

# February 2026 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	2 Tax Season Starts– AARP Tax Help by Appointment– ask at front desk 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a Beginner Strength Training 11a Program Committee 12p SAIL Fitness 12p Knitting & Crochet Class 1p Beginning Spanish*	3 8:15a Adv Strength Training 9a Walk and Talk 9-11a Hand Chimes 9a Spanish I* 10a Spanish II* 10a-2p Bridge 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 11:30a-1p FRIST Beginner Digital Photography Workshop* 12p Dance Blast Fitness 1-3p WeGo Travel Training Presentation with Michelle* 2-3:30p Bridge Lessons	4 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 2p BINGO 3:30 Aphasia Support Group	5 8:15a Adv Strength Training 9a Walk and Talk 9:30a Painting Party with Jamie: choose gnomes in love or bubbly bath cow* 10a Rise n Shine @ Nadeen's Hermitage Haven* 10a Arthritis Chair Exercise 10a-3p Mah Jongg 11a Arthritis Chair Exercise 12p Crafty Corner 12p Dance Blast Fitness 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-1p Dulcimer Class 11a Sing-a-Long Choir 12p POMS Team Practice 2p BINGO	7 8a-12p Center Open 8:30a Chair Yoga 9a Adv. Strength Training
8	9 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10:30a New Group: Creative Writing* 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class 1p Beginning Spanish*	10 8:15a Adv Strength Training 9a Walk and Talk 9-11a Hand Chimes 9a Spanish I* 10a Spanish II* 10a-2p Bridge 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 11:30a-1p Week 2 Photography Workshop* 12p Dance Blast Fitness 1p Senior Ride Informational Session* 2-3:30p Bridge Lessons	11 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 11a Meet N Eat at Outback* 12-2p Blood Pressure Check 12p SAIL Fitness 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group	12 8:15a Adv Strength Training 9a Walk and Talk 10a Arthritis Chair Exercise 10a-3p Mah Jongg 11a Red Hat Honeys 11a Arthritis Chair Exercise 12p Crafty Corner 12p Dance Blast Fitness 1p Tech Help with Bobbye* 1p Rummikub 1p Laugh Lines Improv	13 9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 10:30a Lunch Bunch to Fenwick's 300* 11a-1p Dulcimer Class 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p "Be My Valentine" BINGO with Donelson Cafe	14 8a-12p Center Open 9a Adv. Strength Training
15	16 9a Gentle Yoga w/ Jan 10a #6 WeGo Bus Outing to Broadway for lunch at Assembly Food Hall and tour at National Museum of African American Music* 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class 1p Beginning Spanish*	17 8:15a Adv Strength Training 9a 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 with Adam 11:30a-1p Week 3 Photography Workshop* 12p Dance Blast Fitness 2p Super BINGO 2-3:30p Bridge Lessons	18 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 11a Mardi Gras Jazz Luncheon with The Big Easy Band* 12p SAIL Fitness 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group	19 8:15a Adv Strength Training 9a Walk and Talk 10a Arthritis Chair Exercise 10a-3p Mah Jongg 11a Advisory Council 11a Arthritis Chair Exercise 12p Crafty Corner 12p Dance Blast Fitness 1p Tech Help with Bobbye* 1p Rummikub 1p Laugh Lines Improv	20 9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 11a-1p Dulcimer Class 11a Sing-a-Long Choir 12p POMS Team Practice 2p BINGO	21 8a-12p Center Open 9a Adv. Strength Training
22	23 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10:30a Book Club: Selection is "Magic Hour" by Kristin Hannah 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class 1p Beginning Spanish	24 8:15a Adv Strength Training 9a Walk and Talk 9-11a Hand Chimes 9a Spanish I* 10:00-11:30a Congressional Constituent Outreach Walk-up 10a Spanish II* 10a-2p Bridge 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 11:30a-1p Week 4 Photography Workshop* 12p Dance Blast Fitness 1p Functional Neurology for Brain Longevity & Fall Prevention with Dr. Hurst* 2-3:30p Bridge Lessons	25 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p SAIL Fitness 12:30p Documentary: "The Past is Prologue" presented by Sweet Mary Cameron High School Class of 1969* 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group	26 8:15a Adv Strength Training 9a Walk and Talk 10a Arthritis Chair Exercise 10a-3p Mah Jongg 10:30a Mystery Lunch* 11a Arthritis Chair Exercise 12p Crafty Corner 12p Dance Blast Fitness 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-1p Dulcimer Class 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p BINGO	28 8a-12p Center Open 8:30a Chair Yoga 9a Adv. Strength Training 10a Bible Study
			FiftyForward is 70 years old! Established in 1956			



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



“ML” Denotes member-led program

## 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 (Jan-Mar) \$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** 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.

**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**

**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 (Jan-Mar) 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 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, 9a** Indoor Walkers meet at Opry Mills mall and loop the facility for weather-free exercise before the shops open. (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.

