



Knowles Knows

April 2018

Coming up in APRIL

First Monday Lunch
Mon, Apr 2, NOON

Gardening Group
Fridays

Cont.' — Oct 26 at 9:30 am

Walk with Ease
Mon, Wed, Fri

Cont.' — May 31st time varies

Computer Café
Fridays

Cont.' — Apr 20 at 11:30 am

Inspiration Class

Wednesdays 11:00 am

Tai Chi

Wed at 10:15 until May 9th

Art Meditation

Thu, Apr 5 at 11:00 am

Grief & Loss Workshop

Thu, Apr 12th at 10:45 am

Volunteer Appreciation Week

Mon, Apr 15— Fri, Apr 21

Spring Cleaning Bingo

Tue, Apr 17th at 1:30pm

Volunteer Reception

Wed, Apr 18th at 11:00 am

Awareness Classes

Tue, Apr 17th at 11 am

Thu, Apr 19th at 11:00 am

Mon, Apr 23rd at 9:45 am

Tue, Apr 24th at 11:30 am

Flex Class Demo

Fri, Apr 20th at 10:30 am

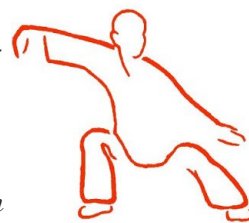
Story Maker's Meeting

Fri, Apr 20th at 11:00 am

Day Trips

- **Movie Daytrip** Mon, Apr 9th
- **Whit & Al at Looby Theater** Tue, Apr 10th
- **Tokyo Japanese Steakhouse** Mon, Apr 30

TAI CHI IS BACK April 4th-May 9th, 2018 (**There will be no class on April 26, 2018.**) Join us for the fun. We are looking for members or community members that may be interested in *Dancing with Parkinson*. In February, we had a big kick-off of the class, but we have failed to get participants. If you know of someone in the community that may be interested please have them to call Reghan or Kim.

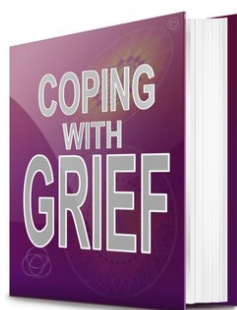


APRIL 15-21st is

Volunteer Appreciation Week

Knowles is hosting an Appreciation Reception for all Volunteers on Wednesday, April 18, 2018 at 11:00 a.m., please join us and show your appreciation for **ALL OUR VOLUNTEERS**. If you are a volunteer make sure we have your name at the office and what capacity you volunteer at FiftyForward Knowles in. We need these names as soon as possible.

The Gardening Group is going strong. We are excited about the time and energy that they are putting into the garden and flowers. The Center will be having some other sprucing up work done this month, so please keep your eyes open for postings. Some of the work will include Parking Lot Striping, Painting of the Curbs, Landscaping and other Clean Up, please if you are asked not to park in a certain area, please **DO NOT PARK** there. We did not want to close the center during these projects, so we will try to accomplish these projects, while continuing center programming.



There are excellent opportunities for FiftyForward Knowles and we need to take full advantage of them. The first opportunity is a **Grief and Loss workshop on April 12th**, after that workshop we will begin taking sign ups for a **Grief and Loss support group**. It is important to take care of our physical bodies, but just as important to make sure we care for our mental health. If you have lost a loved one or friend and you have not had the opportunity to receive the support you needed to grieve properly, please join us for this unique opportunity. The cost for the Grief and Loss group is \$2.00 per visit for 12 visits. The classes will be held once a week beginning in May. More information will be handed out at the workshop. Sign ups are first come first serve. Unfortunately, we can only accept 10 individuals and if Knowles does not respond quickly the slots will be opened up to other centers within FiftyForward.

Kim's Korner

I hope this letter finds you doing well. We had an awesome time at Knowles in March, with all of our outstanding authors and book reviews. Thanks for the support you showed for each and everyone of them. A special thank you for the love you demonstrated to Ms. Birda and Ms. Helen, our own FiftyForward members. I cannot let this moment pass by without saying thanks for the support you showed my dad, Bud Dorsey and the ending presentation by Dr. Kidd.

April holds many great things, first off Tai Chi is back. Please remember that attendance is important if we would like to maintain awesome classes like Tai Chi. Please try to attend at least one Tai Chi class to show your support. Who knows Tai Chi may be the one thing that is missing from your exercise routine that is needed to make it complete.

