

September 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>	1 8:15a Adv Strength Training 9a Walk and Talk 9a The Great Tennessee Courthouse Trail: Columbia* 9:30-10:30a Hand Chimes 10a-2p Bridge 10a Arthritis Chair Exercise 11a Chair Exercise 12p Dance Blast Fitness 1p Donelson Dancers 2-3:30p Bridge Lessons	2 8a Walking Circuit 9a Gentle Yoga w/ Jan 9a-3p Care Management 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Travel with Jennifer 11a Beginner Strength Training 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group	3 8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 8a Pickleball Lessons* 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	4 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 2p BINGO 4-7p HIP D Farmers Market	5 8a-12p Center Open 9a Adv. Strength Training 10-11:30a Table Tennis
7 CLOSED for Labor Day	8 8:15a Adv Strength Training 9a Walk and Talk 9:30-10:30a Hand Chimes 10a Tour Buchanan Log House* 10a-2p Bridge 10a Arthritis Chair Exercise 11a Chair Exercise 11a Travel Tuesday with Adam 12p Dance Blast Fitness 1p Donelson Dancers 2-3:30p Bridge Lessons	9 8a Walking Circuit 9a Gentle Yoga w/ Jan 9a-3p Care Management 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10-11:30a Free Hearing Test* 11a Beginner Strength Training 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group	10 8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 8a Pickleball Lessons* 10a Enabling Technology: New Ideas for Everyday* 10a Arthritis Chair Exercise 10a-3p Mah Jongg 11a Chair Exercise 10a Red Hat Honeys 12p Crafty Corner 12p Dance Blast Fitness 1p Tech Help with Bobbye* 1p Rummikub 1p Laugh Lines Improv	11 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 2p BINGO 4-7p HIP D Farmers Market	12 8a-12p Center Open 9a Adv. Strength Training 10-11:30a Table Tennis
14 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10a Intro to A.I. with NPL* 11a Program Committee 11a Beginner Strength Training 12p Knitting & Crochet Class 2p Table Tennis Open Play	15 8:15a Adv Strength Training 9a Walk and Talk 9a Amish Country Wagon Tour* 9:30-10:30a Hand Chimes 10a-2p Bridge 10a-2p Bargain Basement 10a Arthritis Chair Exercise 11a Chair Exercise 12p Dance Blast Fitness 1p Donelson Dancers 2-3:30p Bridge Lessons 2p Super BINGO	16 8a Walking Circuit 9a Gentle Yoga w/ Jan 9a-3p Care Management 10a Rise N Shine 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group	17 8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 8a Pickleball Lessons* 10a Arthritis Chair Exercise 10a-3p Mah Jongg 11a Chair Exercise 11a Advisory Council 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*	18 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 2p BINGO 4-7p HIP D Farmers Market	19 8a-12p Center Open 9a Adv. Strength Training 10-11:30a Table Tennis
21 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a Beginner Strength Training 11a Meet N Eat* 12p Knitting & Crochet Class 1p GNRC/SHIP: Medicare Basics & Comparisons* 2p Table Tennis Open Play	22 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 Arthritis Chair Exercise 11a Chair Exercise 12p Dance Blast Fitness 1p Donelson Dancers 2-3:30p Bridge Lessons	23 8a Walking Circuit 9a Gentle Yoga w/ Jan 9a-3p Care Management 10a Nashville Riverboat Cruise* 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group	24 8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 8a Pickleball Lessons* 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	25 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 2p BINGO 4-7p HIP D Farmers Market	26 8a-12p Center Open 9a Adv. Strength Training 10a Autumn Intergenerational Painting Party* 10a Bible Study 10-11:30a Table Tennis
28 9a Gentle Yoga w/ Jan 9:30a New Member Orientation* 10a Lo-Impact Aerobics 10:30a Book Club: Selection is "Buckeye" by Patrick Ryan 11a Beginner Strength Training 12p Knitting & Crochet Class 2p Table Tennis Open Play	29 8:15a Adv Strength Training 9a Walk and Talk 9:30-10:30a Hand Chimes 10a-2p Bridge 10a Arthritis Chair Exercise 11a Chair Exercise 12p Dance Blast Fitness 1p Donelson Dancers 2-3:30p Bridge Lessons	30 8a Walking Circuit 9a Gentle Yoga w/ Jan 9a-3p Care Management 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10:15a Lunch Bunch* 11a Beginner Strength Training 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group			

September 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 & 11a Low impact, evidence-based seated exercises taught by Melissa & Kris 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)

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

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 A dance class led by members Michelle and Peggy. Dance that celebrates all genres of music. Whether you love to groove to the oldies, a Latin beat or Country, this group is all about moving your body, lifting your spirits, and having fun! No dance experience required. **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, 9:30-10:30a 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. 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 Practice at Hermitage Community Center POMS is a 50+ performance cheer squad; performs out in the community. **ML**

Red Hat Honeys 2nd Thursday, 10a (time change this month) Donelson Station's Red Hat Society chapter. The ladies are meeting at KeKe's Breakfast Café at the Crossings Shopping Center. **ML**

Rummikub Thursdays, 1p Play this popular tile game based on runs and sets like the card version of Rummy. **ML**

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 **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 around the center and WeGo campus.

