

May 2026 Donelson Station Calendar

Programs with an asterisk * require RSVP. Register on the website portal or ask staff. Center Hours: M-F 8:30a-3:30p, Sat 8:00a-12:00p, 615-883-8375

Mon	Tue	Wed	Thu	Fri	Sat
<p>May is Older Americans Month. The 2026 National theme is "Champion Your Health". Our mission: FiftyForward supports, champions, and enhances life for those 50 and older." Be sure to check out all the activities to increase your overall wellbeing!</p>		<p>Pickleball Beginner's Classes:</p> <p>Wednesdays at 10a Thursdays at 9a</p> <p>Taught by Debbie Trombley & Marsha Smith \$5/pp*</p>	<p>Donelson Poms:</p> <p>Meet Fridays at 12p at The Hermitage Community Center.</p>	<p>1 8a Walking Circuit 9a Stretch & Balance 9-11a Ukulele Group 9:30a Tennessee Craft Fair at Centennial Park* 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 11a-1p Dulcimer Class 11a Sing-along Choir 1p Donelson Dancers 2p BINGO 4-7p HIP D Farmers Market</p>	<p>2 8a-12p Center Open 9a Adv. Strength Training 10-11:30a Table Tennis 11a Seated Dance Class with Lyle</p>
<p>4 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10a Rise N Shine at Maminette Café* 11a Program Committee 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class 1p Seated Dance Class with Lyle</p>	<p>5 8:15a Adv Strength Training 9a Walk and Talk 9:30-10:30a Hand Chimes 9:30-11a Space Exploration Series with Duncan* 10a-2p Bridge 10a/11a Arthritis Chair Exercise 11a See America Tour Travel Presentation with Adam 12p Dance Blast Fitness 1p Donelson Dancers 2-3:30p Bridge Lessons</p>	<p>6 8a Walking Circuit 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12-2p Blood Pressure Check 12p SAIL Fitness 12:30p Estate & Probate Planning- John Fahner* 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group</p>	<p>7 8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 9:30a Insight Counseling: Aging Series* 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</p>	<p>8 8a Walking Circuit 9a Stretch & Balance 9a-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 11a-1p Dulcimer Class 11a Sing-along Choir 2p Music for Seniors Show* 4-7p HIP D Farmers Market</p>	<p>9 8a-12p Center Open 9a Adv. Strength Training 10-11:30a Table Tennis 11a Seated Dance Class with Lyle</p>
<p>11 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class 1p Seated Dance Class with Lyle</p>	<p>12 8:15a Adv Strength Training 9a Walk and Talk 9:30-10:30a Hand Chimes 9:30-11a Space Exploration Series with Duncan* 10a-2p Bridge 10a/11a Arthritis Chair Exercise 12p Dance Blast Fitness 1p Donelson Dancers 2p "The Magical Realm Known As Flight" Storytelling w/Scott* 2-3:30p Bridge Lessons</p>	<p>13 8a Walking Circuit 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10-11:30a Free Hearing Test* 10a-12p Art Workshop* 10:30a Mystery Shopping Two-Stop Trip* 11a Beginner Strength Training 12p Living Well with Dementia* 12p SAIL Fitness 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group</p>	<p>14 8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 9:30a Insight Counseling: Aging Series* 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</p>	<p>15 8a Walking Circuit 9a Stretch & Balance 9a-11a Ukulele Group 9:15a Schermerhorn Symphony Dress Rehearsal Outing* 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 11a-1p Dulcimer Class 11a Sing-along Choir 1p Donelson Dancers 2p BINGO 7-9p Celebrate Older Americans Month with Gary Jenkins*</p>	<p>16 8a-12p Center Open 8a-12p Bargain Basement Open 9a Adv. Strength Training 10-11:30a Table Tennis 11a Seated Dance Class with Lyle</p>
<p>18 9a Gentle Yoga w/ Jan 9:30a New Member Orientation* 10a Lo-Impact Aerobics 10:30a Book Club: Selection is "The Berry Pickers" by Amanda Peters 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class 1p Seated Dance Class with Lyle</p>	<p>19 8:15a Adv Strength Training 9a Walk and Talk 9:30-10:30a Hand Chimes 9:30-11a Space Exploration Series with Duncan* 9:30-11:30 Congressional Constituent Svcs Mobile Office* 10a-2p Bridge 10a/11a Arthritis Chair Exercise 12p Dance Blast Fitness 1p Donelson Dancers 2-3:30p Bridge Lessons 2p Super BINGO</p>	<p>20 8a Walking Circuit 9a Gentle Yoga w/ Jan 11a Lunch Bunch to Riverview Restaurant* 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 3:30p Aphasia Support Group</p>	<p>21 8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 9:30a Insight Counseling: Aging Series* 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>22 8a Churchill Downs Roadtrip* 8a Walking Circuit 9a Stretch & Balance 9a-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 11a-1p Dulcimer Class 11a Sing-along Choir 2p BINGO 4-7p HIP D Farmers Market</p>	<p>23 8a-12p Center Open 9a Adv. Strength Training 10a Bible Study 10-11:30a Table Tennis 11a Seated Dance Class with Lyle</p>
<p>25 FiftyForward CLOSED MEMORIAL DAY</p>	<p>26 8:15a Adv Strength Training 9a Walk and Talk 9:30-10:30a Hand Chimes 10:00-11:30 Congressional Constituent Outreach Walk-up 10a-2p Bridge 10a/11a Arthritis Chair Exercise 12p Dance Blast Fitness 1p Donelson Dancers 2p Scam Prevention with TN Consumer Affairs* 2-3:30p Bridge Lessons</p>	<p>27 8a Walking Circuit 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 @ Santorini's Table* 12p SAIL Fitness 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group</p>	<p>28 8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 9:30a Insight Counseling: Aging Series* 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</p>	<p>29 8a Walking Circuit 9a Stretch & Balance 9a-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2:30p Bridge 11a-1p Dulcimer Class 11a Sing-along Choir 2p BINGO 4-7p HIP D Farmers Market</p>	<p>30 8a-12p Center Open 9a Adv. Strength Training 10-11:30a Table Tennis 11a Seated Dance Class with Lyle</p>

