

# April 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
<b>1—APRIL FOOL'S DAY</b> 11 SAIL Exercise 12 *Members' Showcase 1 Arthritis Exercise 1 Writers' Group	<b>2</b> 9-2 *AARP Tax Prep 9:30 SS Exercise 10:30 Drama Buffs 1 Bingo 3 *Tech Help	<b>3</b> 10 Chair Yoga 10:30 *TSU SNAP Ed Series (7 weeks) 11 Game Time 12 Voices Forward 1 Bingo	<b>4</b> 11 Fitness with Blanca 12 Gentle Yoga with Blanca 12 Bible Study 101 12 Men's Group 1 Arthritis Exercise 2 Pool/Ping Pong	<b>5</b> 10 Game Time 11 Needlework Club 12 Gentle Pilates
<b>8—Solar Eclipse 1-3pm</b> 10:30-12 *Frist Digital Art Series (8 weeks) 10 Bluebird Café 11 SAIL Exercise 1 Arthritis Exercise 1 Writers' Group	<b>9</b> 9-2 *AARP Tax Prep 9:30 SS Exercise 10:30 Drama Buffs 11:45 Music for Seniors Café—Jacob Milstein 1 Bingo 3 *Tech Help	<b>10</b> 9:30 *FREE TRIP-Walk With Doc 10 Chair Yoga 10:30 *TSU SNAP Ed 11 Game Time 12 Voices Forward 1 Bingo 1-2 *Chromebook Essentials Series (5 weeks Wed/Fri)	<b>11</b> 9:30 Canceled—Exercise classes 11:30 Arts & Crafts 12 Men's Group 2 Pool/Ping Pong	<b>12</b> 10 Game Time 11 Needlework Club 12 Gentle Pilates 1 *Chromebook Essentials Series
<b>15</b> 10:30 *Frist Digital Art Series 11 SAIL Exercise 12 Knowles Town Hall 1 Arthritis Exercise 1 Writers' Group	<b>16</b> 9:30 SS Exercise 10:30 Drama Buffs 11:30 *Poetry Class 1 Bingo 3 *Tech Help	<b>17</b> 10 Chair Yoga 11 Game Time 12 Voices Forward 1 Bingo 1 *Chromebook Essentials Series	<b>18</b> 11 Fitness with Blanca 12 Gentle Yoga with Blanca 12 Men's Group 1 Arthritis Exercise 2 Pool/Ping Pong	<b>19</b> 9:30-12:30 *FREE TRIP-Martin Health Fair 10 Game Time 11 Needlework Club 12 Gentle Pilates 1 *Chromebook Essentials Series
<b>22— EARTH DAY</b> 10:30 *Frist Digital Art Series 11 SAIL Exercise 1 Arthritis Exercise 1 Writers' Group	<b>23</b> 9:30 Canceled-SS 10:30-11:30 Drama Buffs Play Performance: "The Golden Years" 1 Bingo 1 All of Us 3 Valor Students—Farewell Party	<b>24</b> 9:30-2 *TRIP-Cheekwood 10 Chair Yoga 10:30 *TSU SNAP Ed 11 Game Time 12 Voices Forward 1 Bingo 1 *Chromebook Essentials Series	<b>25</b> 11 Fitness with Blanca 12 Gentle Yoga with Blanca 12 Men's Group 1 Arthritis Exercise 2 Pool/Ping Pong	<b>26</b> 9:30 *Meet-Nashville Flea Market 10 Game Time 11 Needlework Club 12 Gentle Pilates 1 *Chromebook Essentials Series
<b>29</b> 10:30 *Frist Digital Art Series 11 SAIL Exercise 1 Arthritis Exercise 1 Writer's Group	<b>30</b> 9:30 SS Exercise 10:30 Drama Buffs 11 *MEET at Hattie B's Hot Chicken 1 Bingo	<b>1</b> 10 Chair Yoga 10:30 *TSU SNAP Ed 11 Game Time 12 Voices Forward 1 Bingo 1 *Chromebook Essentials Series	<b>FiftyForward Fresh LUNCH—\$2.50</b> Served daily at <b>11:45</b> in the <b>Lobby</b> Reserve by <b>10:30am</b> at the front desk or call <b>615-743-3487</b>	<b>APRIL is EARTH MONTH</b>

## 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

### Activities 8:30a–3:30p Monday-Friday.

**FiftyForward Fresh Lunch Monday thru Friday at 11:45 in the Lobby.** Reserve your lunch by 10:30a when you check in or by calling 615-743-3487. Cost: \$2.50.

