

September 2023 FiftyForward Knowles Program Calendar

Please see the program description page to learn more about each offering, and to see which activities require registration. **Events with an asterisk* require advance registration.** To register, please use the Membership Portal: <https://fiftyforward.org/member/#myaccount> or call 615-743-3487.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>FiftyForward Fresh LUNCH—\$2.50</p> <p>Served at noon in the Art Room</p> <p>Reserve by 10:30am at the front desk or by calling 615-743-3487</p>	<p>29</p> <p>9:30a Game Time</p> <p>9:30a Silver Sneakers</p> <p>1p Bingo</p> <p>2p Trivia Titans</p>	<p>30</p> <p>9:30a Game Time</p> <p>9a *TRIP: Tennessee Agricultural Museum and Mystery Lunch</p> <p>10:30a Chair Yoga</p> <p>12p <i>Voices Forward</i></p> <p>2p Billiards & Ping Pong</p>	<p>31</p> <p>9:30a Game Time</p> <p>9:30a Silver Sneakers</p> <p>10:45a SAIL Class</p> <p>1p Arthritis Class</p> <p>1:30p Bold & Golden Men's Group</p>	<p>1</p> <p>9:30a Cornhole Club</p> <p>10a Movie and Popcorn (Drama)</p> <p>12:15p Karaoke</p>
<p>4</p> <p style="text-align: center;">LABOR DAY</p> <p style="text-align: center;">All centers closed</p>	<p>5</p> <p>9:30a Game Time</p> <p>9:30a Silver Sneakers</p> <p>10:30a Drama Buffs</p> <p>1p Bingo</p> <p>2p Trivia Titans</p>	<p>6</p> <p>9:30a Game Time</p> <p>9:30a Cornhole Club</p> <p>10:30a Chair Yoga</p> <p>11a-2p COVID Clinic</p> <p>12p <i>Voices Forward</i></p> <p>2:30p Line Dancing</p>	<p>7</p> <p>9:30a Game Time</p> <p>9:30a Silver Sneakers</p> <p>10:45a SAIL Class</p> <p>1p Arthritis Class</p> <p>1:30p *EVENT: Painting Class—Vivid Arts Meditation</p> <p>1:30p Bold & Golden Men's Group</p> <p>2:30p Billiards & Ping Pong</p>	<p>8</p> <p>9:30a Cornhole Club</p> <p>10a Movie and Popcorn (Musical)</p> <p>12:15p Karaoke</p>
<p>11</p> <p>9:30a Game Time</p> <p>10a Bluebird Café Livestream</p> <p>11a SAIL Class</p> <p>1p Arthritis Class</p> <p>1p Writer's Zoom Group</p> <p>2:30p Billiards & Ping Pong</p>	<p>12</p> <p>9:30a Game Time</p> <p>9:30a Silver Sneakers</p> <p>10:30a Drama Buffs</p> <p>11:45a Music for Seniors Memory Café Event—Emily Kidd</p> <p>1pm Bingo</p> <p>2p Metro Health: Suicide Awareness/Prevention</p>	<p>13</p> <p>9:30a Game Time</p> <p>9:30a Cornhole Club</p> <p>9:30a *TRIP - Walk with a Doc</p> <p>10:30a Chair Yoga</p> <p>12p <i>Voices Forward</i></p> <p>2:30p Line Dancing</p>	<p>14</p> <p>9:30a Game Time</p> <p>9:30a Silver Sneakers</p> <p>10:45a SAIL Class</p> <p>1p Arthritis Class</p> <p>1:30p Bold & Golden Men's Group</p> <p>2:30p Billiards & Ping Pong</p>	<p>15</p> <p>9:30a Cornhole Club</p> <p>10a Movie and Popcorn (Comedy)</p> <p>12:15p Karaoke</p> <p>4:30p *MEET: Nashville Fair</p>
<p>18</p> <p>9:30a Game Time</p> <p>10a Wishing Chair Puppet Show: The Stonecutter</p> <p>11a SAIL Class</p> <p>1p Arthritis Class</p> <p>1p Writer's Zoom Group</p> <p>2:30p Billiards & Ping Pong</p>	<p>19</p> <p>9:30a Game Time</p> <p>9:30a Silver Sneakers</p> <p>10:30a Drama Buffs</p> <p>1p Bingo</p> <p>1p All of Us: One in a Million</p> <p>2p Trivia Titans</p>	<p>20</p> <p>9:30a Game Time</p> <p>9:30a Cornhole Club</p> <p>10:30a Chair Yoga</p> <p>12p <i>Voices Forward</i></p> <p>2:30p Line Dancing</p>	<p>21</p> <p>9:30a Game Time</p> <p>9:30a Silver Sneakers</p> <p>10:45a SAIL Class</p> <p>12p Bible Study</p> <p>1p Arthritis Class</p> <p>1:30p Bold & Golden Men's Group</p> <p>2:30p Billiards & Ping Pong</p>	<p>22</p> <p>9:30a Cornhole Club</p> <p>10a Movie and Popcorn (SciFi)</p> <p>10a *TRIP: Thistle Farms Café & Gift Shop</p> <p>12:15p Karaoke</p>
<p>25</p> <p>9:30a Game Time</p> <p>11a SAIL Class</p> <p>1p Arthritis Class</p> <p>1p Writer's Zoom Group</p> <p>2:30p Billiards & Ping Pong</p>	<p>26</p> <p>9:30a Game Time</p> <p>9:30a Silver Sneakers</p> <p>10:30a Drama Buffs</p> <p>11:30a Special Piano Performance—Nelson Dunlap</p> <p>1p Bingo</p> <p>2p Trivia Titans</p>	<p>27</p> <p>9:30a Game Time</p> <p>9:30a Cornhole Club</p> <p>10:30a Chair Yoga</p> <p>11a-2p COVID Clinic</p> <p>11a *MEET: Taj Indian Restaurant</p> <p>12p <i>Voices Forward</i></p> <p>2:30p Line Dancing</p>	<p>28</p> <p>9:30a Game Time</p> <p>9:30a Silver Sneakers</p> <p>10:45a SAIL Class</p> <p>1p Arthritis Class</p> <p>1:30p Bold & Golden Men's Group</p> <p>2:30p Billiards & Ping Pong</p>	<p>29</p> <p>9:30a Cornhole Club</p> <p>10a Movie and Popcorn (Action)</p> <p>12:15p Karaoke</p>

