

March 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

S	Mon	Tue	Wed	Thu	Fri	Sat
1	<p>2</p> <p>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*</p>	<p>3</p> <p>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 4 Digital Photography Workshop* 12p Dance Blast Fitness 2-3:30p Bridge Lessons</p>	<p>4</p> <p>9a WeGo Special Transit Quick Ticket Procurement with Food Assembly Hall and National Museum of African American Music Trip* 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</p>	<p>5</p> <p>8:15a Adv Strength Training 9a Facebook Fundamentals: A Digital Course with Martha O'Bryan Center* 9a Walk and Talk 10a Arthritis Chair Exercise 10a-3p Mah Jongg 10:45a Lunch Bunch to The Ole Milliken Store* 11a Arthritis Chair Exercise 12p Crafty Corner 12p Dance Blast Fitness 1p Tech Help with Bobbye* 1p Rummikub 1p Laugh Lines Improv</p>	<p>6</p> <p>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</p>	<p>7</p> <p>9a-1p Bargain Basement & Breakfast 8:30a Chair Yoga 9a Adv. Strength Training 10a-12p Genealogy Workshop 6-7:30p Nashville Youth Jazz Ensemble* Concert*</p>
8	<p>9</p> <p>9a Gentle Yoga w/ Jan 9a Bluebird Café Music Outing* 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class 1p Beginning Spanish* 1p Medicare Presentation by TN SHIP*</p>	<p>10</p> <p>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 5 Digital Photography Workshop* 12p Dance Blast Fitness 2-3:30p Bridge Lessons</p>	<p>11</p> <p>9a Gentle Yoga w/ Jan 10-11a Feet First: Foot Care Facts, Myths, & Must-Know Tips* 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10-11:30a Hearing Life Free Hearing Test* 10a-12p Art Workshop* 11a Beginner Strength Training 12-2p Blood Pressure Check 12p SAIL Fitness 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group</p>	<p>12</p> <p>8:15a Adv Strength Train. 9a Facebook Series with Martha O'Bryan Center* 9a Walk and Talk 9:30a Schermerhorn Symphony Dress Rehearsal: "An American in Paris with Our Town"* 10a Arthritis Chair Exercise 10a-3p Mah Jongg 11a Red Hat Honeys at McNamara's Irish Pub 11a Arthritis Chair Exercise 12p Crafty Corner 12p Dance Blast Fitness 1p Tech Help with Bobbye* 1p Rummikub 1p Laugh Lines Improv</p>	<p>13</p> <p>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</p>	<p>14</p> <p>9a Adv. Strength Training</p>
15	<p>16</p> <p>9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10a Rise n Shine at Hickory Sticks* 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class 1p Beginning Spanish* 2p Mexican Train Dominoes*</p>	<p>17</p> <p>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/11a Arthritis Chair Exercise 11a St. Patrick's Day Luncheon with Kris Colt Entertainment* 11a Travel Tuesday with Adam 11:30a-1p Week 6 Digital Photography Workshop* 12p Dance Blast Fitness 2p Super BINGO 2-3:30p Bridge Lessons</p>	<p>18</p> <p>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</p>	<p>19</p> <p>8:15a Adv Strength Training 9a Facebook Series with Martha O'Bryan Center* 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 5p Off the Eaten Path Supper Club with John*</p>	<p>20</p> <p>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 NO BINGO</p>	<p>21</p> <p>8:30a Chair Yoga 9a Adv. Strength Training</p>
22	<p>23</p> <p>9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10:30a Book Club: Selection is "Black Cake" by Charmaine Wilkerson 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class 1p Beginning Spanish 1p WeGo Transit Play Day: Tour Museum of Christian & Gospel Music*</p>	<p>24</p> <p>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 7 Photography Workshop* 12p Dance Blast Fitness 2-3:30p Bridge Lessons</p>	<p>25</p> <p>9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p SAIL Fitness 1p Storm and Disaster Preparedness with Toby Swager* 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group</p>	<p>26</p> <p>8:15a Adv Strength Training 9a Facebook Series with Martha O'Bryan Center* 9a Walk and Talk 10a Arthritis Chair Exercise 10a-3p Mah Jongg 11a Arthritis Chair Exercise 11a Meet N Eat at Nash Dogs with Hamby's Visit* 12p Crafty Corner 12p Dance Blast Fitness 1p Tech Help with Bobbye* 1p Rummikub 1p Laugh Lines Improv</p>	<p>27</p> <p>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 Chico's Spring Fashion Show*</p>	<p>28</p> <p>9a Adv. Strength Training 10a Bible Study</p>
29	<p>30</p> <p>9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10:30 New Member Orientation* 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class 1p Beginning Spanish*</p>	<p>31</p> <p>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 8 Photography Workshop* 2-3:30p Bridge Lessons</p>	<p>FiftyForward is 70 years old! Established in 1956</p>	<p>Sign up early for the Puzzle Palooza Event on April 2nd sponsored by CenterWell*</p>		



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-Apr) 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.

