December 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
	1 8:15a Adv Strength Training 9a Walk and Talk 9a Intermediate II Spanish* 9:30-10:30a Hand Chimes 10a-2p Bridge 10a Arthritis Chair Exercise 10a Advanced Spanish* 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 Beginner Strength Training 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group 5p **Pilates with Lisa**	3 8:15a Adv Strength Training 9a Walk and Talk 10a Arthritis Chair Exercise 10a-3p Mah Jongg **11a Meet N Eat at Nonna Notti*** 11a Chair Exercise 12p Crafty Corner 12p Dance Blast Fitness 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 **1p SCAMS with Elder Law of Nashville*** 2p BINGO	5 8a-12p Center Open 9a Adv. Strength Training 10-11:30a Table Tennis **9a-1p Indoor Vendor Market, Bargain Basement, Café Open**
7 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	8 8:15a Adv Strength Training 9a Walk and Talk 9a Intermediate II Spanish* 9:30-10:30a Hand Chimes 10a-2p Bridge 10a Arthritis Chair Exercise 10a Advanced Spanish* 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 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10-11:30a Free Hearing Test* **1:30-2:30p TN Jewels Holiday Performance*** 11a Beginner Strength Training 1:30p Trivia Teasers 1:30p Tai Chi 3:30p Aphasia Support Group **5p Ageless Adventures: Interest Meeting*** **5-7p Uke Jam Session**	10 8:15a Adv Strength Training 9a Walk and Talk 10a Arthritis Chair Exercise 10a-3p Mah Jongg **11a Christmas Tea at Currey Brook Farmhouse*** 11a Chair Exercise 11a **Red Hat Honeys** 12p Crafty Corner 12p Dance Blast Fitness 1p Rummikub 1p Laugh Lines Improv	11 8a Walking Circuit 9a Stretch & Balance 9-11a Ukulele Group 10aBeginner Strength with Floor Exercises 10a-2:30p Bridge 11a-1p Dulcimer Class 11a Sing-along Choir NO BINGO	12 **8:30a-12:30p Note the Center Open Hours** 9a Adv. Strength Training 10-11:30a Table Tennis **10-11a BINGO with Girl Scout Troop #1394***
14 9a Gentle Yoga w/ Jan **9a Bluebird Café Outing*** 10a Lo-Impact Aerobics 11a Beginner Strength Training 11a Beginners Spanish* 1p Intermediate I Spanish* 12p Knitting & Crochet Class 2p Table Tennis Open Play	15 8:15a Adv Strength Training 9a Walk and Talk 9a Intermediate II Spanish* 9:30-10:30a Hand Chimes 10a-2p Bridge 10a Arthritis Chair Exercise 10a Advanced Spanish* **10:15a Lunch Bunch to Just Fish*** 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 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* **11a Kwanzaa Observance Event*** 11a Beginner Strength Training 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30 Aphasia Support Group	17 8:15a Adv Strength Training 9a Walk and Talk 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	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 2p BINGO	19 **8:30a-12:30p Note the Center Open Hours** **10a-12p MTGMS Winter Class Sign-ups*** 9a Adv. Strength Training 10-11:30a Table Tennis
21 **ALL**	22 **CENTERS**	23 **ARE**	24 **CLOSED**	25 **THIS**	26 **WEEK**
28 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a Beginner Strength Training 11a Beginners Spanish* 1p Intermediate I Spanish* 12p Knitting & Crochet Class 2p Table Tennis Open Play	29 8:15a Adv Strength Training 9a Walk and Talk 9a Intermediate II Spanish* 9:30-10:30a Hand Chimes 10a-2p Bridge 10a Arthritis Chair Exercise 10a Advanced Spanish* 11a Chair Exercise 12p Dance Blast Fitness 1p Donelson Dancers 2-3:30p Bridge Lessons	30 8a Walking Circuit 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO 3:30p Aphasia Support Group	31 8:15a Adv Strength Training 9a Walk and Talk 10a Arthritis Chair Exercise 10a-3p Mah Jongg 11a Chair Exercise 12p Crafty Corner 12p Dance Blast Fitness 1p Rummikub 1p Laugh Lines Improv	**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!**	

December Donelson Station Program Descriptions

"ML" Denotes member-led programs

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: On Break
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! 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 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 (classes started in October), 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 Participants sit and stand 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 ON HOLD During Winter Months Walkers meet in front of the building for walking group around the center and WeGo campus. Weather permitting.

