

# June 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>.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>FiftyForward Fresh LUNCH—\$2.50</b> Reserve by 11am at the front desk or by calling 615-743-3487 Served at 12:00 noon in the Art Room</p>			<p>1 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness &amp; Strength Class 1pm Arthritis 1:30pm Bold &amp; Golden Men's Group</p>	<p>2 10:30am Surf Smart Seminar: Staying Safe Online 12:15pm Karaoke</p>	3
4	<p>5 11:30 am SAIL— Exercise Class 1pm Arthritis Exercise 1pm Writer's Group</p>	<p>6 9:30am Silver Sneakers 1pm Bingo</p>	<p>7 10am TRIP - The All of Us Journey Touring Exhibit and Lunch at Plaza Mariachi 10:30am Chair Yoga</p>	<p>8 9:30am Silver Sneakers 10:45am SAIL— Fall Prevention, Fitness &amp; Strength Class 1pm Arthritis 1:30pm Bold &amp; Golden Men's Group</p>	<p>9 12:15pm Karaoke</p>	10
11	<p>12 11:30 am SAIL— Exercise Class 1pm Arthritis Exercise 1pm Writer's Zoom Group 2pm Meet and Greet</p>	<p>13 9:30am Silver Sneakers 11:30am Music for Seniors Presents Darren Long * Memory Café event 1pm Bingo</p>	<p>14 9am—3pm Tech Help— Power Youth 10:30am Chair Yoga 1pm –Game Day Board Games, Cards and Conversation.</p>	<p>15 9:30am Silver Sneakers 10:45am SAIL 12pm Bible Study 1pm Arthritis Exercise 1:30pm Bold and Golden Men's Group</p>	<p>16 12:15pm Karaoke</p>	17
18	<p>19 <b>FiftyForward Centers &amp; Offices CLOSED for Juneteenth</b></p>	<p>20 9:30am Silver Sneakers 1pm Dads and Donuts—BINGO</p>	<p>21 9am—3pm Tech Help with Power Youth 10:30am Chair Yoga 1pm Trivia Time— Celebrating Juneteenth</p>	<p>22 9:30am Silver Sneakers 10:45am SAIL 1pm Arthritis Exercise 1:30pm Bold and Golden Men's Group</p>	<p>23 12:15pm Karaoke 4:30pm Pride Party</p>	24
25	<p>26 11:30 am SAIL— Exercise Class 1pm Arthritis Exercise 1pm Writer's Zoom Group</p>	<p>27 9:30am Silver Sneakers 1pm Bingo</p>	<p>28 9am—3pm Tech Help with Power Youth 10:30am Chair Yoga 1pm –Game Day Board Games, Cards and Conversation.</p>	<p>29 9:30am Silver Sneakers 10:45am SAIL 1pm Arthritis Exercise 1:30pm Bold and Golden Men's Group</p>	<p>30 12:15pm Karaoke</p>	

# FiftyForward Knowles 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 or jigsaw puzzles. Knitting and crocheting 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:** The meals served cannot be altered to accommodate food allergies, a specific diet, food preferences or food sensitivities.

**Game Day– Wednesdays, June 14 and 28 at 1:00 pm**–Board Games, Card Games and Conversation. Join this lively group of game players in the lobby of the Knowles Center. Bring a game or pick out a game from the bookshelf in the lobby.

**Stay Active and Independent for Life (SAIL) Mondays, June 5, 12 and 22, at 11:30am. Certified Instructor Barbara Batson. Thursdays, June 1, 8, 15, 22 and 29 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, June 1, 8, 15, 22 and 29 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, June 5, 12, and 26 at 1pm.** Writers or aspiring writers are invited! This group meets via Zoom to share 5-10 minute vignettes about life, ranging from events growing up to what happens throughout the day. **Please consider attending this group to learn more. You do not have to prepare anything to read! Consider attending to get a better understanding of what the group is about and enjoy the fun stories and conversation in a convenient online Zoom Format.** Call Tiffany at 615-743-3488 for the Zoom link and more details.



Denotes member-led program

**Bingo Tuesdays, June 6, 13 and 27 at 1pm –June 20th: Dads and Donuts** - Join us for a special game-of-chance BINGO session with some great prizes! Following the game, enjoy a donut with friends or take one to-go for later!

