

# FiftyForward Knowles

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

**174 Rains Street  
Nashville, TN 37203  
615-743-3433**

**[www.FiftyForward.org](http://www.FiftyForward.org)**

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## **There's something for everyone at FiftyForward**



As the hustle and bustle of the holidays begins, it is important that we reach out to friends who might need some positivity and fellowship in their lives.

At our centers we see many groups led by women who are doing fun, creative projects. Social trends demonstrate women are very social creatures, and often create long, lasting bonds. The same can be said of men. Many centers are recognizing the need to create those opportunities for men to gather to form friendships and to support one another.

Dan Surface, a Friends Learning in Pairs (FLIP) volunteer, was featured in our September *Forward Focus*. When he retired, he wondered about his next chapter and then organized a group to gather men together to support one another in retirement and beyond. The Retired Men's Group: Refiring your Life at **FiftyForward Knowles** was born. One of their first goals was to support FiftyForward member Joe Murray in his lifelong goal to skydive. (Read about it here: <https://fiftyforward.org/newsroom/forward-focus/>)

What the general population in Nashville may not know is that there are several groups for men at our centers that offer men a chance to convene and enjoy fellowship.

At **FiftyForward Martin Center**, men meet for breakfast every other month to develop friendships and support one another. Center Director Jodi Theobald says she started the group to honor her grandpa. She recounts, "He would go down to a small restaurant in our little town every morning. They had a table there where all the men sat, had breakfast, and talked about anything and everything." The group is a way "to keep the spirit and energy of those times alive." Usually 15 men attend but welcome



more to join them. The next gathering is Thursday, Dec. 12, 8:30-9:30 a.m. Call the center, 615-376-0102 for more information.

In support of other men's groups and activities, **FiftyForward Madison Station** recently held a pool tournament and invited FiftyForward Donelson Station members to



compete. They had 32 participants, 16 from each center. It was a chance for the men's pool groups to have some friendly competition (there are a few women who play pool, too). The final match was between Jerry Farley (FiftyForward Madison Station) and Ray Warrick (FiftyForward Donelson Station). Ray won! One of the members had the fun trophy created, which was awarded to Ray, but will be awarded to the winner of the next tournament. Coincidentally, Jerry and Ray have known each other since grade school – so they have a long history together. If you are interested in playing pool with these fun-loving guys, call the centers or show up!

These three groups welcome other men to join them to create a safe, welcoming place – for lively discussion, games, fellowship and support. We hope that more men will join FiftyForward and realize it's a place for everyone, men and women alike.



Jerry (L) awards Ray the prized trophy — all in good fun!

### **FiftyForward Knowles**

174 Rains Avenue  
Nashville, TN 37203  
615-743-3433  
[www.FiftyForward.org](http://www.FiftyForward.org)

### **Center Hours**

Monday-Friday, 8:30 a.m.-4:30 p.m.

### **Staff**

#### **Kim Anderson**

Center Director  
[kanderson@fiftyforward.org](mailto:kanderson@fiftyforward.org)  
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Knowles Set Up Staff  
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#### **PRN Staff:**

Joe Murray  
Connie Carter  
Michael Robertson

### **Connect with us!**



A profile of FiftyForward may be found at [www.givingmatters.com](http://www.givingmatters.com). With your generous contributions, FiftyForward continues to support older adults in the community through our comprehensive programming. To support our mission, visit [www.FiftyForward.org/donate](http://www.FiftyForward.org/donate)

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National Institute of  
Senior Centers

## **Letter from the Center Director**

What a wonderful way to kick-off the holidays! I hope each of you enjoyed our Thanksgiving Dinner at Knowles. It was a great time celebrating with our friends from the Hispanic Senior Group. There is nothing greater than sharing love and laughter. Please do not let the festivities end. December awaits many fun memories. From December 1, 2019-December 21, 2019, there will be an abundance of activities to fill your calendars. Whether you will be singing or attending the concerts performed by the Choraleers, attending plays or the "Nutcracker" or attending a day trip to some of our favorite eating spots, it is sure to be a great time. There is one event I would like every member to attend or support.

Knowles is having its annual fundraiser on Friday, Dec. 13th. The fundraiser is a Knowles Friday Night Dinner and Dance. This year we will set the tone for the dance with asking attendees to wear red, white or green. We will have delicious food catered. There will be a live band and a DJ. The cost of the ticket is \$20.00. Where can you eat and have a fun time for \$20.00? Please join us and if you cannot join us, please consider purchasing a ticket to support our center.

I wish you joy, peace and lots of love this holiday season. Relax and enjoy!

—*Kim Anderson*

### **Many thanks to our sponsors this month:**



### **FiftyForward membership**

When you join FiftyForward, you can participate in the hundreds of programming activities across seven centers. Membership is \$12/ month or \$144/year and scholarships are available. To learn more, talk with your center staff and fill out an application. You will be eligible for program discounts on trips, special programs and classes.

