

## October 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. Events with an asterisk\* require advanced registration. To register, please use the Membership Portal: <https://fiftyforward.org/member/#myaccount>. We follow CDC safety guidelines. If you have any questions, please contact Cayla Thompson at [cthompson@fiftyforward.org](mailto:cthompson@fiftyforward.org) or call 615-743-3487.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 No In-Center Programming	2
3	4 <b>10 a.m.</b> Scrapbookers Club <b>11 a.m.</b> SAIL <b>1 p.m.</b> Arthritis Exercise w/ Barb Batson <b>1 p.m.</b> Writers Group	5 <b>10 a.m.</b> Mixed media art class w/ Cyndi Birdsong* <b>11 a.m.</b> Games & Puzzles <b>1 p.m.</b> Bingo	6 <b>10 a.m.</b> Eating Smart on the Run* <b>10: 30 a.m.</b> ZOOM Chair Yoga w/ Barb Clinton <b>11:15</b> Eat Well, Be Well* <b>12:30 p.m.</b> Movie Club	7 <b>9:30 a.m.</b> Silver Sneakers <b>10 a.m.</b> Hispanic Voices of Nashville Panel <b>11 a.m.</b> Knowles Knitters <b>11 a.m.</b> SAIL <b>1 p.m.</b> Arthritis Exercise w/ Barb Batson	8 No In-Center Programming	9
10	11 <b>10 a.m.</b> Knowles Café Concert <b>10 a.m.</b> Scrapbookers Club <b>11 a.m.</b> SAIL <b>1 p.m.</b> Arthritis Exercise w/ Barb Batson <b>1 p.m.</b> Writers Group	12 <b>10 a.m.</b> Music for Seniors <b>11 a.m.</b> Games & Puzzles <b>1 p.m.</b> Bingo	13 <b>10 a.m.</b> Eating Smart on the Run* <b>10: 30 a.m.</b> ZOOM Chair Yoga w/ Barb Clinton <b>11:15</b> Eat Well, Be Well* <b>12:30 p.m.</b> Movie Club	14 <b>9:30 a.m.</b> Silver Sneakers <b>10 a.m.</b> TRIP Senior Expo at the Martin Center* <b>10:30</b> Mixed Media Workshop with Ashley Mintz* <b>11 a.m.</b> Knowles Knitters <b>11 a.m.</b> SAIL <b>1 p.m.</b> Arthritis Exercise w/ Barb Batson	15 No In-Center Programming	16
17	18 <b>10 a.m.</b> Scrapbookers Club <b>11 a.m.</b> SAIL <b>1 p.m.</b> Arthritis Exercise w/ Barb Batson <b>1 p.m.</b> Writers Group	19 <b>10 a.m.</b> CREATE with Vanderbilt* <b>11 a.m.</b> Games & Puzzles <b>11:30 a.m.</b> Ascension Medicare Presentation <b>1 p.m.</b> Bingo	20 <b>10 a.m.</b> Eating Smart on the Run* <b>10: 30 a.m.</b> ZOOM Chair Yoga w/ Barb Clinton <b>11:15</b> Eat Well, Be Well* <b>12:30 p.m.</b> Movie Club <b>1:30 p.m.</b> TRIP Cheese Making Class at the Martin Center*	21 <b>9:30 a.m.</b> Silver Sneakers <b>10:30</b> Mixed Media Workshop with Ashley Mintz* <b>11 a.m.</b> Knowles Knitters <b>11 a.m.</b> SAIL <b>1 p.m.</b> Arthritis Exercise w/ Barb Batson	22 No In-Center Programming	23 <b>9:30 a.m.</b> Middle TN Elder Watch Shred Event –Bring your shredding & Dispose of old medications.
24	25 <b>10 a.m.</b> Scrapbookers Club <b>11 a.m.</b> SAIL <b>1 p.m.</b> Arthritis Exercise w/ Barb Batson <b>1 p.m.</b> Writers Group	26 <b>11 a.m.</b> Games & Puzzles <b>1 p.m.</b> Bellini's & Bingo	27 <b>10 a.m.</b> Eating Smart on the Run* <b>10: 30 a.m.</b> ZOOM Chair Yoga w/ Barb Clinton <b>11:15</b> Eat Well, Be Well* <b>12:30 p.m.</b> Movie Club <b>1 p.m.</b> Computer Club	28 <b>9 a.m.</b> Cigna Halloween Event <b>9:30 a.m.</b> Silver Sneakers <b>10:30</b> Mixed Media Workshop with Ashley Mintz* <b>11 a.m.</b> Knowles Knitters <b>11 a.m.</b> SAIL <b>1 p.m.</b> Arthritis Exercise w/ Barb Batson	29 <b>11 a.m.</b> HCA Halloween Party  No Additional In-Center Programming	30
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# FiftyForward Knowles PROGRAM INFORMATION




Program offered virtually




Denotes member-led program

**Scrapbookers Club Mondays, October 4, 11, 18, 25, 10 a.m. Learning Opportunity**-Join the scrapbookers club to share crafts and engage in social connection. No experience required!

 **SAIL Mondays and Thursdays, October 4, 7, 11, 14, 18, 21, 25, 28, 11 a.m. A Health and Fitness Opportunity**-Join us for this new evidence-based exercise class! SAIL stands for Stay Active and Independent for Life and it will help you do just that. This class contains a mixture of cardio, strength, and stretching exercises.

**Arthritis Exercise Mondays and Thursdays, October 4, 7, 11, 14, 18, 21, 25, 1 p.m. A Health and Fitness Opportunity**- Join us for this evidence-based, seated exercise program that helps improve mobility, strength, and coordination. There is also plenty of Laughter, Fitness and Friendship!