This month we will continue our focus on learning more about others. Join Reghan for an awareness class around Japanese culture on April 23, 2018 at 9:45 and enjoy some coffee and cereal. We will also be hosting a trip to dine out on Japanese cuisine.

I hope you all enjoyed the Easter Egg Hunt. This is always one of our major events for the year and we thank you for being a good sport and participating.

Just a reminder that it is Crown Affair time again and the center will be closed April 25, 26 and 27th to make room for this awesome fundraising event.

Thank you for your continued support of the Center and we look forward to an awesome Spring together.



Birthdays in APRIL

Gaulle, Tricia	Crenshaw, Caryn
King, Leola	Bumpus, Wanda
Ferguson, Mary Ellen	Wood, Martha
Schrupp, Kathleen	Fielder, Dorothy
Tidwell, Ann	Hamilton, Virginia
Wood, Sally	Horton, Elizabeth
Vaughn, Louvine	Drowne, Cassandra
Hill, Barbara	Hammonds, Martha



Quote of the Month

*"In three words I can sum up everything
I've learned about life: it goes on."*

- Robert Frost

What's New?

Lisa Lis graduated with a degree in Exercise Science and has used that knowledge to become a Certified Personal Trainer & Certified Health & Lifestyle Coach with 7 other specialty certifications & over 25 years of experience in the wellness industry. She will be here with us at the FF Knowles Center to do an **Intro Class on Stretching and Flexibility!** Please come and join in so we can get as much feedback as possible and potentially continue with a 6-8 week program!

Also, during the month of May you will see during the first two weeks a **Mood Wall**. This wall is being brought to Knowles via a partnership with *Insight Counseling* to help bring recognition to *Mental Health Awareness Month* in May. Stay tuned.

Its time again for the wonderful **Aging Mastery Program**. The Aging Mastery Program (AMP) empowers older adults to make and maintain small but impactful changes in their behaviors. AMP offers an innovative approach to help individuals successfully navigate this phase of life. The classes begin June 5th and end July 24th, Tuesdays.



Aging Mastery Program®

National Council on Aging

Reghan's Remarks

Spring has sprung and I am beyond ready for this warmer weather we have coming our way! How about you? We have a lot happening in April here at the FiftyForward Knowles Center! Our daytrips this month consist of a trip the Movie Theater (movie TBA) so sign up and be surprised at what we see! We will show up a little early so we can all get snacks and drinks to enjoy during the show! We will also be attending Music for Seniors, Whit and Al at the Looby Theater, so get signed up with someone at the front desk, as these trips always fill up fast! And last but not least, as a continuance of our awareness class on the Japanese Culture, we are having lunch at Toyko Japanese Steakhouse on Monday, April 30th! Please remember that the center **WILL BE CLOSED the Wednesday, Thursday and Friday before this trip (April 25th, 26th and 27th)!!!** This month we are having a Grief and Loss workshop so please attend this class on April 12th if you think you may be interested in the 12 week group session that will follow starting in May! And of course, we have multiple awareness classes this month, so please make sure to attend all those that interest you because you never know what you will take away from the discussion! It is NEVER too late to learn! Last but not least, I want to thank each and every one of you that are Volunteers here at the Knowles Center and we want to invite all of our members to come celebrate their volunteerism on April 18th. Happy April Everyone!!!

REMINDERS

FiftyForward Knowles is **CLOSED**
April 25, 26 and 27
for the Crown Affair.



Coming up...

June 5-July 24, 2018 — Aging Mastery Program. This program is designed to provide seniors the education, information and resources they need to improve their health and wellness. The cost: Free to Knowles members and \$60.00 for non-FiftyForward Members. The class is 11:00-12:30 p.m. Tuesdays.

June 5-July 24, 2018 — Cottage Cove — Cottage Cove is a youth program that is partnering with FiftyForward Knowles to engage youth and seniors in intergenerational programming. The time is TBD. The cost is Free.

March 2-September 28, 2018 - Garden Group. Members of Knowles will tend to both a vegetable and flower Garden.

Also, stay tuned for some of your favorite classes that will be offered May-September — Walk with Ease, Tea Time, awareness classes, day trips and other events!