

## November 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><b>FiftyForward Fresh LUNCH—\$2.50</b><br/>Served at noon in the Art Room<br/>Reserve by 10:30am at the front desk or by calling 615-743-3487</p>   | <p><b>31</b><br/>9:30a Silver Sneakers<br/>10:30a Drama Buffs<br/>1-3p <b>FREE EVENT:</b> Halloween Party, Bingo and Costume Parade</p>  | <p><b>1</b><br/>10:30a Chair Yoga<br/>12p <i>Voices Forward</i><br/>1p <b>NEW: Movie Club</b><br/>2:30p Line Dancing</p>   | <p><b>2</b><br/>9:30a Silver Sneakers<br/>9:30-2p <b>*TRIP—Nashville Symphony &amp; Lunch @ Martin's BBQ</b><br/>10:45a SAIL Exercise<br/>1p Arthritis Exercise<br/>1:30p Bold &amp; Golden Men's Group<br/>2:30p Billiards/Ping</p> | <p><b>3</b><br/>10a Cornhole Club<br/>10:30a Belly Dancing Exercise<br/>11:30 <b>NEW-Sewing / Needlework Club</b><br/>12:15p Karaoke</p> |
| <p><b>6</b><br/>11a SAIL Exercise<br/>12p <b>*FREE: Native Am. History/Bead Craft</b><br/>1p Arthritis Exercise<br/>1p Writer's Group<br/>2:30p Billiards/Ping Pong</p>                          | <p><b>7</b><br/>9:30a Silver Sneakers<br/>10:30a Drama Buffs<br/>11:30a Game Time<br/>1p Bingo<br/>3p <b>*Computer/Smart Phone Help</b></p>  | <p><b>8</b><br/>9:30-11:30a <b>*FREE TRIP: Walk with a Doc (weather permitting)</b><br/>10:30a Chair Yoga<br/>12p <i>Voices Forward</i><br/>1p Movie Club<br/>2:30p Line Dancing</p> | <p><b>9</b><br/>9:30a Silver Sneakers<br/>10:45a SAIL Exercise<br/>1p Arthritis Exercise<br/>1:30p Bold &amp; Golden Men's Group<br/>2p<br/>2:30p Billiards/Ping Pong</p>  | <p><b>10</b><br/>10a Cornhole Club<br/>10:30a Belly Dancing Exercise<br/>11:30 Sewing / Needlework Club<br/>12:15p Karaoke</p>           |
| <p><b>13</b><br/>10a Bluebird Café Livestream<br/>11a SAIL Exercise<br/>1p Arthritis Exercise<br/>1p Writer's Group<br/>1:30-4p <b>*TRIP: Frist Art Museum</b><br/>2:30p Billiards/Ping Pong</p> | <p><b>14</b><br/>9:30a Silver Sneakers<br/>10:30a Drama Buffs<br/>11:45a Music for Seniors -Lady Chapman<br/>1p Bingo<br/>2p <b>*Jewelry class-Earrings</b><br/>3p <b>*Computer/Smart Phone Help</b></p> | <p><b>15</b><br/>10:30a Chair Yoga<br/>11-2p <b>Metro Flu Clinic</b><br/>12p <i>Voices Forward</i><br/>1p Movie Club<br/>2:30p Line Dancing</p>                                      | <p><b>16</b><br/>9:30a Silver Sneakers<br/>10:45a SAIL Exercise<br/>12p Bible Study<br/>1p Arthritis Exercise<br/>1:30p Bold &amp; Golden Men's Group<br/>2:30p Billiards/Ping Pong</p>  | <p><b>17</b><br/>10a Cornhole Club<br/>10:30a Belly Dancing Exercise<br/>11:30 Sewing / Needlework Club<br/>12:15p Karaoke</p>           |
| <p><b>20</b><br/>11a SAIL Exercise<br/>1p Arthritis Exercise<br/>1p Writer's Group<br/>2:30p Billiards/Ping Pong</p>   | <p><b>21</b><br/>9:30a Silver Sneakers<br/>9:30-3p <b>*TRIP-Oak Grove Casino (with Turner)</b><br/>10:30a Drama Buffs<br/>11:30a Game Time<br/>1p <i>All of Us: One in a Million</i><br/>1p Bingo</p>    | <p><b>22</b><br/>10:30a Chair Yoga<br/>12p <i>Voices Forward</i><br/><br/>No scheduled afternoon activities</p>  | <p><b>23</b><br/><br/><b>Thanksgiving Holiday</b></p>  | <p><b>24</b><br/><br/><b>All Sites Closed</b></p>  |
| <p><b>27</b><br/>10a <b>Decorate Knowles</b><br/>11a SAIL Exercise<br/>1p Arthritis Exercise<br/>1p Writer's Group<br/>2:30p Billiards/Ping Pong</p>   | <p><b>28</b><br/>9:30a Silver Sneakers<br/>10:30a Drama Buffs<br/>11:30a Game Time<br/>1p Bingo<br/>3p <b>Tree Lighting / Party with Valor Prep</b></p>  | <p><b>29</b><br/>10:30a Chair Yoga<br/>12p <i>Voices Forward</i><br/>1p Movie Club<br/>2:30p Line Dancing</p>  | <p><b>30</b><br/>9:30a Silver Sneakers<br/>10a <b>Therapy Pets</b><br/>10:45a SAIL Exercise<br/>1p Arthritis Exercise<br/>1:30p Bold &amp; Golden Men's Group<br/>2:30p Billiards/Ping Pong</p>                                      | <p><b>1</b><br/>10a Cornhole Club<br/>10:30a Belly Dancing Exercise<br/>11:30 Sewing / Needlework Club<br/>12:15p Karaoke</p>            |

