

July 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>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>	<p>1</p> <p>8a Walking Circuit 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10a Patriotic Painting with Artist, Jamie Zimish* 11a Beginner Strength Training 12p SAIL Fitness 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group</p>	<p>2</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 Arthritis Chair Exercise 12p Crafty Corner 12p Dance Blast Fitness 1p Tech Help with Bobbye* 1p Rummikub 1p Laugh Lines Improv</p>	<p>3</p> <p>FiftyForward CLOSED</p>	<p>4</p> <p>FiftyForward CLOSED</p> <p>JULY 4th</p>
<p>6</p> <p>8:30a Hiking Club to Long Hunter* 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a Program Committee 11a Premier World Discovery Travel Presentation 11a Beginner Strength Training NO SAIL CLASS TODAY 12p Knitting & Crochet Class</p>	<p>7</p> <p>8:15a Adv Strength Training 9a Walk and Talk 9a-10a Hand Chimes 10a-2p Bridge 10a/11a Arthritis Chair Exercise 11a Meet N Eat @ Chicken Salad Chick* 12p Dance Blast Fitness 1p Donelson Dancers 2-3:30p Bridge Lessons</p>	<p>8</p> <p>8a Walking Circuit 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 9:15a Mystery Tour, Lunch & Shopping* 11a Beginner Strength Training 12p SAIL Fitness 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group</p>	<p>9</p> <p>8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 9a Pickleball Lessons* 10a Golden Games* 10a/11a 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>10</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>11</p> <p>8a-12p Center Open 9a Adv. Strength Training 10-11:30a Table Tennis</p>
<p>13</p> <p>9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10a NPL Library: Using the Google Calendar* 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class</p>	<p>14</p> <p>8:15a Adv Strength Training 9a Walk and Talk 9a-10a Hand Chimes 9:30-11:30 Congressional Constituent Svcs Mobile Office 10a-2p Bridge 10a/11a Arthritis Chair Exercise 12p Dance Blast Fitness 1p Donelson Dancers 2p Super BINGO 2-3:30p Bridge Lessons</p>	<p>15</p> <p>8a Walking Circuit 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10a-2p AARP Scam Jam* 10:15a Lunch Bunch to Centennial Café* 11a Beginner Strength Training 12p SAIL Fitness 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group</p>	<p>16</p> <p>8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 9a PBS' Aging Matters Film* 9a Pickleball Lessons* 10a/11a 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*</p>	<p>17</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 5p Nashville Sounds Game* 4-7p HIP D Farmers Market</p>	<p>18</p> <p>8a-12p Center Open 9a Adv. Strength Training 10-11:30a Table Tennis</p>
<p>20</p> <p>9a Gentle Yoga w/ Jan 9:30a New Member Orientation* 10a Lo-Impact Aerobics 10a Rise N Shine Maminettes* 11a Beginner Strength Training 12p SAIL Fitness 12p Knitting & Crochet Class</p>	<p>21</p> <p>8:15a Adv Strength Training 9a Walk and Talk 9a-10a Hand Chimes 10a-11:30 Congressional Constituent Outreach Walk-up 10a-2p Bargain Basement Open 10a Veteran Presentation* 10a-2p Bridge 10a/11a Arthritis Chair Exercise 12p Dance Blast Fitness 1p Donelson Dancers 2p Super Bingo 2-3:30p Bridge Lessons</p>	<p>22</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 12p SAIL Fitness 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group</p>	<p>23</p> <p>8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 9a Pickleball Lessons* 10a/11a 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>24</p> <p>8a Walking Circuit 9a Stretch & Balance 9-11a Ukulele Group 9a Tiny Tails Farm* 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>25</p> <p>8a-12p Center Open 9a Adv. Strength Training 10a Bible Study 10-11:30a Table Tennis</p>
<p>27</p> <p>9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10:30a Book Club "Marriage at the Sea" by Sophie Elmhirst 11a Beginner Strength Training NO SAIL CLASS TODAY 12p Knitting & Crochet Class</p>	<p>28</p> <p>8:15a Adv Strength Training 9a Walk and Talk 9a-10a Hand Chimes 10a-2p Bridge 10a/11a Arthritis Chair Exercise 12p Dance Blast Fitness 1p Donelson Dancers 2-3:30p Bridge Lessons</p>	<p>29</p> <p>8a Walking Circuit 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Murder Mystery Center Lunch* 11a Beginner Strength Training NO SAIL CLASS TODAY 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group</p>	<p>30</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 10a/11a Arthritis Chair Exercise 12p Crafty Corner 12p Dance Blast Fitness 1p Tech Help with Bobbye* 1p Rummikub 1p Laugh Lines Improv</p>	<p>31</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>	

July 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**

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, 9a-10a 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 will begin 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).

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.

Beginner Pickleball Lessons Thursdays at 9a. You must Register for Beginner classes. Learn the basic skills, safety measures and rules of the most popular, low-impact game for older adults. Cost is \$5/person. Members can also schedule a court reservation for free.

Aphasia Support Group Wednesdays at 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!

Patriotic Painting Wednesday, Jul 1, 10a

Celebrate July 4th with the *cutest* patriotic Highland Cow painting (See example located in the front lobby)! Join artist, Jamie Zimish, as she guides you step-by-step in creating your own masterpiece featuring red, white, and blue. No experience is needed, just bring your enthusiasm. All supplies are included. **Cost: \$30.**

Golden Games Thursday, July 9 at 10a.