***We look forward to meeting you!***





Cigna offers a wealth of educational programming across the agency. These programs are free and members from any center can attend.

Center	Date/Time	Subject
FiftyForward College Grove	Dec. 12, noon	Diabetes
FiftyForward Madison Station	Dec. 2, 10:30 a.m.	Arthritis
FiftyForward Martin Center	Dec. 4, 1 p.m.	Getting active
FiftyForward J. L. Turner Center	Dec. 9, 10:30 a.m.	Getting active

## 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 monthly one-on-one appointments here. Sign up at the Center and become “One in a Million” with the *All of Us* Research Program!

**Monday, December 2nd at 10 a.m.**

**All of Us Cookie Caravan & Sign Up**

## Special December Classes

### Health Awareness Class—Services for the Visually Impaired and Blind

**Tuesday, Dec. 3, 11:30 a.m. -12:30 p.m.**

Join us for this informative session on resources for those living with low vision.

Cost: Free

### University of Tennessee Nutrition Series

This wonderful 6 week series is continuing in December! Join Bianca from the University of Tennessee to learn easy nutrition tips and recipes.

**Thursday Dec. 5th, 12th & 19th 10:30-11:30 a.m.**

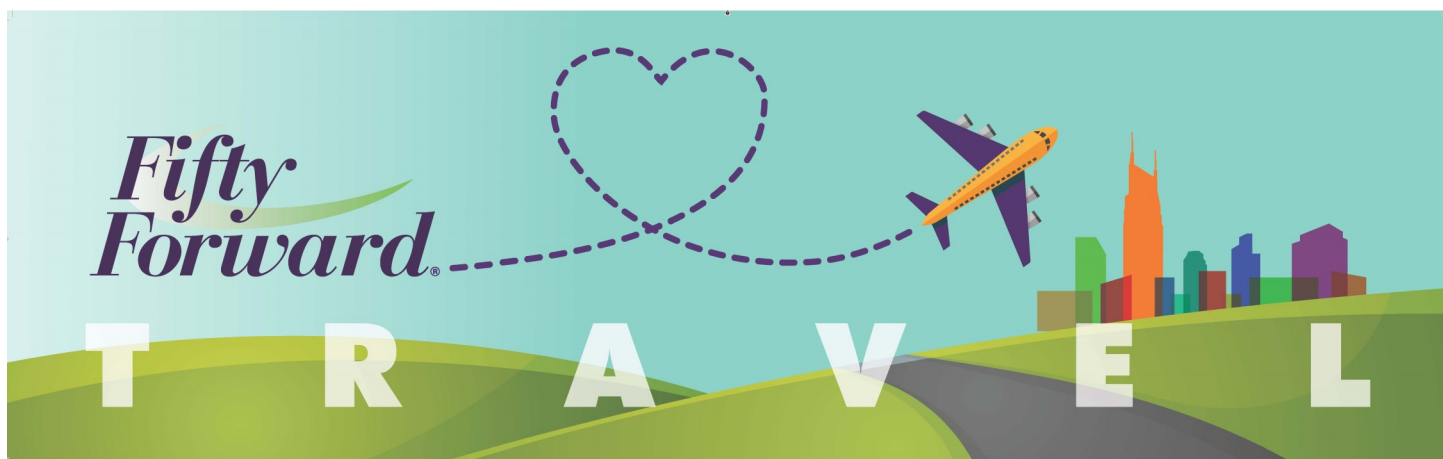
Cost: Free

### Online Shopping Workshop with the Nashville Public Library

The holiday season is upon us and for many of us that means shopping! Learn how to make the process much easier and shop from the comfort of your own home.

**Thursday Dec. 5th 11:30 a.m.—1 p.m.**

Cost: Free



Gain insight and details on all of these trips at

<https://fiftyforward.org/travel/>

Apr. 3-9, 2020: Cherry Blossom Festival, Washington D.C.

Cost: \$2,789 pp/dbl

Apr. 28-May 6, 2020: Tulip River Cruise, featuring Dutch and Belgian Waterways .

Cost: Cabins range from \$4,199-\$7,099



May 14-16, 2020: Billy Graham Museum

Cost: \$475pp/dbl

June 8-11, 2020: Creation Museum and Ark Encounter

July 15-21, 2020: Mt. Rushmore (details TBD)

Sept. 14-17, 2020: Everything Elvis (details TBD)



Call Janice at 615-883-8375 to make your reservation for trips. Nonmembers pay an additional 10 percent.

### On the Road with *FiftyForward*

On the Road takes a winter hiatus in January and February due to unpredictable, inclement weather, but be sure to check the January newsletter for our March trip.

## FiftyForward Knowles Day Trips

Join us for these December trips!

Thursday, Dec. 12, 10 a.m.—2:30 p.m.

Scarritt Bennett Christmas Lunch

Cost: \$40



Tuesday, Dec. 17, 10:30 a.m.—4:30 p.m.

