

October 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 WEDNESDAY EXTENDED HOURS Open Until 7pm	1 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 12p Crafty Corner 12p Dance Blast Fitness 1p Rummikub 1p Laugh Lines Improv	2 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 11-1p POMS Team Practice 2p BINGO 4-7p HIP D Farmers Market	3 8a-12p Center Open 9a Adv. Strength Training 9a-12p Shred Event Hermitage Library 10-11:30a Table Tennis 10a-6p Knoblin Festival in Donelson Plaza
5 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a Program Committee 11a Beginner Strength Training 11a Beginners Spanish* 1p Intermediate I Spanish* 12p Knitting & Crochet Class 2p Table Tennis Open Play	6 8:15a Adv Strength Training 9a Walk and Talk 9a Intermediate II Spanish* 9:30-10:30a Hand Chimes 10a Advanced Spanish* 10a-2p Bridge 10a Arthritis Chair Exercise 11a Chair Exercise 12p Dance Blast Fitness 1p Donelson Dancers 2-3:30p Bridge Lessons	7 8a Walking Circuit 9a Gentle Yoga w/ Jan 9:30a Mystery "Progressive Dinner"*** 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	8 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 Red Hat Honeys 12p Crafty Corner 12p Dance Blast Fitness 1p Rummikub 1p Laugh Lines Improv	9 CENTERS CLOSED FOR ALL STAFF RETREAT	10 8a-12p Center Open 9a Adv. Strength Training 10-11:30a Table Tennis
12 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a Meet N Eat at Asian Cajun* 11a Beginner Strength Training 11a Beginners Spanish* 1p Intermediate I Spanish* 12p Knitting & Crochet Class 2p Table Tennis Open Play	13 8:15a Adv Strength Training 9a Walk and Talk 9a Intermediate II Spanish* 9:30-10:30a Hand Chimes 10a Advanced Spanish* 10a-2p Bridge 10a Arthritis Chair Exercise 10:30a-12p TN STEAM Festival 3D Printing at Donelson Library* 11a Chair Exercise 11a Travel Tuesday with Adam 12p Dance Blast Fitness 1p Donelson Dancers 2-3:30p Bridge Lessons	14 8a Walking Circuit 9a Gentle Yoga w/ Jan 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 3:30 Aphasia Support Group 4p Seated Dance Class with Lyle 5-7p Ukesters Jam 6-7p Unbroken Circle Band Evening Performance*	15 8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 9a Pickleball Lessons* 10a Arthritis Chair Exercise 10a-3p Mah Jongg 10a-12p Health & Wellness Resource Fair at Madison* 11a Chair Exercise 12p Crafty Corner 12p Dance Blast Fitness 1p Travel with Jennifer 1p Rummikub 1p Laugh Lines Improv 5p Off the Eaten Path Supper Club with John*	16 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 11-1p POMS Team Practice 2p BINGO 4-7p HIP D Farmers Market	17 8a-12p Center Open 9a Adv. Strength Training 10-11:30a Table Tennis 10a-2p Crushed Glass Wreath*
19 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10a Lunch Bunch to Nashville Delicatessen* 11a Beginner Strength Training 11a Beginners Spanish* 1p Intermediate I Spanish* 12p Knitting & Crochet Class 2p Table Tennis Open Play	20 8:15a Adv Strength Training 9a Walk and Talk 9a Intermediate II Spanish* 9:30-10:30a Hand Chimes 10a Advanced Spanish* 10a-2p Bridge 10a Arthritis Chair Exercise 10a-12p Golden Games Winners' Finale* 11a Chair Exercise 12p Dance Blast Fitness 1p Donelson Dancers 2-3:30p Bridge Lessons 2p Super BINGO	21 8a Walking Circuit 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10:30a-12p Kroger Vaccinations 11a Beginner Strength Training 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group 4p Seated Dance Class 6p PILATES with Lisa	22 8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 9a Pickleball Lessons* 9:30a Durci Chocolate 101* 10a Arthritis Chair Exercise 10a-3p Mah Jongg 11a Chair Exercise 11a Advisory Council 12p Crafty Corner 12p Dance Blast Fitness 1p Rummikub 1p Laugh Lines Improv	23 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 11-1p POMS Team Practice 1:30p Fun City Players from LaVergne to Perform 2p BINGO 4-7p HIP D Farmers Market	24 8a-12p Center Open 9a-12p Bargain Basement & Vendor Fair 9a Adv. Strength Training 10a Bible Study 10-11:30a Table Tennis 10a-1p Painted Seasonal Porch Leaner*
26 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 10:30a Book Club: Selection is "The Measure" by Nikki Erlick 11a Beginner Strength Training 11a Beginners Spanish* 1p Intermediate I Spanish* 11:30a Picnic in the Park and Fall Foliage Frolic* 12p Knitting & Crochet Class 2p Table Tennis Open Play	27 8:15a Adv Strength Training 9a Walk and Talk 9a Intermediate II Spanish* 9:30-10:30a Hand Chimes 10a Advanced Spanish* 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	28 8a Walking Circuit 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 1-3p RESET with AgeWell 1:30p Trivia Teasers 1:30p Tai Chi 2p Showstoppers Annual Talent Show* 3:30 Aphasia Support Group 4p Seated Dance Class 5-7p Musicians Jam Session	29 LIMITED PROGRAMMING NEW FLOORING INSTALLED IN MAIN HALLWAYS (no access to restrooms) Enter Fitness Room by Exterior Side Door Near Parking Lot 8:15a Adv Strength Training 9a Cornhole Club 9a Walk and Talk 9a Pickleball Lessons* 10a Arthritis Chair Exercise 11a Chair Exercise 12p Dance Blast Fitness	30 LIMITED PROGRAMMING NEW FLOORING INSTALLED IN MAIN HALLWAYS (no access to restrooms) Enter Fitness Room by Exterior Side Door 8a Walking Circuit 9a Stretch & Balance 10a Beginner Strength with Floor Exercises 11-1p POMS Team Practice 4-7p HIP D Farmers Market	31 8a-12p Center Open 9a Adv. Strength Training 10-11:30a Table Tennis

