 1p. These classes are for members who have not previously taken Spanish. Members continuing classes have options of intermediate Spanish I on Tuesdays at 9a or advanced Spanish II on Tuesdays at 10a. **New Spanish I or II students first meet with Alicia. ML**

Stretch & Balance Friday, 9a Taught by Traci, participants sit, stand and march during 45-minutes of simple exercises focusing on stretching, toning, and balancing. **ML**

Tai Chi Wednesday, 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 Wednesday, 12:30-2:30 College students between summer break and fall semester; due to return at end of the month.

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

Trauma Support Group 3rd Saturday, 11a, Jan is a trauma certified yoga instructor and Traci is a therapeutic recreation specialist with a background in psych and whole body wellness. Trauma literally means “wound or injury”. No one is exempt from a traumatic event; our brain and body may hold onto the event for a long time afterwards.

Travel Tuesday (see calendar) Trip information available in print at the Traveling Rack in the hallway leading to the café.

Trivia Teasers Wednesday, 1:30p Test your mind and recall of various fun and interesting information with other members. **ML**

Ukulele Group Friday, 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 ON HOLD Traci is a recreation therapist with experience in residential psych and multiple therapeutic disciplines. For members who wish to be uplifted by one another. Topics vary.

Walk and Talk Tuesday and Thursday, 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 Tuesday Tuesday, August 5, 11a

This is your opportunity to ask Adam (See America Tour representative) questions about trips and travel.

Continuation of Chromebook Computer Basics Workshop July 23-August 27, 9:30a-12:30p

John is teaching a five-week series of computer classes for beginners. Classe series: 9:30-12:30 July 23, 30, August 6, 20, and 27. (no class August 13) Participants must commit to the entire class time and dates.

Aphasia Support Group Wednesdays, 3:30p

A 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.

Transferring Property Across Generations Tuesday, August 12, 9a

This workshop is taught by Keaton Smith for attendees to gain a basic understanding of how to identify and overcome transition obstacles and protect assets to maintain family harmony. Topics include inheritance knowledge and estate management.

Hearing Life Free Hearing Test Wednesday, August 13, 10-11:30a

Schedule one of six 15-minute sessions to have your hearing checked by audiologist, Michael Ruccio, with Hearing Life.

8-Ball Tournament at Madison Station Monday, August 18, 11a

Invitation to Donelson Station players for the annual 8-Ball pool tournament at host site Madison Station, 530 Madison Station Blvd. Register to play by calling 615-860-7180.

Wang Vision Institute Lunch n Learn Monday, August 18, 11:30a

Eye health, everything you need to know by Dr. Kyle Jones of Wang Vision Institute. Learn about cataracts, dry eye, macular degeneration and more! RSVP for a lunch and seat for the educational session.

Congressional Constituent Services I Tuesday, August 19, 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, August 19, 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.

Congressional Constituent Services II Tuesday, August 26, 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.**

Luau Luncheon: Summer's End Event Wednesday, August 27, 11:30a, Cost: \$10

Celebrate summer with us! Enjoy a special menu from Donelson Café and Catering, guitar and ukulele music from our members, and play games with a tropical twist. Wear your favorite beach/Hawaiian attire or luau outfit.

Watercolor Postcard Class Saturday, August 30, 11a

This is your chance to dabble with watercolor painting with palette paints and watercolor pencils. Informal session offering tips and suggestions for painting on watercolor postcards. Take your designs and artwork with you. Limited to 12.

New Member Orientation Class Next Meeting is September 30

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 Tuesday, August 5, 11a, Cost: Lunch

A Meet n Eat option celebrating one of our local establishments; register to join other members for socialization and dining. The August outing is a new place. Pooky Jane's is located at 4957 Lebanon Pike, 37138. Must register; limited to 12.

Mystery Lunch Thursday, August 7, 10:30a, Cost: \$10 + Lunch

HINT: Serving Nashville appetites since 1927 and holding the city's longest beer license, this restaurant started in a trolley car. Menu includes burgers, burgers, burgers, and hot dogs, sandwiches, wings and salads. Reservation is for 12.

Rise n Shine Monday, August 11, 10a, Cost: Breakfast

A meet-n-eat group for early risers and those wishing to order from a breakfast menu. Gathering at Eggs Up Grill this month (4606 Lebanon Pike, 37076). Menu at: eggsupgrill.com. RSVP to be included in the seating number of 12.

Dolly: An Original Musical Wednesday, August 13, 12:30p

The wait is over! Members who reserved seats in February are on their way to the new Broadway show featuring Dolly Parton. Event is located at The Fisher Center for the Performing Arts at Belmont University.

Lunch Bunch Tuesday, August 19, 10:30a, Cost: \$10 + Lunch

Share in family-style dining at the original Monell's in Germantown. Good ol' country meats and all the fixins with a dessert for one price. Limited to 14.

Chocolate Tasting & 101 and Lunch at Café Durci Wednesday, September 3, 9:15a Cost: \$25 + Lunch

Dr. Eric and Cassandra Durtschi have expanded since we visited their yummy bean to bar chocolate establishment last year. From the website: "At Durci, we work directly with the farmers to produce the finest quality cocoa beans... one bite of chocolate can take you on a journey through several different taste profiles." Learn about cocoa beans and taste true chocolate from various parts of the world. After the class, enjoy lunch in their new café. Limited to 12.

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 and sign in at the kiosk.

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.

Driving: Members are not allowed to drive and meet at trip locations when the trip involves group transportation.

Exceptions: Exceptions may be considered by center staff in certain situations.

Please see Traci with ideas or write down trip and class suggestions and drop into the mail slot in the lobby.