

December 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
	<p>FiftyForward Fresh LUNCH—\$2.50 Reserve by 11am Mon-Fri</p> 	<p>EVERY TUESDAY 9am-1pm Metro Health Dept. COVID Booster, Low-Dose Flu Vaccines & COVID Testing (no vaccines or testing on 12/27)</p>		<p>1 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 11:30am Canvas Painting w/Ashley Mintz * 1pm Arthritis Exercise</p>	<p>2 11am TRIP Frist Art Museum and Lunch at Brown's Diner * 12:15pm Karaoke</p>	3
4	<p>5 10am Line Dancing 11:30am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise 1pm Writer's Group</p>	<p>6 11am Holiday Craft & Cocoa w/ Ann * 1pm Bingo 1:30pm Bold & Golden Men's Group</p>	<p>7 10am Cooking Matters 10:30am Chair Yoga 11:15am C.H.E.F. 12pm <i>Voices Forward</i> Choir Practice 1pm Callisto Recorder Performance 2:30pm Holiday Tree Decorating with Valor College Prep *</p>	<p>8 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise</p>	<p>9 11am Knowles Knitters and Crocheters 12:15pm Karaoke</p>	10
11	<p>12 11am Holly Jolly Holiday Potluck * 1pm Arthritis Exercise 1pm Writer's Group</p>	<p>13 11:30am Lunchtime Melodies w/Music for Seniors 1pm Bingo, Snacks & Holiday Sing-a-Long w/Metro Health 1:30pm Bold & Golden Men's Group</p>	<p>14 9:30am TRIP Walk with a Doc * 10am Cooking Matters 10:30am Chair Yoga 11:15am C.H.E.F. 3-4pm Tech Help with Valor College Prep *</p>	<p>15 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 12pm Bible Study 101</p>	<p>16 FiftyForward Centers & Offices Closed</p>	17
18	<p>19 10am Line Dancing 11:30am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise 1pm Writer's Group</p>	<p>20 10:30am Live Bluebird Café Performance 12pm Frist Art Trunk Project 1pm Bingo 1:30pm Bold & Golden Men's Group</p>	<p>21 10:30am Chair Yoga</p>	<p>22 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise</p>	<p>23 11am Knowles Knitters and Crocheters 12pm Holiday Movie & Munchies: <i>How the Grinch Stole Christmas</i></p>	24
25	<p>26 FiftyForward Centers & Offices Closed for Holiday</p>	<p>27 FiftyForward Centers & Offices Closed for Holiday</p>	<p>28 FiftyForward Centers & Offices Closed for Holiday</p>	<p>29 FiftyForward Centers & Offices Closed for Holiday</p>	<p>30 FiftyForward Centers & Offices Closed for Holiday</p>	31

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.

Silver Sneakers Thursdays, December 1, 8, 15, 22 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.

Stay Active and Independent for Life (SAIL) Mondays, December 5, 19 at 11:30am and Thursdays, December 1, 8, 15, 22 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!**

Canvas Painting with Ashley Mintz Thursday, December 1 at 11:30am. *Sign up in Advance. Learn different abstract techniques and create your own painting on canvas by applying these techniques. You will have a pictured example for reference but will be encouraged to create your painting freehand. All levels are welcome!



Arthritis Exercise with Barb Mondays and Thursdays, December 1, 5, 8, 12, 19, 22 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: Frist Art Museum and Lunch at Brown's Diner Friday, December 2 at 11am. *Sign up in Advance. Cost: \$10.00 plus lunch— 6 participants required to make the trip. Bus leaves Knowles at 11am and will return at approx. 2:45pm. 12 seats available. We're headed to the Frist Art Museum for a docent-guided tour of their exhibit *Weaving Splendor: Treasures of Asian Textiles from the Nelson-Atkins Museum of Art*. This exhibition presents rarely seen Chinese, Indian, Japanese, Persian, and Turkish textiles drawn from the renowned collection of The Nelson-Atkins Museum of Art.

This exhibit will correspond with the Art Trunk project at our center on December 20th — we encourage you to also sign up for that in order to get the full experience! After our exhibit tour, we'll head down the road to Brown's Diner for a scrumptious lunch....burgers, sandwiches, catfish and more!

Karaoke Friday, December 2 and 9 at 12:15pm. Music has the power to refresh the heart and soul! Whether your voice is ready for Broadway or you're a shower singer, you'll be lifted up by this fun activity or you can simply watch the fun unfold.