#### **\*SPECIAL FREE CLASS SERIES (registration required):**

**\*TSU SNAP-Ed Series Wednesdays, April 3 through June 5 from 10:30-11:30,** Tennessee State University's Supplemental Nutrition Assistance Program—Education, SNAP-Ed helps families stretch their food dollar! Join this **FREE** 8-week series where you will enjoy fun, hands-on classes, and earn a certificate. <https://www.tnstate.edu/snap-ed/>. Topics include: Basic cooking; simple ways to stretch your food dollar; food tasting; and kitchen tools.

**Registration is required, and you are expected to attend all classes, but we understand you may miss one or two. Seating is limited to 15.**

**\*Frist Art Museum Digital Art Making Series, Mondays, April 8 through June 3 from 10:30a to 12p.** Explore your creativity, learn a new skill, and create art with an iPad in this **FREE** Digital Art Making workshop.

Includes eight 90-minute art-making sessions led by a teaching artist and a visit to the Frist Art Museum on April 22. Explore themes of identity inspired by the exhibition, *Monuments and Myths*. <https://fristartmuseum.org/event/fiftyforward-digital-art-making-workshop/>. All participants' artwork will be displayed in the Frist's Education Corridor. This workshop is open to the public and FiftyForward members. All participants receive a **FREE** dual year-long Frist Art Museum membership. **Registration is required, and you are expected to attend all classes, but we understand you may miss one or two. Seating is limited to 20.**

**\*Chromebook Computer Essentials Series Wednesdays and Fridays, April 10 through May 10 from 1-2p.** This **FREE** 5-week course (ten class meetings) will cover the essentials of how to use a Chromebook, which is a great laptop for beginners who just want to use the Internet. Chromebooks are fast, secure and cost-effective computers that run the Google Chrome operating system. By the end of the course, you will have a foundation for using the device to navigate the Internet. You will also learn to send


and receive email. If you don't have a Chromebook, one can be provided for your use during class.

**Prerequisites:** A Gmail address, and some experience using the Internet on any device. If you need help setting up a Gmail address, please call the Senior Planet hotline: 888-713-3495. **Registration is required, and you are expected to attend all classes, but we understand you may miss one or two. Seating is limited to 8.**

### **RECURRING CLASSES, ACTIVITIES, & GROUPS:**

**All of Us: One in a Million 4th Tuesdays from 1-2p.** 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 to discover how you can contribute and make a lasting impact on the future of medicine!

**Arthritis Exercise Class Mondays and Thursdays at 1p.** Join us for this evidence-based, seated (or standing) exercise program that helps improve mobility, strength, and coordination.

 **Bible Study 101 1st Thursdays at noon.** 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.

**Pool & Ping Pong Thursdays at 2p (or any time).** 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 1p.** Bring a friend and have a great time playing Bingo with the Knowles crowd. Everyone wins a prize!


**Bluebird Café Livestream 2nd Mondays at 10a.** 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.


# FiftyForward Knowles PROGRAM INFORMATION

 Denotes member-led program

 Denotes a video-taught activity

## RECURRING CLASSES, ACTIVITIES, & GROUPS


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

 **Drama Buffs Tuesdays at 10:30a.** 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. Led by Member Vonda Scruggs.

**Fitness with Blanca Thursdays at 11a.** Welcome our new fitness instructor, Blanca Walker! She comes to FiftyForward with years of experience teaching fitness classes. Join us to get in better shape and have a great time!


**Gentle Yoga with Blanca Thursdays at 12p noon.** Enjoy this seated yoga class for all fitness levels with our new certified yoga instructor, Blanca Walker. Yoga has many health benefits such as reduced pain and stress and improved circulation. You will find a better outlook and attitude!


