# November 2026 Donelson Station Calendar

**Programs with an asterisk * require RSVP. Register at fiftyforward.org or ask staff. Center Hours: M-F 8:30a-3:30p, Wed open until 7:00p, Sat 8:00a-12:00p, 615-883-8375**

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|
| 2<br>9a Gentle Yoga w/ Jan<br>9a-12:30p GNRC Medicare Counseling Event-RSVP only<br>10a Lo-Impact Aerobics<br>11a Beginner Strength Training<br>12p Knitting & Crochet Class<br>2p Table Tennis Open Play | 3<br>8:15a Adv Strength Training<br>9a Walk and Talk<br>**9a-12p Volunteer Project: Care Letters**<br>9:30-10:30a Hand Chimes<br>10a-2p Bridge<br>10a Arthritis Chair Exercise<br>11a Chair Exercise<br>12p Dance Blast Fitness<br>1p Donelson Dancers<br>2-3:30p Bridge Lessons | 4 8a Walking Circuit<br>9a Gentle Yoga w/ Jan<br>**9a-3p Care Management**<br>**9:30a Casino Trip with Mike***<br>10a Canasta/Hand & Foot<br>10a Lo-Impact Aerobics<br>10a-12p Art Workshop*<br>11a Travel with Jennifer<br>11a Beginner Strength Training<br>1:30p Trivia Teasers<br>1:30p Tai Chi<br>2p BINGO<br>3:30p Aphasia Support Group<br>**4p Seated Dance Class** | 5<br>8:15a Adv Strength Training<br>9a Walk and Talk<br>10a Arthritis Chair Exercise<br>10a-3p Mah Jongg<br>11a Chair Exercise<br>12p Crafty Corner<br>12p Dance Blast Fitness<br>**1p Dr Barksdale with Dube Podiatry: "Common Foot Ailments for the Active Adult***<br>1p Rummikub<br>1p Laugh Lines Improv | 6<br>8a Walking Circuit<br>9a Stretch & Balance<br>9-11a Ukulele Group<br>**12:30p Frist Art Museum Tour***<br>10a Beginner Strength with Floor Exercises<br>10a-2:30p Bridge<br>11a-1p Dulcimer Class<br>11a Sing-along Choir<br>2p BINGO | 7<br>8a-12p Center Open<br>9a Adv. Strength Training<br>**10a-12p AWAKE Nashville Community Resource Fair & Film Screening**<br>10-11:30a Table Tennis |
| 9<br>9a Gentle Yoga w/ Jan<br>10a Lo-Impact Aerobics<br>**11a Program Committee**<br>11a Beginner Strength Training<br>12p Knitting & Crochet Class<br>**1:30-3p Frist Center: Art Trunk Activity I***<br>2p Table Tennis Open Play | 10<br>8:15a Adv Strength Training<br>9a Walk and Talk<br>9:30-10:30a Hand Chimes<br>10a-2p Bridge<br>10a Arthritis Chair Exercise<br>11a Chair Exercise<br>11a Travel Tuesday with Adam<br>12p Dance Blast Fitness<br>1p Donelson Dancers<br>2-3:30p Bridge Lessons<br>**2p Rightsizing: Guest Panel Discussion Event*** | 11 8a Walking Circuit<br>9a Gentle Yoga w/ Jan<br>**9a Veterans Breakfast***<br>**9a-3p Care Management**<br>10a Canasta/Hand & Foot<br>10a Lo-Impact Aerobics<br>10a-12p Art Workshop*<br>10-11:30a Free Hearing Test*<br>11a Beginner Strength<br>1:30p Trivia Teasers<br>1:30p Tai Chi<br>2p BINGO<br>3:30p Aphasia Support Group<br>**4p Seated Dance Class**<br>**6-7p Steve Goodie Comedy Show***<br>**5-7p Music Jam Session** | 12<br>8:15a Adv Strength Training<br>9a Walk and Talk<br>10a Arthritis Chair Exercise<br>10a-3p Mah Jongg<br>11a Chair Exercise<br>**11a Meet N Eat at Red River Nomad***<br>11a **Red Hat Honeys**<br>**11a No Sew Christmas Ornament with Carol***<br>12p Crafty Corner<br>12p Dance Blast Fitness<br>1p Rummikub<br>1p Laugh Lines Improv | 13<br>8a Walking Circuit<br>9a Stretch & Balance<br>9-11a Ukulele Group<br>10aBeginner Strength with Floor Exercises<br>10a-2:30p Bridge<br>11a-1p Dulcimer Class<br>11a Sing-along Choir<br>**1p Songwriter's 101 Class with Country Music Hall of Fame***<br>2p BINGO | 14<br>8a-12p Center Open<br>9a Adv. Strength Training<br>10-11:30a Table Tennis |
