

September 2025 Donelson Station Program Calendar

Events with an asterisk* require registration. To register, use the website or call. Center Hours: M-F 8:30a-3:30p, Sat 8a-12p, 615-883-8375

Su	Mon	Tue	Wed	Thu	Fri	Sat
	1 CLOSED FOR LABOR DAY	2 8:15a Adv Strength Training 8:30a Walk and Talk 9:30a The Mint Casino with Mike* 10a-2p Bridge 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 12p Dance Blast Fitness 2-3:30p Bridge Lessons	3 9a Gentle Yoga w/ Jan 9:15a Durci Chocolate 101, Tasting, and Café* 9:30a-12:30p Chromebook Computer Workshop Finale* 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p SAIL Fitness 12:30-2:30p Tech Help with College Students* 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group	4 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	5 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	6 8a-12p Center Open 9a Adv. Strength Training 10a-12p Woodland Creature Paint Party* 10a Restorative Yoga
7	8 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class	9 8:15a Adv Strength Training 8:30a Walk and Talk 9-11a Hand Chimes 10a-2p Bridge 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 11a Meet n Eat* 11a Galen RN Presentation I: "Chill Before You Burn Out"* 12p Dance Blast Fitness 2-3:30p Bridge Lessons	10 9a Gentle Yoga w/ Jan 10a Miss Lucille's Café and Marketplace Trip II* 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12-2p Blood Pressure Checks with Jan 12p SAIL Fitness 12:30-2:30p Tech Help with College Students* 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group	11 8:15a Adv Strength Training 8:30a Walk and Talk 9a Comhole Club 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	12 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	13 8a-12p Center Open 9a Adv. Strength Training 10a Restorative Yoga
14	15 9a Gentle Yoga w/ Jan 10a Rise N Shine* 10a Help & Healing Group with Jeff Gregg 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class	16 8:15a Adv Strength Training 8:30a Walk and Talk 9-11a Hand Chimes 9:30-11:30a Congressional Constituent Svcs Mobile Office* 10a-2p Bridge 10a Arthritis Chair Exercise 11a Elmer's Tunes at Whiskey Room LIVE with Lunch* 11a Arthritis Chair Exercise 11a Galen RN Presentation II: "Aging Gracefully- Positive Mental Health"* 12p Dance Blast Fitness 2p Super BINGO 2-3:30p Bridge Lessons	17 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 11:30a 60s & 70s Music & Trivia Luncheon* 12p SAIL Fitness 12:30-2:30p Tech Help with College Students* 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group	18 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	19 9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 10:30a Mystery Lunch* 11a Sing-a-Long Choir 12p POMS Team Practice 2p BINGO	20 8a-12p Center Open 9a Adv. Strength Training 10a Restorative Yoga MTGMS CLASS SIGN-UP DAY
21	22 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10:30a Book Club: "Follow the River" by James Alexander Thom 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class 1p GNRC/SHIP Medicare Updates and Changes*	23 8:15a Adv Strength Training 8:30a Walk and Talk 9-11a Hand Chimes 10:00-11:30a Congressional Constituent Outreach Walk-up 10a-2p Bridge 10a Lunch Bunch* 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 12p Dance Blast Fitness 2-3:30p Bridge Lessons	24 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p SAIL Fitness 12:30-2:30p Tech Help with College Students* 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group	25 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 (W)Rapping with Kevin* 1p Tech Help with Bobbye* 1p Rummikub 1p Laugh Lines Improv 5p Off the Eaten Path Supper Club with John*	26 ALL CENTERS ARE CLOSED FOR STAFF RETREAT	27 8a-12p Center Open 9a Adv. Strength Training 10a Bible Study 10a Restorative Yoga 11a Geocaching 101*
28	29 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p Ride N Roll Downtown Stroll (Frist Art Museum)* 12p SAIL Fitness 12p Knitting & Crochet Class	30 8:15a Adv Strength Training 8:30a Walk and Talk 9-11a Hand Chimes 9:30a New Member Orientation* 10a-2p Bridge 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 11a Travel Tuesday with Jennifer 12p Dance Blast Fitness 2p Member Engagement Meeting* 2-3:30p Bridge Lessons				



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/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 (Jul-Sept) \$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. They are working through the book of 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! (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. Led by a different member each month. **ML**

Bridge Tuesdays and Fridays, 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 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; ask staff.