October 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 (Oct-Dec) \$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)

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.

Chair Exercises Tuesdays and Thursdays, 11a Currently being taught by Alicia and Nancy for members wishing to do an easy seated exercise program at the 11am hour. **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 Dance troupe 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 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**

Pilates Wednesday dates as noted, 6p Taught by Lisa on evenings she works in staff rotation on extended hours Wednesdays.

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, 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 New Classes Start Mondays & Tuesdays; Beginning Spanish classes are for members who have not previously taken Spanish.

Members continuing classes or with Spanish knowledge have options of Intermediate Spanish I or II and Advanced Spanish. **New Intermediate or Advanced Spanish students may meet with Alicia for the right class. 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.

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 Complex.

October 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 Ask about reserving the court for play.

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

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 (last month of the 2026 season), 4-7p

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!

Community Events Saturday, October 3

9a-12p Shred Event at Hermitage Library and Bulk Drop at Hermitage Police Precinct

10a-6p Knoblin Festival at Donelson Plaza (say hello to our volunteers at the Donelson Station booth and cheer our Donelson Dancers as they perform the "Knoblin" dance at the festival)

Free Hearing Test Wednesday, October 7, 10-11:30a

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

3D Printing Innovations Tuesday, October 13, 10:30a-12p

Partnering with Nashville Public Library's Makerspace Program for the annual TN STEAM Festival, participants travel to Donelson Library for 3D printing demonstrations. See how robotics work in taking a digital design to creating a 3-D object. Staff will share information on the technology process and how 3D innovative tools work. Participants will have the opportunity to explore hands-on activities. Open to 14.

Unbroken Circle Band to Perform Wednesday, October 14, 6-7p, Cost: \$5/pp

We are so excited to welcome our first evening band performance! Please support the "Unbroken Circle Band" by RSVPing to attend!

Seated Dance Class with Lyle Wednesdays, Six Weeks, October 14 to November 18, 4p

Seated Dance Class is a 50-minute movement experience for older adults of all mobility levels, done entirely from a chair or wheelchair.

Led by dancer and choreographer Lyle Oberman, classes use rhythmic music, counting exercises, and dynamic movement patterns to gently engage body and mind. More than exercise, it's an artistic, communal space where participants are defined not by age or limitation, but by rhythm, humanity, and movement. www.seateddanceclass.com

Crushed Glass Wreath Saturday, October 17, 10a-2p, Cost: \$50

One-day walk-away with a holiday wreath made from crushed glass. Materials and instruction included in the fee.

SUPER BINGO Tuesday, October 20, 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.

FUN CITY PLAYERS Friday, October 23, 1:30p

They are back! Come early for BINGO and watch the antics of the Fun City Players from the LaVergne FiftyForward center.

