

July 2022 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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	FiftyForward Fresh LUNCH Reserve by 11am daily—\$2.50	EVERY TUESDAY 9am-1pm Metro Nashville Health Dept. COVID			1 11am July 4th Picnic Potluck *	2
3	4 FiftyForward Centers & Offices Closed for 4th Of July	5 11:30am Mixed Media Workshop * 1pm Bingo 1:30pm Bold & Golden Men's Group	6 10:30am Chair Yoga 12pm Voices Forward Choir Practice 12:30pm Movie Club 1pm Travel Presentation	7 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise w/Barb	8 10:30am TRIP Riverview Restaurant and Marina *	9
10	11 10am Bluebird Café 10am Line Dancing 11:30am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise w/Barb 1pm Writer's Group	12 10am Vocal Stylings of Judy Street 11am Volunteer: Knowles Kindness Crew 11:30am Mixed Media Workshop * 1pm Bingo 1:30pm Bold & Golden Men's Group	13 8:30am TRIP Walk with a Doc * 10am Healthy Cents Part 2 10:30am Chair Yoga 11:15am Healthy Cents Part 1 12pm Voices Forward Choir Practice 12:30pm Movie Club	14 1pm Arthritis Exercise w/Barb 1:30pm Mindful Self-Compassion Online Course*	15 10am TRIP Shopping and Lunch at Marathon Village *	16
17	18 10am Line Dancing 11:30am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise w/Barb 1pm Writer's Group	19 11:30am Mixed Media Workshop * 12pm Caring Creations w/Daniel 1pm Bingo w/ NCL 1:30pm Bold & Golden Men's Group	20 10am Healthy Cents Part 2 10:30am Chair Yoga 11:15am Healthy Cents Part 1 12pm Voices Forward Choir Practice 12:30pm Movie Club	21 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 12pm Bible Study 101 1pm Arthritis Exercise w/Barb 1:30pm Mindful Self-Compassion Online Course *	22 FiftyForward Centers & Offices Closed for Staff Event	23
24	25 10am Line Dancing 11:30am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise w/Barb 1pm Writer's Group	26 11am Volunteer: Knowles Kindness Crew 11:30am Butterfly House Painting Project * 1pm Bingo 1:30pm Bold & Golden Men's Group	27 10am Healthy Cents Part 2 10:30am Chair Yoga 11:15am Healthy Cents Part 1 12pm Voices Forward Choir Practice 12:30pm Movie Club	28 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise w/Barb 1:30pm Mindful Self-Compassion Online Course *	29 10am Fun Friday: Summer Movie with Gourmet Popcorn Bar and Conversation	30
31						

FiftyForward Knowles PROGRAM INFORMATION



Program also offered virtually

Knowles Center Activities 8:30am–3pm Monday thru Friday
Visit the Knowles Game Room and practice pool, brush up on playing ping pong or choose a movie to watch from our movie library. You can also work on a puzzle, play scrabble or dominoes in our lobby between scheduled programs, or just come by and spend time enjoying the day with friends.

FiftyForward Fresh LUNCH 11:30am Monday thru Friday
A nutritious lunch awaits you! Reserve your lunch by 11am with center staff and it will be ready for you to enjoy at 11:30am. Cost is \$2.50 per lunch. Must purchase in \$5.00 increments (2 lunches for \$5.00, 4 lunches for \$10.00, etc) payable by credit or debit card only. Menus will be posted at the beginning of each week.

Metro Nashville Health Dept. COVID Vaccines and Testing Tuesdays, July 5, 12, 19, 26 from 9am-1pm Testing will occur outside in a tent so no one being tested will enter the building. For vaccinations, you can receive first, second and booster doses of J& J or Pfizer (not Moderna). Bring your vaccination card if you have one. There is no cost!

July 4th Picnic Potluck Friday, July 1, at 11am * Sign up in Advance. Join us for a 4th of July celebration that is sure to be a BLAST! Sign up at the center to bring a dish or by calling Ann at 615-743-3401. We will provide hamburgers, drinks and tons of fun!!

Mixed Media Workshop Tuesdays, July 5, 12, 19 at 11:30am * Sign up in Advance. Join these workshops to explore new creative projects with Ashley Mintz!

July 5: Mini Ring Bound Fold Out Journal — Create a journal with several different small panels that fold out and are bound by book rings. Each panel will relate to different themes and will incorporate collage and writing.