[Facebook Fundamentals: A Digital Skills Course](#) Thursdays, March 5-April 9, 9-10a

Sponsored by the Marth O'Bryan Center, this is a 6-week beginner's course designed to help adults confidently use Facebook. Participants learn how to set up an account, connect with friends, send messages, manage privacy settings, and stay safe online through guided, hands-on instruction.

[Bargain Basement and Breakfast](#) Saturday, March 7, 9a-1p

Bring in your tax return dollars and find new "old treasures" in the Bargain Basement. A big thanks to Crystal and her grand-daughter for volunteering to wheel and deal with visitors to the Bargain Basement. Breakfast will be served during center and shopping hours by Chef Kevin and Mark in the Donelson Café. Specials for the day.

[Genealogy Workshop](#) Saturdays in March, 10a-12p

Peggie Sides (MTGMS instructor and retired genealogy educator) will lead members in a 4-week workshop to include: U.S. History and the movement of people, research & discovery tips, tracing family history, and a trip to the Tennessee State Archives.

[Nashville Youth Jazz Ensemble](#) Saturday, March 7, 6-7:30p, Cost: \$25

Members are invited to the 4th Annual Community Performance of the NYJE. Musicians and singers are talented youth from all over Middle Tennessee. Enjoy Big Band and jazz music that rivals professional music groups. Wear your dancing shoes and feel the beat down to your toes! Hors d'oeuvres and drinks are included with your fundraising ticket.

[Medicare Updates Presentation by TN SHIP](#) Monday, March 9, 1p

LeAnne Rowland is a Volunteer Certified Medicare Counselor for the State Health Insurance Assistance Program. She is retired from healthcare sales and now speaks with groups on the basics of Medicare and offers counseling for making confident decisions on insurance.

[Feet First: Foot Care Facts, Myths, & Must-Know Tips](#) Wednesday, March 11, 10-11a

Join Dr. Brock, a podiatric foot and ankle surgeon, for an educational program on foot health, foot pain, and common foot problems. Optional foot and shoe-fit measurements will be available to help you better understand your feet.

[Free Hearing Test with Hearing Life](#) Wednesday, March 11, 10-11:30a

Schedule one of six 15-minute sessions to have your hearing checked and questions answered with Dr. Michael Ruccio with Hearing Life.

[Mexican Train Dominoes](#) Monday, March 16, 2p

Learn to play this entertaining group game where the goal is to get rid of your tiles before the other players.

[St. Patrick's Day Luncheon with Kris Colt](#) Wednesday, March 17, 11a Lunch, Cost: \$10

Kris (who also teaches our SAIL and other fitness classes) is a talented entertainer and brings her Irish musical heritage to Donelson Station for a special St. Patrick's Day luncheon. Wear green— no pinching!

[SUPER BINGO](#) Tuesday, March 17, 2p

Monthly SUPER BINGO is sponsored by Eric Miller of CarePatrol and special guests of our community: Charter Senior Living-Hermitage, EXP Realty, Preferred Care, and Captel. No losers in this fun version.

[Congressional Constituent Services I](#) Tuesday, March 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 or simply drop in for assistance.**

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

[Storm & Disaster Preparedness](#) Wednesday, March 25, 1p

Toby Swager runs the nonprofit "Walking with Swager" that builds community connections through volunteer coordination, disaster relief, and hope. "Walking with Swager" is instrumental in storm preparation and clean up efforts. After FERN, we could all use information on better planning for the crazy Tennessee weather and emergencies.

[Annual Spring Fashion Show Fundraiser with Mt. Juliet Chico's](#) Friday, March 27, 2p, Cost: \$25

Fashion-Forward Runway styles modeled by members of Donelson Station. This event is always a sell-out and lots of fun. Get your ticket early for the show. We thank Mt. Juliet Chico's for sponsoring the event and Eric with CarePatrol and Greta with Charter Senior Living-Hermitage for sponsoring the yummy treats!