Bargain Basement and Outdoor Vendor Event Saturday, October 24, 9a-12p

Shop for deals at the outside vendor booths and in the basement under the theatre. Donelson Station accepts donations to the Bargain Basement (no clothing or shoes). Open to the public.

Painted Seasonal Porch Leaner Sat., October 24, 10a-1p, Cost: \$40

Make and take a seasonal welcome sign called a "porch leaner". Jamie will walk you through the painting process and help you create home decoration for your porch or entryway.

Congressional Constituent Services Tuesday, October 27, 10-11:30a

Ray Render (District TN06) makes his last visit to help members for 2026 with questions regarding IRS, VA, SSA, Medicare, Passports, etc. He will be set up in the hallway— **no appointment needed.**

RESET/AgeWell Enrollment and Informational Event Wednesday, October 28, 1-3p

Come learn about RESET and get a free benefits check! Find out if you qualify for benefits that can save you money and connect with valuable community resources. Trained professionals will be on-site to help you enroll in benefits all designed to reduce your monthly expenses.

Annual Showstoppers Member Talent Show Wednesday, October 28, 2-4p, Cost: \$10

Cheer on and be entertained by our own members who share their talents with the audience! Always a big hit! Spectator tickets will sell out; don't be left out.

New Member Orientation Class Next Meeting is in November

October 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.

Mystery "Progressive Dinner" Wednesday, October 7, 9:30a, Cost: \$15 + Purchases at Each Excellent Stop

This is a throwback to the retro "progressive dinner" gatherings. Travel from one venue to another for 3 unique stops: coffee/tea in a picture-perfect atmosphere, meat & three with homestyle favorites, and baked goods/jams, etc. at a roadside market. Count on steps and uneven terrain for walking. Open to 12 members.

Meet N Eat Monday, October 12, 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 The Asian Cajun (3248 Blackwood Drive, 37214). Must register for restaurant reservation count. Menu: asiancajunlive.com or see Traci for the restaurant copy. Good reviews!

Rise N Shine Wednesday, October 14, 10a, Cost: Breakfast

A meet-n-eat group for late breakfast and early lunch folks. Gather with friends at Eggs Up Grill (4606 Lebanon Road, 37076). RSVP to be included in the limited seating reservation. Menu: eggsupgrill.com

Health & Wellness Resource Fair Thursday, October 15, Event: 10a-12p, Bus Riders: Leave at 9:30a (Free)

Join us at FiftyForward Madison Station for our Fall Health & Resources Fair! Come and learn about health and community resources and connect with organizations that support your overall well-being. Share this with your family and friends and anyone who may be interested in attending. RSVP to grab one of the 14 seats on the bus.

Off the Eaten Path Supper Club Thursday, October 15, 5p, Cost: \$10 + Dinner

John has chosen a new center favorite for the "Off the Beaten Path" location for Supper Club, Fukutoku (meaning: "blessings"). Menu includes Japanese fare: sushi, ramen, and teppanyaki. View more options online at fukutokumj.com.

Lunch Bunch Monday, October 19, 10a, Cost: \$15 + Lunch

The group is off to New York-Style Nashville Delicatessen in Green Hills. Experience this Nashville delight before the owners close the doors in 2027. Info at nashville.com

Durci Chocolate 101 Thursday, October 22, 9:30a, Cost: \$30 + Lunch/Purchases

Durci Chocolate in Lebanon is a "bean to bar craft chocolate maker" artisan chocolate shop and café. Dr. Eric and Cassandra Durtschi have opened their doors to FiftyForward groups since their inception and continue to give our members a discount and front row seat to their educational Chocolate 101 program and tasting. Since our first visit, they have added a café with menu items infusing chocolate into the selections. Always a treat to visit this destination! If you love chocolate and want to know about the benefits of cacao, sign up. Seating for 12.

Picnic in the Park & Fall Foliage Frolic Monday, October 26, 11a, Cost: \$15

Fall in Middle Tennessee can be very beautiful with the changing of the season and colorful leaves. Warner Parks consists of Percy and Edwin Warner Parks at 2,695 acres and encompasses an additional 500 acres with the Burch Reserve and Old Growth Hill Forest. Metro Parks and Friends of Warner Parks oversee the conservation and preservation of these parklands providing habitat for over 285 species of birds, 225 identified fungi, 422 species of wildflowers, and 100+ native trees and shrubs. Take a bus ride through the historic park, enjoy the Nature Center, and bring lunch for a picnic at one of the shelters.

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.