# FiftyForward Knowles PROGRAM INFORMATION



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Denotes member-led program

**Knowles Center Activities 8:30am–3:30pm** 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, Nov. 21 at 1pm.** 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!**


**Belly Dancing Fridays 10:30am.** As one of the oldest forms of dance, Instructor Sarina Jeske will teach the benefits of belly dance; it promotes balance, strength, digestion, coordination & confidence as well as being a fun & highly expressive dance form. Beginner and intermediate.


 **Bible Study 101 Thursday, Nov. 16 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, Nov. 13 at 10 am.** Come hear Nashville singer-songwriters perform and tell the stories behind the songs that will make you laugh and inspire your heart. They 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!**

**Cornhole Club Fridays at 10:00 am.** Join this club to learn, practice bag tossing and gain game knowledge. Lots of fun and laughs!


**Metro Flu Clinic Wednesday, Nov. 15 from 11am to 2pm.** The Metro Nashville Health Department STRIKE Team will be providing this year's flu shot for members and the public.

**Drama Buffs 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. We will put on "A Christmas Carol" in December.

**Game Time! New day—Tuesdays at 11:30 am.** 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 Wednesdays at 2:30pm.** Back by popular demand, come have fun learning different line dances to great music with instructor Daniel Christian.

 **Movie Club. New day—Wednesdays at 1pm.** Decide what movie you want to watch each week. Choose from the huge selection of DVDs we have in the Game Room. **Note:** You are free to watch movies any time in the Game Room.

**Music for Seniors Tuesday, Nov. 14 at 11:45am.** 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 Lady Chapman.**

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## RECURRING CLASSES, ACTIVITIES, & GROUPS



### **NEW—Sewing/Needlework Club** Fridays at 11:30am.

Back by popular demand! If you love to sew, quilt, crochet, knit, cross-stitch, embroider, needlepoint—join us and bring your latest project. We will meet in the lobby to work on projects, share ideas, tips and tricks, socialize and make new friends. We have one sewing machine on-site, but you may need to bring your own as well, if needed.

**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. Join us to experience the results in muscle strength, flexibility, range of motion and thinking clarity.

**Stay Active and Independent for Life (SAIL)** Mondays at 11am 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!**

**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 – NOW IN-PERSON!** Mondays at 1pm.

Writers or aspiring writers are invited! This group is now meeting in-person at the Knowles Center, 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!

