

October 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	TUESDAYS 9am-1pm Metro Health Dept. COVID Vaccines & Testing				1
2	3 10am Line Dancing 11:30am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise 1pm Writer's Group	4 10am TaiChi 1pm Bingo 1:30pm Bold & Golden Men's Group	5 10am C.H.E.F. 10:30am Chair Yoga 11:15am Healthy Cents Part 2 12pm <i>Voices Forward</i> Choir Practice 3-4pm Tech Help with Valor College Prep *	6 9:30am Silver Sneakers 10:30am-1pm Walgreens Flu Shot Clinic * 10:45am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise	7 10am TRIP Fall TN Craft Fair at Centennial Park * 12:15pm Karaoke	8
9	10 10am Bluebird Café 11:30am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise 1pm Writer's Group	11 10am TaiChi 11:30am Music for Seniors Lunchtime Melodies 1pm Bingo 1:30pm Bold & Golden Men's Group	12 9:30am TRIP Walk with a Doc * 10am C.H.E.F. 10:30am Chair Yoga 11:15am Healthy Cents Part 2	13 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 12pm Bible Study 101 1pm Arthritis Exercise	14 10am TRIP 41st Annual TN Indian Education Pow Wow & Arts Exhibition*	15
16	17 10am Line Dancing 11:30am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise 1pm Writer's Group	18 10am AARP Smart Driver Workshop * 10am TaiChi 12pm Caring Creations w/Daniel 1pm Bingo 1:30pm Bold & Golden Men's Group	19 10am C.H.E.F. 10:30am Chair Yoga 11:15am Healthy Cents Part 2 12pm <i>Voices Forward</i> Choir Practice 3-4pm Tech Help with Valor College Prep *	20 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 11:30am Mixed Media Art Class 1pm Arthritis Exercise	21 11am The Pit Card Game 12:15pm Karaoke	22
23	24 11:30am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise 1pm Writer's Group	25 10am-12pm <i>All of Us</i> Research Program Enrollment Assistance 11:30am Lunch & Learn: Optimum Health and Nutrition * 1pm Bingo w/ <i>All of Us</i> 1:30pm Bold & Golden Men's Group	26 10am Cooking Matters 10:30am Chair Yoga 11:15am C.H.E.F. 3-4pm Tech Help with Valor College Prep *	27 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 11:30am Mixed Media Art Class 1pm Arthritis Exercise	28 11am Spooktacular Halloween Party with HCA *	29
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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 Monday thru Friday at 12pm.
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 by 12pm. Cost is \$2.50 per lunch. Must purchase a minimum \$10 F.A.N. card payable by credit or debit card only. Menus will be posted at the beginning of each week.

Metro Health Dept. COVID Vaccines and Testing Tuesdays, October 4, 11, 18, 25 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!

Line Dancing Mondays, October 3, 17, and 31 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!**

Stay Active and Independent for Life (SAIL) Mondays, October 3, 10, 17, 24, 31 at 11:30am and Thursdays, October 6, 13, 20, 27 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, October 3, 6, 10, 13, 17, 20, 24, 27, 31 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!

Writers Group Mondays, October 3, 10, 17, 24, 31 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.


TaiChi Tuesdays, October 4, 11, 18 at 10am. Jen-Jen with the Chinese Art Alliance of Nashville will lead these TaiChi classes. TaiChi is a system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. This gentle form of exercise can help maintain strength, flexibility and balance! If you're looking for a way to reduce stress and anxiety, you won't want to miss this class. **BRING A GUEST!**

Bingo Tuesdays, October 4, 11, 18, 25 * at 1pm Join us for an invigorating game of Bingo! There are no losers—everyone wins a prize!

* **“One in a Million” Bingo with All of Us.** More Bingo fun with the All of Us Research Program team and prizes provided by FiftyForward. To learn more about All of Us Research Program, click on this link: www.joinallofus.org/fiftyforward

Bold & Golden Men's Retirement Group Tuesdays, October 4, 11, 18, 25 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.



C.H.E.F. Nutrition Class Wednesdays, October 5, 12, 19 at 10am and Wednesday, October 26 at 11:15am. 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.

Chair Yoga Wednesdays, October 5, 12, 19, 26 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.


Healthy Cents Part 2 Wednesdays, October 5, 12, 19 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.

Voices Forward Choir Practice Wednesday, October 5 and 19 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!

Tech Help with Valor College Prep Wednesdays, October 5, 19, 26 from 3pm-4pm. * Sign up in Advance by calling 615-743-3401 for an appointment. 10 slots available. Do you have questions about your Smart phone, tablet, or computer? Questions about how to access the internet? A team of Valor College Prep students will be on hand to help! Bring your device and your questions for one-on-one help sessions. They can help you set up blue tooth, open a Facebook account, show you how to email on your phone or laptop and more..... they are ready to assist with any questions or issues you might have. Don't miss this opportunity!

SilverSneakers Thursdays, October 6, 13, 20, 27 at 9:30am. This fun workout 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.