July 12: Abstract Collage Pieces — In this workshop, we will create a painted background on a large piece of paper and then create several small abstract paintings with different designs but similar color schemes, gluing them onto the larger paper to create a collage.

July 19: Mini File Folder Journal — Using file folders, we will create a small journal with pockets and dividers. We will use different materials to decorate each page and will also create small art cards to go into each pocket. This type of journal can be used as a recipe book, address book or travel journal!

Bingo Tuesdays, July 5, 12, 19, 26 at 1pm. Join us for an invigorating game of Bingo! There are no losers—everyone wins a prize!

Bold & Golden Men's Retirement Group Tuesdays, July 5, 12, 19, 26 at 1:30pm.

Join this men's group to develop friendships, share experiences, talk about similar interests and simply spend time with other retired men.



Denotes member-led program

Chair Yoga Wednesdays, July 6, 13, 20, 27 at 10:30am.

Knowles member and certified yoga instructor Barbara Clinton will be at the center to teach a seated yoga class for all fitness levels. Benefits of yoga include less stress, pain management, and better sleep.

Voices Forward Choir Practice Wednesdays, July 6, 13, 20, 27 at 12pm. Led by our very own Daniel Christian, we invite you to be a part of the FiftyForward Knowles Choir, *Voices Forward*. Daniel has a music performance degree and is currently Music Director at a church in Clarksville. He has sung professionally for music concerts including the Gateway Symphony Chorus. This choral group is a non-auditioned, inclusive group of singers who share a passion for music!

Movie Club Wednesdays, July 6, 13, 20, 27 at 12:30pm. Calling all movie buffs! Join friends for movie fun!

See America Tour Trip Presentation Wednesday, July 6 1-3 pm. Please join us this month to learn more about the 2022 trips to Hawaii, New England, Christmas in NYC and a 2023 Preview! Hear all the details and ask any questions that you might have.

Silver Sneakers Thursdays, July 7, 21, 28 at 9:30am.

Join fitness instructor Kathleen Phillips 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 chair for support and exercise.

Stay Active and Independent for Life (SAIL) Mondays, July 11, 18, 25 at 11:30am and Thursdays, July 7, 21, 28 at 10:45am
Stay Active and Independent for Life (SAIL) is a strength, balance and fitness class that helps seniors stay active, independent and most importantly, reduce the risk of falling! Exercises are performed standing or seated and can be modified for all abilities. **BRING A GUEST!**

Arthritis Exercise with Barb Mondays and Thursdays, July 7, 11, 14, 18, 21, 25, 28 at 1pm. Join us for this evidence based, seated (or standing) exercise program that helps improve mobility, strength, and coordination. There is also plenty of laughter, fitness and friendship!

TRIP: Riverview Restaurant and Marina Friday, July 8 at 10:30am. *Sign up in Advance. 4 participants required to make the trip. Cost: \$5.00 plus lunch. Bus leaves Knowles at 10:30am and will return at approx. 1pm. 11 seats available.
Riverview Restaurant and Marina is located in Ashland City on the beautiful Cumberland River and is known for their catfish. They only use the best, domestic catfish and make most of their food from scratch - right down to the tartar and cocktail sauce! You'll want to get the Banana Pudding while it lasts - its just like Grandma used to make! You're sure to find something you'll love.

Bluebird Café Monday, July 11 at 10am. Relax with a cup of coffee and hear Nashville singer-songwriters perform at the famous Bluebird Café! This virtual concert will get you moving!

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Line Dancing Mondays, July 11, 18, 25 at 10am. Put on your dancing shoes and join us for the next 3 weeks as a line dancing instructor leads us in these very fun and invigorating line dancing classes. Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits including: improved memory and flexibility, reduces stress, weight management, improved balance, stronger bones, increased muscular strength, and greater self-confidence. **No experience is needed**—just a willingness to have a great time learning a few dance moves!

Writer's Group Mondays, July 11, 18, 25 at 1pm.



Meet via Zoom or in person at the center to share stories, poems, experiences from your life or from your imagination. You might just make a new friend (or two!).



Call Ann at 615-743-3401 for the Zoom link.

Vocal Stylings of Judy Street Tuesday, July 12 at 10am.