May 2026 Donelson Station Program Descriptions

“ML” Denotes member-led program

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

Advanced Strength Training Tuesdays & Thursdays, 8:15a; Saturday, 9a 45-minute advanced, diversified workout with cardio, free weights and body strength with Lisa.

Art Workshop Wednesdays, 10a-12p Join other seasoned artists to work on personal projects. Like an art co-op, runs in quarter sessions (Apr-Jun) \$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 offered.

Beginner Strength Training Mondays & Wednesdays, 11a Modified strength training led by various members. **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, 7:30a 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 Play the most popular card game since the 1930s. Practice your skills; lunch break at midday. **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, 7:30a to 3:30p Assistance with equipment available; ask staff.

Cornhole Club Thursdays, 9a Meet in the side parking lot.

The Grumpy Ole Baggers Cornhole Club play outside during spring, summer, and fall. All levels are welcome. No need to have skills or equipment. Bring a chair, water bottle, and plan to have fun! **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**

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 a mat/blanket to use or there are a few available in the exercise room to borrow.

Donelson Dancers Tuesdays, 1p and 1st and 3rd Fridays at 1p. Join professional choreographer and dance instructor Michelle White for a high-energy, spirit-lifting dance class designed for those who love to dance. Dance to all genres of music while learning new dance routines. You will have opportunities to share your talents with the community.

Hand Chime Choir Tuesdays, 9:30-10:30a Join members in performing songs using hand chimes. No experience needed (just desire to learn); all encouraged to come play.

Knitting & Crochet Class Mondays, 12p A group for those wishing to learn how to knit and/or crochet and those who already know how and want to knit and socialize together. Linda is the teacher with Louise as assistant. **ML**

Laugh Lines Improv Troupe Thursdays, 1-3p An engaging in-house improvisation group with spontaneous storylines and fun. Beginners at 1p and more advanced at 2p. Spectators welcome. Community performances. **ML**

Line Dancing ON BREAK 1-2:30p Have fun learning line dances to great music with Deb. Y'all come! **2-2:30p is for experienced dancers. ML**

Lo-Impact Aerobics Mondays & Wednesdays, 10a 45-minutes of low impact aerobics 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. A tile-based game for new and seasoned players. **ML**

POMS Team Fridays, 12p Team meeting and practice time.

