

February 2024 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
FiftyForward Fresh LUNCH—\$2.50 Served daily at 11:45 in the Lobby Reserve by 10:30am at the front desk or call 615-743-3487 or by calling 615-743-3487	Black History Month: Art as a Platform for Social Justice	31 9a National Hot Chocolate Day—free hot chocolate! 10:30a Chair Yoga 11:30a Game Time 1p Needlework Club	1 9:30a Silver Sneakers 9:30a-2p *TRIP-Nashville Ballet & Lunch 10:45a SAIL Exercise 12p Bible Study 101 12p Bold & Golden Men's Group 1p Arthritis Exercise 2p Billiards/Ping Pong	2 10a Needlework Club 11a Game Time 12p Gentle Pilates
5 10a Needlework Club 11a SAIL Exercise 12p Medicare Info Session 1p Arthritis Exercise 1p Writer's Group 2p Billiards/Ping Pong	6 9-2 *AARP Tax Prep 9:30a Silver Sneakers 10:30a Wishing Chair Puppet Show - "Aesop's Fables" 11a Game Time 1p Bingo 3p *Tech Help	7 9:30a Cornhole Club 10:00a Chair Yoga 11a Game Time 11a Mindfulness Series-Black History Month: Artists That Shook the World 1p Bingo	8 9:30a Silver Sneakers 10:45a SAIL Exercise 12p Bold & Golden Men's Group 1p Arthritis Exercise 2p Billiards/Ping Pong	9 10a Needlework Club 11a Game Time 11a *Meet—Hibachi Grill 12p Gentle Pilates 1p NEW-Iris Card-Making Class—Valentine's Day
12 10a Needlework Club 10a Bluebird Café 11a SAIL Exercise 1p Arthritis Exercise 1p Writer's Group 2p Billiards/Ping Pong	13 9-2 *AARP Tax Prep 9:30a Silver Sneakers 10:30a Drama Buffs 11a Game Time 11:45a Music for Seniors—Darren Long 1p Valentine Bingo 3p *Tech Help	14 9:30a *FREE Trip—Walk with a Doc (weather permitting) 9:30a Cornhole Club 10a Chair Yoga 11a Game Time 11a Mindfulness Series 11a Voices Forward 1p Valentine Bingo	15 9:30a Silver Sneakers 10:45a SAIL Exercise 12p Bold & Golden Men's Group 1p Arthritis Exercise 2p Billiards/Ping Pong	16 10a Needlework Club 10:30a Member Showcase 11a Game Time 12p Gentle Pilates 1p Iris Card-Making—Black History Month
19 10a Needlework Club 11a SAIL Exercise 11a *Meet – Logan's Roadhouse 1p Arthritis Exercise 1p Writer's Group 2p Billiards/Ping Pong	20 9-2 *AARP Tax Prep 9:30a Silver Sneakers 10:30a Drama Buffs 11a Game Time 11:30a *Poetry Class w/ Abby Ashford-Grooms 1p Bingo 3p *Tech Help	21 9:30a Cornhole Club 10a Chair Yoga 11a Game Time 11a Mindfulness Series 11a Voices Forward 1p Bingo	22 9:30a Silver Sneakers 10:45a SAIL Exercise 12p Bold & Golden Men's Group 1p Arthritis Exercise 2p Billiards/Ping Pong	23 10a Needlework Club 11a Game Time 11a *Chili Cook-off 12p Gentle Pilates 1p Iris Card-Making
26 10a Needlework Club 11a SAIL Exercise 1p Arthritis Exercise 1p Writer's Group 2p Billiards/Ping Pong	27 9-2 *AARP Tax Prep 9:30a Silver Sneakers 10:30a Drama Buffs 11a Game Time 1p Bingo 1p All of Us 3p *Tech Help	28 9:30a Cornhole Club 10a Chair Yoga 11a Game Time 11a Mindfulness Series 11a Voices Forward 1p Bingo	29 9:30a Silver Sneakers 10:45a SAIL Exercise 12p Bold & Golden Men's Group 1p Arthritis Exercise 2p Billiards/Ping Pong	1 10a Needlework Club 11a Game Time 12p Gentle Pilates Video Exercise 1p Iris Card-Making

FiftyForward Knowles PROGRAM INFORMATION

Only activities that require registration are visible on the member portal. Please refer to this calendar to see ALL activities each month.



