

January 2023 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.

Su	Mon	Tue	Wed	Thu	Fri	Sa
1	2 FiftyForward Centers & Offices Closed FiftyForward Fresh LUNCH—\$2.50 Reserve by 11am Mon-Fri	3 1pm Bingo 1:30pm Bold & Golden Men's Group	4 10:30am Chair Yoga 12pm Frist Art Trunk Project (Continued)	5 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise	6 11am Knowles Knitters and Crocheters 12:15pm Karaoke	7
8	9 10am Bluebird Café Livestream 11:30am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise 1pm Writer's Group	10 11:30am Lunchtime Melodies w/Music for Seniors 1pm Bingo 1:30pm Bold & Golden Men's Group	11 9:30am TRIP Walk with a Doc * 10am Choose Health: Food, Fun and Fitness 10:30am Chair Yoga 11:15am Cooking Matters 12pm Voices Forward Choir Practice 3pm Tech Help with Valor College Prep*	12 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise	13 10am TRIP NPL Civil Rights Room & Lunch at Elliston Place Soda Shop* 12:15pm Karaoke	14
15	16 FiftyForward Centers & Offices Closed	17 12pm Caring Creations w/Daniel 1pm Bingo 1:30pm Bold & Golden Men's Group	18 10am Choose Health: Food, Fun and Fitness 10:30am Chair Yoga 11:15am Cooking Matters 12:30pm Chinese New Year Presentation by Chinese Arts Alliance 3pm Tech Help with Valor College Prep*	19 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 12pm Bible Study 101 1pm Arthritis Exercise	20 10:30am Dr. Ming Wang Program: Forever Young— How to Protect & Improve Your Eye- sight 12pm Nashville Fire Dept.: Fire Safety	21
22	23 10am Line Dancing 11:30am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise 1pm Writer's Group	24 10am-12pm All of Us Research Program Enrollment Assistance* 12pm Armchair Travel to China 1pm Bingo 1:30pm Bold & Golden Men's Group	25 10am Choose Health: Food, Fun and Fitness 10:30am Chair Yoga 11:15am Cooking Matters 12pm Voices Forward Choir Practice 3pm Tech Help with Valor College Prep *	26 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise	27 10:30am TRIP Lunch at The Café at Thistle Farms & Shopping at The Shop at Thistle Farms * 12:15pm Karaoke	28
29	30 10am Line Dancing 11:30am SAIL— Fall Prevention, Fitness & Strength Class 1pm Arthritis Exercise 1pm Writer's Group	31 10am-12pm Meet & Greet New Member Orientation * 1pm Bingo 1:30pm Bold & Golden Men's Group				

FiftyForward Knowles PROGRAM INFORMATION



Program 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.

Bingo Tuesdays, January 3, 10, 17, 24, 31 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, January 3,

10, 17, 24, 31 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.



Chair Yoga Wednesdays, January 4, 11, 18, 25 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.

Frist Art Trunk Project Wednesday, January 4 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 in a fabric painting project that relates to their exhibit, *Weaving Splendor: Treasures of Asian Textiles from the Nelson-Atkins Museum of Art*.

Silver Sneakers Thursdays, January 5, 12, 19, 26 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, January 9, 23, 30 at 11:30am and Thursdays, January 5, 12, 19, 26 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, January 5, 9, 12, 19, 23, 26, 30 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!

Knowles Knitters and Crocheters Friday, January 6, 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.

Karaoke Fridays, January 6, 13, 27 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.

Bluebird Café Livestream Monday, January 9 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!



Writers Group Mondays, January 9, 23, 30 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.

Lunchtime Melodies with Music for Seniors Tuesday, January 10 at 11:30am.

Cost: \$2.50 if you would like to purchase a lunch. Join us for a packed hour of toe-tapping fun and enjoy a hot lunch for only \$2.50 (optional) while listening to some phenomenal musical talent. You will be entertained by a showcase of new musicians joining the Music for Seniors music program. **BRING A GUEST!**

TRIP: Walk with a Doc at Centennial Park sponsored by All of Us Research Program Wednesday, January 11 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.

Choose Health: Food, Fun, and Fitness Wednesdays, January 11, 13, 25 at 10am.

