

August 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
<i>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!</i>		NEW! Motorcoach trip to Columbia: part of "The Great Tennessee Courthouse Trail" Registration for the September 1st trip is this month.			1 9a-2p Bargain Basement 9a-3p Fantastic Family Fun Festival 9a Adv. Strength Training 10-11:30a Table Tennis
3 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a Program Committee 11a Beginner Strength Training 12p SAIL Fitness Class 12p Knitting & Crochet Class 1p Nashville Public Library Puppet Show: Hansel & Gretel* (Grandkids Invited) 2p Table Tennis Open Play	4 8:15a Adv Strength Training 9a Walk and Talk 9-10:30a Hand Chimes 10a-2p Bridge 10a Arthritis Chair Exercise 11a Chair Exercise 12p Dance Blast Fitness 1p Donelson Dancers 1p Wills vs. Trusts* 2-3:30p Bridge Lessons	5 8a Walking Circuit 9a-3p Care Management 9:30a Wings of Liberty Museum & Old Glory 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 Class 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group	6 8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 9a Pickleball Lessons* 10a TN Sheriff's Association: SAVIN Program* 10a Arthritis Chair Exercise 10a-3p Mah Jongg 11a Chair Exercise 12p Crafty Corner 12p Dance Blast Fitness 1p Tech Help with Bobbye* 1p Rummikub 1p Laugh Lines Improv	7 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 12p POMS Team Practice at Hermitage Comm. Ctr. 4-7p HIP D Farmers Market	8 8a-12p Center Open 9a Adv. Strength Training 10-11:30a Table Tennis
10 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10a Rise N Shine at Nectar Urban Cantina* 11a Beginner Strength Training NO SAIL Fitness Class 12p Knitting & Crochet Class 2p Table Tennis Open Play	11 8:15a Adv Strength Training 9a Walk and Talk 9-10:30a Hand Chimes 10a-2p Bridge 10a Arthritis Chair Exercise 11a Chair Exercise 12p Dance Blast Fitness 1p Donelson Dancers 2-3:30p Bridge Lessons	12 8a Walking Circuit 9a-3p Care Management 9a Gentle Yoga w/ Jan 10a Social Security Planning* 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p SAIL Fitness Class 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group	13 8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 9a Pickleball Lessons* 10a Arthritis Chair Exercise 10a-3p Mah Jongg 11a Chair Exercise 11a Advisory Council 11a Red Hat Honeys 12p Crafty Corner 12p Dance Blast Fitness 1p Tech Help with Bobbye* 1p Rummikub 1p Laugh Lines Improv	14 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 12p POMS Team Practice at Hermitage Comm. Ctr. 2p BINGO 4-7p HIP D Farmers Market	15 8a-12p Center Open 9a Adv. Strength Training 10-11:30a Table Tennis
17 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a Beginner Strength Training NO SAIL Fitness Class 12p Knitting & Crochet Class 1p Buddy Check Program* 2p Table Tennis Open Play	18 8:15a Adv Strength Training 9a Walk and Talk 9-10:30a Hand Chimes 9:30-11:30 Congressional Constituent Svcs Mobile Office* 10a Meet N Eat N Tour Madame Tussaud's* 10a-2p Bridge 10a Arthritis Chair Exercise 11a Chair Exercise 12p Dance Blast Fitness 12-1:30p Project C.U.R.E. Info in Lobby 1p Donelson Dancers 2-3:30p Bridge Lessons 2p Super BINGO	19 8a Walking Circuit 9a-3p Care Management 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p SAIL Fitness Class 1p Town Hall: New Membership Model Reveal 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group	20 8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 9a Pickleball Lessons* 10a Arthritis Chair Exercise 10a-12p Acrylic Painting Class with Artist Jan Batts* 10a-3p Mah Jongg 11a 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*	21 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 12p POMS Team Practice at Hermitage Comm. Ctr. 2p BINGO 4-7p HIP D Farmers Market	22 8a-12p Center Open 9a Adv. Strength Training 10a Bible Study 10-11:30a Table Tennis
24/31 9a Gentle Yoga w/ Jan 9:30a Ride N Roll on WeGo and Downtown Library Tour* (24th) 10a Lo-Impact Aerobics 10:30a Book Club: Selection is "The Correspondent" by Virginia Evans (24th) 11a Beginner Strength Training 12p SAIL Fitness Class 12p Knitting & Crochet Class 2p Table Tennis Open Play	25 8:15a Adv Strength Training 9a Walk and Talk 9-10:30a Hand Chimes 10:00-11:30 Congressional Constituent Outreach Walk-up 10a-2p Bridge 10a Arthritis Chair Exercise 11a Chair Exercise 12p Dance Blast Fitness 1p Donelson Dancers 2-3:30p Bridge Lessons	26 8a Walking Circuit 9a-3p Care Management 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 11a "Back to OLD School" Musical Luncheon with Nancy Liker* 12p SAIL Fitness Class 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group	27 8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 9a Pickleball Lessons* 9:30a Mystery Trip with Retro Vibe* 10a Arthritis Chair Exercise 10a-12p Watercolor Series: Jan Batts* 10a-3p Mah Jongg 11a Chair Exercise 12p Crafty Corner 12p Dance Blast Fitness 1p Tech Help with Bobbye* 1p Rummikub 1p Laugh Lines Improv	28 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 12p POMS Team Practice at Hermitage Comm. Ctr. 2p BINGO 4-7p HIP D Farmers Market	29 8a-12p Center Open 9a Adv. Strength Training 10-11:30a Table Tennis

