

November 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 8:30a Chair Yoga 9a Adv. Strength Training 10a Restorative Yoga
2	3 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a Beginner Strength Training NO SAIL Fitness- Kris Out 12p Knitting & Crochet Class 12-1:30p Frist Art Trunk Activity and Program I* 1p Beginning Spanish*	4 8:15a Adv Strength Training 8:30a Walk and Talk 9-11a Hand Chimes 9a Spanish I* 10a Spanish II* 10a-2p Bridge 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 11a Meet N Eat at McNamara's* 12p Dance Blast Fitness 2p "Anger and Grief" Workshop with Scott* 2-3:30p Bridge Lessons	5 9a Gentle Yoga w/ Jan 10a Music for Seniors "Wanna Beatles" Lunch Bunch* 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	6 8:15a Adv Strength Training 8:30a Walk and Talk 10a Arthritis Chair Exercise 10:30a FLYNash Aerial Intro Class* 10a-3p 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	7 9a Stretch & Balance 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 11a Sing-a-Long Choir 12p POMS Team Practice 1p Program Committee 2p BINGO	8 9a Adv. Strength Training 10a Restorative Yoga 10a Bagels & Bingo Event*
9	10 9a Gentle Yoga w/ Jan 10a-1p Blood Drive with Blood Assurance 10a Rise N Shine at First Watch* 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class 1p Beginning Spanish* 1p LIVE LUNG- "The BIG C: Surviving It and Thriving!"**	11 8:15a Adv Strength Training 8:30a Walk and Talk 9-11a Hand Chimes 9a Spanish I* 10a Spanish II* 10:15a Mystery Lunch with Cool Springs Mall Stop* 10a-2p Bridge 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 12p Dance Blast Fitness 2-3:30p Bridge Lessons	12 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10-11:30a Hearing Life: FREE Hearing Test* 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	13 8:15a Adv Strength Training 8:30a Walk and Talk 10a Arthritis Chair Exercise 10a-3p Mah Jongg 11a Red Hat Honeys 11a Arthritis Chair Exercise 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	14 9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 11a Robotic Surgery Tour Lunch n Learn* 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p BINGO	15 8:30a Chair Yoga 9a Adv. Strength Training 10a Restorative Yoga
16	17 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10a Help & Healing Group with Jeff Gregg 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class 12-1:30p Frist Art Trunk Activity and Program II* 1p Beginning Spanish*	18 8:15a Adv Strength Training 8:30a Walk and Talk 9-11a Hand Chimes 9a Spanish I* 9:30-11:30a Congressional Constituent Svcs Mobile Office* 10a Spanish II* 10a-2p Bridge 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 11a Travel Tuesday w/ Adam 12p Dance Blast Fitness 12:45p Lunch N Learn with Living Revived Therapy: Sleep Workshop* 2p Super BINGO 2-3:30p Bridge Lessons	19 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 with Jan 12:30-2:30p Tech Help with College Students* 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group	20 8:15a Adv Strength Training 8:30a Walk and Talk 9:30a STORY: Fragrance Library Activity & Sam's Grill Outing* 10a Arthritis Chair Exercise 10a-3p 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	21 9a Stretch & Balance 9-11a Ukulele Group 10a New Member Orientation* 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 11a Sing-a-Long Choir 12p POMS Team Practice 2p BINGO	22 9a Adv. Strength Training 10a Bible Study 10a Restorative Yoga
23 30	24 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10:30a Book Club: "West with Giraffes" by Lynda Rutledge 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class 1p Beginning Spanish*	25 8:15a Adv Strength Training 8:30a Walk and Talk 9-11a Hand Chimes 9a Spanish I* 10a Spanish II* 10:00-11:30a Congressional Constituent Outreach Walk-up 10a-2p Bridge 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 12p Dance Blast Fitness 2-3:30p Bridge Lessons	26 9a Gentle Yoga w/ Jan 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 NO BINGO 3:30 Aphasia Support Group	27 FiftyForward Centers are Closed Members are Invited to Donelson Café for "A Truly Thankful Thanksgiving" Meal	28 FiftyForward Centers are Closed	29 FiftyForward Closed



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 (Oct-Dec) \$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! (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 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.

