

<p><b>Mon Jun 3</b> <i>to</i> <b>Fri Jun 7</b></p>	<p><b>Mon Jun 3</b> 9:00 Knit/Crochet 9:30 Exercise &amp; Fitness 9:30 Scrapbookers 10:30 Dominoes 10:30 Walk w/ Ease * 12:00 First Monday Lunch 1:00 Memoir Group</p>	<p><b>Tue Jun 4</b> 9:30 Silver Sneakers 10:00 Cottage Cove * 10:30 Aging Mastery Program * 10:45 Yoga 12:00 Knowles Café * must have prepaid meal card 12:30 Gospel Sing-A-Long * 1:00 PEP 1:30 Game Time—Pit Fun *</p>	<p><b>Wed Jun 5</b> 9:30 Arthritis Exercise 10:00 Walk w/ Ease * 10:30 Dominoes 10:30 Gentle Yoga * 10:30 Tai Chi - <b>CANCELLED TODAY*</b> 10:30 Book Club 12:00 Knowles Café * must have prepaid meal card 12:30 Movie Group 2:00 Inspiration*</p>	<p><b>Thu Jun 6</b> 9:30 Arthritis Exercise 9:30 SilverSneakers 10:00 Deloitte Technology Day * 10:00 Summer Singing Camp * 10:45 Restorative Gentle Yoga * 12:00 Knowles Café * must have prepaid meal card 1:00 PEP 1:00 Men's Retirement Group *</p>	<p><b>Fri Jun 7</b> 9:30 NIA : Strength and Balance * 10:30 Gardening * 11:30 Tea Time *</p>
<p><b>Mon Jun 10</b> <i>to</i> <b>Fri Jun 14</b></p>	<p><b>Mon Jun 10</b> 9:00 Knit/Crochet 9:30 Exercise &amp; Fitness 9:30 Scrapbookers 10:30 Dominoes 10:00 DayTrip—Farmers Market &amp; Lunch * 1:00 Memoir Group 1:00 All of Us Sign Up Day *</p>	<p><b>Tue Jun 11</b> 9:30 Silver Sneakers 10:00 Cottage Cove * 10:30 Aging Mastery Program * 10:45 Yoga 12:00 Knowles Café * must have prepaid meal card 12:30 Gospel Sing-A-Long * 1:00 PEP 1:30 Game Time—Pit Fun *</p>	<p><b>Wed Jun 12</b> 9:00-12:00 Songs for Sound Bus * 9:30 Arthritis Exercise 10:30 Dominoes 10:30 Tai Chi * 10:30 Book Club 12:00 Knowles Café * must have prepaid meal card 12:30 Movie Group 2:00 Inspiration*</p>	<p><b>Thu Jun 13</b> 9:30 Arthritis Exercise 9:30 SilverSneakers 10:00 Summer Singing Camp * 10:45 Restorative Gentle Yoga * 12:00 Knowles Café * must have prepaid meal card 1:00 PEP 1:00 Jazz/Partner Dance Series* 1:00 Men's Retirement Group *</p>	<p><b>Fri Jun 14</b> 9:30 NIA : Strength and Balance * 10:30 Gardening * 10:30 Father's Day Brunch * 11:30 Tea Time *</p>
<p><b>Mon Jun 17</b> <i>to</i> <b>Fri Jun 21</b></p>	<p><b>Mon Jun 17</b> 9:00 Knit/Crochet 9:30 Exercise &amp; Fitness 9:30 Scrapbookers 10:30 Dominoes 11:15 DayTrip: All of Us—Park Picnic * 1:00 Memoir Group</p>	<p><b>Tue Jun 18</b> 9:30 Silver Sneakers 10:00 Cottage Cove * 10:00/1:00 Cyber Seniors * 10:30 Aging Mastery Program* 10:45 Yoga 12:00 Knowles Café * must have prepaid meal card 12:30 Gospel Sing-A-Long * 1:00 PEP</p>	<p><b>Wed Jun 19</b> 9:30 Arthritis Exercise 10:30 Dominoes 10:30 Tai Chi * 10:30 Book Club 11:30 NPT—Opioids &amp; Addiction * 12:00 Knowles Café * must have prepaid meal card 12:30 Movie Group 1:00 Monthly Bingo w/ United Healthcare * 2:00 Inspiration*</p>	<p><b>Thu Jun 20</b> 9:30 Arthritis Exercise 9:30 SilverSneakers 10:00 Cyber Seniors—check group times *** 10:00 Summer Singing Camp * 10:45 Restorative Gentle Yoga * 12:00 Knowles Café * must have prepaid meal card 1:00 PEP 1:00 Jazz/Partner Dance Series* 1:00 Men's Retirement Group *</p>	<p><b>Fri Jun 21</b> 9:30 NIA : Strength and Balance * 10:30 Gardening * 11:30 Tea Time *</p>