| 16<br>9a Gentle Yoga w/ Jan<br>10a Lo-Impact Aerobics<br>11a Beginner Strength Training<br>12p Knitting & Crochet Class<br>**1:30-3p Frist Center: Art Trunk Activity II***<br>2p Table Tennis Open Play | 17<br>8:15a Adv Strength Training<br>9a Walk and Talk<br>9:30-10:30a Hand Chimes<br>10a-2p Bridge<br>**10a-2p Bargain Basement**<br>10a Arthritis Chair Exercise<br>11a Chair Exercise<br>12p Dance Blast Fitness<br>**12:30-4p Crushed Glass Christmas Art***<br>1p Donelson Dancers<br>2-3:30p Bridge Lessons<br>2p Super BINGO | 18 8a Walking Circuit<br>9a Gentle Yoga w/ Jan<br>**9a-3p Care Management**<br>**10a Rise N Shine at Cracker Barrel***<br>10a Canasta/Hand & Foot<br>10a Lo-Impact Aerobics<br>10a-12p Art Workshop*<br>11a Beginner Strength<br>**12p Lunch N Learn: Beacon Wealth Management***<br>1:30p Trivia Teasers<br>1:30p Tai Chi<br>2p BINGO<br>3:30 Aphasia Support Group<br>**4p Seated Dance Class**<br>**6-7p Unbroken Circle Band Musical Event*** | 19<br>8:15a Adv Strength Training<br>9a Walk and Talk<br>10a Arthritis Chair Exercise<br>10a-3p Mah Jongg<br>11a Chair Exercise<br>**11a Advisory Council**<br>12p Crafty Corner<br>12p Dance Blast Fitness<br>1p Rummikub<br>1p Laugh Lines Improv | 20<br>8a Walking Circuit<br>9a Stretch & Balance<br>9-11a Ukulele Group<br>10a Beginner Strength with Floor Exercises<br>10a-2:30p Bridge<br>11a-1p Dulcimer Class<br>11a Sing-along Choir<br>2p BINGO | 21<br>8a-12p Center Open<br>9a Adv. Strength Training<br>10-11:30a Table Tennis<br>**10a-1p Holiday Cow Painting*** |
| 23<br>9a Gentle Yoga w/ Jan<br>10a Lo-Impact Aerobics<br>10:30a Book Club: Selection is "Life, and Death, and Giants" by Ron Rindo<br>11a Beginner Strength Training<br>**12:15p Life of Many Colors Museum Visit* $40**<br>12p Knitting & Crochet Class<br>2p Table Tennis Open Play | 24<br>8:15a Adv Strength Training<br>9a Walk and Talk<br>9:30-10:30a Hand Chimes<br>10a-2p Bridge<br>10a Arthritis Chair Exercise<br>11a Chair Exercise<br>12p Dance Blast Fitness<br>1p Donelson Dancers<br>2-3:30p Bridge Lessons | 25<br>8a Walking Circuit<br>9a Gentle Yoga w/ Jan<br>**9a-3p Care Management**<br>10a Canasta/Hand & Foot<br>10a Lo-Impact Aerobics<br>10a-12p Art Workshop*<br>11a Beginner Strength Training<br>1:30p Trivia Teasers<br>1:30p Tai Chi<br>2p BINGO<br>3:30 Aphasia Support Group<br>**5-7p Music Jam Session** | 26<br>**HAPPY THANKSGIVING**<br>**Truly Thankful Thanksgiving 11a-2p Donelson Café & Catering Open to All** | 27<br>**ALL CENTERS ARE CLOSED THURSDAY & FRIDAY** | 28<br>8a-12p Center Open<br>9a Adv. Strength Training<br>10a Bible Study<br>10-11:30a Table Tennis |
| 30<br>9a Gentle Yoga w/ Jan<br>9:30a New Member Orientation*<br>10a Lo-Impact Aerobics<br>11a Beginner Strength Training<br>12p Knitting & Crochet Class<br>2p Table Tennis Open Play | | **WEDNESDAY EXTENDED HOURS Open Until 7pm** | **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!** | | |

