

# April 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 Sharie Loik 615-743-3488. We follow CDC safety guidelines.

Su	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>FiftyForward Fresh LUNCH—\$2.50</b>  <b>Reserve by 11am at the front desk or by calling 615-743-3487</b>  <b>Served at 12:00 noon in the Art Room</b></p>					1
2	<p>3  <b>11:30am</b> SAIL— Fall Prevention, Fitness &amp; Strength Class  <b>1pm</b> Arthritis Exercise  <b>1pm</b> Writer's Zoom Group</p>	<p>4  <b>9:30am</b> Silver Sneakers <b>NEW CLASS!</b>  <b>1pm</b> Easter Bingo Bash  <b>1:30pm</b> Bold &amp; Golden Men's Group</p>	<p>5  <b>10:30am</b> Chair Yoga  <b>12pm</b> <i>Voices Forward</i> Choir Practice  <b>3pm</b> Tech Help with Valor College Prep*</p>	<p>6  <b>9:30am</b> Silver Sneakers  <b>10:45am</b> SAIL— Fall Prevention, Fitness &amp; Strength Class  <b>1pm</b> Arthritis Exercise</p>	<p>7  <b>11am</b> Knowles Knitters and Crocheters  <b>12:15pm</b> Karaoke</p>	8
9	<p>10  <b>10am</b> Bluebird Café  <b>11:30am</b> SAIL— Fall Prevention, Fitness &amp; Strength Class  <b>1pm</b> Arthritis Exercise  <b>1pm</b> Writer's Zoom Group</p>	<p>11  <b>9:30am</b> Silver Sneakers <b>-NEW CLASS!</b>  <b>11:30am</b> Music City Moments Live  Lunchtime Music  <b>1pm</b> Bingo  <b>1:30pm</b> Bold &amp; Golden Men's Group</p>	<p>12  <b>10:30am</b> Chair Yoga  <b>3pm</b> Tech Help with Valor College Prep*</p>	<p>13  <b>9:30am</b> Silver Sneakers  <b>10:45am</b> SAIL— Fall Prevention, Fitness &amp; Strength Class  <b>1pm</b> Arthritis Exercise</p>	<p>14  <b>11am</b> Knowles Knitters and Crocheters  <b>12:15pm</b> Karaoke</p>	15
16	<p>17  <b>11:30am</b> SAIL— Fall Prevention, Fitness &amp; Strength Class  <b>1pm</b> Arthritis Exercise  <b>1pm</b> Writer's Zoom Group</p>	<p>18  <b>9:30am</b> Silver Sneakers <b>-NEW CLASS!</b>  <b>10:30am</b> Folk Dance Music Performance  <b>12pm</b> Caring Creations Art with Daniel  <b>1pm</b> Bingo  <b>1:30pm</b> Bold &amp; Golden Men's Group</p>	<p>19  <b>10:30am</b> Chair Yoga  <b>12pm</b> <i>Voices Forward</i> Choir Practice  <b>3pm</b> Tech Help with Valor College Prep*</p>	<p>20  <b>9:30am</b> Silver Sneakers  <b>10:45am</b> SAIL— Fall Prevention, Fitness &amp; Strength Class  <b>12pm</b> Bible Study 101  <b>1pm</b> Arthritis Exercise</p>	<p>21  <b>10:30 Trip –Frist Art Museum-Gather at 9:00 am Bus leaves at 9:30 am</b>  <b>11am</b> Knowles Knitters and Crocheters  <b>12:15pm</b> Karaoke</p>	22
23	<p>24  <b>11:30am</b> SAIL— Fall Prevention, Fitness &amp; Strength Class  <b>1pm</b> Arthritis Exercise  <b>1pm</b> Writer's Zoom Group</p>	<p>25 <b>9:30am</b> Silver Sneakers <b>- New Class!</b>  <b>10am-12pm</b> <i>All of Us</i> Enrollment Assistance*  <b>12pm</b> Art Trunk Project  <b>1pm</b> Bingo  <b>1:30pm</b> Bold &amp; Golden Men's Group</p>	<p>26  <b>10:30am</b> Chair Yoga  <b>10:00 am</b> -Springtime Watercolor Art Class instructed by Artist Kim Lane*</p>	<p>27  <b>9:30am</b> Silver Sneakers  <b>10:45am</b> SAIL— Fall Prevention, Fitness &amp; Strength Class  <b>11:30am</b> Farewell Pizza Party for Sharie  <b>1pm</b> Arthritis Exercise</p>	<p>28  <b>10:00- 2 PM. TRIP</b> Health &amp; Wellness Fair at Martin Center  * <b>Gather at 9 am/ Bus Leaves at 9:30 am-Free</b>  <b>11am</b> Knitters &amp; Crocheters  <b>12:15pm</b> Karaoke</p>	
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## FiftyForward Knowles April 2023 PROGRAM INFORMATION