**Game Time! Wednesdays at 11a and Fridays at 10a (or any time!).** A great way to make new friends! Join our card- and board game-playing members. If you enjoy friendly competition, teamwork and fun, then please join us.

 **Gentle Pilates Fridays at noon.** Gentle Pilates workout will increase your core strength and stability, improve joint flexibility and help with general aches & pains. A great session for anyone looking to get moving safely and with control while building up muscle strength and flexibility.


**Knowles Town Hall Monday, April 15th at 12 noon** — Let your voice be heard! What ideas do you have for trips, events, activities and programs? Come brainstorm with us!


**Music for Seniors Café 2nd Tuesdays at 11:45a.** 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 artist is Jacob Milstein.

 **Needlework Club Fridays at 11a.** If you love to sew, quilt, crochet, knit, cross-stitch, embroider, needlepoint—join us and bring your latest project. Come socialize and make new friends. Led by Member Shannon McCullough.

 **Silver Sneakers Tuesdays at 9:30a.** 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 11a.** SAIL is a strength, balance and fitness class that helps seniors stay active, independent and most importantly, reduce the risk of falling!

 **Voices Forward Wednesdays at noon.** This popular singing group performs a wide variety of music. No tryouts are required. Come ready to sing! Led by Member Debbie Reynolds-Barnes.

 **Writers Group Mondays at 1p.** Writers or aspiring writers—this group meets to share 5-10 minute vignettes about life, ranging from events growing up to what happens throughout the day. No need to prepare anything to read! Led by Member Jim Ray.

## 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 EVENTS - AARP Tax Preparation, Tuesdays, through Apr. 9th. All slots are currently full, but you can be waitlisted.** Call Julie Harper at 615-743-3401 or stop by the front desk to reserve. You must have an appointment in order to meet with a tax preparer.

**\*FREE EVENT - Computer / Smart Phone Tech Support, 3-4p Tuesdays.** 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.

**\*FREE EVENT- Member Showcase Monday, April 1 at noon.** Knowles members have 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.).

## FiftyForward Knowles PROGRAM INFORMATION

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### SPECIAL EVENTS (continued)

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

**\*FREE EVENT - Drama Buffs' Performance: "The Golden Years."** Tuesday, April 23rd at 10:30 am. If you saw "A Christmas Carol" here in December, you know what a fantastic performance Drama Buffs put on! Join us to laugh and enjoy the performance of this talented group of actors.

### DAY TRIPS

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

**\*FREE Trip - Walk with a Doc at Centennial Park sponsored by All of Us Research Program 2nd Wednesdays from 9:30-11:30a (weather permitting).** Put on your walking shoes and ask health-related questions of a Vanderbilt doctor. **This trip is FREE!!** Arrive at the center by 9am. Depart at 9:30am.

**\*FREE Trip - Martin Center Health Fair, Friday, April 19 from 9:30-12:30.** Join us for the spring FiftyForward Health and Wellness Fair at the Martin Center. They'll have over 30 vendors including medical groups, insurance companies, and more! Our FiftyForward trip attendees will receive a free boxed lunch onsite. Arrive at the center by 9a, depart at 9:30a SHARP, return to the Center by 12:30p.

**\*Trip - Cheekwood Gardens and Mansion Tour, Wed. April 24th from 9:30a-2:30p.** Enjoy a guided tour of Cheekwood's gardens and a self-guided tour of the Mansion. **The trip fee is \$40, which includes the bus fee, entry and tour fees. You MUST register by April 5th. Limited seating on this trip.** We will eat lunch at the café on site, which will be extra. In conjunction with Madison Station.

### MEET-UPS

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

**\*Meet—Nashville Flea Market 4th Fridays at 9:30a.** The Nashville Flea Market is open the 4th weekend of every month, Friday thru Sunday. Let's meet at Knowles Center and walk into the Flea Market together. **Please register so we know you're coming.**

**\*Meet at Hattie B's Hot Chicken, Tuesday, April 30th at 11a.** Let's meet at Nashville's famous Hattie B's Melrose, 2222—8th Ave. South. Parking in the rear. Enjoy a meal and conversation with your friends! **Please register so we know how big a table to reserve.**

### 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 **Julie Harper** for more information.

**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.