This 6-week curriculum will help you choose ways to get in more healthy foods by learning how to substitute some of your daily food choices. You will also learn ways to make fitness fun and easy to do.

Cooking Matters Wednesdays, January 11, 18, 25 at 11:15am.

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.

Voices Forward Choir Practice Wednesdays, January 11 and 25 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!

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Tech Help with Valor College Prep Wednesdays, January 11, 18, 25 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.

TRIP: Nashville Public Library Civil Rights Room and Lunch at Elliston Place Soda Shop Friday, January 13 at 10am. *Sign up in Advance. Cost \$10.00 plus lunch. Bus leaves Knowles at 10am and will return at approx. 1:30pm. 12 seats available—6 participants required to make the trip. Join us on a trip to visit the Nashville Public Library Civil Rights Room. The materials exhibited capture the drama of a time when thousands of African-American citizens in Nashville sparked a nonviolent challenge to racial segregation in the city and across the South. Sit at the symbolic lunch counter and read the Ten Rules of Conduct carried by the protesters during the sit-ins and examine the timeline of local and national events. Black and white photographs surround the room, illuminating dramatic events in this period of Nashville history. After our visit, we will head to Elliston Place Soda Shop for a scrumptious lunch (or breakfast, if desired).

Caring Creations with Daniel Tuesday, January 17 at 12pm. The Rabbit is the Chinese Zodiac animal for 2023. Join Daniel in making a soft pom pom rabbit out of simple materials.

Chinese New Year Presentation by Chinese Arts Alliance of Nashville Wednesday, January 18, 12:30pm. Chinese New Year is the festival that celebrates the beginning of a new era on the solar Chinese calendar. It is one of the most important holidays in Chinese culture. Jen-Jen of CAAN will present the history and background of Chinese New Year which is celebrated from January 22nd thru February 9th.

Bible Study 101 Thursday, January 19 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.

Dr. Ming Wang Presentation: Forever Young—How to Protect & Improve Your Eyesight Friday, January 20 at 10:30am.

Dr. Ming Wang, a Harvard & MIT graduate, is a world-renowned laser eye surgeon and philanthropist. In this talk, Dr. Ming Wang, MD, PhD, director of Wang Vision Institute, will describe all of the latest advances in treating aging eyes, including laser cataract surgery, Forever Young Lens, the treatment for age-related dry eyes, glaucoma and macular degeneration. It is National Eye Care Month — don't miss out on this opportunity to become better educated about your eye health!

Nashville Fire Department Presentation: Fire Safety Friday, January 20 at 12pm. Firefighters from the Nashville Fire Department will discuss all things related to fire safety... smoke alarms, space heaters, and more! And be sure to check out their fire truck—quite amazing!

Line Dancing Mondays, January 23 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, increased muscular strength, and greater self-confidence. No experience is needed!

All of Us Research Program Enrollment Assistance Tuesday, January 24, 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.

Armchair Travel to China Tuesday, January 24 at 12pm. Sit back and relax as we take you on a journey through China. This video presentation will have you immersed in the culture.

TRIP: Lunch at The Café at Thistle Farms and Shopping at The Shop at Thistle Farms Friday, January 27 at 10:30am. *Sign up in Advance. Cost \$10.00 plus lunch/shopping. Bus leaves Knowles at 10:30am and will return at approx. 1:15pm. 12 seats available—6 participants required to make the trip. The Café at Thistle Farms is a restaurant, tea service, and event space located in West Nashville. A social enterprise, the Café heals, empowers, and employs women survivors of trafficking, prostitution, and addiction. After a tasty lunch, we will check out The Shop at Thistle Farms conveniently located next door. The Shop features candles, body products, essential oils, jewelry, apparel, household textiles and more. Each product is handcrafted by women survivors in Nashville and around the world.

Meet & Greet New Member Orientation Tuesday, January 31, 10am-12pm *Sign up in Advance. Calling all fun-loving Knowles members to help us welcome new members to our fabulous center. Make some new friends while sharing what you know about the activities, events and trips offered at FiftyForward. This informative orientation might even teach you something you didn't know about life at FiftyForward Knowles and enable you to have the best experience at our fabulous center. **Refreshments will be served!**