Program offered virtually


**Knowles Center Activities 8:30am–3pm Monday thru Friday**  
General Socializing at the center is available! Practice or enjoy a game of pool, jigsaw puzzles are in the lobby as a come and go activity, eat lunch with other center members, play a board game, have a conversation and relax between scheduled programs.

**FiftyForward Fresh LUNCH Monday thru Friday**

**Reserve your lunch by 11am when you check in or by calling 615-743-3487.** Cost: \$2.50 Lunch Served: 12:00 noon.

Purchase with your FiftyForward F.A.N. card. F.A.N. Cards are purchased with a credit or debit card. Menus are posted at the center. **Please Note:** If you have food allergies, a specific diet, have a food preference or have food sensitivities the menus or food served is not able to be in compliance with individual food needs and choices.

**Stay Active and Independent for Life (SAIL) Mondays, April 3, 10, 17, 24 at 11:30am** Certified Instructor Barbara Batson . **Thursdays, April 6,13, 20, 27 at 10:45am.** Certified Instructor Kathleen Phillips 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 an exercise buddy!**

 **Arthritis Exercise with Barb Mondays and Thursdays, April 3, 6, 10, 13, 17, 20, 24, 27 at 1pm.** Certified Instructor Barbara Batson 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! **Bring an exercise buddy!**


**Writers Group On Zoom Mondays, April 3, 10, 17 and 24 at 1pm.** Writers or aspiring writers are Invited! This group meets via Zoom to share writings that are 5-10 minute vignettes about life, focusing on events growing up to what happens throughout the day. **Prospective new members are welcome to visit the group without reading anything just to get a better understanding of what the group is about.** Call Sharie at 615-743-3488 for the Zoom link and more details.


**Bingo Tuesdays, April 4, 11, 18, 25 at 1pm**

**Easter Bingo Bash Tuesday April 11.** Join us for this Special Edition of Bingo! Wear your Easter Bunny Ears , Easter Bonnets with all the Frills upon it and Spring Colors while you “Eggcellent” snacks! Invite “Some-bunny” to be your guest!



Denotes member-led program

 **Bold & Golden Men’s Retirement Group Tuesdays, April 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.

 **Chair Yoga Wednesdays, April 5, 12, 19, 26 at 10:30am.** Knowles member and certified yoga instructor Barbara Clinton will teach a seated yoga class for all fitness levels. Chair Yoga is a modified yoga that any fitness level can enjoy and find continued benefits in reducing pain and stress as well as it improves circulation and gives our spirits a lift. **Bring an exercise buddy!**

**Voices Forward Choir Practice, Wednesdays, April 5 and 19 at 12pm.** Daniel Christian, Music Director at a church in Clarksville and Degreed in Musical Performance, Leads . **Voices Forward.** This choral group is a non-auditioned, inclusive group of singers who share a passion for music! Voices Forward Performances as scheduled throughout the year.

**Tech Help with Valor College Prep Wednesdays, April 5, 12, 19 \* Sign up in Advance by calling 615-742-4693 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.

