

May 2021 FiftyForward Knowles Program Calendar

Our centers are offering indoor programs. Please carefully read the program description page to learn more about each offering. You **MUST** register in advance if you wish to participate in any of indoor programs. To register, please email gdench@fiftyforward.org or call **FiftyForward Knowles** at **615-743-3487** to sign up. We follow CDC safety guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 9:30 a.m. Talk Time 10 a.m. Bingo 10 a.m. Scrapbookers Club 12:30 p.m. Talk Time 1 p.m. Arthritis Exercise w/ Barb Batson 1 p.m. Writers Group	4 10 a.m. Grief Center Presentation & Craft w/Alive Hospice	5 10 a.m. "How to Cook, Shop & Eat within your Budget" w/TSU 10:30 a.m. ZOOM Chair Yoga w/Barbara Clinton 11 a.m. Movie Club	6 9:30 a.m. Silver Sneakers 12:30 p.m. Talk Time 12:30 p.m. Bold & Golden Retired Men's Group 1 p.m. Arthritis Exercise w/ Barb Batson	7 10 a.m. ZOOM Take Charge of Your Diabetes	8
9	10 9:30 a.m. Talk Time 10 a.m. Knowles Café Concert 10 a.m. Scrapbookers Club 12:30 p.m. Talk Time 1 p.m. Arthritis Exercise w/Barb Batson 1 p.m. Writers Group	11 10 a.m. Bingo	12 10 a.m. "How to Cook, Shop & Eat within your Budget" w/TSU 10:30 a.m. ZOOM Chair Yoga w/Barbara Clinton 11 a.m. Movie Club	13 9:30 a.m. Silver Sneakers 11 a.m. Stop the Bleed 12:30 p.m. Talk Time 12:30 p.m. Bold & Golden Retired Men's Group 1 p.m. Arthritis Exercise w/ Barb Batson	14 10 a.m. ZOOM Take Charge of Your Diabetes	15
16	17 9:30 a.m. Talk Time 10 a.m. Bingo 10 a.m. Scrapbookers Club 12:30 p.m. Talk Time 1 p.m. Arthritis Exercise w/Barb Batson 1 p.m. Writers Group	18 1 p.m. Armchair Travel to Mexico	19 10:30 a.m. ZOOM Chair Yoga w/Barbara Clinton 11 a.m. Movie Club 12 p.m. ZOOM Facebook 101 w/Vanderbilt	20 9:30 a.m. Silver Sneakers 12:30 p.m. Talk Time 12:30 p.m. Bold & Golden Retired Men's Group 1 p.m. Arthritis Exercise w/ Barb Batson	21 No In-Center Programming	22
23	24 9:30 a.m. Talk Time 10 a.m. Bingo 10 a.m. Scrapbookers Club 12:30 p.m. Talk Time 1 p.m. Arthritis Exercise w/Barb Batson 1 p.m. Writers Group	25 11 a.m. Travel Presentation with Premier World Discovery 1 p.m. Red, White & Blue Drive-Thru	26 10 a.m. "How to Cook, Shop & Eat within your Budget" Graduation Party! 10:30 a.m. ZOOM Chair Yoga w/Barbara Clinton 11 a.m. Movie Club 1 p.m. Computer Club	27 9:30 a.m. Silver Sneakers 12:30 p.m. Talk Time 12:30 p.m. Bold & Golden Retired Men's Group 1 p.m. Arthritis Exercise w/ Barb Batson	28 No In-Center Programming	29
30	31 FiftyForward Centers and Offices Closed for Memorial Day					

FiftyForward Knowles PROGRAM INFORMATION



Program also offered on Zoom



Denotes member-led program



Denotes Facebook program

Talk Time Mondays & Thursdays Arrive 30 minutes early to the event you have registered for and talk to your friends, make new friends and have a time to enjoy great conversation and connection!

Bingo Mondays, May 3, 17, 24 & Tuesday, May 11, 10 a.m. Everyone's favorite game of chance! Our friends from the Metro Police Department will be here to play bingo and of course give out some awesome prizes!



Scrapbookers Club Mondays, May 3, 10, 17 & 24, 10 a.m.

Join the weekly meeting of the scrapbookers group to share crafts and engage in social connection. No experience required!

Arthritis Exercise with Barb Mondays, May 3, 10, 17, 24 & Thursdays, May 6, 13, 20, 27, 1 p.m. Join us for this evidence-based, seated exercise program that helps improve mobility, strength & coordination. Taught by Knowles member and certified fitness instructor, Barb Batson.