FiftyForward Knowles PROGRAM INFORMATION



If you are interested in participating in any program virtually, please reach out to the hosting center for more information.



Denotes member-led program


Knowles Center Activities 8:30am–3pm Monday thru Friday. So many things to do at FiftyForward! Enjoy a game of pool or ping pong. Play games or cards in the lobby. Eat lunch with other members. Work on your needlework or crafts. Meet new people or relax between scheduled programs. And check out all these great activities below!

FiftyForward Fresh LUNCH Monday thru Friday. Reserve your lunch by 10:30am when you check in or by calling 615-743-3487. Cost: \$2.50 Lunch Served: 12:00 noon in the Art Room. 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.

RECURRING CLASSES, ACTIVITIES, & GROUPS:

All of Us: One in a Million Tuesday, Sept. 19 from 1-2pm. Discover how you can become "One in a Million" within the *All of Us* Research Program! Join us to discover how you can contribute and make a lasting impact on the future of medicine!


Arthritis Exercise Class Mondays and Thursdays 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!**

 **Bible Study 101 Thursday, September 21 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.

Billiards & Ping Pong Mondays and Thursdays at 2:30pm. Bring a friend or make some new ones, and enjoy some relaxing time honing your pool shot or your ping pong backhand.

BINGO! Tuesdays at 1pm. Bring a friend and have a great time playing Bingo with the Knowles crowd. Everyone wins a prize! This is one of our most popular activities.

Bluebird Café Livestream Monday, September 11 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.

 **Bold & Golden Men's Retirement Group Thursdays 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 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!**

COVID Clinic Wednesday, September 6 and 27 from 11am to 2pm. The Metro Nashville Health Department STRIKE Team will be providing free COVID vaccinations for members and the public.

Cornhole Club—NEW! Wednesdays and Fridays at 9:30am. Join this club to learn, practice bag tossing and gain game knowledge. All skill levels; no partner needed.

Drama Buffs—NEW! Tuesdays at 10:30am. Calling all theatre aficionados! Join us to do "reader theatre" play readings. Scripts will be provided, or bring your favorite script, and have fun rehearsing and performing plays of all genres.

Game Time! Monday through Thursday at the Knowles Center from 9:30 to 10:30am. FiftyForward Knowles welcomes our card and board game playing members. If you enjoy friendly competition, teamwork and fun then please join us! Bring a friend and let's play!

Karaoke Fridays 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—NEW! Wednesdays at 2:30pm. Back by popular demand, come have fun learning different line dances to great music with instructor Daniel Christian.

Movies and Popcorn Fridays from 10am to 12pm. Come join us for great movies, fun and friendship! Popcorn will be served! Be sure to tell Julie Harper what your favorite it movie is, so we can add it to the list!