Let the games begin! Get ready for a fun-filled morning with lots of laughter and friendly competition. Participants will take part in some light-hearted, minute-to-win-it style games (think opening a package while wearing oven mitts; scooping cotton balls into a bowl while blindfolded) and the top places will be awarded with prizes. We will need teams of 4. Get with old/new friends to form a team or sign up and we will put you on a team. This will be so much fun! Registration is required.

Nashville Public Library Tech Class Monday, July 13 10a

Danny Oliver, Digital Literacy Educator, will be leading this tech class on how to use the Google calendar. Learn to manage appointments, set reminders, and stay organized. Registration is required.

Congressional Constituent Services Tuesday, July 14, 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.**

AARP Scam Jam Wednesday, July 15 10a-2p

Registration is open for AARP's Scam Jam. This is a free, in-person community event hosted by AARP and local partners to help consumers identify, avoid, and report fraud. These educational forums feature

presentations from law enforcement, the FBI, consumer protection agencies, and fraud experts. Lunch is also included. Do not miss this chance to protect yourself and spot the next scam that targets so many older adults. You will also have the chance to win some great prizes. Register here: <https://www.aarp.org/events/details.aarp-scam-jam.hmntb5hn3tr>

PBS' Aging Matters Film Thursday, July 16 9a

Join us for a special screening of Nashville PBS' latest *Aging Matters* film, highlighting ways to optimize the quality of life for older adults. Afterwards, enjoy fresh coffee, and a meaningful group discussion.

New Member Orientation Class Monday, July 20, 9:30a

Welcome to FiftyForward! An introduction to Donelson Station, how to sign up for programs and trips, and ways to be connected. Meet our staff, the Donelson Café team, and learn about all we have to offer. Meets every other month. Register to attend.

Veteran Presentation from Maxim Healthcare Tuesday July 21, 10a

Join Justin Grubb from Maxim Healthcare. Maxim provides nursing, caregiving, and CNA-level support in the home. They accept all commercial payers except Medicare. They are also a VA contractor, so veterans qualify for these benefits as well, at no cost. Their goal is to keep older adults safe at home for as long as possible. Are you a veteran or the spouse of a veteran? Learn about benefits you may not realize you qualify for. Registration is required.

Bargain Basement OPEN Tuesday, July 21, 10a-2p

We are opening the Bargain Basement for our members to experience a weekday shopping spree. The Bargain Basement is stocked and loaded with treasures and great finds at very low prices. Happy shopping!

SUPER BINGO Tuesday, July 21 at 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, July 21, 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.**

Murder Mystery Center Lunch Wednesday, July 29, 11a Cost: \$10

A murder has shattered the evening, and only the sharpest minds in the room can uncover the truth. Join your fellow detectives for an immersive performance by Laughing Corpse Productions while savoring a full meal from Donelson Café. Work with your table to interrogate suspects, unravel clues, and expose the killer before they strike again. Victory—and prizes—await the team that cracks the case.

July 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.

Hiking Club Monday, July 6, 8:30a Cost: \$10

Join John, Office Manager, for a refreshing walk along the paved Couchville Lake Trail at Long Hunter State Park. This scenic loop is 2.0 miles and suitable for most fitness levels. Participants **must be able to** walk the trail in its entirety. Wear comfortable clothing and supportive walking shoes for an enjoyable outing. Open to 14.

Meet in Eat Tuesday, July 07, 11a Cost: Lunch

A Meet n Eat option at one of our local area establishments. Register to join other members for socialization and dining. Drive yourself to **Chicken Salad Chick**. (5225 Old Hickory Blvd, Nashville 37076) Limited to 12.

Mystery Shopping & Lunch & Tour Wednesday, July 8, 9:15a Cost: \$20 plus lunch Hop on the bus with us to an undisclosed location for shopping, lunch and an historic tour. Any guesses?? Open to 14.

Lunch Bunch Wednesday, July 15 10:15a Cost: \$10 + Lunch

The Centennial Café is a Locally owned neighborhood restaurant in the heart of Nashville. A classic American diner serving hearty plates, sandwiches and café style meals. Open to 14.

Off the Eaten Path Supper Club Thurs., July 16, 5p Cost: \$10

John and Jennifer have a gift of finding eateries around Nashville that are "Off the Beaten Path". This month's diners will go to House of Kabob, a Persian restaurant on Thompson Lane serving tasty food with fresh, high-quality ingredients. Enjoy chicken, beef, lamb or fish on skewers served with rice and veggies. Open to 14.

Nashville Sounds Game Friday, July 17, 5p, Cost: \$35

A Nashville Sounds night game brings high-energy baseball and pure Nashville charm to First Horizon Park. Enjoy great ballpark food and the lively atmosphere. There is so much to do at this ballpark! Make sure to bring a clear bag or a very small purse. CASH is NOT accepted at the ballpark. Make sure you have a credit/debit card with you for all purchases. Open to 14.

Rise n Shine Monday, July 20, 10a, Cost: Breakfast

A meet-n-eat group for late breakfast and early lunch folks. Gather with friends at Maminette, a new French Bakery in Donelson. RSVP to be included in the seating reservation for 12.

Tiny Tails Farm Friday, July 24, 9a Cost: \$10 + lunch

Spend your morning at one of Murfreesboro's sweetest hidden gems. Tiny Tails Farm is home to an adorable collection of small animals you can visit up close. While you're there, browse their charming market filled with flowers, plants, hanging baskets, fresh-baked goods, vegetables, eggs, Amish canned goods, and plenty more local favorites. After the farm, treat yourself to a delicious breakfast or lunch at **Maple Street Biscuit Company**, just a short drive away. Open 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 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.