 **Writers Group Mondays, October 4, 11, 18, 25, 1 p.m. A Learning Opportunity** -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.

**Mixed Media Art Class with Cyndi Birdsong Tuesday, October 5, 10 a.m., sign up in advance. A Learning Opportunity** with Cyndi Birdsong is an artist and art educator specializing in oils, acrylics, collage, and mixed media techniques. Join us and create your own masterpiece with Cyndi's help. No experience required! Ticket cost is \$10.

**Games & Puzzles Tuesdays, October 5, 12, 19, 26, 11 a.m. An Opportunity to Connect** -Chat while playing games! Rummy, Go Fish, Solitaire or Dominoes or bring a game you like. (Come by and play some games in October and receive a food gift card for \$5)

**Bingo Tuesdays, October 5, 12, 19, 26, 1 p.m. A Fun Opportunity**-Everyone's favorite game of chance! Great Prizes!

**Eating Smart on the Run Wednesdays, October 6, 13, 20, 27 10 a.m. A Health Opportunity**-Cheryl Johnson is a nutrition specialist from TSU and will be here to give tips on how to eat right on the go! We will also play fun games and get giveaways to help you with your nutrition goals!

 **Chair Yoga Wednesdays, October 6, 13, 20, 27, 10:30 a.m. Restorative/An Opportunity to Reduce Stress**-Chair yoga led by Knowles member and certified yoga instructor, Barbara Clinton. All fitness levels!

**Eat Well, Be Well Wednesdays, October 6, 13, 20, 27, 11:15 a.m. A Health Opportunity**-Join Cheryl Johnson from TSU for this fun 5-part series that will teach you how to make smart food choices, stay safe without wasting food and also provide you with practical cooking tips.

**Movie Club Wednesdays, October 6, 13, 20, 27, 12:30 p.m. An opportunity to connect** -Members who come to the Movie Club will vote on what movie to watch that day. Stay after for film Discussion. Sign up and join in!

**Low Impact Silver Sneakers Aerobics with Kathleen Thursdays, October 7, 14, 21, 28, 9:30 a.m. A Health and Fitness Opportunity**- 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 uses chairs for support and exercise.

**Hispanic Voices of Nashville Thursday, October 7, 10 a.m. A Special Opportunity to Connect and Learn**-A Watch Party! Please join us for this virtual event highlighting voices from the Hispanic community.

 **Knowles Knitters Thursdays, October 7, 14, 21, 28, 11 a.m. Learning Opportunity**-Do you love knitting or crocheting? Join us for social connection and working on both personal and service knitting projects.

**Music for Seniors Tuesday, October 12, 10 a.m. A Fun Opportunity**- Enjoy a purely Nashville Experience. 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 your spirit.

**Mixed Media Workshop with Ashley Mintz Thursday October 14, 21, 28 at 10:30 a.m. Sign up in advance. A Learning Opportunity** - Free! Come let your creative side run free each week in this bookmaking (an opportunity to express yourself in art) and craft class. (Register for this series in October and when you attend receive a food gift card of \$5)

**TRIP Senior Expo at the Martin Center Thursday October 14, 10 a.m., sign up in advance-Educational Opportunity**-The expo will feature vendors in areas including Living/Lifestyle/Home Health Care, Health Services, and Professional Services. Either meet us there or reserve a spot on the Knowles Bus! 8 spots available. We will all meet up and enjoy walking around the expo together.

**CREATE with Vanderbilt – Restoring Health, Mobility & Independence through Technology Tuesday October 19, 10 a.m., sign up in advance Educational Opportunity**—The CREATE (Center for Rehabilitation Engineering & Assistive Technology) program at Vanderbilt performs research on a range of topics from exosuits (a wearable machine that helps movements) and smart clothing. You will have the opportunity to try on and test out some products yourself!

**Ascension Medicare Presentation with Antonio Young Tuesday, October 19, 11:30 a.m. Educational Opportunity** Ascension Complete is a local Medicare Advantage plan with rich benefits to help members live healthier, happier lives. Hand in hand, with their partners at Ascension St. Thomas, they work to empower people to take charge of their health, focusing on the whole person – mind, body, spirit. They love helping, educating, simplifying Medicare – for their providers, their members, their communities.

**Cheese Making Class at Martin Center October 20, 1:30 p.m., sign up in advance A Learning Opportunity**- Have you ever wondered how all the delicious varieties of cheese are created? Learn the science behind cheese making and enjoy delicious samples. Either meet us there or reserve a spot on the Knowles Bus! 8 spots available.

**Middle Tennessee Elder Watch Shred Event October 23, 9:30 a.m. SA Safety Event**. -Time to Get Organized! Bring up to 4 boxes or bags of shredding and get rid of sensitive documents, check and tax returns that should not be thrown out with your personal information. Bring medications you no longer use to be disposed of properly.

**Computer Club Wednesday, October 27th, 1 p.m. A Learning Opportunity**-Would you like to learn on a computer? Email, pay your bills online, find a part-time job? You can even learn FiftyForward's new Membership Works platform? Look no further. Sign up to join us

**Cigna Halloween Event Thursday, October 28, 9 a.m.- 11:00 am A Learning Opportunity**- Our friends from Cigna will be on site to give away some Halloween goodies and share information about their Medicare health plans. Stop by their booth and learn about Medicare options.

**HCA Healthcare Halloween Party Friday, October 29, 11 a.m. A Fun Opportunity**. A time to celebrate the Fall Season together. Who will be here? A superhero, a farmer, a Disney Character, a Farmer, a clown? You decide by the costume you picked. Costumes not required but enjoyed! Join us for a spooky good time including music, games, giveaways and a costume contest!