

December 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

S	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>9a Gentle Yoga w/ Jan (video while she is out)</p> <p>9:30a Oak Grove Casino Trip with Mike*</p> <p>10a Lo-Impact Aerobics</p> <p>11a Program Committee</p> <p>11a Beginner Strength Training</p> <p>12p SAIL Fitness</p> <p>12p Knitting & Crochet Class</p> <p>1p Beginning Spanish*</p>	<p>2</p> <p>8:15a Adv Strength Training</p> <p>8:30a Walk and Talk</p> <p>9-11a Hand Chimes</p> <p>9a Spanish I*</p> <p>10a Spanish II*</p> <p>10a-2p Bridge</p> <p>10a Arthritis Chair Exercise</p> <p>11a Arthritis Chair Exercise</p> <p>11a Galen RN Student Program "Whoops, I did it again- Fall Prevention"</p> <p>11a Meet n Eat*</p> <p>12p Dance Blast Fitness</p> <p>1p Passwords, Passkeys, and More with Steve*</p> <p>2-3:30p Bridge Lessons</p>	<p>3</p> <p>9a Gentle Yoga w/ Jan (video while she is out)</p> <p>10a Canasta/Hand & Foot</p> <p>10a Lo-Impact Aerobics</p> <p>10a-12p Art Workshop*</p> <p>11a Beginner Strength Training</p> <p>11a Kwanzaa Program with Julia and Friends*</p> <p>12p SAIL Fitness</p> <p>12:30-2:30p Tech Help with College Students*</p> <p>1:30p Trivia Teasers</p> <p>1:30p Tai Chi</p> <p>2p BINGO</p> <p>3:30 Aphasia Support Group</p>	<p>4</p> <p>8:15a Adv Strength Training</p> <p>8:30a Walk and Talk</p> <p>10a Arthritis Chair Exercise</p> <p>10a-3p Mah Jongg</p> <p>11a Arthritis Chair Exercise</p> <p>12p Crafty Corner</p> <p>12p Dance Blast Fitness</p> <p>1p Tech Help with Bobbye*</p> <p>1p Rummikub</p> <p>1p Laugh Lines Improv</p>	<p>5</p> <p>9a Stretch & Balance</p> <p>9-11a Ukulele Group</p> <p>10a Beginner Strength with Floor Exercises</p> <p>10a-2:30p Bridge</p> <p>10:15a String City Show and Country Music Hall of Fame Tour*</p> <p>11a-1p Dulcimer Class</p> <p>11a Sing-a-Long Choir</p> <p>12p POMS Team Practice</p> <p>2p BINGO</p>	<p>6</p> <p>8:30a Chair Yoga</p> <p>9a Adv. Strength Training</p> <p>4p Donelson/Hermitage Christmas Parade</p>
7	<p>8</p> <p>9a Gentle Yoga w/ Jan (video while she is out)</p> <p>10a Lo-Impact Aerobics</p> <p>11a Beginner Strength Training</p> <p>12p SAIL Fitness</p> <p>12p Knitting & Crochet Class</p> <p>1p Beginning Spanish*</p> <p>1p NES Energy Savings Program*</p>	<p>9</p> <p>8:15a Adv Strength Training</p> <p>8:30a Walk and Talk</p> <p>9-11a Hand Chimes</p> <p>9a Spanish I*</p> <p>10a Spanish II*</p> <p>10a-2p Bridge</p> <p>10a Arthritis Chair Exercise</p> <p>11a Lunch Bunch on General Jackson Holiday Cruise with Show*</p> <p>11a Galen RN Student Program "Keeping Your Mind Sharp- Cognitive Health"</p> <p>11a Arthritis Chair Exercise</p> <p>12p Dance Blast Fitness</p> <p>2-3:30p Bridge Lessons</p>	<p>10</p> <p>9a Gentle Yoga w/ Jan Fox from the YMCA (guest leader)</p> <p>10a Canasta/Hand & Foot</p> <p>10a Lo-Impact Aerobics</p> <p>10a-11:30a Free Hearing Test with Hearing Life*</p> <p>10a-12p Art Workshop*</p> <p>11a Travel 2026 with Jennifer</p> <p>11a Beginner Strength Training</p> <p>12-2p Blood Pressure Checks</p> <p>12p SAIL Fitness</p> <p>1:30p Trivia Teasers</p> <p>1:30p Tai Chi</p> <p>2p BINGO</p> <p>3:30 Aphasia Support Group</p>	<p>11</p> <p>8:15a Adv Strength Training</p> <p>8:30a Walk and Talk</p> <p>10a Arthritis Chair Exercise</p> <p>10a-3p Mah Jongg</p> <p>11a