

June 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>1</p> <p>9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a Program Committee 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class 1p Seated Dance Class with Lyle</p>	<p>2</p> <p>8:15a Adv Strength Training 9a Walk and Talk 9:30-10:30a Hand Chimes 10a-2p Bridge 10a/11a Arthritis Chair Exercise 12p Dance Blast Fitness 1:15p Donelson Dancers 2-3:30p Bridge Lessons</p>	<p>3</p> <p>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 Luncheon with Chapel Choir from Tulsa OK* 12p SAIL Fitness 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group</p>	<p>4</p> <p>8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 10a Arthritis Chair Exercise 10:30a Lunch Bunch to The Glade Diner/Scoops & Sweets 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 1p Crossfit: Living Legends class</p>	<p>5 8a Foggy Bottom Canoe & Yorkshire Deli Kingston Springs Adventure* 8a Walking Circuit 9a Stretch & Balance 9a Beginner Pickleball lessons* 9-11a 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>6</p> <p>8a-12p Center Open 9a Adv. Strength Training 10-11:30a Table Tennis 11a Seated Dance Class with Lyle</p>
<p>8</p> <p>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>9</p> <p>8:15a Adv Strength Training 9a Walk and Talk 9:30-10:30a Hand Chimes 10a-2p Bridge 10a/11a Arthritis Chair Exercise 11a Meet N Eat at Turtle Bay Sam's Grill 12p Dance Blast Fitness 1p Donelson Dancers 2-3:30p Bridge Lessons</p>	<p>10</p> <p>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 STAR Therapy: "Building Better Balance" 12p SAIL Fitness 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group</p>	<p>11</p> <p>8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 9a Pickleball Lessons* 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 1p Crossfit Living Legends Class</p>	<p>12</p> <p>8a Walking Circuit 9a Stretch & Balance 9-11a 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>13</p> <p>8a-12p Center Open 9a Adv. Strength Training 10-11:30a Table Tennis</p>
<p>15</p> <p>9a Gentle Yoga w/ Jan 9:30a Seven Rays Ranch & Therapeutic Farm and Lunch* 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class 1p FBI: World Elder Abuse Awareness Day: Fraud Presentation*</p>	<p>16 8:15a Adv Strength Training 9a Walk and Talk 9:30-10:30a Hand Chimes 9:30-11:30 Congressional Constituent Svcs Mobile Office 10a Travel presentation with See America Tour 10a-2p Bridge 10a/11a Arthritis Chair Exercise 11a Drama Buffs Entertainers (Knowles group)* 12p Dance Blast Fitness 1p Donelson Dancers 2p Super BINGO 2-3:30p Bridge Lessons</p>	<p>17 8a Walking Circuit 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 10a Bridge of Old Hickory 12-2p Blood Pressure Check 12p SAIL Fitness 12:30p What to Do in the Aftermath of a Storm* 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group</p>	<p>18</p> <p>8:15a Adv Strength Training 9a Cornhole Club 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</p>	<p>19</p> <p>FiftyForward CLOSED</p> <p>JUNETEENTH</p>	<p>20</p> <p>8a-12p Center Open 9a-1p Bargain Basement and Outdoor Vendor Fair with Cafe Open 9a Adv. Strength Training 10-11:30a Table Tennis</p>
<p>22</p> <p>9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10a Rise N Shine at La Madleine* 10:30a Book Club: Selection is "The Wedding People" by Alison Espach 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class</p>	<p>23</p> <p>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 11a Country Music Hall of Fame Songwriting 101* 12p Dance Blast Fitness 1p Donelson Dancers 2-3:30p Bridge Lessons</p>	<p>24</p> <p>8a Walking Circuit 9a Gentle Yoga w/ Jan 9:15a String City County Music Hall of Fame* 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p SAIL Fitness 1p Mindful Meditation 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group</p>	<p>25</p> <p>8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 10a Arthritis Chair Exercise 9a Pickleball Lessons* 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 5p Off the Eaten Path Supper Club with John*</p>	<p>26</p> <p>8a Walking Circuit 9a Stretch & Balance 9a Beginner Pickleball lessons* 9-11a 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>27</p> <p>8a-12p Center Open 9a Adv. Strength Training 10a Bible Study 10-11:30a Table Tennis</p>
<p>29</p> <p>9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10:30a Book Club: Selection is 11a Beginner Strength Training 12p SAIL Fitness 12p Ride N Roll* 12p Knitting & Crochet Class</p>	<p>30</p> <p>8:15a Adv Strength Training 9a Walk and Talk 9:30-10:30a Hand Chimes 9:45a Mystery Movie/NCG & Lunch at Double Dogs* 10a-2p Bridge 10a/11a Arthritis Chair Exercise 12p Dance Blast Fitness 1p Donelson Dancers 2-3:30p Bridge Lessons</p>		<p>FiftyForward is celebrating 70 years! Established in 1956</p>	<p>Donelson Poms:</p> <p>Meet Fridays at 12p at The Hermitage Community Center.</p> <p>Table Tennis M-F at 2:00p</p>	