Chair Yoga Saturdays, 8:30a (see the calendar for dates) Paolo and Kelli co-lead this weekend class addition. Stay flexible, boost circulation, and unwind. Meet in the large Conference Room.

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, 9a-11a Join Shirley and other members in performing songs using hand chimes. No experience needed; all hands encouraged. The more members present, all chimes can be used to play.

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, 10a -3p Hong Kong players make a hand of 4 groups of 3 and a pair. Join the Mah Jongg group to play this tile-based game. **ML**

POMS Team Fridays, 12p POMS Team meeting and practice time **offsite at this time.** POMS is a 50+ cheer and dance squad.

Performances in the community and for special events. **ML**

Qi Gong ON HOLD 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**

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), an evidenced-based program 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 (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 Wednesdays, 12:30-2:30 College students help with personal technology. Bring your laptop, smartphone, etc. and ask questions or learn something new.

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 Presentations (see calendar) Trip information available in print at the Traveling Rack in the hallway. Domestic travel with See America Tour (Adam) and international travel with Premier World Discovery (Jennifer), FiftyForward partners in travel.

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**

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.

[Frist Art Museum Art Trunk Part I](#) Monday, November 3, 12-1:30p

The Frist Art Trunk instructors are bringing two projects this month! Promoting the exhibit “New African Masquerades: Artistic Innovations and Collaborations”, the first activity is a foil relief. Participants will explore symbolism, metaphor, and composition to create a foil relief plate based on the Compromise Kimi masquerade genre. RSVP, limited to 12.

[Anger and Grief Workshop with Scott](#) Tuesday, November 4, 2p

Release negative energy from old anger and reduce your acquisition of new anger. Learn to turn grief into sweet sadness. Presentation by member, Scott Lee, who has led workshops for 10 years and helped many people with grief and anger. Please sign up to reserve a seat.

[Bagels & Bingo Event](#) Saturday, November 8, 10a

A Saturday BINGO! sponsored by Kindred Compass Care. Join center director, Lisa, and our Bagels & Bingo sponsor, Shawnda, for an extra game day event. **If you plan to attend, we ask for players to register ahead of time. This will help planning for food and seating needs.**

[Blood Drive with Blood Assurance](#) Monday, November 10, 10a-1p

Blood Drive for members, visitors, and the community. The blood mobile bus will be stationed in the parking lot.

[LIVE LUNG- “The BIG C: Surviving It and Thriving!”](#) Monday, November 10, 1p

Leslie LaChance has been living with a metastatic lung cancer diagnosis since 2017 and became a patient research advocate in 2018. In honor of lung cancer month, she will share her story of survivorship through self-advocacy and cutting-edge research. Leslie will share guidance on early detection, radon testing, and navigating care for best patient outcomes. Register to attend.

[Hearing Life: FREE Hearing Test](#) Wednesday, November 12, 10-11:30a

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

[Frist Art Museum Art Trunk Part II](#) Monday, November 17, 12-1:30p

The second activity by Frist Art Trunk instructors promoting the exhibit “New African Masquerades: Artistic Innovations and Collaborations”, wax-resist dyeing. Participants will consider the meaning of various Nsibidi characters and create their own symbolic fabric pieces using wax-resist dye methods. RSVP; limited to 12.

[Congressional Constituent Services I](#) Tuesday, November 18, 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.**

[Travel Tuesday](#) Tuesday, November 18, 11a

Dreaming of domestic travel in 2026? See America Tour leader, Adam, will be onsite to talk about upcoming destinations and answer questions you might have.

