


August 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> or call Ann Weatherson at 615-743-3401. We follow CDC safety guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
FiftyForward Fresh LUNCH Reserve by 11am \$2.50 	1 11am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise w/Barb 1pm Writer's Group	2 EVERY TUESDAY 9am-1pm Metro Nashville Health Dept. COVID Vaccines & Testing 10am Line Dancing 1pm Bingo 1:30pm Bold & Golden Men's Group	3 10am Healthy Cents Part 2 10:30am Chair Yoga 11:15am Healthy Cents Part 1 12pm <i>Voices Forward</i> Choir Practice 1pm Travel Presentation	4 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 12:45pm Arthritis Exercise w/Barb	5 12pm TRIP Regal Hollywood Movie Theatre: <i>Mrs. Harris Goes to Paris</i> *	6
7	8 9:15am TRIP Bluebird Café * 10am Bluebird Café Livestream 11am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise w/Barb 1pm Writer's Group	9 10am Music by Jazz Saxophonist Daniel Backe 11am Volunteer: Knowles Kindness Crew 1pm Bingo 1:30pm Bold & Golden Men's Group	10 8:30am TRIP Walk with a Doc * 10am Healthy Cents Part 2 10:30am Chair Yoga 11:15am Healthy Cents Part 1 12pm <i>Voices Forward</i> Choir Practice	11 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 12:45pm Arthritis Exercise w/Barb	12 11am 70's Disco Party *	13
14	15 11am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise w/Barb 1pm Writer's Group	16 10am Line Dancing 12pm Hearing Tests by HearingLife * 1pm Bingo 1:30pm Bold & Golden Men's Group	17 11am Dessert & Learn: Scams Stop Here — A Presentation for Older Adults * 10:30am Chair Yoga 12pm <i>Voices Forward</i> Choir Practice	18 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 12pm Bible Study 101 1pm Arthritis Exercise w/Barb	19 10am Paper Mâché Art Project 11am The Pit Card Game	20
21	22 11am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise w/Barb 1pm Writer's Group	23 11am Volunteer: Knowles Kindness Crew 12pm Caring Creations w/Daniel 1pm Bingo 1:30pm Bold & Golden Men's Group	24 10am C.H.E.F. Nutrition Class 10:30am Chair Yoga 11:15am Healthy Cents Part 2 12pm <i>Voices Forward</i> Choir Practice	25 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise w/Barb	26 10am Paper Mâché Art Project 11am-1pm Sip & Paint: Watercolor Art Class with Kim Lane *	27
28	29 11am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise w/Barb 1pm Writer's Group	30 10am Line Dancing 1pm Bingo 1:30pm Bold & Golden Men's Group	31 10am C.H.E.F. Nutrition Class 10:30am Chair Yoga 11:15am Healthy Cents Part 2 12pm <i>Voices Forward</i> Choir Practice			

FiftyForward Knowles PROGRAM INFORMATION



Program also offered virtually



Denotes member-led program

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 12pm Monday thru Friday
A nutritious lunch awaits you! **Reserve your lunch by 11am** when you sign in on the kiosk and it will be ready for you to enjoy at 12pm. 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, August 2, 9, 16, 23, 30 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!

Stay Active and Independent for Life (SAIL) Mondays, August 1, 8, 15, 22, 29 at 11:00am and Thursdays, August 4, 11, 18, 25 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, August 1, 8, 15, 22, 29 at 1pm, Thursday, August 4 and 11 at 12:45pm, and Thursday, August 18 and 25 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!

Writer's Group Mondays, August 1, 8, 15, 22, 29 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.

Line Dancing Tuesdays, August 2, 16 and 30 at 10am.

Put on your dancing shoes and join us for some very fun and invigorating line dancing. 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!**

Bingo Tuesdays, August 2, 9, 16, 23, 30 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, August 2, 9, 16, 23, 30 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.

Healthy Cents Part 1: Wednesdays, August 3, 10 at 11:15am and Part 2: Wednesdays, August 3, 10 at 10am and August 24, 31 at 11:15am. 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.

