

FiftyForward Knowles *Knows*

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

August 2019

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

www.FiftyForward.org

**Fifty
Forward**
Love life at 50+

August HIGHLIGHTS

First Monday Lunch

Monday, Aug. 5, 12 p.m.

Knowles Café

Tuesday, Wednesday, Thursday, 12 p.m.

Men's Retirement Group

Thursdays, 1 p.m.

Men's Group

Thursday, Aug. 22, 9:30 a.m.

Bingo with United Health

Tuesday, Aug. 20, 1 p.m.

Program Committee Meeting

Monday, Aug. 26, 11 a.m.

Bible 101

Thursdays through October, 1 p.m.

Solar System Series 2

Tuesdays, Aug. 13-Sept. 3, 11:30 a.m.

Skanska Event and Lunch

Friday, Aug. 23, 11:30 a.m.



Daytrips:

Jean Flippin's Store—Miniature Cottages and Lunch

Monday, Aug. 12, 10 a.m.

Tennessee State Museum

Wednesday, Aug. 21, 10: a.m.

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

august

Summer Programs are winding down and we have had the best time celebrating this summer. Please make note of the programs that will run in the month of August and make sure to see someone at the center to get signed up! Due to some programs having a limit, we want to make sure you get in those activities of interest to you!

Awareness Classes:

- **Tuesday, Aug. 6:** Waste Reduction 101, 10:30 a.m.
- **Thursday, Aug. 8:** Yesterday, Today & Tomorrow: Parthenon & Centennial Park, 11:45 a.m.
- **Tuesdays, Aug. 13-Sept. 3:** Solar System Series 2, 11:30 a.m.
- **Wednesday, Aug. 14:** Fire Safety, 11:30 a.m.
- **Thursday, Aug. 15:** Healthy Eating, 11:30 a.m.
- **Thursday, Aug. 15:** Beauty is Skin Deep (Skin Care), 1 p.m.
- **Thursday, Aug. 22:** CBD Education, 10:30 a.m.
- **Thursday, Aug. 29:** Community Awareness MNPD, 10:30 a.m.

BINGO

- **Tuesday, Aug. 20,** 1 p.m. with United Healthcare
- **Thursday, Aug. 22,** 11:30 a.m. with American Senior Benefits

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

Kim's Korner



We are winding down the lazy days of summer. Of course, we won't be able to tell summer is ending for another 45 days or so. Until then, the weather will be hot and so will the fun at FiftyForward Knowles. We have some exciting events planned for August. August is filled with fun series to excite the lifelong learner. Check out the Solar System series, as well as cool presentations by some of our civil servants.

This summer we had the awesome experience of enjoying lunch through the FiftyForward Fresh program. August is the last month to get in on this opportunity. I hope you enjoyed the lunch program this summer. The cost for the month of August will be \$25 a month, which provides you with a meal on Tuesdays, Wednesdays and Thursdays. This effort is a big help in terms of "no need to pack a lunch," "where else can you eat a full meal for \$2" and "you get to experience the great taste of FiftyForward Fresh meals."

Lastly, I wanted to let you know there remains multiple opportunities to impact the happenings at FiftyForward Knowles. Here are the various ways you can impact what is happening at your center:

- We need a Chairperson on the membership committee. This person will work with a committee to help increase membership within the center.
- We need committee members for the membership committee, the activities committee (plans major events at the center) and program committee (make recommendations for programming within the center).
- We have two vacant seats on the Knowles Advisory Council.
- We recently began a volunteer program. We are looking to fill three additional slots for volunteers by 12/31/19.

If you are looking for a way to support your center or make your center a better place, please see the front office to express your interest in participating on these committees or council.

Have a great rest of the summer and we look forward to continued fun through lifelong learning and exercise.

Birthdays in August

Chambers, Judy
Sterling, Janie
Brooks, Johnnie
Smith, Maureen
Whittaker, Linda
Eagleson, Laverne
Nance, James

Carr, Anita
Joranko, Joyce
Geise, Brenda
Cloud, Barbara
Pride, Jon
Mayhan, Marisa
Jones, Rosemary

Ossie's Quote of the Month



REMINDERS



We are currently looking for members who would like to be a FiftyForward Knowles volunteer! These individuals will be filling in at the Front Desk and helping out in the kitchen! If you are interested in lending a helping hand, please see the Program Director for more info!