Denotes a video-taught activity



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 new time and location: 11:45 in the Lobby.** 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 each Monday. **Please Note:** The meals served cannot be altered to accommodate food allergies, a specific diet, preferences or sensitivities.

RECURRING CLASSES, ACTIVITIES, & GROUPS:

All of Us: One in a Million 4th Tuesday of each month from 1-2pm. Discover how you can become "One in a Million" within the *All of Us* Research Program! We will be present at all of the FiftyForward centers every month. Join us at your nearest FiftyForward center to discover how you can contribute and make a lasting impact on the future of medicine!

Arthritis Exercise Class Mondays and Thursdays at 1pm with 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, Feb. 1 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. Meets the 1st Thursday of each month.

Billiards & Ping Pong Mondays and Thursdays at 2pm. Bring a friend or make some new ones, and enjoy some relaxing time honing your pool shot or your ping pong backhand. You may use the game room any time, but this time is scheduled so people can meet up and make new friends while enjoying a game.

BINGO! Tuesdays and Wednesdays at 1pm. New day! Due to the popularity of Bingo, we have added it on Wednesdays as well. Bring a friend and have a great time playing Bingo with the Knowles crowd. Everyone wins a prize!

Bluebird Café Livestream Monday, Feb. 12th at 10am.

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 music entertainers of our day.



Bold & Golden Men's Group Thursdays at 12 noon. Join this men's group to develop friendships, share experiences, talk about similar interests and simply spend time with other men.



Chair Yoga Wednesdays at 10:30am. Enjoy this seated yoga class for all fitness levels with a video instructor. Chair Yoga has many health benefits such as reduced pain and stress, and improved circulation. You will find a better outlook and attitude!

Cornhole Club New Day—Wednesdays at 9:30 am.

Cornhole is a game that has rapidly grown in popularity. Lots of fun and laughs!



Drama Buffs Tuesdays at 10:30am. Note: **Will NOT meet Feb. 6th due to Nashville Library Puppet show, "Aesop's Fables."** 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! New Day and Time: Tuesdays,

Wednesdays and Fridays at 11am. FiftyForward Knowles welcomes our card and board game playing members. If you enjoy friendly competition, teamwork and fun, then please join us. Come have fun!



Gentle Pilates Video Exercise Class New Time: Fridays at 12 noon. Gentle Pilates workout for the 60+ age group will increase your core strength and stability, improve joint flexibility and help with the general aches & pains that come with age. A great session for anyone looking to get moving safely and with control while building up muscle strength and flexibility. Beginner level, taught through a series of videos.

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RECURRING CLASSES, ACTIVITIES, & GROUPS

Iris Folded Paper Card-Making Class - New Class Beginning Feb. 9th: Fridays from 1-2:30. Led by Julie Harper. Learn the iris folded-paper technique, and make beautiful cards with us. This is an ongoing class.


NEW: Mindfulness Series Wednesdays at 11am. Led by Julie Harper. Mindfulness is the practice of being in the present moment with acceptance. These practices can improve sleep quality; anxiety, depression; balance and flexibility; patience; and focus and memory. **We will begin Feb. 7th with Black History Month: Artists That Shook the World.** Other topics include journaling (bring your own, or purchase one for \$4), meditation, breathing, movement, eating, gardening, music, etc.

Music for Seniors Tuesday, Feb. 13th 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. Sponsored by Music for Seniors, **Featured singer is Darren Long.**

Sewing/Needlework Club New Days and Time: Mondays and Wednesdays at 10am. If you love to sew, quilt, crochet, knit, cross-stitch, embroider, needlepoint—join us and bring your latest project. Come to socialize and make new friends.

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 for this cardio, balance and strength training class. For all ability levels.

Stay Active and Independent for Life (SAIL) Mondays at 11am with Certified Instructor Barbara Batson. Thursdays at 10:45am with Certified Instructor Kathleen Phillips. 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.

 **Voices Forward Wednesdays at noon.** Back by popular demand! Voices Forward will begin meeting again on Feb. 14th at noon. The group will be member-led. No tryouts are required, come ready to sing!



Writers Group Mondays at 1pm. Writers or aspiring writers are invited! This group meets 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 in Membership Works or by calling the Knowles Center at 615-743-3487. Events that have a cost associated with them must be paid when you register.