**Silver Sneakers New Silver Sneakers Class Tuesdays 9:30 am June 6, 13, 20 and 27 at 9:30–Certified Instructor Rhonda Cherry and Thursdays, June 1, 8, 15, 22 and 29 at 9:30am. Certified Instructor Kathleen Phillips** Staying active and connecting with others motivate us to exercise. This encouraging group of Knowles members wants 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!**



**Chair Yoga June 7, 14, 21 and 28th 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 such as reduced pain and stress and improved circulation and it gives our spirits a lift! **Bring an exercise buddy!**



**Bold & Golden Men's Retirement Group Thursdays, June 1, 8, 15, 22, and 29, 1:30pm.** Join this men's group to develop friendships, share experiences, talk about similar interests and simply spend time with other retired men.

**Karaoke Fridays, June 2, 9, 16, 23 and 30th 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, June 12th 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. The songwriters who perform have written for some of the most famous and sought after Music Entertainers of our day.

## FiftyForward Knowles PROGRAM INFORMATION



Program offered virtually



Denotes member-led program

**Surf Smart Seminar: Staying Safe Online— June 2nd at 10:30am to 1:30pm**— Join us for a staying safe online cybersecurity event. Learn tips on how to protect your personal information online and avoid scams while enjoying a free lunch. This program is offered in partnership with Senior Planet, NPT/Nashville Public Television and West End Home Foundation. Registration is open to age 60+ (grant funded) and RSVP is requested by Friday 5/26/23 in Membership Works or by calling 615-743-3487.

**Trip- The All of Us Journey Touring Exhibit and Lunch at Plaza Mariachi—Wednesday, June 7 at 10am—1pm.** FiftyForward is excited to once again host the *All of Us* Journey Bus as part of a 3-week Nashville tour. This is a touring exhibit that offers interactive information about *All of Us* and a mobile lab so those who wish to participate can donate their biospecimens. There is no trip fee for this event. Enjoy lunch at one of the restaurants at Plaza Mariachi and shopping center while there! **Lunch is at own cost. Arrive at center by 9:30am.** Please register by noon on Tuesday June 6th in Membership Works or by calling 615-743-3487.

**Meet and Greet! Monday, June 12th at 2pm**—Join us for a delicious treat and meet our new program assistant and our three PowerYouth interns who will be serving with us this summer!

**Music for Seniors Presents Darren Long— Tuesday, June 13th at 11:30-1:00pm**—Live Luncheon Music! Join us for Music City Moments at FiftyForward Knowles and enjoy music by Darren Long. Buy a lunch or bring a lunch! Lunches: \$2.50 Reservations by 11:00am and invite a guest if you like. Sponsored by Music for Seniors!

**Tech Help with PowerYouth— Wednesday, June 14, 21, and 28th from 9am-3pm**— Do you have questions about your smartphone, tablet, or computer? Questions about social media or storing files to the cloud? A team of PowerYouth interns will be on hand to help! Bring your device and your questions for one-on-one help sessions. They can help you set up Bluetooth, 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! Six one-hour-long slots are available, first come, first served. Making an appointment is recommended.

**Bible Study 101 Thursday, June 15th at 12pm.** Join Knowles member Dorothy Baccus for a time of learning how to look up verses and how to study the Bible. Bring a Bible from home or let us know if you need one.

**Trivia Time—Celebrating Juneteenth—Wednesday June 21 from 1pm-2pm**—Join us in recognition and celebration of Juneteenth with trivia and a chance to win special prizes! Our new director at Knowles looks forward to hosting this special event. Hope to see you there!

**Pride Party—Friday June 23rd from 4:30pm—7:30pm**—Join us in celebration of Pride Month at FiftyForward Knowles, in partnership with inclusion tennessee. We'll be hosting a Disco themed shindig and we invite you to come "boogie" with us! We invite you to dress up in your most fabulous disco/70's themed "threads." Drop in for a round of Drag Bingo (with a chance to win prizes) and for fun, food, and fellowship! Come see our decorated FiftyForward bus that will be driven in the upcoming weekend Pride parade!

**Memory Cafés** are warm, welcoming places for individuals with dementia and their caregivers to have regular, enjoyable social interaction with others in similar circumstances. Join us for the Music for Seniors concert and lunch together. Please register by June 9 by calling 615-743-3487.

## FiftyForward MEMORY CAFÉ

**June 13 – 11:30am -  
Music For Seniors  
Concert and Lunch**