

January 2022 FiftyForward Knowles Program Calendar

Please carefully read the program description page to learn more about each offering. Events with an asterisk* require advanced registration via the Membership Portal: <https://fiftyforward.org/member/#myaccount> or contact Cayla Thompson at 615-743-3487 or cthompson@fiftyforward.org. We follow CDC safety guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 1pm Arthritis Exercise w/Barb 1pm Writer's Group	4 1pm Bingo w/Metro Nashville Police	5 10am Eating Smart at Home 10:30am Chair Yoga 11:15am Eating Smart on the Run 12:30 pm Movie Club	6 1pm Arthritis Exercise w/Barb	7 No In-Center Programming	8
9	10 11am S.A.I.L. 1pm Arthritis Exercise w/Barb 1pm Writer's Group	11 10am Dr. Martin Luther King, Jr. I Have a Dream Celebration 11:30am FiftyForward Fresh To-Go Lunch-Free! 1pm Bingo	12 10am Eating Smart at Home 10:30am Chair Yoga 10:30am TRIP Walk with a Doc* 11:15am Eating Smart on the Run 1pm Barack Obama: Man and President 3:30 Mix & Mingle with Valor HS Students	13 9:30am Silver Sneakers 11am S.A.I.L. 1pm Arthritis Exercise w/ Barb	14 No In-Center Programming	15
16	17 All FiftyForward centers and programs closed in observance of Martin Luther King, Jr. Day.	18 11am All About Veganism 12pm Unscripted Improv Group* 1pm Bingo	19 10am Eating Smart at Home 10:30am Chair Yoga 11:15am Eating Smart on the Run 1pm Barack Obama: Man and President	20 9:30am Silver Sneakers 11am S.A.I.L. 1pm Arthritis Exercise w/Barb	21 No In-Center Programming	22
23	24 11am All of Us Café 11am S.A.I.L. 1pm Arthritis Exercise w/Barb 1pm Writer's Group	25 10am Computer Club 11am All About Veganism 12pm Unscripted Improv Group* 1pm Bingo	26 10am Eating Smart at Home 10:30am Chair Yoga 11:15am Eating Smart on the Run 1pm Barack Obama: Man and President 3:30 Mix & Mingle with Valor HS Students	27 9:30am Silver Sneakers 11am S.A.I.L. 1pm Arthritis Exercise w/Barb	28 No In-Center Programming	
	31 11am S.A.I.L. 1pm Arthritis Exercise w/Barb 1pm Writer's Group					

FiftyForward Knowles PROGRAM INFORMATION




Program offered virtually



Denotes member-led program

Arthritis Exercise with Barb Mondays and Thursdays, January 3, 6, 10, 13, 20, 24, and 27 at 1pm. **A Health and Fitness Opportunity.** How about a New Year's fitness challenge? This evidence-based program is a great way to see REAL RESULTS! Exercise seated or standing and see the improvement in your mobility, strength, and coordination. Join us for laughter, fitness and friendship!

 **Writer's Group** Mondays, January 3, 10, and 24 at 1pm. **A Learning Opportunity.** Want to write a book, a poem, an essay? Join the Knowles Writer's Group. Writing is fun and therapeutic. It is also a way to connect creatively with fellow FiftyForward members.

Bingo Tuesdays, January 4, 11, 18, 25 at 1pm. **A FUN Opportunity.** Who needs therapy when you have BINGO! Great prizes and enjoy the fun of yelling BINGO!

Eating Smart at Home Wednesdays, January 5, 12, 19, 26 at 10am. **A Health and Learning Opportunity.** TSU nutrition specialist, Cheryl Johnson, will teach you how to make smart eating choices at home. Cheryl has great recipes, food choice tips and gifts to reach your healthy eating goals!

Chair Yoga Wednesdays, January 5, 12, 19, 26 at 10:30am. **A Health and Wellness Opportunity.** Chair Yoga led by Knowles member and certified Yoga instructor Barbara Clinton is available for all fitness levels. The benefits of chair yoga can be less stress, pain and better overall sleep.

Eating Smart on the Run Wednesdays, January 5, 12, 19, 28 at 11:15am. **A Health and Learning Opportunity.** Cheryl Johnson, a nutrition specialist from TSU, will be equip you to eat right when you do not have the time cook. The class uses fun games and giveaways to encourage you to eat right!

Movie Club Wednesday, January 5 at 12:30pm. **An Opportunity to Connect.** Enjoy a movie with friends.

Stay Active and Independent for Life (S.A.I.L.) Mondays and Thursdays, January 10, 13, 20, 24, and 27 at 11am. **A Health and Fitness Opportunity.** This evidence-based exercise class actually measure your individual fitness progress. It is like having a fitness coach! You will do cardio, strength, and stretching exercises. A New Year—A New You!

Dr. Martin Luther King, Jr. Celebration- Tuesday, January 11 at 10am. **I Have a Dream Celebration** of the life and service of Dr. Martin Luther King Jr. Music, program and a free FiftyForward Fresh To-Go lunch at 11:30. Speaker Royce Sisk will give a historic and a personal tribute to this great leader.

TRIP: Walk with a Doc at Centennial Park Wednesday, January 12, 11am-1pm. Bus leaves Knowles at 10:30am. **14 seats available. Sign up in advance.** We will be meeting with a doctor and walking through Centennial Park. We will chat on our stroll so bring any health related questions you may have along with your walking shoes. This walk is on flat terrain no more than one hour with an option to rest if needed.

Barack Obama: Man and President— Wednesdays, January 10, 17, 24 1pm—2:15pm. **A Learning Opportunity.** Course by Vanderbilt Osher Lifelong Learning Institute that we will watch as a group via Zoom. The course examines the presidency of Barack Obama and explores the background influences that shaped him as a man and affected his life and service to our nation.

Mix & Mingle with Valor High School Students
Connecting with Seniors Club Wednesdays, January 12 and 26, 3:30pm. **A Relationship Building Opportunity.** Play games, work on puzzles, chat and do a little dancing with our young friends from Valor College Prep High School. Drinks will be provided!

Low Impact SilverSneakers Aerobics with Kathleen Thursdays, January 13, 20, 27 at 9:30am. **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.

All About Veganism Tuesdays, January 18 and 25 at 11:30am. **A Health and Learning Opportunity.** What does it mean to be a Vegan? Attending this two-part series will answer many questions about one of the biggest health trends taking the world by storm!

Unscripted Improv Group Tuesdays, January 18 and 25 at 12pm. **A TRY Something New Opportunity. Sign up in advance.** Maybe you can be discovered as a Nashville star or just have some FUN being instructed by the Coast Comedy Club on improvisational theatre. In this six-week series, the instructors will demonstrate, teach and create fun scenarios and keep you laughing. If you would like to watch as a spectator, please stop by and enjoy the fun!

All of Us Café Monday, January 24 at 11am. **A Learning Opportunity. Be one in an million!** The *All of Us* research program is inviting one million people across the U.S. to help build one of the most diverse data bases in history. Learn more by talking to an *All of Us* representative from 11am to 1pm and enjoy some yummy treats to-go!