Franklin Day Trip: Lunch at 55 South, Shopping & “Holiday Inn” at the Franklin Theater

Cost: \$6 Movie Ticket, Lunch & Shopping on your own

Bus: \$4



Thursday, Dec. 19, 10:30a.m.—2:30 p.m.

Shinndig Celebration

Cost: Free

Bus: \$2

Friday, Dec. 20, 11:15 a.m.—4:45 p.m.

Nutcracker Ballet and Lunch

Cost: Free

Bus: \$2

Currently Full—Waitlist Available



## Center-based wellness resources

### Restorative Breathing

Knowles offers a Restorative Breathing Class on Thursdays at 10:45 a.m. The cost is \$16 for eight classes. To sign up, please see the front desk or call 615-743-3433

### Tai Chi

Knowles offers a certified instructor led Arthritis Tai Chi class on Wednesdays at 10:30 a.m. The class is free to Knowles members. Guest pay \$5 visitor fee per class.

### Parkinson's Exercise Program (PEP)

Knowles offers a certified instructor led exercise class for members with Parkinson's disease. Non-Parkinson members may attend as well. The class meets Tuesdays and Thursdays at 1 p.m. There is no cost to attend.

### Retired Men's Group: Re-firing your Life!

FiftyForward Knowles has partnered with Mental Health America to host a peer-led retired men's group. For more information, please call the front desk at 615-743-3433.

**Medicare Counseling:** For help with your Medicare questions, call 1-877-801-0044, email [tn.ship@tn.gov](mailto:tn.ship@tn.gov), or visit [tnmedicarehelp.com](http://tnmedicarehelp.com).

### Yoga

FiftyForward Knowles offer a yoga class on Tuesdays at 10:45 a.m. The cost is \$36 for eight classes. To sign up, please see the front desk or call 615-7433433

## Check out these special events and classes happening in December

### Holiday Potluck and Paint Party

**Friday, Dec. 6, 11:30 a.m. -1 p.m.**

*Sign up at the front desk*

### Holiday Dinner & Dance

**Dec. 13, 6-9 p.m.**

Eat, drink & be merry with us at our annual holiday dinner and dance fundraiser.

*Purchase tickets at the front desk*

### Holiday Lunch

**Monday, Dec. 16, 12 p.m.**

Join us for a delicious holiday lunch and festive entertainment!

*Sign up at the front desk*





## **FiftyForward Supportive Care Services**

Whether you are a caregiver looking for respite or need guidance on accessing services in the community, **FiftyForward Supportive Care Services** staff are here to help!

### **FiftyForward Care Team**

Providing older adults and caregivers access to services and peace of mind by caring professionals who are available 24/7. The Care Team can provide a professional assessment of your loved one's needs, help in selecting and purchasing services such as in-home or residential care, on-going monitoring of care, accompanying customers to appointments, and other individualized tasks. **615-743-3436**

### **FiftyForward Living at Home Care Management**

This no-cost program for low income older adults offers in-home assessments to connect them with services that meet their specific needs (food, housing, transportation, health care, counseling, etc.). **Davidson County: 615-743-3416**  
**Williamson County: 615-376-4334**

**FiftyForward Adult Day Services** Located in Green Hills, this social model licensed day program assists those with health

and/or memory issues to participate in structured activities in a supportive and enriching environment. **615-463-2266**

### **FiftyForward Conservatorship**

Called the "gold standard" by a local attorney, this program makes decisions when an older adult can no longer do so and has no one to help. Through court appointment, FiftyForward can serve as conservator of person and/or finances. **615-743-3436**

### **FiftyForward Fresh/Meals on Wheels**

This program provides individuals in need with nutrient dense home-delivered meals and daily visits from caring volunteers in specific areas in Davidson County. Meals may be provided at no cost to individuals with qualifying low incomes or can be purchased (\$5 per meal). Can make referrals to other areas. **615-463-2264**

### **FiftyForward Victory Over Crime**

This service helps victims become survivors by offering support (resources, safety plans, assistance in the courts, advocacy) to victims of crime 50+ in Davidson County. Can make referrals to other resources. **615-743-3417**

### **About FiftyForward**

Established in 1956, FiftyForward supports, champions and enhances life for those 50 and older. As a nonprofit operating seven life-long learning centers — two in Williamson and five in Davidson County — FiftyForward offers educational, health and wellness, arts and volunteer programs to engage older adults. FiftyForward also provides comprehensive supportive services and access to resources including FiftyForward Adult Day Services, FiftyForward Fresh/Meals on Wheels as well as the FiftyForward Care Team offering care assessment and services for older adults. FiftyForward Travel offers adventures (regional and international) and the Senior Center for the Arts and The Larry Keeton Theatre, a subsidiary of FiftyForward, feature performing arts for all ages. Get social with us - friend us on Facebook, follow us on Twitter and Instagram. Learn more about FiftyForward resources and volunteer opportunities by visiting: [www.fiftyforward.org](http://www.fiftyforward.org).