[New Member Orientation Class](#) Monday, March 30, 10:30a

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.

Sign up early for the Puzzle Palooza Event on April 2nd sponsored by CenterWell*

See Traci or John to sign yourself or team up to participate.

5 teams up to 4 players per team

2 hours to complete a 500 piece puzzle PRIZES!

TRIPS & OUTINGS

Access the registration portal from the convenience of your home by visiting: <https://fiftyforward.org/member/> or at the kiosk located in the center lobby. 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.

WeGo Special Transit Quick Ticket Procurement with Food Assembly Hall & National Museum of African American Music Trip Wednesday, March 4, 9a Leave Time, Cost: money for loading Quick Ticket, lunch, museum is free but you may leave a donation

Ride the #6 Lebanon Road WeGo bus to the central station downtown. Procure a special discounted quick ticket for ages 65+ (must fill out an application prior to the trip; see Traci). Agents will be on hand to help members obtain their ID ticket for riding WeGo transportation options like the bus, train, and access ride. Afterwards, members will travel to 5th Avenue to eat lunch at the Food Assembly Hall and then tour the National Museum of African American Music. Return by bus to the Donelson Station bus lot located behind our building. This will be an all-day excursion.

Lunch Bunch Thursday, March 5, 10:45a, Cost: \$15 + Lunch

Take a country drive to The Ole Milliken Store. "Our meat-n-three restaurant is truly one of a kind!" says owners Tara and Robbye. Specializing in creative Southern-style home cooked meals, desserts, and milkshakes, members will enjoy this old-fashioned general store experience. Check out their website: theolemillikenstore.com.

Bluebird Café Music Outing Monday, March 9, 9a, Cost: \$10

Many famous musicians have played at the Bluebird Café. This date is one of their senior Donuts and Coffee song events. Guest songwriter and singer is Emily Shackelton; she has had at least a dozen #1 hit songs recorded. To learn more about this famous venue, go to: bluebirdcafe.com

Schermerhorn Symphony Dress Rehearsal for: "An American in Paris with Our Town" Thursday, March 12, 9:30a, Cost: \$10 plus Lunch

As part of the Lifelong Learners program, Donelson Station has secured tickets for the spring rehearsal of "An American in Paris with Our Town". Excerpt: "Continuing our America 250 celebration, guest conductor Andrew Grams leads a dynamic program that honors American music's creativity, diversity, and global influence. From the gentle optimism of Copland's *Our Town* to the rhythmic energy of Pulitzer Prize winner Caroline Shaw's *The Observatory*, this concert reflects the evolving soundscape of our nation. Pianist Clayton Stephenson brings joy and flair to Ravel's jazz-inflected Piano Concerto. Gershwin's *An American in Paris* caps the evening with bold horns and bustling spirit, capturing an unforgettable portrait of an American abroad." RSVP for these popular tickets. A lunch stop (TBA) will follow the full performance. Note: there are starts and stops by the conductor since it is a rehearsal; therefore, lunch start is flexible. You may take a snack to eat in the lobby at intermission.

Rise n Shine Monday, March 16, 10a, Cost: Breakfast

A meet-n-eat group for late breakfast and early lunch folks. Gather with friends at Hickory Sticks Grill (3939 Old Hickory Boulevard-Hermitage Golf Course). RSVP to be included in the seating reservation. Menu can be found at hermitagegolfcourse.com.

Off the Eaten Path Supper Club with John Thursday, March 19, 5p, Cost: \$10 + Dinner

Tholos Mediterranean Restaurant is the March destination dinner location with John and Jennifer. Seats for the Supper Club trips go fast (apparently, dinner with John is always an adventure!). Check out the menu: tholosmediterranean.com.

WeGo Transit Play Day: Tour the Museum of Christian & Gospel Music Monday, March 23, 12p Bus and 1p Tour, Cost: Bus Trip \$2 and Museum Ticket \$12.95

Take the #6 WeGo bus downtown and tour the new Christian & Gospel Music Museum at 1p. This will be a self-guided tour of the museum. Plan on exploring the museum for about an hour and a half. Catch the #6 WeGo bus for the return trip or ride the 4:00p STAR commuter train back to Donelson Station (located behind our building).

Meet n Eat Thursday, March 26, 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 Nash Dogs Cafe in Old Hickory (1427 Robinson Road). Must register for restaurant reservation count. Nashdogs.com. Visit Hamby's Market nearby after lunch.

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.