September Donelson Station Special Programs

SPECIAL PROGRAMS & EVENTS

Check out the Lifelong Learning Programs this Month. Support our guests scheduled to deliver 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 8am. Must RSVP to participate; \$5/pp. Taught by a pickleball instructor.

Care Management Wednesdays, 9a-3p

FiftyForward Care Manager, Vivika Garcia, is onsite to help members connect with community resources and supportive care. She is located in the small conference room across from the ladies restroom. Schedule a session ahead of time with staff or stop by if no one is with Vivika to say hello and ask her questions.

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!

Free Hearing Test with Dr Ruccio Wednesday, September 9, 10-11:30a

FREE testing with Hearing Life and Dr. Ruccio. Registration required for a 15-minute test session. See John or Traci to secure a session time block. Limited to 6.

Enabling Technology: New Ideas for Everyday Thursday, September 10, 10a

Stay Independent. Stay connected. Stay confident. Learn from Program Innovators at the TN Disability & Aging department about technologies that can make everyday life safer, easier, and help you maintain your independence. Explore practical tools like video doorbells, medication reminders, smart home devices, and helpful apps that can support aging in place and give you greater peace of mind. Please RSVP for attendance.

Intro to A.I. with Nashville Public Library Monday, September 14, 10a

What is artificial intelligence? Sponsored by the digital technology program of the public library. Please register.

Bargain Basement Open Tuesday, September 15, 10a-2p

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

SUPER BINGO Tuesday, September 15, 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.

GNRC/SHIP: Medicare Basics & Comparisons Monday, September 21, 1p

Medicare Annual Enrollment Period is right around the corner. LeAnne Rowland is a Volunteer Medicare Counselor with GNRC/SHIP. She encourages members to review current coverage. LeAnne will provide comparisons in coverage options and discuss the basics of Medicare. There will be time to ask questions. Please RSVP.

Congressional Constituent Services Tuesday, September 22, 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**.

Autumn Intergenerational Painting Party Saturday, September 26, 10a-12p, Cost: \$30

Open to all ages. Choose one painting to complete: Autumn Harvest Vase or Fall Morning Kitty in Window. \$30 covers 9x12 canvas, supplies, and instruction. Bring the grandkids! RSVP needed for Jamie to prep the supplies.

New Member Orientation Class Monday, September 28, 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.

September 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.

The Great Tennessee Courthouse Trail: Columbia Tuesday, September 1, 9a, 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.

Tour Buchanan Log House Tuesday, September 8, 10a, Cost: Free Tour + Optional Lunch

Drive to the local historic James Buchanan house at 2910 Elm Hill Pike. Park in the rear lot and join your tour guide, Becky, at the house. Learn about the history of this home listed on the National Register of Historic Places. Meet your friends at the Donelson Bar-B-Cutie SmokeHouse nearby for lunch together. Tour reservations for 12.

Amish Country Wagon Tour Tuesday, September 15, 9a, Cost: \$25 + Lunch

Members will ride in a horse-drawn wagon with Amish Welcome Center Wagon Tours. Tour the heart of Amish country in Ethridge TN for almost two hours. "Experience the peaceful countryside, visit working farms, and learn about Amish traditions and daily life." Reservations for 12 to tour. Stop for lunch on the return trip. This trip will be an all-day outing.

Rise N Shine Wednesday, September 16, 10a, Cost: Breakfast

A meet-n-eat group for late breakfast and early lunch folks. Gather with friends at Chocolate Whisper (2232 N Mt Juliet Road, 37122). Look at the scrumptious menu items and photos on their website page: chocolatewhisper.com. "From flaky baklava to savory simit bread paired with aromatic coffee drinks, Chocolate Whisper delivers tastes that delight all senses. Step into warmth where each dish celebrates heritage blended beautifully with local love." Seating for 12 members.

Off the Eaten Path Supper Club Thursday, September 17, 5p, Cost: \$10 + Dinner

Where has John chosen for the "Off the Beaten Path" Supper Club trip? You are headed to the SWAMP (not really). Sign up to go to Lagniappe Bayou Kitchen- "Cajun Southern fare with a little bit of low country and Texas thrown in." RSVP to go! 12 seats available. Menu: lagniappebayoukitchen.com

Meet N Eat Monday, September 21, 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 Fukutoku (meaning: "blessings") at 630 S. Mt. Juliet Road, 37122. Menu includes Japanese fare: sushi, ramen, and teppanyaki. View more options online at fukutokumj.com. Limited to 14.

Nashville Riverboat Cruise Wednesday, September 23, 10a, Cost: \$50 + Snacks

FiftyForward center members from Donelson Station, Madison Station, Martin, Turner, and Knowles will enjoy a sightseeing cruise on a riverboat along the Cumberland River. Enjoy viewing the skyline, river banks, shore birds, and water life on an hour and a half relaxing cruise. Drinks and snacks can be purchased onboard. RSVP early for a ticket to cruise.

Lunch Bunch Wednesday, September 30, 10:15a, Cost: \$10 + Lunch
Opened in 1925, this café boasts "making life a little sweeter" for over 100 years! Meat, veggies, bakery goods- The menu changes daily and can be seen on the Facebook page for J. Clayborn's Bakery & Cafe. Reservation for 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.