FREE EVENT- Medicare Info Session. Monday, Feb. 5th at Noon. FREE information session, presented by the Greater Nashville Regional Council (GNRC). Receive information and ask questions about Medicare.

***FREE EVENT - AARP Tax Preparation. Please call Julie Harper at 615-743-3401 or stop by her office to reserve your date/time.** Time slots are 1 hour each, at 9, 10:15, 11:30 and 12:45 on Tuesdays, from Feb. 6th and running through Apr. 9th. **YOU MUST SIGN UP FOR A TIME SLOT IN ORDER TO MEET WITH A TAX PREPARER.** Please pick up your tax prep packet from Julie or the front desk as soon as you have your time slot confirmed.

FREE EVENT - Wishing Chair Productions Presents "Aesop's Fables" Tuesday, Feb. 6th at 10:30am. A bright new take on some old classic tales is presented by the Nashville Public Library Puppet Truck. Complete with humor and wisdom, this adaptation of some of your favorite fables will delight young and old.

***FREE EVENT - Computer / Smart Phone Tech Support.** Valor Prep students are here to help with your devices. **Please register for the date you want to come for help,** and bring the device with you. **They will be here from 3 to 4pm on Tuesdays.**



FiftyForward Knowles PROGRAM INFORMATION

EVENTS (continued)

FREE EVENT- Member Showcase Friday, Feb. 16th at 10:30am. Knowles members are an interesting group, with many stories, talents, gifts, and abilities to share. Let Julie Harper know if you want to spend 5-15 minutes sharing your story or ability with your friends (life story, sing a song, show your artwork or needlecraft, dance, perform a short play, etc.). All are welcome! This will be a monthly event.

***FREE EVENT - Poetry Writing Class with Abby Ashford -Grooms Tuesday, Feb. 20th at 11:30am.** Have you been wanting to express yourself? Learn how to write poetry with Tom Grooms' daughter Abby, who is an English and Creative Writing teacher.

***FREE EVENT - Chili Cookoff Friday, Feb. 23rd at 11am.** Bring your favorite chili recipe, along with cornbread, salad, deviled eggs, and whatever else goes with chili. Prizes for top chili, cornbread, and dessert entries. **Please register**, and let Julie Harper know what you plan to bring.

MEET-UPS

These are free, but please register on the member portal, or by calling the center at 615-743-3487.

***Meet at Hibachi Grill Friday, Feb. 9th at 11am.** Time for some Asian food! Let's meet at Hibachi Grill & Supreme Buffet, 3804 Nolensville Pike, Nashville 37211. Have lunch and conversation with your friends! **Please register so we know how big of a table to reserve.**

***Meet at Logan's Roadhouse Monday, Feb. 19th at 11am.** Great hamburgers and steaks! Let's meet at Logan's Roadhouse, 727 Thompson Lane, Nashville 37204. Have lunch and conversation with your friends! **Please register so we know how big of a table to reserve.**

DAY TRIPS

Please register on the member portal, or by calling the center at 615-743-3487.

***TRIP - Nashville Ballet Donuts and Dancing Tour, and lunch at PDK Southern Kitchen. Thursday, Feb. 1st from 9:30am to 2pm.** With the Bordeaux Center,

we will go to the Nashville Ballet for a tour, watch their practice, and have donuts and cider. Following this, we will go to PDK Southern Kitchen for lunch. **The trip fee is \$15, plus the cost of lunch.** Arrive at the center by 9am, we depart at 9:30am SHARP, return to the Center by 2 pm.

***FREE Trip - Walk with a Doc at Centennial Park sponsored by All of Us Research Program Wednesday, Feb. 14th from 9:30am-11:30am (weather permitting).** Put on your walking shoes and ask health-related questions that will be answered by a Vanderbilt doctor. **This trip is FREE!!** Arrive at the center by 9am. Depart at 9:30am.

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.

Staff Support — Most of our trips will only have one staff member (the bus driver). **Members who need more support or guidance must have a friend or family member go with them on trips.** Most trips require a fair amount of walking. If you are unsure, please contact us to see how much walking will be involved.

Payment — Trips must be paid for at the time of registration, in order to hold your seat. **Note: Non-members pay an additional \$5 per person.**

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.