**[Beginner Digital Photography Workshop](#) Tuesday, February 3-March 31, 11:30a-1p, FREE Sponsored by the Frist Art Museum**

Explore your creativity in this free digital photography workshop supported by E. A. Michelson Philanthropy. In this course, participants will explore digital photography using iPads. Learn about camera functions and the fundamentals of creating a composition. The workshop consists of seven 90-minute art-making sessions, a tour of a current Frist exhibition, and a culminating reception and celebration. Participants also receive a complimentary one-year membership to the Frist Art Museum. All materials are provided, and all skill levels are welcome.

**[WeGo Travel Training Presentation with Michelle](#) Tuesday, February 3, 1-3p**

Donelson Station is lucky to have a WeGo transit hub behind our building. Learn all about the bus and train system, access ride, and how to travel around town for ease and the cheapest fare.

**[Painting Party: Choice of Gnomes or Bubble Cow](#) Thursday, February 5, 9:30a-12p, \$30 (includes supplies and instruction)**

Join Jamie (one of our MTGMS members) for a fun, themed painting party. Make and take your choice of gnomes in love or bubbly bath cow on 9x12 canvas. Plan on about 2 hours for painting your new “masterpiece”. Pay the \$30 to Jamie directly the day of class. Big thanks to Jamie for offering this creative outlet for our members!

**[NEW! Creative Writing Group](#) Monday, February 9, 10:30a**

Want to learn creative ways to read and use words? Explore how writing can change the way you view and describe the world around you. Traci and Beverly will team up to lead the initial sessions.

**[Senior Ride Informational Session](#) Tuesday, February 10, 1p**

Learn about the organization “Senior Ride”: who are they, what services are provided to the community, and the impact their volunteers have on helping the senior population.

**[SUPER BINGO](#) Tuesday, February 17, 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 I](#) Tuesday, February 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](mailto:Kristen.Topping@mail.house.gov) or simply drop in for assistance.**

**[Mardi Gras Jazz Luncheon with The Big Easy Band](#) Wednesday, February 18, 11a Lunch, Cost: \$10**

Join our own Bob Stevens with the 5-piece band of musicians, “The Big Easy”, playing New Orleans and Mardi Gras themed music. Coming after Fat Tuesday, celebrate the end of the Mardi Gras season with friends and guests. Enjoy a special lunch prepared by Donelson Café & Catering. Festive attire and beads are not mandatory, but certainly encouraged.

**[Functional Neurology for Brain Longevity & Fall Prevention](#) Tuesday, February 24, 1p**

Dr. Hurst is a Board Certified Chiropractic Neurologist specializing in diagnosis and treatment of brain injury, post stroke, dizziness and balance conditions, cognitive impairment, developmental disorders in children, chronic pain, and other neurological conditions. Focus will be on longevity of the brain and the importance of the balance system in daily life.

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

**[Documentary: “The Past is Prologue”](#) Wednesday, February 25, 12:30 to 1:30p**

Many of our members grew up during the Civil Rights Movement and saw through young eyes how neighborhoods and communities were effected. “Sweet Mary” is one of our members whose Class of 1969 at Cameron High School created a documentary; 40 minutes of history and a peek into one of Nashville’s almost forgotten stories.

**[New Member Orientation Class](#) Next Meeting is in March**

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.

### Rise n Shine Thursday, February 5, 10a, Cost: Breakfast

A meet-n-eat group for late breakfast and early lunch folks. Gather with friends at Nadeen's Hermitage Haven (3410 Lebanon Pike). RSVP to be included in the seating reservation for 12. See the menu at: [nadeensinhermitage.com](http://nadeensinhermitage.com)

### Meet n Eat Wednesday, February 11, 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 to the Outback in Hermitage (5582 Old Hickory Blvd, next to Kroger). Must register for restaurant reservation count of 12.

### Lunch Bunch Friday, February 13, 10:30a, Cost: \$10 + Lunch

You can't beat a good diner for a lunch foodie experience. The owners are big Kevin Bacon fans and used the name of his character in the classic 1982 movie, "Diner", for their restaurant. Grab a bus seat and enjoy lunch at "Fenwick's 300" located in Melrose. Menu can be seen at [fenwicks300.com](http://fenwicks300.com). Limited to 12.

### #6 WeGo Bus Outing to Broadway for Lunch and Tour of NMAAM

**Monday, February 16, 10a, Cost: \$24 for museum ticket, money for bus ride and lunch**

"Wheels on the bus" with WeGo transit will take the group down to Broadway where members will walk a short distance to 5th and Broadway to eat at Assembly Food Hall and tour the National Museum of African American Music. Return on a WeGo bus to the Donelson Station transit hub behind our building. Bring ID and dollar bills for the bus.

### Mystery Lunch Thursday, February 26, 10:30a, Cost: \$10 + Lunch

Thank you to our volunteer driver and member, Sam, for securing and booking this outing. HINT: Authentic Restaurant and Market. That's it. Anything more will give the surprise away. Members will return with full bellies and a traveling story. Enjoy! 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.

**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.**