

July 2021 FiftyForward Knowles Program Calendar

Please carefully read the program description page to learn more about each offering and to see which programs require registration. To register, please use the Membership Portal: <https://fiftyforward.org/member/#myaccount>. We follow CDC safety guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1</p> <p>9:30 a.m. Silver Sneakers</p> <p>11 a.m. Knowles Knitters</p> <p>12:30 p.m. Bold & Golden Retired Men's Group</p> <p>1 p.m. Arthritis Exercise w/ Barb Batson</p>	<p>2</p> <p>No In-Center Programming</p>	<p>3</p>
4	<p>5</p> <p>FiftyForward Centers & Office Closed for July 4 Holiday</p>	<p>6</p> <p>10 a.m. Mixed media art class w/ Cyndi Birdsong</p> <p>11 a.m. Games & Puzzles</p>	<p>7</p> <p>10 a.m. Eat Smart, Moving More Part 2 w/ TSU Graduation!</p> <p>10:30 a.m. ZOOM Chair Yoga w/ Barb Clinton</p> <p>11:15 a.m. Eat Smart, Moving More Part 1 w/ TSU</p> <p>12:30 p.m. Movie Club</p>	<p>8</p> <p>9:30 a.m. Silver Sneakers</p> <p>11 a.m. Knowles Knitters</p> <p>12:30 p.m. Bold & Golden Retired Men's Group</p> <p>1 p.m. Arthritis Exercise w/ Barb Batson</p>	<p>9</p> <p>11:30 a.m. Red, White & Blue Summer Cookout & Concert</p>	10
11	<p>12</p> <p>10 a.m. Knowles Café Concert</p> <p>10 a.m. Scrapbookers Club</p> <p>11 a.m. Monday Meet 'n' Eat at The Ridge</p> <p>1 p.m. Arthritis Exercise w/ Barb Batson</p> <p>1 p.m. Writers Group</p>	<p>13</p> <p>10 a.m. Music for Seniors</p> <p>11 a.m. Games & Puzzles</p> <p>1 p.m. Bingo w/ Tivity Health</p>	<p>14</p> <p>10:30 a.m. ZOOM Chair Yoga w/ Barb Clinton</p> <p>12:30 p.m. Movie Club</p>	<p>15</p> <p>9:30 a.m. Silver Sneakers</p> <p>11 a.m. Knowles Knitters</p> <p>12:30 p.m. Bold & Golden Retired Men's Group</p> <p>1 p.m. Arthritis Exercise w/ Barb Batson</p>	<p>16</p> <p>No In-Center Programming</p>	17
18	<p>19</p> <p>10 a.m. Bingo</p> <p>10 a.m. Scrapbookers Club</p> <p>1 p.m. Arthritis Exercise w/ Barb Batson</p> <p>1 p.m. Writers Group</p>	<p>20</p> <p>10 a.m. Armchair Travel to Alaska</p> <p>11 a.m. Games & Puzzles</p>	<p>21</p> <p>10:30 a.m. ZOOM Chair Yoga w/ Barb Clinton</p> <p>11:15 a.m. Eat Smart, Moving More Part 1 w/ TSU</p> <p>12:30 p.m. Movie Club</p>	<p>22</p> <p>9:30 a.m. Silver Sneakers</p> <p>11 a.m. Knowles Knitters</p> <p>11 a.m. SAIL Exercise Class Info Session & Demo</p> <p>12:30 p.m. Bold & Golden Retired Men's Group</p> <p>1 p.m. Arthritis Exercise w/ Barb Batson</p>	<p>23</p> <p>No In-Center Programming</p>	24
25	<p>26</p> <p>10 a.m. Bingo</p> <p>10 a.m. Scrapbookers Club</p> <p>1 p.m. Arthritis Exercise w/ Barb Batson</p> <p>1 p.m. Writers Group</p>	<p>27</p> <p>11 a.m. Games & Puzzles</p>	<p>28</p> <p>10:30 a.m. ZOOM Chair Yoga w/ Barb Clinton</p> <p>11:15 a.m. Eat Smart, Moving More Part 1 w/ TSU Graduation!</p> <p>12:30 p.m. Movie Club</p> <p>1 p.m. Computer Club</p>	<p>29</p> <p>9:30 a.m. Silver Sneakers</p> <p>11 a.m. Knowles Knitters</p> <p>12:30 p.m. Bold & Golden Retired Men's Group</p> <p>1 p.m. Arthritis Exercise w/ Barb Batson</p>	<p>30</p> <p>No In-Center Programming</p>	31


FiftyForward Knowles PROGRAM INFORMATION

 Program offered on Zoom

 Denotes member-led program

 Denotes Facebook program

Low Impact Silver Sneakers Aerobics with Kathleen Thursdays, July 1, 8, 15, 22 & 29, 9:30 a.m. Let's get moving! Join us for a fun workout that will increase muscle strength, range of motion and improve activities for daily living. This is a moderate intensity class that utilizes a chair for both seated exercise and standing support.