December 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 in-season.

Care Management **Wednesday, December 2, 9a-3p**

FiftyForward Care Manager, Vivika Garcia, is onsite to help members connect with community resources and supportive care. 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.

SCAMS Prevention **Friday, December 4, 1p**

Presented by Elder Law of Nashville, this presentation provides information on how to protect yourself from SCAMS. Please register to attend. Thank you Barbara Ross for hosting.

Holiday Indoor Vendor Market, Bargain Basement, and Café Open **Saturday, December 5, 9a-1p**

Vendor booths open to members and the public. Enjoy shopping indoors and in the bargain basement. Donelson Café & Catering open for the event. Stay in the area for the Donelson/Hermitage Christmas Parade starting at 4pm. The parade route ends in front of our building.

Travel Tuesday with Adam **Tuesday, December 8, 11a**

Adam is onsite with See America Tours to provide information on upcoming travel options and destinations for 2027.

Free Hearing Test **Wednesday, December 9, 10-11:30a**

FREE testing sessions with Hearing Life. Registration required for a 15-minute slot. See staff to secure one of 6 session time blocks.

Tennessee Jewels Holiday Performance **Wednesday, December 9, 1:30-2:30p**

These talented ladies are singing, dancing, twirling… "senior" sensations! In high demand, Donelson Station is one of the chosen places for the Jewels to perform for the holidays. RSVP required.

Ageless Adventures: Interest Meeting **Wednesday, December 9, 5p**

Ready for Your Next Adventure? Join us for the first **Ageless Adventures** interest meeting! If you enjoy exploring new places, trying new experiences, staying active, and meeting fun people, this group is for you. Together we'll plan outings, discover hidden gems, and create unforgettable memories. **Ageless Adventures: Keep Moving • Keep Exploring • Keep Living**

Saturday BINGO Special **December 12, 10a**

Girl Scout Troop 1394 is excited to have chosen Donelson Station as their holiday service project. It was their idea to lead BINGO for this day and provide "special" prizes. Please RSVP and have fun playing BINGO with these young ladies!

SUPER BINGO **Tuesday, December 15, 2p**

Monthly SUPER BINGO is sponsored by Eric Miller of CarePatrol and special guests of our community: Charter Senior Living-Hermitage-Greta, Preferred Care-Lisa, EXP Realty-Cliff. There are no losers in this fun version- everyone takes home a prize!

Kwanzaa Observance Event **Wednesday, December 16, 11a**

All are welcome to the 3rd Annual Kwanzaa Observance event sponsored by Julia Nabaa and guests. Discover the principles of Kwanzaa, Lighting of the Candles, Drumming, Songs, and highlights on African Americans with connection and roots in the Nashville community. Taste foods celebrating the Karamu Feast. Free, but seating is limited; please RSVP.

MTGMS Jewelry Class Sign-up Day **Saturday, December 19, 10a-12p**

Registration is open onsite for all winter session classes January to March. See John in the front office with any questions. MTGMS is the Middle Tennessee Gem and Mineral Society and is a non-profit housed in Donelson Station.

New Member Orientation Class **Next Meeting is in January**

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.

December 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.

Meet N Eat Thursday, December 3, 11a, Cost: Lunch
A Meet n Eat option celebrating one of our new local restaurants. Register to join other members for socialization and dining. Drive yourself to Nonna Notti at 557 Stewart's Ferry Pike, 37214. Chris Iannotti is excited for our members to visit his Italian Market and Deli. Inspired by Iannoti family recipes, traditions, and hospitality, enjoy the authenticity of a Chicago-style Italian market and deli with the warmth of a neighborhood gathering place. Seating reserved for 14 members.

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. Reservations released in November for preparation and scheduling.

Bluebird Café Music and Donuts Monday, December 14, 9a, Cost: $10
Many famous musicians have played at the world-renowned Bluebird Café. Donelson Station is invited to the December senior "Donuts and Coffee" song event. Who will we see at the Bluebird? To learn more about the venue and history, go to bluebirdcafe.com.

Lunch Bunch Tuesday, December 15, 10:15a, Cost: $15 + Lunch
Voted "Best Fish" in Wilson County, catch the bus for a lunch trip asked for by several members. JUST FISH specializes in fried fish (catfish raves) and soulful sides. RSVP to experience one of Lebanon's favorite places to eat. Seating 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.

Please see Traci with ideas or write down trip and class suggestions and drop into the mail slot in the lobby.