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 Back in Action! Starting September 9, Tuesdays, 9a-11a Join Shirley and other members in performing songs using hand chimes. No experience needed; all hands encouraged.

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 this group to play or learn 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 is back and ready to teach 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**

Restorative Yoga Saturdays, 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 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 leads SAIL (Stay Active and Independent for Life), evidenced-based activities developed 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**

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 Every 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 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 Support with College Students Wednesdays, 12:30-2:30

College students are back for the semester and here to help with all your technology questions. Bring your tech items and learn how to use them. Please register for a slot.

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 and Thursday this month (see calendar) 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 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 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.

[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.

[Woodland Creature Paint Party - Fall Fundraiser for Fifty Forward!](#) Saturday, September 6, 10a-12p

Cost: \$25 members | \$35 non-members

Celebrate the beauty of fall with a cozy, woodland-themed Paint Party at FiftyForward Donelson Station! Open to all ages and guests, this special event supports the center's programs and activities; creating connection, wellness, and joy for older adults in our community.

No experience needed! Your ticket includes all painting supplies, a pre-sketched canvas, and step-by-step guidance to create your own seasonal masterpiece. *\$10 of every ticket will be donated to Fifty Forward Donelson Station*

Spots are limited; reserve yours today and help make a difference, one brushstroke at a time!

[Galen RN Presentations](#) Tuesdays, September 9 and 16, 11a

This semester's Galen RN student presentations are good for your health. Topics for the two sessions respectively are: "Chill Before You Burn Out" and "Aging Gracefully– Positive Mental Health". Support our FiftyForward nursing students by attending these educational programs.

[Congressional Constituent Services I](#) Tuesday, September 16, 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, September 16, 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.

[60s & 70s Music and Trivia Luncheon](#) Wednesday, September 17, 11:30a Lunch and 12:00p Entertainment, Cost: \$10

"Come Together" for a memory-sparking luncheon where Larry Beaird will entertain you with "Simply the Best" songs from the 60s and 70s. "The Race is On" as he tests your 60s and 70s miscellaneous trivia knowledge like the "Superstar" you are. Larry will provide a large screen with the song lyrics and trivia questions for visual interaction. Dress up!

[GNRC/SHIP Medicare 101](#) Monday, September 22, 1p

Please join GNRC SHIP representative, Tom Fox, for a presentation on the basics of Medicare. Topics will include the four parts of Medicare, frequently asked questions, and what you need to know about the changes to Medicare planned for 2026. Coming next month: One-on-one help sessions with SHIP on October 20 by reservation.

[Congressional Constituent Services II](#) Tuesday, September 23, 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.*

[\(W\)rapping with Kevin](#) Thursday, September 25, 1p

Cost: \$12 (paid to Donelson Café)

Chef Kevin and his rapping DJ sidekick, Mark, will be leading this all about wraps food-inspired class. 3 wrap examples will be provided for the day's meal times of breakfast, lunch, and dinner. Minimum of 15 and maximum class of 25. You know this will be a fun time!

[Geocaching 101](#) Saturday, September 27, 11a

Geocaching is the world's largest treasure hunt recreational activity enjoyed by all ages. Geocaches or simply "caches" are hidden by the owners and logged into a Geocaching site. Using coordinates, seekers choose caches to locate. Caches are made up of many different things and can be tricky to find, include prizes/trinkets, offer historical significance, and/or opportunities to learn something new. Please sign up so Traci can gauge the interest and prep.

[New Member Orientation Class](#) Tuesday, September 30, 9:30a

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.

[Travel Tuesday](#) Tuesday, September 30, 11a

Dreaming of travel in 2026? Let Jennifer with Premier World Discovery guide you through unforgettable journeys and must-see international destinations.