# November 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 Betty. 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 as a second option to Arthritis Chair. ML

**Cornhole Club Seasonal: Back in the Spring**
The Grumpy Ole Baggers Cornhole Club play outside during spring, summer, and fall. All levels are welcome. 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! Performances in the community. 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

**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

**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 Mondays & Tuesdays (No classes in November),** 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.

**Tech Help ON HOLD Bobbye has moved, and we are looking for a new volunteer.** 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.

# November 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 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. 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.

**Volunteer Project: Care Letters Tuesday, November 3, 9a-12p come and go**

FiftyForward is preparing for the annual Season of Caring mailing and can use your help! Volunteers with neat handwriting desired to hand-address the envelopes mailed in late November. Light refreshments provided!

**Dr. Barksdale with Dube Podiatry Thursday, November 5, 1p**

Topic for discussion: "Common Foot Ailments for the Active Adult"
Dr. James Barksdale fun facts: a former collegiate and professional athlete, he continues to live a very active lifestyle and has a passion for helping adult athletes to keep moving with more productivity and less pain. Dube Podiatry looks forward to connecting and answering any questions members may have.

**Rightsizing: Guest Panel Event Tuesday, November 10, 2p**

We welcome subject matter specialists for an informative panel discussion: Michele Mazzu with Crye-Leike Realty, John Fahner with Kennedy and Associates Law Firm, Jenny Lind Smith with Next Chapter Concierge, Mary Ross-Tarkington with Senior Provisions, Kay Bower with Nesterly, and Jeff Koch with National Seating and Mobility. RSVP to be in attendance and gain valuable resources from these local experts serving older adults.

**Free Hearing Test Wednesday, November 11, 10-11:30a**

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

**Steve Goodie Comedy Show Wednesday, November 11, 6-7p, Cost: $5/pp**

International musician and comedian, Steve Goodie, will be in the house to present his one-man show.

**No Sew Christmas Ornament with Carol Thursday, November 12, 11a, Cost: $10 (paid to instructor day of)**

Carol is a new member and has a lovely Swedish Star ornament made from quilting material she would love to share with members. Choose from various fabrics and make-and-take an ornament. Instructions will be provided and participants can teach friends and family later after learning this easy-to-do craft. Max of 10.

**Bargain Basement Open Tuesday, November 17, 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, November 17, 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.

**Investing for Retirement: Understanding the Markets, Your Money, and Your Accounts: Lunch n Learn November 18, 12p**

A practical look at how the stock market works, the investing concepts that influence your portfolio, and the differences between 401(k)s, IRAs, pensions, and brokerage accounts. Brought to us by Beacon Wealth Management. Must register to participate for lunch count.

**Unbroken Circle Band to Perform Wednesday, November 18, 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!

**Annual Truly Thankful Thanksgiving Thursday, November 26, 11a-2p**

Mark and Kevin invite members to their annual Thanksgiving community event. No reservations needed, donations accepted, come and enjoy friendship and music and good food, or opt for the drive-thru for a take-home meal.

**New Member Orientation Class Monday, November 30, 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.

# November 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.**

**Casino Trip with Mike Wednesday, November 4, 9:30a, Cost: $20 plus personal expenses for gaming and food**

Join Mike for the last casino trip of the year. Destination: The Mint Gaming Hall. Play, eat, people-watch until 1:30pm and then head back to the center. Seats for 12.

**Frist Art Museum Tour Friday, November 6, 12:30p, Cost: $10 plus money for the gift shop and/or Café Cheeserie**

Enjoy a tour of the Frist Art Museum, located in Nashville's former main post office building and listed on the National Register of Historic Places. Explore "Shimmer: Dreaming the Posthuman" exhibition featuring "17 artists working with both analog and emergent technologies to visualize the interrelationship between humanity, other species, and the earth itself." This tour kicks off our two Art Trunk programs coming to the center on Monday the 9th and 16th at 1:30pm. Be sure to sign up for the Art Trunk programs sponsored by the Frist Art Museum. BONUS: FiftyForward Vitality Arts participants will have artwork on display. These activities are free thanks to the Frist and Community Sponsors.

**Meet N Eat, Thursday, November 12, 11a, Cost: Lunch**

Gather with other members for social time and support of a local eatery. This month's location is at Red River Nomad (13751 Lebanon Road, 37138). The owner is excited to host our group and introduce you to this unique boutique and café. Limited to 12.

**Rise N Shine Wednesday, November 18, 10a**, Cost: Breakfast

Meet other members at the Cracker Barrel on Stewarts Ferry. "Nothing like a good ole country breakfast at a true local destination." (John) Limited to 14

**Life of Many Colors Museum Monday, November 23, 12:15p, Cost: $40**

Be one of the first groups to experience Dolly's "Life of Many Colors" Museum located on the property of the newly opened SongTeller Hotel in downtown Nashville. Tickets have been secured for a group of 14. "Relive Dolly Parton's story from rags to rhinestones, from Hollywood to Dollywood and from initial Country music stardom to global acclaim. Sing along and dream big with Dolly inside this museum experience as vibrant as the icon herself." Tour session is 1-2pm. Members will be dropped off by bus and picked back up; no bus parking near SongTeller.

**Early Registration!**

**Christmas Tea at Currey Brook Farmhouse Thursday, December 10, 11a Event Start, $18/pp**

Member, Becky Daniel, is opening historic Currey Brook Farmhouse to our group for a special Christmas Tea. The location is near the center. Due to the number of reservations (30) secured, we will help set up carpooling for those desiring to ride with other members who RSVP. Get your holiday wear ready and enjoy the rustic charm and catering of this private venue.

## 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.**