**Silver Sneakers New Silver Sneakers Class Tuesdays 9:30 am April 4, 11, 18, 25 at 9:30–Certified Instructor Rhonda Cherry Thursdays, April 6, 13, 20, 27 at 9:30am.** Get active and connected with others is one of the keys to staying motivated to exercise. This encouraging group of Knowles members want to encourage others to exercise with them and experience the results in muscle strength, flexibility, range of motion and thinking clarity. **Join us in welcoming our newest instructor Rhonda Cherry! Bring an exercise buddy!!**

 **Knowles Knitters and Crocheters Friday, April 7, 14, 21, 28 at 11am.** You are invited to join together with others who are passionate about knitting and crocheting. If you want to learn to knit or crochet, this wonderful group will begin to show you the basics. There are some supplies at the center and many also bring their own supplies. Have fun talking, laughing, learning and being inspired to try different knitting and Crocheting projects. **Bring a Friend!**

## FiftyForward Knowles PROGRAM INFORMATION



Program offered virtually



### Bluebird Café Livestream Monday, April 10 at 10 am.

Relax with a cup of coffee and hear Nashville singer-songwriters perform and tell the stories behind the songs that will make you laugh and inspire your heart. These songwriters that perform have written for the most famous and sought after Music Entertainers of today.

### Music City Moments at FiftyForward -Live Lunchtime Music!

**Tuesday, April 11 at 11:30am.** Enjoy the Nashville Music Scene with Nashville Musicians performing at FiftyForward Knowles. Treat a friend by asking them to enjoy this fun lunchtime lunch experience. Buy a lunch or bring a lunch! Lunches: \$2.50 Reservations by 11:00 am on the day of the performance or before. **Sponsored by Music for Seniors!**

**Karaoke Fridays, April 14, 21, 28 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.

**Folk Dance Music Performance and Dance Lesson Tuesday, April 18 at 10:30 am.** Tantsova Grupa (Bulgarian for "dance group") is a Nashville-based musical ensemble created in 2009 to accompany the Nashville International Folk Dancers. They will perform folk dance music primarily from the Balkins and engage us in a couple of simple folk dances. What fun!

**Caring Creations with Daniel Tuesday April 18 at 12 pm**  
Have fun making an art project that is fun and meaningful



### **Bible Study 101 Thursday, April 20 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-Frist Art Museum- Friday, April 21 at 10:30 am. Gather at 8:30- 9:00 at Knowles, Bus Leaves at 9:30 am.** Jeffrey Gibson's, The Body Electric Exhibit is a multidisciplinary practice combines aspects of traditional Indigenous art and culture with a modernist visual vocabulary. Cost: \$10

### **All of Us Research Program Enrollment Assistance Tuesday, April 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.



Denotes member-led program

**Frist Art Trunk Project Tuesday, April 25 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, *Jeffrey Gibson: The Body Electric*.

**Springtime Watercolor Art Class with Kim Lane Wednesday, April 26, from 10:00 am–12:00 pm.** Cost: \$20 **\*Sign up in advance. Only 12 Spots available. Sign up by Friday, April 21.** Take home art you have created with the teaching of artist and art educator Kim Lane. You will have 2 hours to be instructed and create a springtime themed watercolor project. Materials provided.

**Farewell Pizza Party for Sharie Thursday, April 27 at 11:30am**  
Let's wish Sharie well as she moves to a new position at FiftyForward. Luckily it won't be a Goodbye party but a See You Later party since Sharie will still be at another FiftyForward location. Join us to enjoy pizza, cake and share fun memories of Sharie and our times together!

**FiftyForward Health & Wellness Fair at FiftyForward Martin Center, Friday, April 28 10:00– 2 PM. TRIP** Health & Wellness Fair at Martin Center **\* Gather at 9 am/Bus Leaves at 9:30 am-** Join us for the FiftyForward Health and Wellness Fair. Vendors include medical groups, insurance companies, financial advisors, and more! There will be cooking demonstrations, medical screenings and workshops. The first 125 attendees will receive a free boxed lunch! Cost: Free