[Member Engagement Meeting](#) Tuesday, September 30, 2p

Members are invited to Donelson Station's first Member Engagement Meeting designed to provide information, updates, and a Q & A session for attendees. Each spring FiftyForward conducts a membership survey and encourages feedback. This year, there was a record number of completed surveys and responses. Gather and share community information, ideas, and ask questions related to Donelson Station FiftyForward. Please register to gain an idea of participant interest.

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.

The Mint Casino with Mike Tuesday, September 2, 9:30a, Cost: \$15, plus any gaming and lunch money

Winners and wanna be winners are rolling out to The Mint Gaming Hall at Kentucky Downs this quarter. Driver Mike will transport players to the casino just on the TN/KY border. Lots of choices to play with 1000+ gaming machines, and when you get hungry, grab lunch at Corner Café.

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. Released on August calendar in order to set up reservation and payment; check with Traci for wait list.

Meet n Eat Tuesday, September 9, 11a, Cost: Lunch

A Meet n Eat option celebrating one of our local establishments. Register to join other members for socialization and dining. September gathering is another new location: Old Hickory Pizza & Pub (1051 Donelson Avenue, 37138). Must register for restaurant reservation count of 12. Please do not just show up without RSVPing.

Wait List Trip II: Miss Lucille's Café & Marketplace Wednesday, September 10, 10a, Cost: \$15 + Lunch

Due to the long list of members wishing to attend the July trip, a second outing for those on the wait list has been scheduled. Enjoy lunch at the new Miss Lucille's Cafe and then walk off some calories at Miss Lucille's Marketplace with over 200 vendors. Maximum 12; members on the July wait list will be given first option to sign up.

Rise n Shine Monday, September 15, 10a, Cost: Breakfast

A meet-n-eat group for early risers and those wishing to order from a breakfast menu. Gathering at Shoney's this month (546 Donelson Pike, 37214). RSVP to be included in the seating number of 16.

Elmer's Tunes at Whiskey Room Live \$ Lunch Tuesday, September 16, Cost: \$30 (includes meal, soda, tip, taxes, entertainment) Event time: 12p to 3p (leave time based on driver)

Join in a daytime party for adults 55+! Enjoy a lively afternoon with music by *Elmer's Tunes*—where dueling pianos meets classic piano bar vibes. Dennis Elmer brings you the hits you know and love from the 50s, 60s, and 70s. Tap your toes, sing along, and make new friends! RSVP for 12 slots available; this is a "drive yourself" event. No bus available for transportation due to scheduled maintenance. See Traci for carpool options.

Mystery Lunch Friday, September 19, 10:30a, Cost: \$10 + Lunch

Where we are going this time depends on the weather. Our planned destination only has counter seating and no reservations. However, there is plenty of outdoor seating. Love Italian? This is for you. Fingers crossed the weather is beautiful on this date. Limited to 12.

Lunch Bunch Tuesday, September 23, 10a, Cost: \$15

The bus will return to downtown Franklin for our annual shopping jaunt and visit to a member favorite, Biscuit Love. Reminder: they do not take reservations and visitors must order from a counter prior to seating, so there is a bit of a wait. The food is worth the wait! Lots of walking involved in moving around the shoppes in the town square.

Off the Eaten Path: Supper Club with John Thursday, September 25, 5p, Cost: \$10 + Dinner

After the last supper club discussion, John and Jennifer will be taking the group to... Sanika's Indian Cuisine. Preview of the menu: sanikasrestaurant.com. (The menu items look delicious!)

Ride n Roll Downtown Stroll Monday, September 29, 12p

Take the WeGo #6 bus from Donelson Station Bus Stop at noon and then return on the 4:00pm STAR commuter train from Riverfront downtown back to Donelson Station. Wear your walking shoes and take a free tour at the Frist Art Museum, grab lunch, and enjoy sight-seeing. Photo ID and \$1 bills needed for bus and train.

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 certain 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.