<p><b>Mon Jun 24</b> to <b>Fri Jun 28</b></p>	<p><b>Mon Jun 24</b> 9:00 Knit/Crochet 9:30 Exercise &amp; Fitness 9:30 Scrapbookers 10:30 Dominoes 11:00 Program Committee Meeting * 1:00 Game Day- Pit w/ Ossie* 1:00 Memoir Group</p>	<p><b>Tue Jun 25</b> 9:30 Silver Sneakers 10:00 Cottage Cove * 10:00/1:00 Cyber Seniors * 10:30 Aging Mastery Program* 10:45 Yoga 12:00 Knowles Café * must have prepaid meal card 12:30 Gospel Sing-A-Long * 1:00 PEP</p>	<p><b>Wed Jun 26</b> 9:30 Catholic Charities Bingo * 9:30 Arthritis Exercise 10:30 Dominoes 10:30 Tai Chi * 10:30 Book Club 12:00 Knowles Café * must have prepaid meal card 12:30 Movie Group 2:00 Inspiration *</p>	<p><b>Thu Jun 27</b> 9:30 Men's Group * 9:30 Arthritis Exercise 9:30 SilverSneakers 10:00 Cyber Seniors—check group times*** 10:00 Summer Singing Camp * 10:45 Restorative Gentle Yoga * 12:00 Knowles Café * must have prepaid meal card 1:00 PEP 1:00 Jazz/Partner Dance Series* 1:00 Men's Retirement Group *</p>	<p><b>Fri Jun 28</b></p> <p><b>CENTER CLOSED:</b> Hat's Off Bordeaux</p>
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<p>RESTORATIVE BREATHING <b>CANCELLED</b> FOR JUNE!</p> <hr/> <p>PLEASE SEE A STAFF MEMBER IF YOU ARE INTERESTED IN A <b>MEAL PLAN</b> FOR THE SUMMER!</p> <p>.....</p> <p>IF YOU ARE INTERESTED IN BEING AN <b>AMBASSADOR</b> FOR THE KNOWLES CENTER PLEASE SEE THE PROGRAM DIRECTOR FOR DETAILS</p>				
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\*Red text indicates a special event happening this month. Registration required.

Address: 174 Rains Avenue, Nashville, TN 37203 | Phone: (615) 743-3433

## First Monday Lunch:

Monday, June 3rd

Time | NOON FEE | \$6

Join us for our *First Monday Lunch*. Sign up for this event  
**CLOSES ON FRIDAY, June 31st**



## Friday Programs:

**NIA Exercise Class with Nancy**

Friday's until end of June

Time: 9:30 am | FEE: \$36.00 for 8 classes

Back by Popular demand... this class cost \$36.00 per person which covers 8 sessions! Make sure to get in on this HOT class that everyone LOVES!!!

Sign up at the **FRONT DESK**

**Gardening**

Fridays

TIME: 10:30 am | Fee: Free

Planting will begin May 3rd! Bring your gloves and lets get to digging!



**Tea Time**

Fridays: June— July

Time: 11:30 | Fee: FREE

This is a time to enjoy some Tea with Friends, plan a "Give Back" for the end of July and hear from some neighborhood leaders!

### POP-UP EVENTS

Keep an eye out for pop-up events in May. Check the clipboards and flyers when you come in and please sign up for events/trips as a headcount is very important for us to have!!!



## Special Events:

**"Monthly Bingo w/ United HealthCare"**

Wednesday, June 19th

Time: 1:00 | FEE: FREE

Bring a friend and come enjoy this monthly bingo on the 3rd Tuesday of each Month! United Healthcare sponsors this program each month so bring questions, grab a seat and win some prizes!