## SPECIAL EVENTS

Items with \* require registration. Please register in Membership Works or by calling the center at 615-743-3487

**\*FREE Craft - Native American Bead Craft and History** Monday Nov. 6 at noon. For Native American Heritage month, Cassandra Carroll presents historical information and a Native American craft. **Register soon to guarantee your seat for the craft.**

**\*FREE Event - Computer / Smart Phone Tech Support.** Valor Prep will be sending students over to help out on certain Tuesdays in November and December. If you want help with your electronic device, please register for the date you want to come for help. **They will be here from 3:00 to 4:00 pm on the following Tuesdays:**

- Tuesday, Nov. 7
- Tuesday, Nov. 14
- Tuesday, Dec. 5
- Tuesday, Dec. 12

**Please register to ensure they can help you with your device the date you want to come!**

**\*Jewelry-Making Class - Pierced or clip-on earring making** Tuesday, Nov. 14 from 2:00-3:30pm. Patricia Freeman is back to teach you how to make beautiful hand-dipped earrings. **Cost is \$10.** Register soon to guarantee your seat for the craft.

**FREE Event - Decorate Knowles for the Holidays** If you love to decorate for the holidays, please bring your expertise on **Monday, November 27th from 10 am to noon** to help put up the decorations and make our lobby cheerful and festive. We will supply all the decorations, but feel free to bring any you want to donate to the Center.

**FREE Event - Tree Lighting and Holiday Party** Tuesday, Nov. 28th from 3:00 to 4:00pm. Join our Valor Prep volunteers for the lighting of the Christmas tree and holiday party!

**FREE Event - Nashville Therapy Pets** will be bringing their dogs and cats to Knowles on Thursday, Nov. 30th from 10-11 am. They are dedicated to enhancing the lives of individuals in our community through the power of pet-led therapy. They firmly believe in the incredible bond between humans and animals, and harness this bond to bring comfort, joy, and healing.

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## DAY TRIPS

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**\*TRIP - Nashville Symphony Dress Rehearsal and Lunch – Thursday, Nov. 2nd from 9:30am to 3pm.** We will attend the full dress rehearsal of Corea's Concerto and Romeo & Juliet. This 2.5 hour rehearsal includes one intermission. Please feel free to dress as though you were attending the symphony at night instead of in the morning! This will be just like the evening performance—only free! We will then go to lunch at Martin's BBQ afterward. This is a joint trip with Madison Station. **The trip fee is \$10, plus the cost of your meal.** Arrive at the center by 9:00am. Depart at 9:30am SHARP.

**\*FREE Trip - Walk with a Doc at Centennial Park sponsored by All of Us Research Program Wednesday, Nov. 8th 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!!** Arrive at the center by 9am. Depart at 9:30am. **\*\* Weather permitting**

**\*TRIP - Frist Art Museum—Monday, Nov. 13th from 1:30-4:00pm.** Enjoy several new exhibitions at the Frist on a free guided tour. Exhibits include:

- Multiplicity: Blackness in Contemporary American Collage
- Raquib Shaw: Ballads of East and West
- The Power of Resilience
- Art in the Atrium by TC
- Art and Imagination in Spanish America, 1500–1800: Highlights from LACMA's Collection

For more information, please see <https://fristartmuseum.org/>.

**The trip fee is \$10.** Arrive at the center by 1:00pm, depart by 1:30pm. Return by no later than 4:00pm.

**\*TRIP – Oak Grove Casino, Tuesday, Nov. 21st from 9:30am to 3:00pm.** Join us for this fun-filled trip to the casino, restaurants, and shops in Oak Grove, Kentucky. **The trip fee is \$15, plus any casino or food costs.** Arrive at the center by 9:00am. Depart at 9:30am and return to the Center by 3:00pm. This is a joint trip with the Turner Center.

## TRIP GUIDELINES

**Minimum number**— Trips not meeting the minimum number of 6 attendees (unless otherwise noted) will be cancelled at least 24 hours in advance. Refunds will be issued or F.A.N. cards will be given.

**Departure Time**— Trips will leave at the stated departure time, so it is best if you arrive at least 15 minutes prior to departure.

**Cancellations and No Shows**— A refund or F.A.N. card will be issued if a cancellation is given within 24 hours of a trip's scheduled departure. For trips involving pre-ordered tickets or reservations, a refund or F.A.N. card will be given only if your seat can be filled.

**Attendance**— Cancelling or not showing up for three or more trips within a month will result in being placed on a waiting list the following month.

**Exceptions**— Exceptions may be considered by center staff in extreme situations.