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Walgreens Flu Shot Clinic Thursday, October 6, 10:30am–1pm. * Sign up in Advance by calling 615-743.3401 or stop by the center to reserve your spot. Flu season is upon us. Get your free vaccination so the flu doesn't get you!

TRIP: Fall TN Craft Fair at Centennial Park Friday, October 7 at 10am. *Sign up in Advance. Cost: \$5.00–4 participants required to make the trip. Bus leaves Knowles at 10am and will return at approx. 1pm. 13 seats available. At this 44th Annual Fall Tennessee Craft Fair you can shop one-of-a-kind, finely crafted artwork directly from the juried, award-winning artists. While shopping, you'll meet the artists, learn what inspires them and how they take raw materials like clay, wood, metal and glass and transform them into fine craft. In addition to the array of high quality craft, you can purchase food from area vendors and enjoy demonstrations from artisans aimed to educate as they create pieces in front of your eyes.

Karaoke Friday, October 7 and 21 at 12:15pm.

Music has the power to refresh the heart and soul! So whether your voice is ready for Broadway or you're a shower singer, you will surely be lifted up by this fun activity or you can simply watch the fun unfold.

Bluebird Café Livestream Monday, October 10 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 for Seniors Luncheon Melodies Tuesday, October 11 at 11:30am. Cost: \$2.50 if you would like to purchase a lunch. Enjoy a hot lunch for only \$2.50 while enjoying the music of Donna Kay Anderson. Donna Kay incorporates gospel, 50's & 60's popular songs and 30's & 40's standards into her performance. Don't miss this one. **BRING A GUEST!**

TRIP: Walk with a Doc at Centennial Park sponsored by All of Us Research Program Wednesday, October 12 at 9:30am.

***Sign up in Advance. Bus leaves Knowles at 9:30am and will return at approx. 11:30am. 5 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.

Bible Study 101 Thursday, October 13 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.

TRIP: 41st Annual TN Indian Education Pow Wow and Arts Exhibition Friday, October 14 at 10am. *Sign up in Advance. Cost: \$10.00. Bus leaves Knowles at 10am and will return at approx. 1:30pm. 7 seats available. The NAIA of TN is holding its annual Pow Wow. You will have the opportunity to see Native American dancers performing ceremonial dances in traditional dress. Native American arts & crafts will be on display and available for purchase plus there will be food available for purchase from food vendors. If you have never had Native American fry bread, you're missing out!

AARP Smart Driver Workshop Tuesday, October 18 10am–11:30am *Sign up in Advance REQUIRED. Limited to 30 participants. AARP's Smart DriverTEKSM program is making it easier for you to learn about new vehicle technologies like Smart Headlights, Blind Spot Warning Systems and Drowsy Driving Alerts. This interactive workshop will teach you the new technology in vehicles that will keep you in the driver seat safer and longer.

Caring Creations with Daniel Tuesday, October 18 at 12pm. Join Daniel in making a simple, small stuffed pillow silhouette decor piece themed either for Fall or Halloween.

Mixed Media Workshop Thursday, October 20 and 27, 11:30am–1pm. Join these workshops to explore new creative projects with Ashley Mintz—she will be here in person!
October 20: Abstract Painted Stick Puzzle—Create a small puzzle! Participants will paint an abstract piece onto chip-board and will cut it so that it creates a puzzle that has to be put back together.

October 27: Pick-A-Color Collage (Bullet Journal Format — Choose a color and create a collage by drawing and gluing images that are dominant in that color.

The Pit Card Game Friday, October 21 at 11am. By popular demand, this wildly fun card game is back! Join the fun and laughter— no experience necessary.

All of Us Research Program Enrollment Assistance Tuesday, October 25, 10am–12pm. * Sign up in Advance

The FiftyForward All of Us team will be offering private appointments for those who need assistance enrolling in the All of Us Research Program. They are looking for diverse participants to enroll and share their health information in order to improve the health of future generations.

Lunch & Learn: Optimum Health and Nutrition Tuesday, October 25 at 11:30am * Sign up in Advance Join Michelle from Dedicated Senior Medical Center for a wellness talk centered around Optimum Health and Nutrition. Learn the difference between good fats vs. bad fats and good carbs vs. bad carbs plus some healthy alternative food options to help maintain a healthy weight. A lunch will be provided during this informative presentation.

Cooking Matters Wednesday, October 26 at 10am

This 6-week course will have you engaging in conversations to help you to select, purchase, and prepare healthy foods. You will also engage in physical activity to help stay fit.

Spooktacular Halloween Party with HCA Friday, October 28 from 11am–1pm. *Sign up in Advance Join us for a fun-filled morning of games, costumes, and pizza with volunteers from HCA. Come dressed to thrill and ready to party! This combined program that will include Knowles and Bordeaux members is sure to be a frightfully good time. Costumes or Halloween-themed attire are encouraged—there will be a parade of costumes as part of the event. There will also be prizes galore and the opportunity to test your skill at some spooky games.