Red Hat Honeys</p> <p>11a Arthritis Chair Exercise</p> <p>12p Crafty Corner</p> <p>12p Dance Blast Fitness</p> <p>1p Tech Help with Bobbye*</p> <p>1p Rummikub</p> <p>1p Laugh Lines Improv</p>	<p>12</p> <p>9a Stretch & Balance</p> <p>9-11a Ukulele Group</p> <p>10a Beginner Strength with Floor Exercises</p> <p>10a-2:30p Bridge</p> <p>11a-1p Dulcimer Class</p> <p>11a Sing-a-Long Choir</p> <p>12p POMS Team Practice</p> <p>1p Line Dancing</p> <p>2p Special Invitation Event: Santa's Angel Tree Program by GNAA</p> <p>No BINGO</p>	<p>13</p> <p>8:30a Chair Yoga</p> <p>9a Adv. Strength Training</p> <p>10a Restorative Yoga</p> <p>9a-1p "Deck the Halls" Vendor Booths and Bargain Basement w/ Café Specials</p>
14	<p>15</p> <p>9a Gentle Yoga w/ Jan</p> <p>10a Rise N Shine*</p> <p>10a Lo-Impact Aerobics</p> <p>10a Help & Healing Group with Jeff Gregg</p> <p>11a Beginner Strength Training</p> <p>11a BOOK CLUB OFFSITE HOLIDAY PARTY</p> <p>NO SAIL Fitness</p> <p>12p Knitting & Crochet Class</p> <p>1p Beginning Spanish Last Class of Session*</p>	<p>16</p> <p>8:15a Adv Strength Training</p> <p>8:30a Walk and Talk</p> <p>9-11a Hand Chimes</p> <p>9a Spanish I Last Class*</p> <p>10a Spanish II Last Class*</p> <p>10a-2p Bridge</p> <p>10a Arthritis Chair Exercise</p> <p>11a Arthritis Chair Exercise</p> <p>11a Travel Tuesday with Adam</p> <p>2p Super BINGO</p> <p>2-3:30p Bridge Lessons</p>	<p>17</p> <p>9a Gentle Yoga w/ Jan</p> <p>10a Canasta/Hand & Foot</p> <p>10a Lo-Impact Aerobics</p> <p>10a-12p Art Workshop*</p> <p>11a Beginner Strength Training</p> <p>11a Center Holiday Luncheon with Kash Mellons*</p> <p>NO SAIL Fitness</p> <p>1:30p Trivia Teasers</p> <p>1:30p Tai Chi</p> <p>2p BINGO</p> <p>3:30 Aphasia Support Group</p>	<p>18</p> <p>8:15a Adv Strength Training</p> <p>8:30a Walk and Talk</p> <p>10a Arthritis Chair Exercise</p> <p>10a-3p Mah Jongg</p> <p>11a Advisory Council</p> <p>11a Arthritis Chair Exercise</p> <p>12p Crafty Corner</p> <p>12p Dance Blast Fitness</p> <p>1p Tech Help with Bobbye*</p> <p>1p Rummikub</p> <p>1p Laugh Lines Improv</p>	<p>19</p> <p>9a Stretch & Balance</p> <p>9-11a Ukulele Group</p> <p>10a Beginner Strength with Floor Exercises</p> <p>10a-2:30p Bridge</p> <p>11a-1p Dulcimer Class</p> <p>11a Sing-a-Long Choir</p> <p>12p POMS Team Practice</p> <p>2p BINGO</p>	<p>20</p> <p>9a Adv. Strength Training</p> <p>10a Restorative Yoga</p>
21	<p>22</p> <p>ALL CENTERS ARE CLOSED</p>	<p>23</p> <p>ALL CENTERS ARE CLOSED</p>	<p>24</p> <p>ALL CENTERS ARE CLOSED</p>	<p>25</p> <p>ALL CENTERS ARE CLOSED</p>	<p>26</p> <p>ALL CENTERS ARE CLOSED</p>	<p>27</p> <p>CENTER IS CLOSED</p>
28	<p>29</p> <p>9a Gentle Yoga w/ Jan</p> <p>10a Lo-Impact Aerobics</p> <p>11a Beginner Strength Training</p> <p>12p SAIL Fitness</p> <p>12p Knitting & Crochet Class</p>	<p>30</p> <p>8:15a Adv Strength Training</p> <p>8:30a Walk and Talk</p> <p>10a-2p Bridge</p> <p>10a Arthritis Chair Exercise</p> <p>11a Arthritis Chair Exercise</p> <p>12p Dance Blast Fitness</p> <p>2-3:30p Bridge Lessons</p>	<p>31</p> <p>9a Gentle Yoga w/ Jan</p> <p>10a Canasta/Hand & Foot</p> <p>10a Lo-Impact Aerobics</p> <p>10a-12p Art Workshop*</p> <p>11a Beginner Strength Training</p> <p>12p SAIL Fitness</p> <p>1:30p Trivia Teasers</p> <p>1:30p Tai Chi</p> <p>NO BINGO</p>			