September 1: Drama **September 8:** Musical

September 15: Comedy **September 22:** Sci Fi

September 29: Action

Music for Seniors Tuesday, September 12 from 11:30-1:00pm. Live Lunchtime Music! Join us for Music City Moments at FiftyForward Knowles and enjoy live music! Buy a lunch or bring a lunch! Lunches: \$2.50 Reserve your lunch by 10:30am and invite a guest if you like. Sponsored by Music for Seniors! **This month's featured singer is Emily Kidd.**

Silver Sneakers Tuesdays at 9:30am with Certified Instructor Rhonda Cherry, and Thursdays at 9:30am with Certified Instructor Kathleen Phillips. Staying active and connecting with others motivates 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. **Bring an exercise buddy!**

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RECURRING CLASSES, ACTIVITIES, & GROUPS:

Stay Active and Independent for Life (SAIL) Mondays with Certified Instructor Barbara Batson. Thursdays at 10:45am with 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!**

Trivia Titans Tuesdays at 2pm. Do you have a lot of trivia knowledge? Do you like a little competition? If this sounds like you, then please join us for an afternoon filled with fun facts and laughs!

Voices Forward Choir Practice, Wednesdays at noon. Our music director Daniel Christian has a Degree in Musical Performance! This choral group is a non-auditioned, inclusive group of singers who share a passion for music, regardless of your skill level.

 **Writers Group On Zoom** Mondays 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. 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 Julie at 615-743-3401 for the Zoom link and more details.

DAY TRIPS:

TRIP - FREE! - Walk with a Doc at Centennial Park sponsored by All of Us Research Program Wednesday, September 13 from 9:30am-11:30am. Put on your walking shoes and breathe in the fresh air as you ask health related questions that will be answered by a Vanderbilt doctor. The terrain is flat, you can rest when needed. **This trip is FREE!!** Please register in Membership Works or by calling the center at 615-743-3487. Arrive at the center by 9am. Depart at 9:30am.

TRIP - Thistle Farm Café and Gift Shop— Friday, September 22nd from 10am–1pm. Join us as we take a trip to Thistle Farms Café and Gift Shop! Not only do they offer fabulous food and gifts, but their mission is to help women trying to escape from terrible life circumstances. **The trip fee is \$10, plus the cost of your meal.** Please register in Membership Works or by calling the center at 615-743-3487. Arrive at the center by 9:30am. Depart at 10am.



SPECIAL EVENTS:

EVENT - Painting Class with Vivid Arts Meditation Thursday, September 7th from 1:30-3:00pm. Artist Janay Moreland returns to FiftyForward to help us create our own masterpieces! Join her for a therapeutic, creative acrylic painting session. Step-by-step instructions and hands-on assistance will be provided with all supplies included. **Cost is \$20 per person, which includes canvas, paints, and all supplies to create your masterpiece.** Please register in Membership Works or by calling the center at 615-743-3487.

EVENT - Suicide Awareness and Prevention Tuesday, September 12 at 2pm. Metro Health Department will bring information on how you can be aware of the signs that someone is contemplating suicide. Everyone who attends will receive a gift bag.

MEET - Nashville Fair Friday, September 15th at 4:30pm. **FiftyForward has free tickets to the Nashville Fair** for our members! We will meet at FiftyForward Knowles where you can park for free, then walk to the Fair together and enjoy Andy Griggs, Craig Wayne Boyd, and other singers and entertainment at the Fair. Return to your car on your own when you have had all the fun you can take. (Fair closes at 9:00pm.) Tickets are limited so please register asap through Membership Works or by calling 615-743-3487.

EVENT - Wishing Chair Productions Presents “The Stonecutter” Monday, September 18 at 10am. The Nashville Public Library Puppet Truck presents this puppet show, based on a traditional Asian folktale and featuring Bunraku puppetry. This story teaches two life lessons: be happy with who you are and make your wishes carefully!



EVENT - Piano Performance by Nelson Dunlap Tuesday, September 26 at 11:30a. Our very own member Nelson Dunlap will share his incredible talent with us by putting on a command performance for all our members. Come enjoy Nelson's talent!

MEET - Taj Indian Restaurant, 412 Harding Place, Nashville 37211 Wednesday, September 27th from 11am to 1pm. Taj recently relocated to a brand new building on Harding Place. If you like Indian food (or have been wanting to try it), this is your chance! **We will meet there**, but please register in Membership Works or by calling the center at 615-743-3487 so that we know who to look for there.