

# FiftyForward Knowles *Knows*

*Our mission is to support, champion and enhance the lives of those 50 and older.*

174 Rains Ave. Nashville, TN 37203 (615) 743-3433

[www.FiftyForward.org](http://www.FiftyForward.org) February 2019

**Fifty  
Forward**  
Love life at 50+

## February HIGHLIGHTS

### First Monday Lunch

Monday, February 4th NOON

### What's New

Tuesday, February 5th & 12th at 10:30

### A Cosmic Journey: Solar System

Series Thursdays, Jan 10th—Feb 28th  
at 10:45 am

### Valentine's Day Celebration

Thursday, February 14th at 12:00

### Genetic Cancer Screening

Monday, February 18th at 9:00

### President's Day Celebration

Monday, February 18th at 12:00 pm

### All Of Us Sign up day

Monday, February 18th at 10:00 am-

### NEW- Monthly Bingo w/ United HealthCare

Tuesday, February 19th at 1pm

### Game Day

Monday, February 25th at 11:30 am

### Men's Group

Thursday, February 28th at 9:30 am

### Awareness Classes

Tuesdays in February at 11:45 am

Circle of Friends—Cooking Class

Friday's in February at 10:30 am

### Daytrips:

#### The Upper Room

Wednesday, February 6th

Please see **February Calendar** for  
all other Programs and Activities!

*Love in the air...Look what we have in store for you this month...*



### Valentine's Day Celebration

Thursday, February 14th

Time: 12:00 | FEE: \$8.00 Member OR  
\$15.00 Member & Guest

Entertainment: Mr. Sheldon Kahan w/  
Music for Seniors

Lunch provided by: Honey's Kitchen &  
Catering

King and Queen: make sure to wear your  
best Valentine's Day Outfit

Rose Delivery (MUST BE PAID IN ADVANCE)

Sign up required

### President's Day Celebration

Monday, February 18th

Time: 12:00 pm | FEE: FREE

Food: POTLUCK—sign up at the Center

Trivia Games and Prizes



### Game Day

Monday, February 25th

Time: 11:30 | FEE: Free

A fun time to hang out with friends, play a  
new game, socialize and meet new friends!  
So bring your lunch and lets all have a little  
fun!

Established in 1956, FiftyForward supports, champions and enhances for those 50 and older.

# Kim's Korner

I hope 2019 has gotten off to a good start for each of you. We have many exciting things planned for 2019! Our membership in numbers has increased and we want you to continue to spread the word that FiftyForward Knowles is an exciting place to be!

This year you will be able to look forward to the Cosmic Journey, a look at our solar system along with series' in several other topics such as history, finance and culture.

Thank you for the wonderful work on the Vision Boards. Reghan and I are reading each one and will try to implement as many of the suggestions as possible into the programming this year. I want to remind you that we also have the following committees that assist the center in programming choices:

*The Activity Committee | Programming Committee | Membership Committee*

The Activity Committee has had their first meeting. Stay tuned to your calendar for the Programming and Membership Committee meetings. All three committees are seeking new members.

We want to make this center the best in the country and we need your input on the things that you would like to see here. There is also a suggestion box in the lobby, if you have a suggestion to make the center better.

Thanks for all you do and for being a member of FiftyForward Knowles Center.



## Birthdays in FEBRUARY

Jefferson-Corley, Ossie	Ray, James
Grossman, Jo	Kleve, Gloria
Knoch, Elizabeth	Kelly, Bonnie
Felts, Kathy	Peck, Janice
Peck, Larry	Turner, Johnnie
Batts, Yvonne	

## Quote of the Month

“THE LIFE IN FRONT OF  
YOU IS FAR MORE  
IMPORTANT THAN THE  
LIFE BEHIND YOU.”

~JOEL OSTEEEN



## REMINDERS



*Don't forget to buy a rose for Valentine's Day!*

*Jan 29 - Feb 12*

*Amount: \$2.50 per Rose*

*Delivered to you during the Valentine's Day Party!*

Join us as we celebrate **Black History Month** with a presentation on Music and The African American Culture. Featuring **The Metro Wind Ensemble** and other special guests.  
**Thursday, February 28th 12:00—1:30**  
*Free*



## *Coming up...*

The center has been working diligently to put together some additional programming targeted at increase our male member's participation. This year we will be implementing several classes that may be of interest to our male members. Our first activity will be on **March 28, 2019 at 12:00 noon**. You will be required to sign up at the front desk or by calling in at 615-743-3433.