Chair Yoga Wednesdays, August 3, 10, 17, 24, 31 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, August 3, 10, 17, 24, 31 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!

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

Silver Sneakers Thursdays, August 4, 11, 18, 25 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.

FiftyForward Knowles PROGRAM INFORMATION



Program also offered virtually



Denotes member-led program

TRIP: Regal Hollywood Movie Theatre: *Mrs. Harris Goes to Paris* Friday, August 5 at 12pm. *Sign up in Advance. 4 participants required to make the trip. Cost: Approx. \$13 for movie ticket. Bus leaves Knowles at 12pm (subject to change depending on movie time) and will return at approx. 3:30pm. 8 seats available. *Mrs. Harris Goes to Paris* tells the story of a widowed cleaning lady in 1950s London who falls madly in love with a couture Dior dress, and decides that she must have one of her own. After she works, starves and gambles to raise the funds to pursue her dream, she embarks on an adventure to Paris which will change not only her own outlook, but the very future of the House of Dior.

TRIP: Bluebird Café Senior Show Monday, August 8 at 9:15am. *Sign up in Advance. Cost: \$5.00. Bus leaves Knowles at 9:15am and will return at approx. 11:30am. 8 seats available. The Bluebird Café has gained worldwide recognition as a songwriter's venue where the "heroes behind the hits" share their stories and perform their original songs. You will be thoroughly entertained by award-winning Annie Mosher while enjoying coffee and donuts.

Bluebird Café Livestream Monday, August 8 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!

Music by Jazz Saxophonist Daniel Backe Tuesday, August 9 at 10am. Saxophonist, Daniel Backe, will entertain us with jazz and pop standards. You won't want to miss this live performance sure to please! Sponsored by Music for Seniors. **BRING A GUEST!**

Volunteer: Knowles Kindness Crew Tuesdays, August 9 and 23 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. 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, August 10 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.

70's Disco Party Friday, August 12 at 11am * Sign up in Advance In celebration of a certain someone's 70th birthday (hint: center director), boogie on over to the center for a super groovy time! Your free lunch will consist of a baked potato bar and healthy salad. The celebration will be out of sight! **Be sure to come dressed in your most far-out disco outfit!!**

Hearing Tests by HearingLife Tuesday, August 16 12-1pm *Sign up in Advance Cost: FREE Call Ann at 615-743-3401 to register for your free hearing assessment with a hearing instrument specialist. Each test takes approximately 15 minutes. They are also available to answer any hearing related questions. Love your ears and you'll love what you hear!

Dessert & Learn: Scams Stop Here—A Presentation for Older Adults Wednesday, August 17 at 11am. *Sign up in Advance No, this is not a scam! You will be treated to dessert while you learn about: *Why Scam Prevention Education is Vital *Which Scams Often Target Older Adults *How to Protect Yourself Against Scams *Where to Report Scams and Deceptive Business Practices

Bible Study 101 Thursday, August 18 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.

Paper Mâché Art Project Friday, August 19 and 26 at 10am. This fun craft project will be led by our very own Daniel Christian. Join the fun creating a paper mâché masterpiece.

The Pit Card Game Friday, August 19 at 11am. By popular demand, this wildly fun card game is back! Join the fun and laughter— no experience necessary.

Caring Creations with Daniel Tuesday, August 23 at 12pm. Join Daniel as he guides you in making fabric bookmarks. Something for you to use or give as a Back to School gift for a grandchild, friend or family member.

C.H.E.F. Nutrition Class Wednesday, August 24 and 31 at 10am. The Cooking Healthy Enjoyable Foods curriculum is designed to promote a healthy lifestyle by looking at the basic cooking principles and nutrition food guidance using *My Plate*. This course will also increase your confidence in preparing nutritious food for yourself and your family.

Sip & Paint: Watercolor Art Class with Kim Lane Friday, August 26 from 11am to 1pm. *Sign up by Monday, August 22nd. Cost: \$20. Sip on a refreshing mocktail while you paint a lovely picture for your wall, to give to a friend or save for a holiday present for only \$20! Yes, you can be an artist because Kim Lane teaches in such a way that even someone who has never painted can create a masterpiece! SIP, SIP, HOORAY!