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. 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 Various dates– check the calendar, 12-2p Free checks by our member volunteer Jan (RN). **ML**

Book Club 4th Monday, 10:30a December meeting is offsite. 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.

Chair Yoga Saturdays, 8:30a (see the calendar for dates) Paolo and Kelli co-lead this class. 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**

Dulcimer Class Fridays 11a-1p Tony is one of our members and has a gift for playing and teaching musical instruments. If you have a dulcimer and wish to learn to play it, bring it in! **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.

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 this group to play or learn to play this tile-based game. **ML**

POMS Team Fridays, 12p POMS Team meeting and practice time. **Currently meeting offsite.** POMS is a 50+ cheer and dance squad. Performances are scheduled in the community and for special events. **ML**

Qi Gong ON HOLD 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**

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 Winter 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 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 Presentations with See America Tour and Premier World Discovery (see calendar) Trip information available in print at the Traveling Rack in the hallway. In-house events vary each month with Adam (domestic trips) and Jennifer (international trips).

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 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.

Passwords, Passkeys, and More with Steve Tuesday, December 2, 1p

Protecting your online accounts starts with strong password practices. In this lecture with our own Steve Bianchi from Madison Station, we'll review password basics before exploring options like single sign-on, passkeys, multi-factor authentication, and password managers. Learn why these password alternatives are safe ways to simplify your digital life and keep your personal information secure.

Galen RN Presentations Tuesdays, December 2 and 9, 11a

This semester's Galen RN student presentations are good for your health. Topics for the two sessions: "Whoops, I did it again- Fall Prevention", and "Keeping Your Mind Sharp- Cognitive Health". Support our FiftyForward nursing students by attending these educational programs.

Kwanzaa Program with Julia & Friends Wednesday, December 3, 11a

Last year Julia brought this event to Donelson Station and participants enjoyed the interactive African American cultural experience of the lighting of the candles, songs, drumming, and Karamu (feast) tasting of traditional ethnic foods. Join in the this 2nd annual offering of holiday traditions.

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.

40th Annual Donelson Hermitage Christmas Parade Saturday, December 6, 4p

Parade starts at 4:00 from Elm Hill Pike, travels down Donelson Pike, and ends behind our building in the WeGo parking lot. Donelson Station POMS and the bus have an entry in the parade. This year's theme is "Light Up the Night". Last year, Donelson POMS won the "Spirit of Christmas" award. Be sure to watch the parade and wave to your fellow members in the line-up!

NES Energy Savings Program Monday, December 8, 1p

Join Nashville Electric Service and TVA as they present a home energy savings workshop. Learn how to save energy and create habits that save you money with DIY home improvements. Attendees will receive an energy-saving kit valued at \$35.

Free Hearing Test with Hearing Life Wednesday, December 10, 10-11:30a

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

Deck the Halls Saturday, December 13, 9a-1p

Shop unique vendor booths in the hallway and find deals in the Bargain Basement. The Donelson Café will be open with soup and "sammies" for purchase.

SUPER BINGO Tuesday, December 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.

Center Holiday Luncheon with Kash Mellons Wednesday, December 17, 11a Lunch Starts, Cost: \$10

Kash Mellons (aka Elvis from a previous lunch) returns for our annual December holiday luncheon. Enjoy a special meal from the Donelson Café and music and songs from Kash to send us into our Christmas break. Feel free to dress "merry and bright" or bring out the ugly sweater for smiles.

New Member Orientation Class Next Meeting is in January

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.

Oak Grove Casino trip with Mike Monday, December 1, 9:30a, Cost: \$15, plus any gaming and lunch money

Holiday winners are rolling out to Oak Grove Casino. Driver Mike will transport players to the casino just over the TN/KY border. Lots of choices to play with 1200+ gaming machines, and when you get hungry, grab lunch at the EATS Food Court. 12 seats available.

Meet n Eat Tuesday, December 2, 11a, Cost: Lunch

A Meet n Eat option celebrating one of our local establishments. Register to join other members for socialization and dining. Drive yourself: location for December is the Santa Fe Cattle Company at 2520 Music Valley Drive, 37214. Must register for restaurant reservation count of 14. Please do not just show up without an RSVP.

String City Show and Country Music Hall of Fame Tour Friday, December 5, 10:15a, Cost: \$10

We have been gifted 12 free tickets for the String City marionettes, rod puppetry, and animation show with a self-guided tour of the museum after the production. Experience the story of Nashville's transformation into Music City sponsored by Nashville Public Library and the County Music Hall of Fame. Stop for lunch following the museum visit. Limited to 12. If you have gone in the past, please allow new members to register.

Lunch Bunch on General Jackson Holiday Cruise with Show Tuesday, December 9, 11a, Cost: \$65

The General Jackson is an American Victorian showboat of river history. Enjoy a festive meal, holiday entertainment, a cruise, views of the Cumberland River, and time spent with FiftyForward friends. Donelson Station has 14 seats reserved. Due to the proximity of our center, this is a drive yourself event. Park at Opry Mills on the river side for free. The boat will start loading at 11:15am and leaves the dock at noon. Expect the trip to last until about 2:15pm.

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

A meet-n-eat group for late breakfast and early lunch folks. Gathering at The Paper Mill for this last month of 2025. Location is 4066 N. Mt. Juliet Road, 37122. RSVP to be included in the seating reservation for 12. Menu: papermillrestaurants.com

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.