[Lunch n Learn with Living Revived Therapy: “Sleep Workshop”](#) Tuesday, November 18, 12:45p

Despite the fact we are unconscious for most of this time, sleep is an essential part of our health. Help demystify sleep and why your quality of sleep might be poor. Come with questions, expect to take notes, and enjoy a light mobility routine to learn more about sleep. Led by Occupational Therapist, Averie Thayer. Limited to 20.

[SUPER BINGO](#) Tuesday, November 18, 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.

[New Member Orientation Class](#) Friday, November 21, 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, November 25, 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.**

[A Truly Thankful Thanksgiving](#) Thursday, November 27, 11a-2p (come and go)

Please join in an open invitation by Chef Kevin and Mark for the 9th annual Thanksgiving feast with friends and community members. Socialize with others, enjoy entertainment, and know all are welcome to the table. Drive-thru option is also available. Free; donations are accepted. (FiftyForward is closed, but the Café is open.)

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, November 4, 11a, Cost: Lunch

A Meet n Eat option celebrating one of our local establishments. Join other members at McNamara's Irish Pub this month. (2740 Old Lebanon Road, 37214) Menu: mcnamarasirishpub.com. Must register for restaurant reservation count of 14. Please do not show up without a reserved seat.

Lunch Bunch to Music for Seniors with "WannaBeatles" Wednesday, November 5, 10a, Cost: \$15 + Lunch

The nonprofit, *Music for Seniors*, presents "The WannaBeatles" at the Historic Franklin Theatre. The music program is 11a-Noon. The WannaBeatles "use their multi-instrumental skills to re-create all eras of the Beatles song catalogue... and when Sir Paul visited their hometown of Nashville, the WB's staged a 'Welcome Back Paul Party' across the street from where Paul was playing-including dancers and a big yellow 'Love Bus'." Members will stop for lunch after the event (location TBA). Limited to 13.

FLYNash Aerial Intro Class Thursday, November 6, 10:30a, Cost: \$40, Limited to 6-7 members (20 members total have been invited for this unique experience to include Donelson Station, Turner Center, and Martin Center)

A fun "flying" experience! In this class, an aerial hammock is used to support the body in gentle flexion and extension while experiencing a sense of weightlessness. The hammock height will be adjusted throughout the session to allow for full inversions. All movements can be modified or optional based on individual comfort levels. At times, the hammock may naturally rotate or spin slowly. When positioned closer to the floor, participants can expect to transition between seated and standing positions with minimal support. See Traci for a list of physical cautionary items to consider as provided by the instructor.

Rise n Shine Monday, November 10, 10a, Cost: Breakfast

A meet-n-eat group for early risers and those wishing to order from a breakfast menu. Gathering at FIRST WATCH this month (3879 Lebanon Pike, 37076). RSVP; this restaurant is first-come and does not guarantee the group will all sit together. Capped at 12. Menu: firstwatch.com

Mystery Lunch Tuesday, November 11, 10:15a, Cost: \$15 + Lunch

Hint: "From Mexico to our menu" is a tagline and they have a "Smashing" dessert only found here. After lunch, the bus will stop at Cool Springs Mall for an afternoon of holiday shopping. Limited to 12.

Robotic Surgery Tour Lunch n Learn Friday, November 14, 11a, Cost: \$10

Donelson Station members are invited to tour the TriStar Centennial Southern Joint Replacement Institute. Learn from one of the institute's physicians about joint replacement and see a demonstration how robots are used in surgery. Lunch will be provided. A big thank you to Tonya Lance for setting this outing up for our group! Max 12.

STORY: Fragrance Library and Sam's Grill Outing Thursday, November 20, 9:30a (drive yourself), Cost of Activity and Take Home Fragrance Product: \$35

We have ten discounted tickets for members to create their own fragrance at "STORY: Fragrance Library" in Old Hickory. Carpool or meet at the Old Hickory Boulevard old town storefront. The activity will take about 1-1.5 hours. Afterwards, head over to Turtle Bay on Old Hickory Lake and enjoy lunch looking out over the water at Sam's Grill.

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. See staff for extenuating circumstances.**

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