POMS is a 50+ performance cheer squad; performs out in the community. **ML**

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 like the card version of Rummy. **ML**

SAIL Fitness Mondays and Wednesdays, 12p Kris leads SAIL (Stay Active and Independent for Life); exercises developed for strength and balance.

Sing-along Choir Fridays, 11a-12p Sing-along to classic songs and familiar melodies. Led by pianist Margaret. All voices are welcome! Singing in community dates/times TBA. **ML**

Spanish Classes ON BREAK, Note: New year of studies starts in October.

Beginning Spanish classes are for members who have not previously taken Spanish. Members continuing classes have options of intermediate Spanish I or advanced Spanish II. **New Spanish I or II students first meet with Alicia. ML**

Stretch & Balance Fridays, 9a Taught by Traci, participants sit, stand and march during 45-minutes of simple exercises focused on stretching, toning, and balancing. **ML**

Table Tennis (Ping Pong) Open Play See Calendar for scheduled times.

Tai Chi Wednesdays, 1:30p Master Bruce Linville (Hall of Famer for Tai Chi Weaponry & National Champion) teaches Tai Chi Chuan (Grand Ultimate Boxing), martial arts history with methods of self-defense and self-cultivation.

Tech Help with Bobbye Thursdays, 1p and 2p Sign up for an hour of one-on-one phone, computer, or tablet help. Bring your technology. **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, 1:30-3:30p 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. (doors open between Off Broadway Shoes and Rainforest Café). **ML**

Walking Circuit Morning Meet Up Wednesdays & Fridays, 8a Walkers meet in front of the building for walking group with interval exercise stops.

May 2026 Donelson Station Special Programs

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 knowledge with us.

Pickleball Court is OPEN! Wednesdays at 10a and Thursdays at 9a. You must Register for Beginner classes. Cost is \$5/person.

Aphasia Support Group Wednesdays, 3:30p

A support group for the local community who have or know someone with aphasia. Open to all.

HIP Donelson Farmers Market Fridays, 4-7p

The "HIP D" community Farmers Market begins the 2026 season on Friday, May 1st. Lots of vendors and food trucks; support local!

Seated Dance Class Mondays at 1p & Saturdays at 11a, May-June

Lyle Oberman will lead a series of seated dance programs two days/week. What to Expect: 50 minutes of seated rhythm, purpose, and fluid motion. From a chair, groove, pulse, and play with movement to build strength, coordination, and storytelling through the body. Bold music, choreography, and moments to laugh, connect, and feel unexpectedly powerful! No experience encouraged!

Insight Counseling: Aging Series Thursdays, May 7-June 11, 9:30a

Acceptance in Aging, Grief and Loss, Chronic and Serious Illness in Aging are topics to be covered over the 6 weeks. Limited to 12.

Space Exploration with Duncan Tuesdays, May 5, 12, and 19, 9:30a

You asked and here it is! Duncan returns with a four-part series on space exploration. Remember these science words? Mass, density, gravity, solar system...? Duncan will cover topics with this terminology and other space interests.

Estate and Probate Planning Wednesday, May 6, 12:30a

John G. Fahner, an estate planning and probate attorney with local office, Kennedy & Associates, will go over probate in Tennessee, common estate planning documents, and frequent estate planning questions and concerns. Wills, Powers of Attorney, and Revocable Living Trusts will be discussed.

Music for Seniors Show Friday, May 8, 2p

Music for Seniors is bringing their May community performance to Donelson Station. Enjoy nostalgic pop and rock hits from the 60s & 70s with The Sissel/Reid Band. Some seating is available for members; open to the public and tickets can be obtained through the Music for Seniors organization.

The Magical Realm Known as Flight Tuesday, May 12, 2p

Storytelling! Former Air Force Jet Pilot, Scott Lee, will share stories from his -experiences in the "wonderous realm we know as flight."

Living Well with Dementia Wednesday, May 13, 12p

Zack DeWall, MS, CCC-SLP, presents on types of dementia, the diagnostic process, and the role of a speech-language pathologist in care. Functional strategies, tools, and behaviors to improve quality of life will be discussed.