Judy's highly energetic and entertaining music program features her vocal stylings accompanied with backing tracks, including favorites from the 40's and 50's, as well as pop standards and classic female country hits through the 80's. Don't miss this—she is loads of fun! **BRING A GUEST!**
Sponsored by Music for Seniors.

Volunteer: Knowles Kindness Crew Tuesdays, July 12 and 26 at 11am. Join fellow FiftyForward Knowles members to volunteer your time to help many older individuals throughout Nashville with groceries. This volunteer opportunity takes place at the center twice a month packing grocery sacks with shelf stable, easy to prepare meals that will be delivered across the greater Nashville area. We have so many that need these grocery items and your kindness in getting these packages ready will bring joy to those who have limited access to food resources.

TRIP: Walk with a Doc at Centennial Park sponsored by All of Us Research Program Wednesday, July 13 at 8:30am.

***Sign up in Advance. 4 participants required to make the trip.** Bus leaves Knowles at 8:30am and will return at approx. 10:30am. 11 seats available. Put on your walking shoes and breathe in the fresh air as you ask health related questions that will be answered by a doctor. The terrain is flat, you can rest when needed. The walk is no more than one hour.

Healthy Cents Part 1: Wednesdays, July 13, 20, 27 at 11:15am and Part 2: Wednesdays, July 13, 20, 27 at 10am This course combines nutrition education and food resource management principles. Topics will include making healthy choices on a budget, decreasing food expenses, developing and shopping on a food budget, and planning a meal. Cheryl Johnson from TSU will lead these fun and informative sessions.

Mindful Self-Compassion—an Online Course on Self-Compassion Thursdays, July 14, 21, 28 from 1:30–3pm
***Advance Registration Required.** In eight, one-and-a-half hour online sessions, this Mindful Self-Compassion course can help you become kinder to yourself, discover healthier ways to respond to hardship and loss, and cope more effectively with stress and isolation. This course is being offered for a limited time to FiftyForward members at no cost, however, “The Mindful Self-Compassion Workbook” is required and available on Amazon for under \$20. **Contact Ann at 615-743-3401 by July 7th to register.**



TRIP: Shopping and Lunch at Marathon Village Friday, July 15 at 10am. *Sign up in Advance. 4 participants required to make the trip. Cost: \$5.00 plus lunch. Bus leaves Knowles at 10am and will return at approx. 1pm. 11 seats available. Marathon Village was born out of the buildings that once housed Marathon Motor Works (1910-1914) and now houses work studios, eateries, event space, distilleries and retail shops. In addition to Nashville's Best \$10 and Up Boutique, Marathon Village shops include Motorworks Gift Shop, Market Street Mercantile gift shop, Antique Archaeology, Jack Daniel's General Store, Bang Candy Company, and Nashville Olive Oil Company. Roam around from shop to shop and enjoy looking at the machinery and other industrial artifacts that are on display in the hallways along the way. We'll grab lunch at Southern Engine Deli with a menu reflecting that of a deli in New York or Chicago.

Caring Creations with Daniel Tuesday, July 19 at 12pm.

Join Daniel as he guides you in making a Quilted Ball Ornament. You will make a no-sew round ornament of interesting geometric shapes with a fun, easy technique using small pieces of fabric.

Bible Study 101 Thursday, July 21 at 12pm. Join Knowles

member Dorothy Baccus for a time of learning how to look up verses and learn how to study the Bible. Bring a Bible from home or let us know if you need one.

Butterfly House Painting Project Tuesday, July 26, 11:30am

***Sign Up in Advance** A creative community activity that gives back. You will express your creativity by painting Alive Hospice's butterfly houses. These houses represent the space in our hearts we create for those who have died. Each custom house is then sold to benefit Alive Hospice. All project materials will be provided. Sponsored by Alive Hospice.

Fun Friday: Summer Movie with Gourmet Popcorn Bar and Conversation Friday, July 29 at 10am.

Beat the heat and join the FiftyForward All of Us Research Program team for a free movie screening of *The Immortal Life of Henrietta Lacks*. Based on the book by Rebecca Skloot, *The Immortal Life of Henrietta Lacks* stars Oprah Winfrey and tells the story of an African-American woman whose cells were used to create the first immortal human cell line. Free gourmet popcorn bar and lemonade provided! A casual conversation will be held after the movie as well. To learn more about the movie, click [here](#).