June 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 Meets behind our building.

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**

Donelson Dancers Tuesdays, 1p. Enjoy high-energy, spirit lifting dance class designed for all dancers. Dance to all genres of music while learning new dance routines

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.

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 HOLD 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 Meets at Hermitage Community Center 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 Fall Session Begins in September.

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). **June 16 at 10a**

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.

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.

CrossFit: Living Legends Class Thursday, June 4 & 11 at 1p. Don't let the word, CrossFit, scare you! This class is specifically designed for those who are 65 and older with minimal gym experience. Regain your mobility and strength with functional exercises that anybody can do at any age. Join Spencer, Head Coach from CrossFit Donelson, as he leads you through your first CrossFit class.

Beginner Pickleball Lessons Thursday, June 11 & 25 at 9a and Friday, June 5 & 26 at 9a. Professional pickleball player, Ada Suarez, will be leading the lessons on Fridays and Marsha will lead the Thursday lessons. Learn safety protocols, how to keep score and basic rules of this popular sport. 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!

Center Luncheon with Chapel Choir from Tulsa OK Wednesday, June 3, 11a Cost:10 for lunch The Chapel Choir is on tour, and they are headed to Nashville, TN and making a stop at FiftyForward Donelson Station. Enjoy Baroque and modern pop music from this talented group of middle and high school students whose mission focuses on community service, spiritual growth and fostering friendships. Registration is required.

STAR Therapy: Building Better Balance Wednesday, June 10, 11a The session will discuss "How can we build better balance as we age to improve function and reduce risk of falling?"

FBI Fraud Presentation: World Elder Abuse Awareness Day Monday, June 15, 1p Do not miss this FBI presentation which is raising awareness to protect the safety, dignity and rights of older adults. Registration is required.

Drama Buffs Entertainers (Knowles Group) Tuesday, June 16, 11a FREE The Drama Buffs will be traveling on the road to share their talents with FiftyForward Donelson Station. This group is here to entertain you with several short skits that will make you laugh out loud. Come on out and support this funny, talented crew!

Country Music Hall of Fame Presents "Musical Memories:

Songwriting 101" Tuesday, June 23, 11a - 12:30p FREE Learn More about songwriting and country music history. Explore shared histories and stories through Country Music Hall of Fame and Museum artifacts while also working with a professional Songwriter to craft an original song. Musical Memories encourages participants to discover personal connections between music and Live histories and aims to foster social connectedness and well-being. Registration required (20 max).

What to Do in the Aftermath of a Storm Wednesday, June 17, 12:30p

Toby Swager returns following up on his Disaster/Storm Preparedness class with this informational session on ways to be prepared for the aftermath of a storm. Good to know living in Tennessee and the unpredictable weather!

Bargain Basement/Vendor Fair/Medication Disposal and Café Open Saturday, June 20, 9a-1p Shop our Bargain Basement for treasures galore! We will also have vendors set up in our parking lot selling new and old items. Bring your old medications and dispose of them properly with MNP. Lastly the Donelson Café will be open for breakfast and lunch. Come shop and eat with us. If you would like to be a vendor, call us to set up a booth 615-883-8375.