Line Dancing Mondays, December 5 and 19 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, increased muscular strength, and greater self-confidence. No experience is needed!

Writers Group Mondays, December 5, 12, 19 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.


Holiday Craft & Cocoa with Ann Tuesday, December 6 at 11am. *Sign up in Advance. 'Tis the season to create a fun holiday craft! Come and enjoy some holiday vibe complete with holiday music and a hot cup of cocoa while making something to brighten your home for the holidays.

Bingo Tuesdays, December 6, 13*, 20 at 1pm Join us for an invigorating game of Bingo! There are no losers—everyone wins a prize!

* Metro Health will provide snacks and a holiday sing-a-long!

Bold & Golden Men's Retirement Group Tuesdays, December 6, 13, 20 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.


Cooking Matters Wednesdays, December 7, 14 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.

Chair Yoga Wednesdays, December 7, 14, 21 at 10:30am.
 Knowles member and certified yoga instructor Barbara Clinton will teach a seated yoga class for all fitness levels. Benefits of yoga include less stress, pain management, and better sleep.

FiftyForward Knowles PROGRAM INFORMATION



Program also offered virtually



Denotes member-led program

C.H.E.F. Nutrition Class Wednesdays, December 7, 14 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.

Voices Forward Choir Practice Wednesday, December 7 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. This choral group is a non-auditioned, inclusive group of singers who share a passion for music!

Callisto Recorder Performance Wednesday, December 7 at 1pm. From the Nashville Chapter of the American Recorder Society, Callisto will entertain you with holiday tunes sure to get you in the holiday spirit.

Holiday Tree Decorating with Valor College Prep Wednesday, December 7 at 2:30pm. *Sign up in Advance. Together with our friends from Valor College Prep, let's get in the holiday spirit as we decorate our Knowles holiday tree! There will be plenty of holiday cheer including refreshments, music and socializing!


Knowles Knitters and Crocheters Fridays, December 9 and 23 at 11am. Join other fellow knitters and crocheters to develop your hand knitting or hand crocheting skills. Not only is making something incredibly rewarding, but the ever-popular craft has proven health benefits. The repetitive motions and increased concentration of the activity can lower your heart rate and reduce stress. Bring your own supplies.

Holly Jolly Holiday Potluck Monday, December 12 at 11am. *Sign up in Advance. Bring a NEW, WRAPPED ornament valued at \$5.00 or less for a fun activity we have planned. Join us in celebrating the holiday season with food, friends and festive fun! Sign up to bring a favorite side dish or dessert and we'll provide the turkey or ham. Festivities will include our fabulous *Voices Forward* choir making their debut performance and drawings for prizes.

Lunchtime Melodies with Music for Seniors Tuesday, December 13 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 Jeff Parsons. Now retired from a career as a software developer, Parsons regularly performs an extensive song list crafted from many of his own personal rock, pop and R&B favorites from the 50's, 60's and 70's. Join us for a packed hour of fun down memory lane! **BRING A GUEST!**

TRIP: Walk with a Doc at Centennial Park sponsored by All of Us Research Program Wednesday, December 14 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.

Tech Help with Valor College Prep Wednesday, December 14 from 3pm-4pm. * Sign up in Advance by calling 615-743-3401 for an appointment. Limited 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 a one-on-one help session.

 **Bible Study 101 Thursday, December 15 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.

Live Bluebird Café Performance Tuesday, December 20 at 10:30am We are honored to have been selected for a live singer-songwriter concert courtesy of Nashville's iconic Bluebird Café. You will also hear the stories behind the songs the performer has written for some of Nashville's most famous recording artists.

Frist Art Trunk Project Tuesday, December 20 at 12pm. The Frist Art Museum provides educational art programs to Nashville area communities in partnership with local organizations, including our center! Their Art Trunks are mobile kits that enrich the community members' experience of exhibits at the museum. For this Art Trunk, Daniel will lead us on a project that relates to their exhibit, *Weaving Splendor: Treasures of Asian Textiles from the Nelson-Atkins Museum of Art.*

Holiday Movie & Munchies: How the Grinch Stole Christmas Friday, December 23 at 12pm. Don't let your Christmas be spoiled by The Grinch! Wear your comfies and enjoy this beloved children's tale by Dr. Seuss. You will leave uplifted and ready to share the true spirit of Christmas.