 **Knowles Knitters Thursdays, July 1, 8, 15, 22 & 29, 11 a.m.** Do you love knitting or crocheting? Or perhaps you've always wanted to learn! Join us for an hour of social connection and working on both personal and service knitting projects.


Bold & Golden Retired Men's Group Thursdays, July 1, 8, 15, 22 & 29, 12:30 p.m. This is a wonderful group to help retired men connect with one another and the greater community in meaningful ways.

Arthritis Exercise with Barb Thursdays, July 1, 8, 15, 22 & 29 and Mondays, July 12, 19 & 26 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.

Mixed Media Art Class with Cyndi Birdsong Tuesday, July 6, 10 a.m. Cyndi Birdsong is an artist and art educator specializing in oils, acrylics, collage & mixed media techniques. She also works in the non-profit world as an art therapist. You won't want to miss this opportunity to learn from and create your own masterpiece with Cyndi's help. **Ticket cost is \$10.**

Games & Puzzles Tuesdays, July 6, 13, 20, 27, 11 a.m. Whether you enjoy playing Rummy, Go Fish, Solitaire or Dominoes...this is the group for you! Sign up by yourself or come with a friend to hang out at the center and play some games.

Eat Smart, Moving More Part 2 Graduation with TSU Wednesday, July 7, 10 a.m. This is the second part of the series we began in April. If you were in the April/May class, this is for you! Classes will be a continuation of the curriculum that has already been started.

 **Restorative/Chair Yoga with Barbara Wednesdays, July 7, 14, 21 & 28, 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 July, we will also be streaming the class at the center—so please come in and join us!


Eat Smart, Moving More Part 1 with TSU Wednesdays, July 7, 21 & 28, 11:15 a.m. Learn how to cook, shop & eat on a budget with this six-week series taught by Cheryl Johnson from TSU. Participants will learn about the MyPlate system 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!

Movie Club Wednesdays, July 7, 14, 21 & 28, 12:30 p.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!


Red, White & Blue Summer Cookout & Concert Friday, July 9, 11:30 a.m. You're invited to a summer kick-off party! We will enjoy summer favorites including hot dogs, potato salad & ice cream sandwiches! Barry Coggins, a long time FiftyForward volunteer and Nashville singer-songwriter, will be providing awesome musical entertainment. He has

played with some of the best musicians around, including opening up for Ray Charles & Willie Nelson!

Knowles Café Concert Monday, July 12, 10 a.m. A chance to experience going to the iconic Bluebird Café with a virtual concert at our very own Knowles Café!

 **Scrapbookers Club Mondays, July 12, 19 & 26, 10 a.m.** Join the weekly meeting of the scrapbookers group to share crafts and engage in social connection. No experience required!

Monday Meet 'n' Eat at The Ridge Monday, July 12, 11 a.m. A monthly meet up to socialize with your fellow members and enjoy the delicious food that Nashville has to offer! This month we will be going to The Ridge, described as "West Nashville's Favorite Little BBQ Place!"

 **Writers Group Mondays, July 12, 19, & 26, 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.

Music for Seniors Tuesday, July 13, 10 a.m. Music for Seniors believes that joy, laughter—and of course Music—are the best medicine! Please join us for an hour of outstanding live music designed to lift the spirits and increase overall wellbeing.

Bingo Tuesday, July 13, 1 p.m. and Mondays, July 19, & 26, 10 a.m. Everyone's favorite game of chance! Various FiftyForward friends & partners will be here to help us play and of course give out some awesome prizes!

Armchair Travel to Alaska Tuesday, July 20, 10 a.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 Alaska!

SAIL Exercise Class Info Session & Demo Thursday, July 22, 11 a.m. SAIL stands for "Stay Active and Independent for Life," and is a new fitness class we will be starting in August! Join instructors Barb Batson and Kathleen Philips for an info session and short demo to see if this is the class for you!

Computer Club Wednesday, July 28, 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!

Cool Pool Players! 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!

Ping Pong Players! Come and check out our new ping pong table! Bring a friend and enjoy playing this fun game! Please call ahead and schedule a time to come in and play.