**Father's Day Brunch**

Friday, June 14th

Time: 10:30 | Fee: FREE

Come celebrate all of the Wonderful Fathers at the FiftyForward Knowles Center! We will have a LIGHT brunch to celebrate!

Sign up at the **Front Desk** by June 13th

**Men's Group**

Thursday, June 27th

TIME: 9:30 | Fee: Free

Make sure to mark your calendars, bring a friend and enjoy some time with the men of Knowles!

## Special Series:

**Cottage Cove**

Tuesday, June 4—July 30

Time | 10:00 AM—11:00 AM

We are excited to have this intergenerational program back here at the FiftyForward Knowles Center again this year! Each week the kids will come over, enjoy a fun activity with our members that participate in the program and have a nice snack... if you would like to participate this year please reserve a spot at the front desk!



**Men's Retirement Group**

Thursdays

Time: 1:00 pm | FEE: FREE

This is a new Program that is open to all men in the community! If you are interested in participating in this group please see Program or Center Director!

## DayTrips:

### Farmer's Market and Lunch Monday, June 10th

Depart: 10:00 Return: 1:30 | FEE: \$2.00 Van Ride  
+ Lunch on your own!

What better way to spend a beautiful June day than shopping for fresh veggies and having lunch out with friends!

**Sign Up at the Front Desk**



### ALL OF US PARK PICNIC Monday, June 17th

Depart: 11:15 Return: 2:30 | FEE: FREE

We will have a fun day out with the All of Us program at Centennial Park! If you are interested in hearing about this amazing program while enjoying a day at the park, make sure to get signed up!

**Sign Up at the Front Desk**



## New Class:

### Gospel Sing-A-Long Tuesday's

Time: 12:30 am | FEE: FREE

For those who just love to sing! This is a no pressure, fun only singing group who enjoys hanging out and bustin out some tunes! Join us in the Lobby around the Piano for some lovely tunes by Nelson and lets have some relaxing fun!



### Pit Fun w/ Ossie

Tuesdays, June 4th and June 11th

Time: 1:30 am | FEE: FREE

This is a new game group that will meet each Tuesday in May for some PITT FUN! Our own member Ossie, will be in this class to help out with anyone who has never played this LOUD, EXCITING game before!



## Special Series Cont:

### Aging Mastery Program

Tuesdays, June 4–July 30

Time: 10:30–12:00 | FEE: FREE for members

Join us in for this great educational series that will run for 8 weeks here at the Knowles Center. We have **10 slots** for this class so call ASAP if you are interested in participating!

**Sign up at the Center**

### Summer Singing Camp

Thursdays, June 6 - July 25

Time: 10:00–12:00 | FEE: Free

Come and join us on Thursdays! We have this exciting summer singing/educational music program starting back so make sure to sign up ASAP. Each week new music is introduced so come out enjoy the tunes!

**Sign up at the Center**

### Jazz/Latin/Partner Dance Class

Thursdays, June 13–July 25

Time: 1:00–2:30

Fee: 18.00 members—\$48.00 for non members

Hannah, with the Hispanic Foundation will be conducting a Jazz/Partner dance series June–July! Its time to learn some new moves, so please see the front desk to get signed up for this 6 week series!

### Restorative Gentle Yoga—

in place of Restorative Breathing for June

Thursday, June 6th–June 27th

Time: 10:45 | Fee: \$8.00 for 4 classes

This is a new program for us at the FiftyForward Knowles Center so make sure to check it out! This will be in place of Kathleen's class for June but it is a Gentle Yoga with Restorative Breathing involved!

**NO FLOOR EXERCISES INVOLVED!!!**

**Sign Up at the Front Desk**

**IF THERE IS AN ACTIVITY OR SERIES THAT YOU ARE INTERESTED IN AND WOULD LIKE TO SEE AT THE FIFTYFORWARD KNOWLES CENTER, PLEASE TALK WITH THE PROGRAM DIRECTOR! WE ARE ALWAYS LOOKING TO FILL PROGRAMS WITH ACTIVITIES AND CLASS YOU ALL FIND INTERESTING AND FUN!**



**ADDRESS:** 174 Rains Avenue, Nashville, TN 37203 — **PHONE:** (615) 743-3433