Congressional Constituent Services I Tuesday, June 16, 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, June 16, 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, June 23, 10-11:30a

Ray Render, District Director with US Representative John Rose's District TN06 office, will be on site on 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.**

Mindful Meditation Wednesday, June 24, 1p

This transformative experiential class is designed to immerse you in practice of mindfulness, providing a rich tapestry of meditations, insightful teachings, and engaging instructions. Discover the profound benefits that mindfulness can bring to your life to manage pain and stress. This is taught by certified healing instructor, Kristina.

June 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.

Lunch Bunch Wednesday, June 4, 10:30a Cost: \$10 + Lunch

Enjoy delicious comfort food at the Glade Diner followed by sweet treats at The Glade Scoops and Sweets, a family owned gem with homemade ice cream (14).

Foggy Bottom Canoe & The Yorkshire Deli Kingston Springs Adventure

Friday, June 5, 8a, Cost: \$35 + Lunch

Kingston Springs is a small river community in Cheatham County. Members will enjoy a fun and nature-filled canoeing trip on the Harpeth River in Foggy Bottom canoes at a discounted rate (thank you Mrs. Pat!). After canoeing a 2-hour paddle, depending on stops and photo ops, we have reservations at lovely The Yorkshire Deli for tea and lunch. This will be a long day: wear appropriate shoes for getting wet; bring sunscreen, a hat, water bottle, and a waterproof bag to put items into for the canoe trip. A small cooler will fit into the canoe if you wish to bring one along for drinks and snacks. (12).

Meet n Eat Tuesday, June 9, 11a, Cost: Lunch

A Meet n Eat option celebrating one of our area establishments. Register to join other members for socialization and dining. Drive yourself to **Sam's Sports Grill at Blue Turtle Bay**. Always a BIG hit- local and on the lake. (2001 Lakeshore Drive, Old Hickory, 37138) Limited to 12.

Seven Rays Ranch & Therapeutic Farm and Lunch Monday, June 15, 9a, Cost: \$10, plus lunch/donation

Located in Cottontown, Seven Rays Ranch is home to Peyton's Place 501(3)c where "through the gentle presence of farm animals, no one has to apologize for who they are." The ranch is geared towards children with special needs, but we have been invited through our connection with Toby Swager (Good Works). Spend an hour with the animals and then enjoy lunch together on the way back. The farm is not charging us a fee, but they accept donations. (14).

The Bridge of Old Hickory Taste-N-Tour Wednesday, June 17, 10a Cost: \$10 Enjoy a Taste-N-Tour at The Bridge at Hickory Woods. This assisted living facility strives to provide activities and programs that create a resort-style atmosphere. Enjoy a complimentary lunch after your tour and there will be door prizes too! (14).

Rise n Shine at La Madleine in Mount Juliet Monday, June 22, 10a, Cost: Breakfast A meet-n-eat group for late breakfast and early lunch folks. Gather with friends at La Madeline and enjoy a French inspired breakfast. RSVP to be included in the seating reservation for 12.

String City at The Country Music Hall of Fame Thursday, June 24, 9:15a Cost: \$10, plus lunch Marionettes, rod puppetry, animation, and an ever-changing set tell the story of country music as it relates to Nashville's transformation into Music City. Experience this exciting story through nearly one hundred puppets, ranging from the Staple Singers to Johnny Cash to Taylor Swift. String City: Nashville's Tradition of Music and Puppetry is a co-production by the Nashville Public Library and the Country Music Hall of Fame and Museum. Enjoy lunch after the show at City Café. (14).

Off the Eaten Path Supper Club with John Thursday, June 25, 5p, Cost: \$10 + dinner. John and Jennifer have a gift of finding eateries around Nashville that are "Off the Beaten Path". This month's diners will go to Ramadan Restaurant. Join John and Jennifer on a culinary journey inspired by the rich flavors of Somalia.

Mystery Movie & Lunch Tuesday, June 30, 9:45a Cost: \$10 + Movie + Lunch Catch an early showing of a new movie at NCG. Movie TBA is closer to the event date. Afterwards, enjoy lunch on the patio at Double Dogs in Gallatin.

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