On the Road with FiftyForward

FiftyForward is developing some new travel opportunities coming this fall! Please see below, information for the trip taking place in September.

Date: September 19, 2019

Where: Tennessee Aquarium and Lunch at Big River Grille

Departure Location: FiftyForward Knowles | **Departure Time:** 7:30 a.m.

Fee: \$70 for members, this includes: Fee for deluxe motor coach transportation and entry fee for the Aquarium. Lunch is not included, so make sure to bring along some extra cash!

NONMEMBERS have an added \$5 fee.



***Please make sure to bring an extra \$1-\$2 for a bus driver tip!**

**All
of Us**

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, Aug. 19**. Sign up at the center and become "One in a Million" with the *All of Us* Research Program!

What's Happening...

SKANSKA



DATE: Friday, Aug. 23

LOCATION: FiftyForward Knowles

TIME: 11:30 a.m.

INFORMATION: Free lunch

Program featuring representatives from Skanska and Fairgrounds on the Expo project and Nashville's growth.

ONLY 18 SPOTS AVAILABLE

RSVP to the front desk by Thursday, Aug. 8

Reghan's Remarks

What a wonderful time of year! We are just rolling through these months and we have been blessed with some wonderful fall like weather the past couple weeks!

We have tons of opportunities coming up this fall with a lot of new programs for you to try out. Make sure to read your calendars and get signed up for all programs of interest to you.

We will be at our 30 day mark for the September 19 trip to the Tennessee Aquarium on August 19th, so if you are interested, the time is NOW to get signed up! Cost is \$70 for member and \$75 for non members. You must be 18+ so if you want to bring family, PLEASE DO! This fee will cover the deluxe motor coach bus, transportation to and from Nashville and the entry fee into the Museum. Lunch will be on your own, so make sure to bring some extra money as well as \$1-\$2 dollars for the bus driver tip!



meal ticket

Members of FiftyForward Knowles can purchase a **meal ticket** for Summer programming.

What: FiftyForward Knowles has partnered with FiftyForward Fresh/ Meals on Wheels to offer meals on *Tuesday, Wednesday* and *Thursday* during the months of *June, July* and *August 2019*.

Cost: The meal tickets will cost \$25.00 which comes out to \$2 per meal

Who: We are offering this opportunity the *first 25 FiftyForward Knowles members* who sign up. Sign-ups will need to take place at the front desk. Once you sign up you will receive a meal ticket good for one month. If you choose to pay for all three months ahead of time, you will be able to pick up your pass for the future months at the 1st of that month.

Why: In the past, each summer we have offered meals to those attending Aging Mastery Program, Summer Singing Camp and Wind Down Wednesday. This summer we are trying a different approach. These same meals will be available, but will be served on Tuesdays, Wednesdays and Thursdays, June-August for those with a meal ticket.

How: To purchase your meal ticket, please sign up at the front desk.



BE ON THE LOOKOUT:

September Programs you won't want to miss!

Sept. 10-Oct. 29: Italian conversational series

Cost: Free | Time: 10:45-11:45 a.m.

Sept. 5-Oct. 24: Financial Fitness Money Smart Series

Cost: Free | Time: 10:45-11:45 a.m.

Sept. 24-Oct. 8: Aging Mastery Program 2—Pillars of Health with Celeste

Cost: TBD | Time: 10:45 a.m.-1:15 p.m.

VOLUNTEER RECOGNITION

We want to say thank you to all of our FiftyForward Knowles Volunteer Ambassadors who have dedicated their time and energy to the Center. We truly could not do such wonderful work without you all by our side!

- Maurine Simpson—Volunteer Ambassador
- LaVerne Eagleson—Volunteer Ambassador
- Betty Crockett—Volunteer Ambassador

We also want to thank those members who volunteered for our summer programs:

- LaVerne Eagleson—Outreach Volunteer
- Josefa Tangui-Sanchez—Outreach Volunteer
 - Dorothy Baccus—Cottage Cove
 - Betty Crocket—Cottage Cove
 - Nelson Dunlap—Cottage Cove
 - Janice Smith—Cottage Cove
 - Denise Barber—Cottage Cove
 - Barb Batson—Cottage Cove

VOLUNTEER