August 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 (Jul-Sept) \$25. **Registration required. ML**

Arthritis Chair Exercise Tuesdays and Thursdays, 10a 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. The class is doing a video overview 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 on the 3rd Tuesday at 2p)

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.

Chair Exercise Tuesdays and Thursdays, 11a Member-led chair exercises to help stay active and motivated to move. **ML**

Cornhole Club Thursdays, 9a

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 High-energy, spirit lifting dance class designed for all dancers. Dance to all genres of music while learning new routines. **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.

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

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 Have fun learning line dances to great music. 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; get moving 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 practice at Hermitage Community Center POMS is a 50+ performance cheer squad; performs out in the community. **ML**

Red Hat Honeys 2nd Thursday, 11a Lunch in the Donelson Café and Bingo scheduled for this month. 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); evidenced-based exercise class developed for strength and balance. A great overall fitness class.

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.

August 2026 Donelson Station Special Events

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! Ask about reserving the court for play.

Lessons available on Thursdays at 9am. Must RSVP and sign a waiver to participate; \$5/pp. Taught by a pickleball instructor.

Care Management NEW! Wednesdays, 9a-3p

FiftyForward Care Managers are onsite to help members connect with community resources and supportive care. Located in the small conference room across from ladies restroom.

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 season runs until October. Members may park in our lot and walk around the market located between our building and the WeGo bus/train station behind us. Vendors and food trucks; support local!

Fantastic Family Fun Festival Saturday, August 1, 9a-3p

Everyone is invited to celebrate FiftyForward's 70th Anniversary with host Grumpy Ole Baggers Cornhole Club and sponsor Air Trust HVAC. The festival includes indoor and outdoor games for children and adults. Enjoy live music and food. Entry is \$5 (under 12 FREE); \$1 activity tickets. Proceeds benefit FiftyForward. The Bargain Basement will be open 9a-2p for all to shop.

Nashville Public Library Hansel & Gretel Show Monday, August 3, 1p

Wishing Chair Productions, the library's award-winning puppet troupe, is bringing the traveling puppet truck to us! Invite your grandkids, neighborhood kids, and big kids at heart to see "Hansel & Gretel". No cost, but lots of smiles. Grab lunch at Donelson Café & Catering and snag a good seat.

Wills vs. Trusts Tuesday, August 4, 1p

Join Lamar Moore (Attorney at Law) for an educational and interactive presentation on the differences in wills and trusts. Time is set aside for questions. Please register to attend.

SAVIN Program by TN Sheriff's Association Thursday, August 6, 10a

Chassity Crutchfield is the SAVIN (Statewide Automated Victim Information and Notification) Coordinator for the State. Learn how to get notifications of an offender's custody status.

Social Security Planning Wednesday, August 12, 10a

Join Josh Stander and Parker Scarbrough of Stander Financial. Understanding when and how to claim Social Security benefits can have a significant impact on your retirement income. Topics of discussion: benefit eligibility, claiming options, spousal and survivor benefits, and strategies for maximizing lifetime benefits. Leave with practical insights and valuable information.