Writers Group Mondays, May 3, 10, 17, 24, 1 p.m.

Join the Knowles Writers group, a meeting where writers share their memoirs. This is a great way to travel down memory lane and connect with fellow FiftyForward members.

Grief Center Presentation & Craft with Alive Hospice Tuesday, May 4, 10 a.m. Come and learn about all the incredible services and programs the Alive Hospice Grief Center has to offer. We will also decorate and write postcards for patients currently in their care.

How to Cook, Shop, & Eat within your Budget with TSU

Wednesdays, May 5, 12 & 26, 10 a.m. Learn how to shop, cook and eat within a budget with Cheryl Johnson from TSU with this six-week series! Participants will also learn about MyPlate and how to build healthy, nutritious meals. Upon completion, you will receive a thermal shopping bag, colander, cookbook, oven mitt, potholder, cutting board, veggie peeler ... and more!



Restorative/Chair Yoga with Barbara Wednesdays, May 5,

12, 19 & 26, 10:30 a.m. Restorative/Chair yoga led by Knowles member and certified yoga instructor, Barbara Clinton. This hour-long class is great for people of all fitness levels and yoga backgrounds. In May, we will also be streaming the class at the center—so please come in and join us!

Movie Club Wednesdays, May 5, 12, 19 & 26, 11 a.m.

Members who come to the Movie Club will vote on what movie to watch that day. It is great fun to watch all kinds of movies so sign up and join in!

Low Impact Silver Sneakers Aerobics with Kathleen

Thursdays, May 6, 13, 20 & 27 9:30 a.m. Let's get moving! Join us for an outdoor workout that will increase muscle strength, range of motion and improve activities for daily living. This is a low impact exercise class that utilizes a chair for both seated exercise and standing support.



Bold & Golden Retired Men's Group Thursdays, May 6,

13, 20 & 27, 12:30 p.m. This is a wonderful group to help

retired men connect with one another and the greater community in meaningful ways.



Take Charge of Your Diabetes with UT Fridays, May 7 & 14, 10 a.m. Led by trained University of Tennessee

Extension Agents, Patsy Watkins and Autumn Vespie, this six-week series is designed to provide you with skills and tools to better manage life with diabetes. If you would like to register for this series please let us know and we will help you get signed up.

Knowles Café Concert Monday, May 10 10 a.m. A chance to experience going to the iconic Bluebird Café with a virtual concert at our very own Knowles Café! This month, we will be livestreaming the performance of Victoria Shaw. Victoria is a country music artist who has recorded four studio albums and boasts five singles on the *Billboard* Hot Country Singles & Track charts! You won't want to miss this!

Stop the Bleed with Tristar Thursday, May 13, 11 a.m. We hope you will join us for this incredible educational opportunity. Take this course and become empowered to make a life or death difference when a bleeding emergency occurs. Stop the Bleed and Save a Life!

Armchair Travel to Mexico Tuesday, May 18, 1 p.m. Want to travel right now but can't because of COVID? We understand the feeling! Join us for a virtual travel experience from the comfort and safety of the center. This month we will be "travelling" to Mexico!



Facebook 101 with Vanderbilt Wednesday, May 19, 12 p.m. The Vanderbilt Memory and Alzheimer's Center is

offering a virtual Lunch and Learn series on a variety of wellness topics. In May, they will be talking all about Facebook.

Travel Presentation with Premier World Travel Tuesday, May 25, 11 a.m. Premier World Discovery is going to offer a holiday travel trip opportunity to San Antonio, TX to our FiftyForward Members Only in November 2021. Come and learn about this amazing opportunity!

Computer Club Wednesday, May 26, 1 p.m. Would you like to set up an email address but don't know how? Need a Zoom tutorial? Desperate to learn more about our new Membership Works platform? Look no further! Sign up to join us for Computer Club!

Red, White & Blue Drive-Thru Tuesday, May 25, 1 p.m. Come through the Knowles parking lot between 1 and 2 p.m. to receive a food box, frozen meal, goodie bag, and of course, the sunny smiles of the Knowles team!

Cool Pool Players! The pool table room is open from 8 to 2 pm Monday through Thursday. If you have not played pool in recent years, please schedule a time to come by individually and brush up on your game. Also, if you want to play pool with another member that is great too. We may even be able to match you up with someone. Have some fun!