Celebrate Older Americans Month and our 70th Anniversary with Gary Jenkins Friday, May 15, 7-9p, Cost: \$20

Join us for a fun evening concert honoring the vibrant spirit of older adults and to celebrate FiftyForward turning 70 years old!!! Gary Jenkins will bring it all, comedy and music wrapped full of heart. Expect: songs that spark memories, clean and clever comedy, interactive fun. Snacks provided; BYOB (beverage or booze).

Bargain Basement Open Saturday, May 16, 8a-12p

Shop for deals in the basement under the theatre. Donelson Station accepts donations (no clothing or shoes). Open to the public.

New Member Orientation Class Monday, May 18, 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.

Congressional Constituent Services I Tuesday, May 19, 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, May 19, 2p

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

Congressional Constituent Services II Tuesday, May 26, 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.**

Scam Prevention with TN Consumer Affairs Tuesday, May 26, 2p

Hear about why scam prevention education is vital, which scams target the senior population, how to protect yourself, and where to report scams and deceptive business practices.

May 2026 Donelson Station Outings

TRIPS & OUTINGS

Access the registration portal: <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. Limit two seats per registrant. See staff for your password entry.

Tennessee Craft Fair at Centennial Park Friday, May 1, 9:30a, Cost: \$10

Every spring, Centennial Park provides the backdrop for the popular (former TACA) Tennessee Crafts Fair. Artisans from all over the state are chosen to highlight their artwork and crafts at the event. Food trucks line up near Lake Watauga and The Parthenon in the background. Always a favorite outing. 14 seats available with Sam.

Rise N Shine Monday, May 4, 10a, Cost: Breakfast

A meet-n-eat group for late breakfast and early lunch folks. Gather with friends at the NEW! Maminette Café (104 Graylynn Drive, 37214). Enjoy crepes and French joie de vivre. RSVP to be included in the limited seating reservation.

Mystery Shopping Two-Stop Trip Wednesday, May 13, 10:30a, Cost: \$10 + Purchases

Take a trip to ____ and ____ for all your spring needs, wants, and desires. The first stop we have visited once before; the second stop is a new adventure. Food can be purchased at both locations for those who need a little sustenance. Open to 14 members with Mike.

Schermerhorn Symphony Dress Rehearsal Friday, May 15, 9:15a, Cost: \$10 + Lunch

Our second invitation with the education department to participate in a full-dress rehearsal. If you attended the first option, please allow other members to sign up for this one. The program will be *Beethoven's Eroica Symphony*. "As part of our America 250 celebration... don't miss this thrilling showcase of American artistry-past, present, and future". Lunch stop after the full performance. Limited to 12 with Mike.

Lunch Bunch Wednesday, May 20, 11a, Cost: \$10 + Lunch

Riverview Restaurant and Marina is a yearly trek for catfish and nature views along the Cumberland River in Ashland City. If the weather is nice, seating will be outside on the patio. Reservation for 13- Mike.

Off the Eaten Path Supper Club May 21, 5p, Cost: \$10 + Dinner

John has chosen another "Off the Beaten Path" location for our Supper Club taste bud teaser. May's outing will be to Seoul Garden on Edmondson Pike. "Meat dishes grilled tableside and classic Korean specialties are presented in humble surroundings." RSVP to go! Menu: seoulgardennashvilletn.com

Churchill Downs Roadtrip May 22, 8a, Cost: \$25

Former FiftyForward CEO, Janet Jernigan, has graciously invited Donelson Station members to experience a "Day at the Races" at Churchill Downs' Senior Day. She has paid for 12 tickets to include the event, seats in Millionaires Row, and lunch. This is an all-day outing with John driving the bus to/from Louisville KY.

Meet N Eat Wednesday, May 27, 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 Santorini's Table (11219 Lebanon Road, Mt Juliet 37122). Must register for restaurant reservation count of 14. Menu options like gyros, lamb, kabobs, and salads can be found by checking DoorDash online.

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 preordered tickets or reservations. Refunds are given **only** if your seat can be filled.

Attendance: Cancelling or not showing up for three trips consecutively will result in being placed on a waiting list the next month.

Exceptions: We understand special situations arise; staff will address those as needed.

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.