Buddy Check Program Monday, August 17, 1p

Interest meeting: daily accountability check among members. For members who live alone and would like a "buddy" for daily communication, this is for you. Pair with another member for a daily text or call.

SUPER BINGO Tuesday, August 18, 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 I Tuesday, August 18, 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.**

Town Hall: All Members Invited Wednesday, August 19, 1p

Come hear about the new membership model rolling out in the fall.

Acrylic Painting Class Thursday, August 20, 10a-12p, Cost: \$30

Local artist, Jan Batts, is teaching this acrylic class. Pay \$30 to Jan at class time. Students have the option of painting birds or butterflies. Supplies are included.

Congressional Constituent Services II Tuesday, August 25, 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.**

Back to "OLD" School Musical Luncheon with Nancy Liker Wednesday, August 26, 11a, Cost: \$10

It is Back to School time, so let's do it "Old School"! Enjoy music from school days and remember when...(fill in the blank with your favorite school memories). Feel free to dress in your alma mater colors, picture day best, or your old athletic/band gear. RSVP needed for lunch count.

New Member Orientation Class Next meeting is September 28

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.

August 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.

Wings of Liberty Museum & Old Glory Wednesday, August 5, 9:30a, Cost: \$15 plus lunch

The Wings of Liberty Museum at Ft. Campbell opened in May. We had a sneak peek at the design on our base tour in 2024. The 51,000 square foot museum represents the legacy of service for the 101st Airborne Division, 5th Special Forces Group, 160th Special Operations Aviation Regiment, and Fort Campbell. Stopping at Old Glory Restaurant for lunch on the return home. RSVP for this day trip limited to 12.

Rise N Shine Monday, August 10, 10a, Cost: Breakfast

This is a meet-n-eat (drive yourself) social gathering for late breakfast and early lunch folks. Join friends at Nectar Urban Cantina for their Breakfast/Brunch menu. RSVP to be included in the limited seating reservation. Located at: 206 McGavock Pike, 37214. Limited to 12.

Meet N Eat N Tour Madame Tussaud's Tuesday, August 18, 10a, Cost: \$10 plus lunch

Meet the Stars! Tour the world's greatest wax museum. Different "zones" noted online: *Music Legends, History Workshop, Soul/Jazz/Blues, Rock Bar, Million Dollar Quartet, In Concert, and Opry Finale*. Open to 20 members- RSVP for your ticket to the stars. We have been given a super rate for our members. After your museum visit, Opry Mills offers plenty of choices for lunch (and shopping).

Off the Eaten Path Supper Club August 20, 5p, Cost: \$10 + Dinner

John's newest find: Maemax Market welcomes you to experience authentic Filipino cuisine and specialty goods in a warm, community-focused setting. From classic comfort dishes to hard-to-find Filipino products, every visit is designed to bring the flavors of the islands closer to home. Go to MaeMaxMarket.com for menu and market information. Limited to 12.

Ride N Roll on WeGo Monday, August 24, 9:30a, Cost: \$Bus Tickets and Spending Money

Ride the WeGo #6 Bus from the terminal booth behind our building to downtown Nashville. A tour is set up for the group of the beautiful Nashville Public Library. Following the tour, grab lunch, see the sights, browse the tourist shops, and catch the bus back to Donelson Station. See the bus schedule and prices online at wegotransit.com. Cash or WeGo card only currency accepted for transportation.

Mystery Trip with a Retro Vibe Thursday, August 27, 9:30a, Cost: \$10 plus museum ticket and lunch

What to expect- \$10 per person for entry into a local museum. Hint: the first collection opened to the public in 2003 and is housed in the old Sunbeam Bakery building. Lunch is located close to the museum where you will be surrounded by retro and nostalgia décor. RSVP for one of 14 reservations.

Early Release for September 1 Cost: \$25 plus lunch

"The Great Tennessee Courthouse Trail" motorcoach daytrip. Leave at 9am for a day outing. "Step aboard a comfortable motorcoach and explore Columbia's rich history, stunning architecture, and charming downtown." Trip includes a welcome story from a local historian, time to walk along the Main Street shops and boutiques, and lunch on your own. Bus leaves at 2:30p for the return trip to the center. Invite a friend! There are 30 seats available.

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.