The activity will be a **kick-off luncheon** for men retired, retiring or thinking of retiring soon. The luncheon will be a kick-off to a **Men's Retirement group** designed to help those retiring and recently retired to repurpose themselves and to do so in concert with other men.

It is sure to be an exciting time at Knowles.  
This is something you will not want to miss.  
Stay tuned for your March calendar.



## What's Happening...



NEW- Monthly Bingo w/ United HealthCare

Tuesday, February 19th | FEE: FREE

*Bring a friend and come enjoy this monthly bingo on the 3rd Tuesday of each Month!*

"TRUE MEXICO"

Tuesday, February 26th

Time: 11:45 | Fee: Free

*Time to get educated! A well traveled speaker will be here at the Knowles Center to talk on the Culture of Mexico from Music to Food and everything in between! Make sure to signup at the Center for this class!*



## Reghan's Remarks

Happy Month of LOVE everyone!

I hope you all are loving the programs that we are having so far in 2019! For the month of February our MAJOR programs are:

- What's New—Game Club with Ossie
- What's New—Bible 101 with Dorothy
- Valentine's Day Celebration and Rose Sale
- Genetic Cancer and Medication Management Screening
  - President's Day Celebration
  - Black History Month Celebration

If you would like to attend any of these programs, please make sure to sign up at the Center and make payments to attend IN ADVANCE!

If there are new programs that you would like to see here at the Knowles Center, please talk to the Program Director! It is very important that we have program you all LOVE!

***Membership fees to increase January 1— members can participate in all seven centers!***

Effective January 2019, Fifty Forward center membership fees will increase to \$12\* a month. Our centers offer lifelong learning and engaging programs (Arts, exercise and education) and access to resources to live true to the FiftyForward mission: to support, champion and enhance life for those 50 and older.

Five of the seven FiftyForward lifelong learning centers are among the elite 1% of centers in the United States, recognized by the National Institute of Senior Centers, for quality and effectiveness.

As a nonprofit agency, we rely on proceeds for annual membership and program fees, special events, local government grants and funders, active volunteers and other thoughtful and generous community Supporters to provide engagement opportunities for older adults.

FiftyForward has not raised membership rates in eight years. This increase will offset the costs we are seeing to maintain our lifelong learning centers and programs.

For \$12 month, you can participate in ALL seven FiftyForward Centers.

- ◇ Embrace health and wellness through fitness classes at all levels;
- ◇ Enhance your lifelong learning through Aging Mastery Program seminars
- ◇ Learn new skills through classes
- ◇ Make new friends through special interest groups
- ◇ Discover your hidden talent through center-based performance opportunities
- ◇ Take pleasure in the creative arts
- ◇ Volunteer in our community
- ◇ Explore new cultures by traveling to nearby attractions or around the world.

***IT'S YOUR TIME...JOIN US AT FIFTYFORWARD!***

If you are interested in weighing in more on what programming takes place at Knowles, consider joining the Program Services Committee. This committee advises the Program Director on desired and needed programming and services for membership. Keep your eyes open for a flyer about their 1st meeting or see Joe Murray or Program Director, Reghan Thompson.

The Membership Committee is also looking for members interested in assisting with the development and implementation of activities to reach new membership and retain the current membership. Please keep your eyes open for a flyer about their 1st meeting or see Ossie Corley-Jefferson or the Center Director, Kim Anderson.

***WE NEED YOU!***



**All of Us**  
RESEARCH PROGRAM

Have you heard about the new *All of Us* research Program from the National Institutes of

Health? This new exciting program seeks to enroll 1,000,000 participants from diverse backgrounds to improve the health of future generations. If you are interested in joining but have more questions or would like some assistance in enrolling, please make an appointment with us! FiftyForward *All of Us* team members will be offering one-on-one appointments on **Monday, February 18th**. Sign up at the Center and become "One in a Million" with the *All of Us* Research Program!